

**Recap: What do we know about handball?**

**Lesson 1/6**

# **To use the high catching technique**

## **Success Criteria**

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### **To be able to:**

- **Keep their arms pointing towards the ball and move towards as the ball travels**
- **Connect the end of their 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**

**Recap: To use the high catching technique**

**Lesson 2/6**

# **To use the low catching technique**

## **Success Criteria**

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### **To be able to:**

- **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 use the low catching technique**

**Lesson 3/6**

# **To use the 'upper pass' in handball**

## **Success Criteria**

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### **To be able to:**

- 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 of the head with both feet on the ground and facing the target**

**Recap: To use the 'upper pass' in handball**

**Lesson 4/6**

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

## **Success Criteria**

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### **To be able to:**

- 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**

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

**Lesson 5/6**

# **To use the jump shot**

## **Success Criteria**

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### **To be able to:**

- Jump in the air as they transfer their body weight from low to high**
- Have their arm up high behind the head at 90°**
- Know to release the ball at the highest point of jump and throw the ball downwards at the target**

**Recap: To use the jump shot**

**Lesson 6/6**

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

### **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**