

Recap: What do we know about handball?

Lesson 1/6

To receive the ball at varying heights using different techniques

Success Criteria

To be able to:

- **Keep their arms pointing towards the ball and move towards as the ball travels**
- **Know that as the ball is coming towards them, they start to move towards the ball**
- **Understand as they contact the ball, they close fingers around the ball and bring ball into the chest**
- **Know to have a tight grip of the ball and get into a ready position for your next decision**

Recap: To receive the ball at varying heights using different techniques

Lesson 2/6

To effectively use the 'rule of 3' in small, modified matches

Success Criteria

To be able to:

- **Attempt to use various passes in a game situation**
- **Know and effectively execute the 'rule of 3' for moving and passing in specified drills and small-sided games**
- **Understand when they need to dribble, pass, or attempt to shoot**

Recap: To effectively use the 'rule of 3' in small, modified matches

Lesson 3/6

To be able to **defend successfully**

Success Criteria

To be able to:

- **Block a player and mark an area when defending**
- **Know how to mark a player in handball**
- **Regain possession of the ball by trying to step in front of the player to intercept it**
- **Anticipate and react to be able to intercept the ball**

Recap: To be able to defend successfully

Lesson 4/6

To attack and defend in competitive games

Success Criteria

To be able to:

- **Apply a range of different attacking and defending handball skills with some success**
- **Understand and explain how tactics can be used to help win games and use them with excellent success**

Recap: To attack and defend in competitive games

Lesson 5/6

To take part in modified games of handball using the techniques learnt

Success Criteria

To be able to:

- **Know when and where to use the different techniques learnt**
- **Evaluate and improve their performance**
- **Listen to others, express my own ideas and work well with others tactically**

Recap: To take part in modified games of handball using the techniques learnt

Lesson 6/6

To take part in modified games of handball using the techniques learnt

Success Criteria

To be able to:

- **Play competitive/modified games and apply basic principles suitable for attacking and defending**
- **Compare their performances with previous ones and demonstrate improvement to achieve their personal best**
- **Evaluate performance and recognise their own success**