

Year 4 - Development of Invasion Games

Handball & Lacrosse - Lesson Plan

COMPETING
EDSTART

Lesson Objective	To pass and move in Handball using the rule of 3	Lesson 1/6
Equipment Needed	Cones, markers, handballs, bibs.	
Success Criteria	Children can: <ul style="list-style-type: none">• Know the 'rule of 3' for moving and passing in handball<ul style="list-style-type: none">– If a handball player takes more than three steps without dribbling (bouncing the ball) or holds the ball for more than three seconds without bouncing it, shooting, or passing, then that is deemed 'travelling' and possession is lost	
Adapted Learning (Differentiation) (Challenge)	Group by ability.	
Key Questions	What is the rule of 3?	
Warm Up	Ball Handling: <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>	
Main Activity	 <p>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 standing.</p>  <p>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.</p>  <p>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.</p> <p>→ Move - - - - - Pass - - - - - Shoot</p>	
Cooldown	Recap and discuss Success Criteria.	
Key Technical Points	Rule Of 3: <ul style="list-style-type: none">• A player can run with the ball for three steps maximum• A player can hold a ball for up to three seconds maximum	

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Lesson Objective	To develop the skill of defending in handball	Lesson 2/6
Equipment Needed	Cones, markers, handballs, bibs.	
Success Criteria	<p>Children can:</p> <ul style="list-style-type: none">• Understand that marking involves being close to a player and to prevent them from passing or receiving the ball• Know when marking a player who does not have the ball, position themselves between the player and the ball• Make the decision when to block, steal or intercept the ball	
Adapted Learning (Differentiation) (Challenge)	Group by abilities.	
Key Questions	How do we defend in handball?	
Warm Up	<p>Ball Handling:</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>	
Main Activity	<p>Defending 1v1:</p> <p>Pupils remain in same groups (based on ability). Pupils now attempt to score against a GK and a defender. When defending pupils hold their arms high and ensure they are in the way of the ball and the centre of the goal.</p> <p>Defending Battleships:</p> <p>Set up four cones at both ends of a small area, children play 1v1 where the attacker aims to throw the ball at the defenders 'ships'. Once regained possession the roles reverse and the attacker shots against their opponents 'ships' The first child to sink all four ships wins!</p> <p>Small Sided Games:</p> <p>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.</p>	 
Cooldown	Recap and discuss Success Criteria.	
Key Technical Points	Children should take small, fast steps to avoid over-committing. Approach diagonally, facing towards the ball, and angling their body to direct their opponent away from the goal area. Keep their arms open, wide and high.	

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Lesson Objective	To develop the skill of defending in handball	Lesson 3/6
Equipment Needed	Cones, markers, handballs, bibs.	
Success Criteria	<p>Children can:</p> <ul style="list-style-type: none">• Understand that marking involves being close to a player and to prevent them from passing or receiving the ball• Know when marking a player who does not have the ball, position themselves between the player and the ball• Make the decision when to block, steal or intercept the ball	
Adapted Learning (Differentiation) (Challenge)	Group by abilities.	
Key Questions	How do we defend in handball?	
Warm Up	<p>Pass & Move – Time Trial:</p> <p>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 most amount of passes in the time you allocate! Handball is a fast sport, the children need to get used to moving the ball quickly.</p>	
Main Activity	<p>Tactics Workshop:</p> <p>Demonstrate and explain to the children that you can use different tactics to achieve success in a variety of sports. For this lesson show the children two defensive tactics they could employ. Explain the potential strengths and weaknesses of the tactics, the children must then get together and pick the tactics that they are going to try and use to help them improve as a team.</p> <p>Small Sided Games:</p> <p>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.</p>	
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	

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Lesson Objective

To develop the skill of shooting the ball in lacrosse

Lesson 4/6

Equipment Needed

Lacrosse sticks, lacrosse ball, tennis balls, bean bags, cones, hoops, markers.

Success Criteria

Children can:

- Hold the stick lower down and stand side-on with the front elbow up high
- Pull the stick down with bottom hand as they push forward quickly with top hand
- Start to use the shooting technique whilst on the move

Adapted Learning (Differentiation) (Challenge)

Increase/decrease the distance when shooting?

Key Questions

How do we shoot the ball?

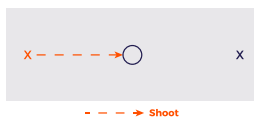
Warm Up

Recap:

Recap how to do the 'SCOOP'. In pairs one child rolls the ball away from the child holding the stick. They chase after the ball and scoop it up, cradling it and turning to run back. Have the children try this from different sides of the ball. Swap partners. Show successful attempts to rest of the children and discuss what makes them better, e.g., running speed (being parallel to the ball when scooping); keeping feet wider apart for balance; hand positioning in controlling the ball in the stick. 5 S's: STEP / SQUAT / SCOOP / STEP / SHIELD.

