



# Handball: Switch

It is time to visit Denmark! Indoor handball was invented in the 1940's in Denmark and made its Olympic debut at the 1972 Games.

## Activity Instructions:

1. Today's handball activity is called Switch. The object of the game is for the offense to score points by knocking the die (or ball) off the cone. When the die is knocked off the cone, your team gets the number of points that are facing up on the die. Three passes must be made before a shot is taken.
2. When a point is scored or an interception is made (defense gains possession), players yell "SWITCH!" On this signal, teams switch positions; offense becomes defense and defense becomes offense. Play doesn't stop while players rotate in/out so you will need to move quickly and be ready!
3. Defensive teams must stay inside the spot markers but may move throughout the defensive area. Offense must stay outside spot markers but may move throughout the offensive area.
4. The team with the most points at the end of the game are the winners!

