

# Year 5 - Handball

## Lesson Plan

### Lesson Objective

To use the high catching technique

Lesson 1/6

### Equipment Needed

Cones, markers, bibs, handballs, softballs.

### Success Criteria

Children can:

- Keep their arms pointing towards the ball and move towards as the ball travels
- Connect the end of the thumbs together and first finger to make a 'W' above the head
- Have their thumbs are behind the ball and then wrap fingers around the ball and bring it into the chest

### Adapted Learning (Differentiation) (Challenge)

L/A allowed to take five steps holding ball, M/A one step.

### Key Questions

How do we receive the ball?

### Warm Up

Ball Handling:

If possible children have a ball each. They copy the coach who will demonstrate different ball handling activities. For example, rolling the ball through the legs forming an eight. Fast ball handling through the spread legs, moving the hands accordingly. Throwing the ball backwards through the legs, turning around and catching the ball. Throwing the ball while lying on the back, turning around and catching the ball, etc.

### Main Activity



Skill Acquisition:

Children need to get into groups of four. Two at one side and two at the other side (About 5/6 metres apart). Coach goes through each pass one by one. Children pass the ball and follow it to the opposite side where their partners are stood.

Pass & Move:

Split your class into four groups (Organise this by ability). In each group ask one child to act as the defender, this makes all of the other children 'attackers' – they must pass the ball to each other keeping it in their 'box' and away from the defender. All groups start and stop at the same time, the aim of the game is to have completed the greatest number of passes in the time you allocate. Children need to get used to moving the ball quickly!

Conditioned Handball Match:

Use the same teams as previous drill but add a goal at either end of the area. Goal is scored by throwing ball into the goal. Children can't move when they have possession of the ball, they must pass.

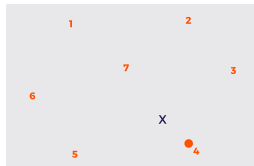
### Cooldown

Recap and discuss Success Criteria.

### Key Technical Points

- Children should keep their eye on the ball until they have caught it, fingers spread and slight bend of the elbow
- Hands make a 'W' shape, with thumbs slightly touching
- Children should move to the ball

<b>Lesson Objective</b>	To use the low catching technique	<b>Lesson 2/6</b>
<b>Equipment Needed</b>	Cones, markers, bibs, handballs, softballs.	
<b>Success Criteria</b>	<p>Children can:</p> <ul style="list-style-type: none"> <li>• Know that as the ball is coming towards them, they start to move towards the ball</li> <li>• Understand as they contact the ball, they close fingers around the ball and bring ball into the chest</li> <li>• Know to have a tight grip of the ball and get into a ready position for your next decision</li> </ul>	
<b>Adapted Learning (Differentiation) (Challenge)</b>	Group by ability.	
<b>Key Questions</b>	How do we receive the ball when down low?	
<b>Warm Up</b>	<p><b>Ball Handling:</b></p> <p>If possible children have a ball each. They copy the coach who will demonstrate different ball handling activities. For example, rolling the ball through the legs forming an eight. Fast ball handling through the spread legs, moving the hands accordingly. Throwing the ball backwards through the legs, turning around and catching the ball. Throwing the ball while lying on the back, turning around and catching the ball, etc.</p>	
<b>Main Activity</b>	<p><b>Skill Acquisition:</b></p> <p>Children need to get into groups of four. Two at one side and two at the other side (About 5m apart). Coach goes through each pass one by one. Children pass the ball and follow it to the opposite side where their partners are stood.</p> <p><b>Pass &amp; Move:</b></p> <p>Split your class into four groups (Organise this by ability). In each group ask one child to act as the defender, this makes all of the other children 'attackers' – they must pass the ball to each other keeping it in their 'box' and away from the defender. All groups start and stop at the same time, the aim of the game is to have completed the greatest number of passes in the time you allocate. Children need to get used to moving the ball quickly!</p> <p><b>Possession Grids:</b></p> <p>Using the same set up as above, play 4v4 possession. Pupils must attempt to complete six passes to score a goal. Reinforce teaching points of skill. Encourage pupils to spread out. PROGRESSION: Add an end zone and to score, the team must pass and receive the ball in the zone.</p>	
<b>Cooldown</b>	Recap and discuss Success Criteria.	
<b>Key Technical Points</b>	<ul style="list-style-type: none"> <li>• Make a rake by bringing little fingers together</li> <li>• Watch the ball in – all the way looking at the tip of the ball</li> </ul>	



### Lesson Objective

To use the 'upper pass' in handball

Lesson 3/6

### Equipment Needed

Cones, markers, handballs, bibs.

