



IS HANDBALL SUITABLE GAME FOR ADULTS

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➤ ABSTRACT

Handball game is suitable for the students aged between 10-18. It considers it needs to implement this game event in the school and college curriculum. It helps to improve physical and mental health. By playing this game one could improve his/her speed, endurance, flexibility, agility, activeness, playing capacity, and makes students to think one step ahead always.

Let us see the handball game and its uses in detail. First we must know what is development of a child..? By the help of sports and games not only physical development but also it needs to help develop a child mentally, socially & technically, it is called the overall development of a child. As my opinion with playing a single game we must not improve all physical abilities. And students do not grasp in short time some tough games. In this manner Handball is a suitable and perfect game. With playing this game we must develop all physical abilities. And Handball is suitable for colleges and schools to maintain. For coaches it's easy to coach in short time effectively for students. This handball game helps to learn in Available time, game skills are also very easy to learn and to perform. Main skills of this game are passing, dribbling, Throwing ball in to goalpost, catching, Running with dribbling and passing, jump & shoot these are the main skills of this game and these skills came to perform well for students in 4/5 sessions of practice.



➤ **KEYWORDS:** - Handball, Students, Development, Abilities, Speed, Strength, Endurance, Agility, Flexibility, Skills, Game.

➤ INTRODUCTION

This article aimed to discuss how handball suitable for adults for developing their physical and mental health. In that way playing a group game like handball helps to develop physical, mental and social abilities. Basically speed, strength, agility, flexibility and endurance are the elements of physical fitness in same way feelings, anxiety, happiness; decision making, co-operation, concentration, and self control are the elements of mental health. So in this way we have to know how handball helps to improve the mental and physical health.

➤ ABOUT THE GAME:-

Handball is an Indoor game. The ground is measured in 20mtr (width) by 40 meter (length) and divided into two parts by center Line Goal posts are placed in between center of both end line (goal lines) and they measured by 2 meter height and 3 meter width Goal area of 6mtrs & Free throw area of 9 meter semi circles marked in front of Both goal posts. This game is played by 7 players in each team. Time duration is

two half of 30 minutes and each team had 7 substitute players. Then after discussing following elements we know handball is perfect game, means how it helps to develop all factors of physical fitness...

1) Speed: -

In physical fitness speed is the main element. With regular practice of speed helps to increase the work ability of cells and tissues of muscular, Recuperative and circulatory system. In this game students must run with high speed towards both goalposts within situated in between 40 meter length. And in handball game players should run speed towards one side for score goal & another side to protect their goalpost from opponents. During the game when goalkeeper stops the ball successfully which thrown by opponents, then he should give the ball suddenly to his teammate then which players receives that ball he gets an opportunity to convert it to goal. That's why in this situation He must run speedily more than a defensive player. In same situation other side players also go back to protect their goalpost quickly. In this situations speed ability is trained well for both team players. Like this in all situations in handball speed develops properly and automatically lastly students get profit which comes by speed ability.

2) Endurance: -

Physical endurance is mainly related to muscular system and endurance is called repeatable capacity of muscular contraction and extension. It also means overflow activity even that time muscular getting tiredness by force. Playing of handball helps to increase the ability of muscular. From very small & specific muscular of heart to Hamstring muscular, and from figure muscle to chest muscle. Repeatable work has been done from every muscle of body in this game not only this point but also time duration of this game is 1 hour for one match and in this manner players always run all over the ground by increasing and decreasing in speed. This point trains and improves the endurance capacity. It also increases the vital capacity of lungs. Then it will make recuperative system healthy and strong.

3) Strength: -

Force created by contraction by muscles of a particular part of body is called physical strength. Strength is most needed thing for youths. In this game at the time of side pass, shooting the ball into goalpost with speed, Defending the opponents to not to score goal. In these situations student's strength will be experimented and also trained well. In the development of arms & chests muscular by playing handball gives suitable exercises.

4) Agility and Flexibility :-

Agility and flexibility are also important parts of physical fitness. These two abilities are most decidable factors of nerves system, Muscular system and various joints of human body. Regular practices of this ability or achieving flexibility increase the work ability of nerves. Blood veins & joints. Following situations of Handball effects on these parts at the time of when goal keeper stretching both legs & arms widely to protect goal post, skill of side pass, Back and long passes, receiving the ball which is away from the body in this all situations body will stretch well and it helps ore increases work ability of all type of muscles, nerves, & joints. In handball game a player has to run with the ball and at every minute it changes the direction of a player as well as opponent player. It helps to increase body balance and creativity of students.

5) Social views: -

Adjustment, healthy, competition, following rules, equality, mutual respect, communication are main things of a society. By playing a group game like handball above all certain things come in practices to adults. In some games some player's position got more important than others but in handball all playing positions got equal Importance. In this game punishment fixed if a player break the rules. These all helps to develop social values in fact adults are very much needed to develop his social values in this era.

6) Develops planning ability and Technical skills: -

At the out word view handball seems to be this game is all about only physical and also easy game to play. In that why handball game needs physical ability and Technical skills. In this game passing the ball to co-player by tricking opponent, scoring goal by tricking with goal keeper, entering into the goal area with the ball by tricking defensive players. these all movements comes from physically and with peace of mind. And also above situations need Technical movements. As a captain he is maintaining duration of the game, taking right use of substitute players, changing the players position as per the need and according to game condition this situations helps to increase the planning capacity & technical skills of students. By playing handball these skills comes to theirs currier also.

7) Easy game skills: -

Handball game skills are very easy to play and students learn these skills in less time with effectively. In every game one has to perform well whenever he/ she get the chance and this type of performance needs specific training & regular practice. Skills of this game like passing, dribbling, shooting are very initial and easy skills of some similar game like basketball, netball etc. one who has clear concepts of sports and had interest in games that student will easily learn handball skills in very short duration /time

8) Thrilling and popularity :-

Handball is popular game of this era. By playing this game students get thrills. Two teams playing the game in a less area of ground with one ball. And teams becoming defensive & offensive teams in every minute of game it creates thrill for players and also spectators. This game also has more opportunities of scoring goals. It also attracts the students to play the game.

9) Other views: -

In other views economically this handball game is good to play as either indoor or outdoor with same effect. This game equipment are easily available it's easy set to the ground and the rules of the game are also easy In this game there are 3 second rule, restricted goal area, unlimited substitution rules are not only easily but also it includes competitive, popularity and thrilling nature.

CONCLUSION:

After discussing these all certain points finally we conclude that handball is essential and suitable game for adults. And in this manner handball game has such characteristics like popularity, easy skills, thrilling nature, and game promotable rules etc. Handball helps overall development of a boy/girl. Compare to other games handball game had quick acceptance by today's generation.

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