

Year 4 - Development of Invasion Games

Handball & Lacrosse - Lesson Plan

PLAYING
EDSTART

Lesson Objective

To develop the technique of passing and receiving the ball in handball

Lesson 1/6

Equipment Needed

Cones, markers, bibs, handballs, softballs.

Success Criteria

Children can:

- Move the ball around their body and catch it with control
- Develop the technique of catching a ball making the 'W' shape
- Step forward with one foot when making a pass

Adapted Learning (Differentiation) (Challenge)

Group by ability, use a larger/lighter ball to encourage success.

Key Questions

How do we pass the ball?
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



Passing Drill:

Children need to get into groups of four. Two on 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 standing.



Pass & Move:

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. Children need to get used to moving the ball quickly.



Possession Grids:

Using the same set up as above, play 4v4 possession. Pupils must attempt to six passes to score a goal. Reinforce teaching points of skill. Encourage pupils to spread out.

Cooldown

Recap and discuss Success Criteria.

Key Technical Points

Overhead Pass:

- Elbow 90°, transfer weight, follow through, and throw over the top of your head

Catching:

- 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

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PLAYING

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Lesson Objective	To develop the footwork needed in handball	Lesson 2/6
Equipment Needed	Cones, markers, bibs, handballs, softballs.	
Success Criteria	<p>Children can:</p> <ul style="list-style-type: none">• Complete agility drills using elements of the correct technique and demonstrating some control, balance, and coordination• Bounce the ball whilst on the move and pass with some control• Pass and receive the ball whilst on the move and taking no more than three steps	
Adapted Learning (Differentiation) (Challenge)	Group by ability.	
Key Questions	How can we move with the ball?	
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>Battleships 1v1:</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. Children can take three steps with the ball in their hand before shooting and have to do so within three seconds.</p> <p>The Fastbreak:</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. PROGRESSION: Add one child to take the role of the defender.</p> <p>Possession Grids:</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. Children will work out when each pass needs to be played in a competitive environment.</p>	
Cooldown	Recap and discuss Success Criteria.	
Key Technical Points	<p>Possession Grids:</p> <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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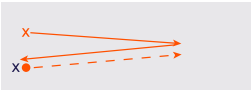
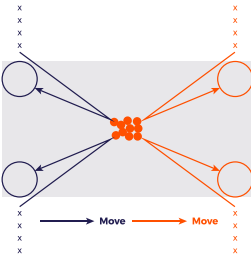
PLAYING
EDSTART

Lesson Objective	To develop the technique of shooting whilst on the move in handball	Lesson 3/6
Equipment Needed	Cones, markers, bibs, handballs, softballs.	
Success Criteria	Children can: <ul style="list-style-type: none">• Attempt to shoot while on the move with some accuracy• Shoot with accuracy and power successfully at a target• Release the ball at the highest point whilst aiming at a target	
Adapted Learning (Differentiation) (Challenge)	Group by ability.	
Key Questions	How do we shoot in handball?	
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	Skill Acquisition – Shooting: <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 one winner (In a Penalty Shootout style).</p>  Battleships 1v1: <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>  Pass, Receive, Shoot: <p>Ensure there is sufficient space between the 2's. Person at point one, 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. Children can take three steps with the ball in their hand before shooting and have to do so within three seconds.</p>  The Fastbreak: <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> 4v4 Game: <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>	
Cooldown	Recap and discuss Success Criteria.	
Key Technical Points	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.	

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Handball & Lacrosse - Lesson Plan

PLAYING
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Lesson Objective	To develop the technique of scooping and carrying the ball in lacrosse	Lesson 4/6
Equipment Needed	Lacrosse sticks, lacrosse ball, tennis balls, bean bags, cones, hoops, markers.	
Success Criteria	<p>Children can:</p> <ul style="list-style-type: none"> • Hold their stick across the body with the head near the shoulder • Get into position to scoop the ball by having one hand at top and one at bottom of stick • Step and have their body over the ball • Keep their stick close to the ground, scoop the ball and return to the carrying position 	
Adapted Learning (Differentiation) (Challenge)	Group teams by ability to add challenge and differentiation.	
Key Questions	<p>How do we scoop the ball?</p> <p>How do we carry the ball?</p>	
Warm Up	<p>Stuck In The Mud:</p> <p>Spread the children out across a large lacrosse pitch. All children have a ball and stick and move around the area. 2/3 'catchers' look to catch the ball carriers. If caught players stand still with their feet apart, they can re-enter the game if another player rolls the ball between their legs and collects the ball using the scoop technique. Swap 'catchers' after two minutes.</p>	
Main Activity	<div> <p>Throw - Catch:</p> <p>In 2's, one child throws the ball to their partner who is holding a stick. Children place their hands wide apart to gain better control of the stick. Once they catch, they use the stick to roll the ball back to their partner. Ten throws then swap over.</p>  <p>--- → Throw → Move</p> </div> <div> <p>Scoop:</p> <p>Same set up as above, one child rolls the ball away from their partner. They chase the ball and scoop it up, cradling it as they return to their partner. Each time the ball is rolled swap the direction on the ball to work on scooping and approaching from both left and right. Swap roles.</p>  <p>--- → Roll → Move</p> </div> <div> <p>Rob The Nest:</p> <p>In teams of four, one child at a time runs into the middle to collect a ball. They must scoop the ball and return it to their team without dropping. Next player then goes, and this is repeated until there are no balls left in the middle.</p>  <p>→ Move → Move</p> </div>	
Cooldown	Recap and discuss Success Criteria.	

