

Recap: What do we know about handball?

Lesson 1/6

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

Success Criteria

To be able to:

- 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**

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

Lesson 2/6

To develop the footwork needed in handball

Success Criteria

To be able to:

- 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**

Recap: To develop the footwork needed in handball

Lesson 3/6

To develop the technique of shooting whilst on the move in handball

Success Criteria

To be able to:

- 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**

Recap: What do we know about lacrosse?

Lesson 4/6

To develop the technique of scooping and carrying the ball in lacrosse

Success Criteria

To be able to:

- Hold their stick across the body with the head near the shoulder**
- Get into position to scoop the ball by having one hand at the top and one at the bottom of the 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**

Recap: To develop the technique of scooping and carrying the ball in lacrosse

Lesson 5/6

To develop the technique of throwing the ball in lacrosse

Success Criteria

To be able to:

- 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**

Recap: To develop the technique of throwing the ball in lacrosse

Lesson 6/6

To develop the technique of catching the ball in lacrosse

Success Criteria

To be able to:

- **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**