### Success Criteria

Children can:

- Hold their throwing arm up high and have their elbow bent at 90°
- Start to transfer their weight from the back foot to the front foot whilst stepping towards the target
- Release the ball in front the head with both feet on the ground and facing the target

### Adapted Learning (Differentiation) (Challenge)

Use the STEP principles to adapt the tasks.

### Key Questions

When do you use the upper pass?

### Warm Up

Ball Handling:

Children have a ball each. They copy the coach who will demonstrate different ball handling activities. For example, rolling the ball through the legs forming an eight. Fast ball handling through the spread legs, moving the hands accordingly. Throwing the ball backwards through the legs, turning around and catching the ball. Throwing the ball while lying on the back, turning around, and catching the ball, etc.

### Main Activity



Passing Drill:

Children need to get into groups of four. Two at one side and two at the other side (About 5m apart). Coach goes through each pass one by one. Children pass the ball and follow it to the opposite side where their partners are stood.

Children will work through a number of different passes:

- Overhead pass – Elbow 90°, transfer weight, follow through, and throw over the top of your head
- Jump pass – Ball to shoulder height; third step is explosive and large. Throw ball whilst you are in the air

Possession Grids:

Using the same set up as above, play 4v4 possession. Pupils must attempt to complete six passes to score a goal. Reinforce teaching points of skill. Encourage pupils to spread out. Children will work out when each pass needs to be played in a competitive environment.

4v4 Game:

Use the same area as above but an end zone at both sides. To score children must pass the ball to a teammate inside the zone.

### Cooldown

Recap and discuss Success Criteria.

### Key Technical Points

Overhead Pass:

Elbow 90o, transfer weight, follow through, and throw over the top of your head.

### Lesson Objective

To pass and move the ball under pressure using a variety of techniques

Lesson 4/6

### Equipment Needed

Cones, markers, handballs, bibs.

### Success Criteria

Children can:

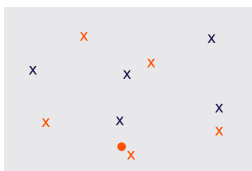
- Pass the ball using a bounce and chest pass
- Use the 'upper pass' with accuracy and control
- Dribble the ball with some control using one hand

### Adapted Learning (Differentiation) (Challenge)

Group by ability.

### Key Questions

### Warm Up



#### Pass & Move - Time Trial:

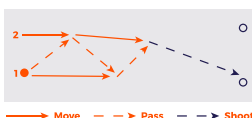
Split your class into four groups (group by ability). In each group ask one child to act as the defender, this makes all of the other children 'attackers' - they must pass the ball to each other keeping it in their 'box' and away from the defender. All groups start and stop at the same time, the aim of the game is to have completed the greatest number of passes in the time you allocate.

### Main Activity



#### Battleships 1v1:

They will need five cones for each working group, one to mark out the shooting mark, this the where the ball must be thrown from. The other four create targets (or 'ships'). Each child has four lives, 'child number 1' must announce which colour they are aiming at. If they hit that colour with their pass, they sink the ship! It is then 'child number 2's' turn to try and sink a ship. The child that sinks all four ships first wins.



#### The Fastbreak:

Split your class into groups of four (organise by ability). Hopefully at this point the children realise that to be effective in handball you must be able to move up the pitch quickly and accurately. PROGRESSION: Add one child to take the role of the defender.

#### 4v4 Game:



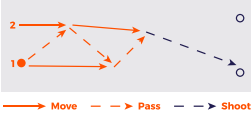
Use the same area as **Pass & Move** but place an end zone at both sides. To score children must pass the ball to a teammate inside the zone.

### Cooldown

Recap and discuss Success Criteria.

