

Unit Ten (Handball)

1. **Handball:** كرة اليد
2. **Pass:** تمرير - عملية إرسال الكرة بين اللاعبين في الفريق
3. **Bounce:** تنطيط الكرة - حركة ارتداد الكرة أثناء اللعب
4. **Throw:** رمي الكرة - حركة قذف الكرة باتجاه مرمى الفريق الخصم
5. **Leaps:** يقفز - حركة اللاعب للوصول إلى أفضل وضعية قبل الرمي
6. **Extends:** يمد جسمه - حركة يقوم بها حارس المرمى لمنع الكرة من دخول المرمى
7. **Movement:** الحركة - وصف لحركة الكرة أثناء اللعب
8. **Possession:** الاستحواذ - امتلاك الكرة والسيطرة عليها
9. **Infraction (charging):** المخالفة - انتهاك القواعد مثل الاندفاع غير القانوني
10. **Dribbling:** تنطيط الكرة - حركة الكرة على الأرض أثناء اللعب
11. **Pivoting:** الارتكاز - حركة اللاعب على قدم واحدة لتغيير الاتجاه
12. **Court:** الملعب - مساحة اللعب المخصصة لكرة اليد
13. **Dividing line:** خط المنتصف - الخط الذي يقسم الملعب إلى نصفين
14. **Semicircular line:** الخط شبه الدائري - الخط الذي يحيط بمنطقة المرمى
15. **Steps:** الخطوات - عدد الخطوات المسموح بها دون تنطيط الكرة (ثلاث خطوات)
16. **Two periods of 30 minutes:** دقيقة - مدة 30 شوطين مدة كل منهما المباراة الرسمية
17. **Time-out:** وقت مستقطع - فرصة لأخذ استراحة قصيرة خلال المباراة
18. **Knockout tournaments:** بطولات خروج المغلوب - مباريات تؤدي إلى خروج الفريق الخاسر
19. **Extension periods:** أشواط إضافية - فترة زمنية إضافية تُلعب عند التعادل
20. **7-meter line:** خط السبع أمتار - يستخدم للتسديد في حالات التعادل
21. **Restart play:** استئناف اللعب - بدء اللعب مرة أخرى بعد توقف
22. **Six-meter perimeter:** منطقة الستة أمتار - المساحة المحيطة بالمرمى
23. **Body contact:** الاحتكاك الجسدي - التفاعل البدني بين اللاعبين أثناء الدفاع
24. **Frontal contact:** الاحتكاك الأمامي - المسموح به فقط أثناء الدفاع
25. **Infraction:** المخالفة - خرق القواعد أثناء المباراة
26. **Nine-meter line:** أمتار - يستخدم لاستئناف اللعب بعد حدوث مخالفة 9 خط الـ
27. **Progressive format:** صيغة تدريجية -

28. **Rough foul** - مخالفة خشنة
29. **Nine-meter free throw** - رمية حرة من تسعة أمتار
30. **Seven-meter penalty shot** - رمية جزائية من سبعة أمتار
31. **Yellow card (warning)** - الكارت الأصفر (تحذير)
32. **2-minute penalty** - عقوبة الإيقاف لمدة دقيقتين
33. **Red card (expulsion)** - الكارت الأحمر (طرد)
34. **Infraction** - مخالفة
35. **Verbal abuse** - إساءة لفظية
36. **Deliberately** - عمدًا
37. **Quarantine** - الإيقاف/الحجر
38. **Suspension** - إيقاف
39. **Arguing** - الجدل
40. **Rejecting orders** - رفض الأوامر

True or False Questions: صح و خطأ

1. Handball is a team sport with two teams of seven players each.

(True/False)

Answer: True

2. There is no goalkeeper in handball. (True/False)

Answer: False

3. The goalkeeper's main role is to score goals for their team. (True/False)

Answer: False

4. Handball involves passing and throwing the ball into the opposing team's goal. (True/False)

Answer: True

5. The handball goal is larger than the football goal. (True/False)

Answer: False

6. Handball originated in ancient Greece, Rome, and medieval Germany. (True/False)

Answer: True

7. Players are allowed to take four steps without dribbling the ball in handball. (True/False)

Answer: False

8. Handball is played on a court 40 meters long and 20 meters wide. (True/False)

Answer: True

9. A standard handball match consists of two periods of 30 minutes each.

Answer: True

10. In normal league games, a draw is not allowed, and extra time must be played.

Answer: False

11. During extra time in knockout tournaments, each extension period lasts 5 minutes.

Answer : True

12. Only the goalkeeper is allowed to step inside the 6-meter perimeter.

Answer: True

13. Defenders are allowed to use their arms to stop attackers from approaching the goal.

Answer: False

14. A yellow card is a warning given to a player for rough fouls.

Answer: True

16.A player can receive unlimited 2-minute suspensions during a game.

