INTRODUCTION

Team handball is a team game and is played popularly by the worldwide nations and is recognized by the International Olympic Association. It is also played professionally in many European countries. In Asia, including India this game has become significant among other popular games. Today Handball is played in 183 countries. There are 31 million players, trainers and referees worldwide. Handball is also known as team handball, field handball, European handball, or Olympic handball. It is a team sport where two teams of seven players each (six players and a goalkeeper) pass and bounce a ball trying to throw it in the goal of the opposing team.

The game has a goal similar to but smaller than the one in football (soccer) though as the name implies, the basic method of handling the ball involves the players' hands rather than their feet. The game has been played internationally since the 1920. Dimensions of a field of handball played with 11 players at 1936 Summer Olympics compared to a football field there are also records of handball-like games in medieval France, and among the Inuit in Greenland, in the middle Ages, and in Ancient Africa, primarily Egypt. By the 19th century, there existed similar games of handhold from Denmark, hazena in Bohemia and Slovakia, gandbol in Ukraine, torball in Germany, as well as versions in Ireland and Uruguay.

The team handball game as we know it today was formed by the end of the 19th century in northern Europe, primarily Denmark, Germany, Norway and Sweden. Today handball played is 7 aside handball, with ground measurements of 40 m by 20 m (Figure 2) The Dane Holger.
Nielsen drew up the rules for modern handball (*hand bold*) in 1898 (and published them in 1906) and R.N. Ernst did something similar in 1897.

Another set of team handball rules was published on 29 October 1917 by Max Heiser, Karl Schelenz and Erich Konigh from Germany. After 1919 these rules were further improved by Karl Schelenz.

The first international games were played under these rules, between Germany and Belgium for men in 1925 and between Germany and Austria for women in 1930. In 1926 the Congress of the International Amateur Athletics Federation nominated a committee to draw up international rules for field handball. The International Amateur Handball Federation was formed in 1928. The International Handball Federation was formed later in 1946 (IHF) Men's field handball was played at the 1936 Summer Olympics in Berlin at the special request of Adolf Hitler It was removed from the list of sports, to return as team handball in 1972 for the 1972 Summer Olympics in Munich. Women's team handball was added as an Olympic discipline at the 1976 Summer Olympics.

The International Handball Federation organized the Men's World Championships in 1938 and every four (or sometimes three years) from World War II to 1995. Since the 1995 World Championship in Iceland, the competition has been held every two years. The Women's World Championships have been played since 1957. The IHF also organizes Women's and Men's Junior World Championships.
In early seventies, Handball started in India and field version (11 a side) was played in its infant days in India. Soon it spread all over the country but states like Punjab, Hariyana, Jammu-Kashmir, Andhra Pradesh and Maharashtra have edge over other states as far as standard and popularity of handball in India is concerned. The place of this game in Asiad was given in 1982, which was held in India at Delhi. This game was included at All India Inter-University in 1979-80 and first All India Inter-university was held at Nagpur and Nagpur University won the gold medal, silver medallist was Punjab, bronze medal was won by Osmania and Kurukshetra University got fourth place in men section. Nagpur, Ludhiana, and Bombay were remained 1st, 2nd, and 3rd in women section. It is included in the national Level games.

STATEMENT OF THE PROBLEM

The purpose of the study will be “A Study of Skill Test & Actual Match Performance of Handball Players”

DELIMITATION

1. The study is confined for the male junior level Handball players, aged between 15 to 19 years (i.e., under 19 years).
2. As the subjects participating in this study belong to various District the factors such as diet, nutrition etc, may be different and will not be controlled.
3. The study is confined to the State Level handball players only.
LIMITATIONS

Since the test items were many, the researcher was not able to take all the measurements alone. He therefore took help from some qualified assistants, the researcher therefore considers it as a limitation of this study.

Psychological variables and the related factors of the players, which might have been evolved during game situation, were not controlled.