### Key Technical Points

Children should look to pass as simple as possible whilst they are moving with the ball. They should aim to pass in front of the receiving player. The ball should be passed at head height so that the receiver is in a position to attack the opponent.

<b>Lesson Objective</b>	To use the jump shot	<b>Lesson 5/6</b>
<b>Equipment Needed</b>	Cones, markers, handballs, bibs.	
<b>Success Criteria</b>	<p>Children can:</p> <ul style="list-style-type: none"> <li>• Jump in the air as they transfer their body weight from low to high</li> <li>• Have their arm up high behind the head at 90°</li> <li>• Know to release the ball at the highest point of jump and throw the ball downwards at the target</li> </ul>	
<b>Adapted Learning (Differentiation) (Challenge)</b>	Group by ability.	
<b>Key Questions</b>	How do we shoot?	
<b>Warm Up</b>	<p><b>Passing Drill:</b></p> <p>Children need to get into groups of four. Two at one side and two at the other side (about 5m apart). Coach goes through each pass one by one. Children pass the ball and follow it to the opposite side where their partners are stood.</p>	
		
<b>Main Activity</b>	<p><b>Skill Acquisition – Shooting:</b></p> <p>Each group works in a different goal shooting from the edge of the 'D' aiming for the corners of the goal. Place targets for pupils to hit. Add GK. All pupils shoot at the same GK. If pupil scores, they move to the next round continues until 1 winner (In a Penalty Shootout style).</p> <p><b>Battleships 1v1:</b></p> <p>They will need five cones for each working group, one to mark out the shooting mark, this the where the ball must be thrown from. The other four create targets (or 'ships'). Each child has four lives, 'child number 1' must announce which colour they are aiming at. If they hit that colour with their pass, they sink the ship! It is then 'child number 2's' turn to try and sink a ship. The child that sinks all four ships first wins.</p> <p><b>The Fastbreak:</b></p> <p>Split your class into groups of four (organise by ability). Hopefully at this point the children realise that to be effective in handball you must be able to move up the pitch quickly and accurately. Ask one child to take the role of the GK, the rest of the group stand at the other end of the pitch.</p> <p><b>4v4 Game:</b></p> <p>Set up an area big enough for 4v4 with end zone at both sides. To score children must pass the ball to a teammate inside the zone.</p>	
		
		
<b>Cooldown</b>	Recap and discuss Success Criteria.	
<b>Key Technical Points</b>	Aim the throwing arm through toward the target with your elbow first followed by forearm then wrist Release the ball at the highest point of jump and just in front of your head. Aim the ball downwards at the target.	

**Lesson Objective** To take part in modified games of handball using the techniques learnt **Lesson 6/6**

**Equipment Needed** Cones, markers, handballs, bibs.

**Success Criteria** Children can:

- 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

**Adapted Learning (Differentiation) (Challenge)**

**Key Questions**

**Warm Up**



**Pass, Receive, Shoot:**

Ensure there is sufficient space between the 2's. Person at point 1, passes the ball to their partner, dashes forward and receives the pass before "shooting" low between the cones. Player retrieves ball and returns to starting point, repeat. Progression: jump shot N.B: all runs and shots made to the right of the partner.

**Main Activity**



**Small Sided Games:**

In the teams of four, children will play in small, sided games against similar ability teams. The court will be set up with nets at both end and a 'D' in front of the goal.

**Rules:**

- A goal can be scored from any type of throw
- A player can run with the ball for three steps maximum
- A player can hold a ball for up to three seconds maximum
- A player can continuously dribble, providing they bounce the ball
- A player can take three steps maximum before and after dribbling (No 'double dribble')

Children need to think about the following:

- Appropriate use of passes with good technique and control
- Use a variety of passes with deception - show good timing
- Show a variety of shots when attacking

**Cooldown** Recap and discuss Success Criteria.

**Key Technical Points**

**Why Small Sided Games?:**

- Fewer players on the court means each child will receive more time with the ball in their hands and will have more opportunities to make decisions and work on their tactics in a competitive situation
- Children have more opportunities to score children have more opportunities to dribble as there is more space on the court