

Recap: What do we know about handball?

Lesson 1/6

To pass and move in handball using the rule of 3

Success Criteria

To be able to:

- Know the 'rule of 3' for moving and passing in handball**
 - 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**

Recap: To be able to pass and move in handball using the rule of 3

Lesson 2/6

To develop the skill of defending in handball

Success Criteria

To be able to:

- 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**

Recap: To develop the skill of defending in handball

Lesson 3/6

To play modified small-sided games of handball

Success Criteria

To be able to:

- Follow and understand some of the main rules of handball**
- Start to apply some basic principles suitable for attacking and defending handball skills in a game with varying success**

Recap: What do we know about lacrosse?

Lesson 4/6

To develop the skill of shooting the ball in lacrosse

Success Criteria

To be able to:

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

Recap: To develop the skill of shooting the ball in lacrosse

Lesson 5/6

To develop the skill of attacking in lacrosse

Success Criteria

To be able to:

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

Recap: To develop the skill of attacking in lacrosse

Lesson 6/6

To develop the skill of defending in lacrosse

Success Criteria

To be able to:

- 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**