Answer: False

17.A red card is given immediately after three 2-minute suspensions.

Answer: True

18.Coaches can receive a complete expulsion just like players.

Answer: False

19.Arguing with the referee can result in a 2-minute suspension.

Answer: True

Multiple Choice Questions: اختيار من متعدد

1.How many players are there in a handball team?

- a) 5 players
- b) 6 players
- c) 7 players
- d) 8 players

Answer: c) 7 players.

2.What is the main role of the goalkeeper in handball?

- a) Scoring goals
- b) Protecting the goal
- c) Passing the ball
- d) Bouncing the ball

Answer: b) Protecting the goal.

3.Which of the following is a fundamental action in handball?

- a) Kicking the ball
- b) Passing the ball
- c) Only running
- d) Defending against kicks

Answer: b) Passing the ball.

4. What does a handball player typically do before throwing the ball?

- a) Runs backward
- b) Leaps towards the goal
- c) Stops completely
- d) Kicks the ball

Answer: b) Leaps towards the goal.

5. In which of the following regions did handball originate?

- a) Ancient Greece
- b) Ancient Rome
- c) Medieval Germany
- d) All of the above

Answer: d) All of the above.

6. What is the size of a handball court?

- a) 30m x 15m
- b) 40m x 20m
- c) 50m x 25m
- d) 45m x 22m

Answer: b) 40m x 20m.

7. How many steps can a handball player take without dribbling the ball?

- a) Two steps
- b) Three steps
- c) Four steps

d) Five steps

Answer: b) Three steps.

8. What surrounds the goal in a handball court?

a) A semicircular line 5 meters away

b) A semicircular line 6 meters away

c) A rectangular area

d) A circular boundary 7 meters away

Answer: b) A semicircular line 6 meters away.

9. How long is each period in a standard handball match?

a) 20 minutes

b) 25 minutes

c) 30 minutes

d) 35 minutes

Answer: c) 30 minutes

10. In knockout tournaments, if the game is tied after the extra time, what happens next?

a) Another full match is played

b) A shootout from the 7-meter line

c) The game is declared a draw

d) Teams share the win

Answer: b) A shootout from the 7-meter line.

11. Who is allowed to step inside the 6-meter perimeter?

a) Any player

(b) The attacking team

c) Only the goalkeeper

d) The team captain

Answer: c) Only the goalkeeper

12. What type of contact is allowed by defenders in handball?

- a) Any body contact
- b) Frontal contact only
- c) Arm contact
- d) No contact is allowed

Answer (الإجابة): b) Frontal contact only

12. If a defender commits an infraction, from where is the play restarted?

- a) 6-meter line
- b) 7-meter line
- c) 9-meter line
- d) Center line

Answer: c) 9-meter line

13. What happens if a player commits a particularly rough foul?

- a) A 7-meter penalty shot is awarded
- b) A 2-minute suspension
- c) A yellow card
- d) All of the above

Answer (الإجابة): d) All of the above.

14. How many yellow cards can a team receive before 2-minute suspensions are enforced?

- a) 1
- b) 2
- c) 3
- d) 4

Answer: c) 3

15. What signal does a referee use to expel a player from the game completely?

- a) Blowing the whistle twice
- b) Forming a cross over his head
- c) Raising both arms

d) Showing a yellow card

Answer (الإجابة): b) Forming a cross over his head

16. What happens after a coach receives a 2-minute suspension?

a) The coach must leave the game entirely

b) A player is removed for 2 minutes

c) The coach cannot communicate with the team

d) Nothing happens to the players

Answer: b) A player is removed for 2 minutes

17. What penalty is given if a player does not put the ball down quickly after losing it?

a) A yellow card

b) A 2-minute suspension

c) A 7-meter penalty shot

d) A warning only

Answer: b) A 2-minute suspension