Key Technical Points	<p>Carrying</p> <ul style="list-style-type: none"> • Preferred hand under the head of stick other hand wide apart • Use your top hand to move stick from shoulder to chin - repeat <p>Scoop</p> <ul style="list-style-type: none"> • Place one hand at top and one at bottom of stick • Step next to ball and over the ball • Place stick close to the ground and push through the ball
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Year 4 - Development of Invasion Games

Handball & Lacrosse - Lesson Plan

PLAYING
EDSTART

Lesson Objective

To develop the technique of throwing the ball in lacrosse

Lesson 5/6

Equipment Needed

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

Success Criteria

Children can:

- Know how to hold the stick keeping their hands high and away from body
- Keep their front elbow high to help with their aim
- Pull the stick down with bottom hand as they push forward with top hand, following through toward the target

Adapted Learning (Differentiation) (Challenge)

Use lighter balls, and group by ability.

Key Questions

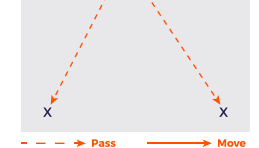
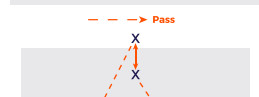
How do we pass the ball?

Warm Up

Passing Numbers:

Set out areas for six groups of children. Number the players 1-6. The ball starts with #1, who then passes to 2, 3 at this point should be calling out their number and moving to a position to receive the ball etc. Each player should pass the ball within four seconds. Merge two groups into the same area, this will create passing lanes and obstructions. Start with throwing and catching by hand to keep the activity levels high.

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.

Battleships (Passing Accuracy):

For battleships the children will work in pairs. They will need five cones for each working group, one to mark out the passing mark, this is where the ball must be placed. 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!

Prepare It, Pass It:

In 4's the group make a triangle, two people at the point. Children at the point of the triangle are the ones doing the work. They receive a pass from either side of the triangle and pass straight back. They then change positions in order for them to pass in the opposite direction.

Cooldown

Recap and discuss Success Criteria.

Key Technical Points

Passing:

- Top hand slides to middle of stick
- Standing side on with hands away from body
- Pull stick down with bottom hand as you push forward with top hand
- Follow through towards target

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PLAYING
EDSTART

Lesson Objective

To develop the technique of catching the ball in lacrosse

Lesson 6/6

Equipment Needed

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

Success Criteria

Children can:

- Have their preferred hand under the head of stick
- Stand face-on, pointing their stick head forward
- Follow flight of the ball and lower top hand's elbow to cushion ball

Adapted Learning (Differentiation) (Challenge)

Group teams by ability to add challenge and differentiation.

Key Questions

How do we receive the ball?

Warm Up

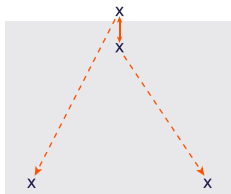
Passing Numbers:

Set out areas for six groups of children. Number the players 1-6. The ball starts with #1, who then passes to 2, 3 at this point should be calling out their number and moving to a position to receive the ball etc. Each player should pass the ball within four seconds. Merge two groups into the same area, this will create passing lanes and obstructions. Start with throwing and catching by hand to keep the activity levels high.

Main Activity



-- -- -- Shoot -- -- -- Move



-- -- -- Pass -- -- -- Move



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.

Prepare It, Pass It:

In 4's the group make a triangle, two people at the point. Children at the point of the triangle are the ones doing the work. They receive a pass from either side of the triangle and pass straight back. They then change positions in order for them to pass in the opposite direction.

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

Catching:

- Preferred hand at top of the stick with other hand wide apart
- Face forward with stick head facing the ball
- Follow the path of the ball as you catch, lower elbow to cushion ball