

Recap: What do we know about handball?

Lesson 1/6

To use the **high catching** **technique**

Success Criteria

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

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

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

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

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**