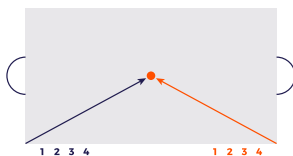
Main Activity

Skill Acquisition – Shooting:



Children are put into small groups and the coach talks about how to shoot the ball. Put them into pairs and throw the ball to each other. Encourage children to aim the ball into the ground when shooting, place a hoop in between each pair to give the children something to aim at.

Numbers:



Set up the class into groups of four. Have multiple pitches set up. Number each group 1-4. Place a ball in the middle of the area, and when you call a number, that pair runs out, collects the ball, and attempts to shot into the goal. Start with two balls and see who can score first, then reduce to one and its attack vs defence once the ball is collected.

3v3:



In ability groups have three attackers and three defenders. Place a goal at one end of the area and explain that the children need to be within the shooting area to score. Place three balls at the end line where the attacking team will start from and play towards the goal (remembering the four second rule) and score. The three defenders have to intercept the ball if they do they score if the attackers score. Swap roles after a set of three attacks.

Cooldown

Recap and discuss Success Criteria.

Key Technical Points

- Children have their top hand towards the bottom of the stick, standing shoulder width apart
- Front elbow aiming at target, pull stick down with bottom hand as they push top hand forward towards target

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Lesson Objective

To develop the skill of attacking in lacrosse

Lesson 5/6

Equipment Needed

Lacrosse sticks, lacrosse ball, tennis balls, bean bags, cones, hoops, markers.

Success Criteria

Children can:

- Keep possession of the ball by moving into space to receive the ball
- Make sure ball carrier always has a minimum of two passing options:
 - A pass forward
 - A pass to the side

Adapted Learning (Differentiation) (Challenge)

Group by ability to add challenge and differentiation.

Key Questions

How do we attack in lacrosse?

Warm Up

Colour Run:

The teacher will set out five different coloured lines (Red, blue, green, white, yellow). The children will all start on the first line and listen for an instruction from the teacher (E.g. run to the blue line). The children must get to the correct line as quickly as they can and be doing the correct instruction. Last person to the line loses a life. Complete the activity with children holding a lacrosse stick.

Main Activity



Passing & Moving:

In pairs, practise throwing the ball to each other and catching, each time they pass the ball they move to a different position to receive the ball. Challenge the children to cover larger distances and discuss that when the hands are closer together on the stick you can throw further but with less accuracy.

Plus 1:

In teams of five, one team starts with the ball and aims to complete five passes, once they complete the passes, One defending player joins to try and intercept the ball. If they intercepted the ball, they take it back to their area. After 30 seconds, if the attacking team still has the ball, a second defender goes and helps win the ball back. Continue to all defenders have moved across or the ball is returned to opposite side.

Cooldown

Recap and discuss Success Criteria.

Key Technical Points

Support:

- Keep team possession by moving to simple passing lanes
- Make sure ball carrier always has a minimum of 2 passing options:
 - A pass forward
 - A pass to the side

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Lesson Objective

To develop the skill defending in lacrosse

Lesson 6/6

Equipment Needed

Lacrosse sticks, lacrosse ball, tennis balls, bean bags, cones, hoops, markers.

Success Criteria

Children can:

- Stand in between attacker and goal and shadow the attacker's movement
- Line up with attacker's belly button with a semi side-on stance
- Make their upper body as big as possible

Adapted Learning (Differentiation) (Challenge)

Group by similar abilities.

Key Questions

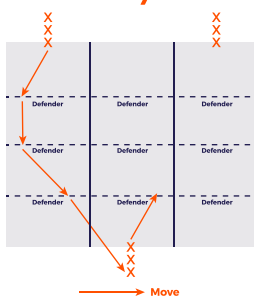
How do we defend?

Warm Up

Passing & Moving:

In pairs, practise throwing the ball to each other and catching, each time they pass the ball they move to a different position to receive the ball. Challenge the children to cover larger distances and discuss that when the hands are closer together on the stick you can throw further but with less accuracy.

Main Activity



Gauntlet:

Split the hall/field into three columns, with the class split into three. 2 Teams attack, 1 Teams defends specific areas.

- Children must try to run with a ball in their stick from start to finish without being tagged
- Defenders must try to 'tig' the runner, if they succeed runner goes to back of line
- Defenders can only move sideways on their defending line
- Attackers rotate round the gauntlet to attack against a different set of defenders
- Rotate after two minutes



3v2 Keep Ball:

In groups of five. Two attackers try to move the ball from one zone to the other, Two defenders must deny a forward pass and try and force the attackers to make a mistake. If the ball is passed through to opposite area, the passing player joins them, and the drill continues. Swap roles after two minutes.

3v3:

In ability groups have three attackers and three defenders. Place a goal at one end of the area and explain that the children need to be within the shooting area to score. Place three balls at the end line where the attacking team will start from and play towards the goal (remembering the four second rule) and score. The three defenders must intercept the ball or deny the attackers the ability to get into the shooting area. If they do they score if the attackers score. Swap roles after a set of three attacks.

Cooldown

Recap and discuss Success Criteria.

Key Technical Points

Denying Space For An Attack:

- Man-mark attackers, follow them.
- Force ball carrier away from goal.