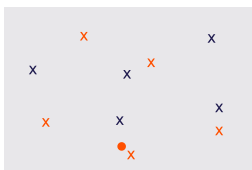


# Year 3 - Intro to Invasion Games

## Handball & Lacrosse - Lesson Plan

Lesson Objective	To introduce passing and moving in handball	Lesson 1/6
Equipment Needed	Cones, markers, handballs, bibs.	
Success Criteria	<p>Children can:</p> <ul style="list-style-type: none"><li>• Combine the skills of moving and passing</li><li>• Attempt to shoot in a game situation</li><li>• Apply their throwing and catching skills when taking part in small games</li></ul>	
Adapted Learning (Differentiation) (Challenge)	Group by ability.	
Key Questions	How do you pass the ball in handball?	
Warm Up	<p><b>Stuck In The Mud:</b></p> <p>All children have a ball 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	<p><b>Ball Handling:</b></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> <p><b>Skill Acquisition:</b></p> <p>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><b>Pass &amp; Move – Time Trial:</b></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 greatest number of passes in the time you allocate.</p>	
Cooldown	Recap and discuss Success Criteria.	
Key Technical Points	<p><b>Overhead Pass:</b></p> <p>Elbow 90°, transfer weight, follow through, and throw over the top of your head.</p>	



# Year 3 - Intro to Invasion Games

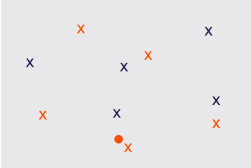
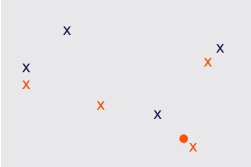

## Handball & Lacrosse - Lesson Plan

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"><li>• Stand with their feet apart and your knees slightly bent</li><li>• Know to raise their arms above their head or out to the sides, to make it difficult for your opponent to pass</li><li>• Understand to be on their toes and ready to move with the opponent in any direction</li></ul>	
Adapted Learning (Differentiation) (Challenge)	Group by abilities.	
Key Questions	How do we defend in handball?	
Warm Up	<p><b>Stuck In The Mud:</b></p> <p>All children have a ball 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	<p><b>Ball Handling:</b></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> <p><b>Defending 1v1:</b></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><b>Defending Battleships:</b></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>	
Cooldown	Recap and discuss Success Criteria.	
Key Technical Points	<p>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.</p>	



# Year 3 - Intro to Invasion Games

## Handball & Lacrosse - Lesson Plan

<b>Lesson Objective</b>	To introduce modified small-sided games of handball	<b>Lesson 3/6</b>
<b>Equipment Needed</b>	Cones, markers, handballs, bibs.	
<b>Success Criteria</b>	<b>Children can:</b> <ul style="list-style-type: none"><li>• Be introduced to the basic rules of handball.</li><li>• Play and follow the rules of handball</li><li>• Understand how tactics can be used to help win games</li></ul>	
<b>Adapted Learning (Differentiation) (Challenge)</b>	Group by ability.	
<b>Key Questions</b>	What are the rules of the game?	
<b>Warm Up</b>	<p><b>Pass &amp; Move – Time Trial:</b></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 greatest number of passes in the time you allocate! Handball is a fast sport, the children need to get used to moving the ball quickly.</p> 	
<b>Main Activity</b>	<p><b>Tactics Workshop:</b></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><b>Possession Grids:</b></p> <p>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.</p> <p><b>Small Sided Games:</b></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>  	
<b>Cooldown</b>	Recap and discuss Success Criteria.	
<b>Key Technical Points</b>	Children should look to pass as simple as possible whilst they are moving with the ball. They should aim to pass in front of the receiving player. The ball should be passed at head height so that the receiver is in a position to attack the opponent.	

# Year 3 - Intro to Invasion Games

## Handball & Lacrosse - Lesson Plan

### Lesson Objective

To introduce the skill of shooting in lacrosse

Lesson 4/6

### Equipment Needed

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

### Success Criteria

Children can:

- Move their top hand toward the middle of the stick
- Stand side-on with the front elbow up high
- Swing through in an arch, pointing at target to help

### Adapted Learning (Differentiation) (Challenge)

Increase/decrease the distance when shooting?

### Key Questions

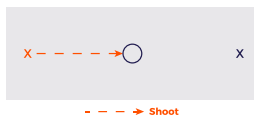
How do we shoot the ball?

### Warm Up

#### Colour Run:

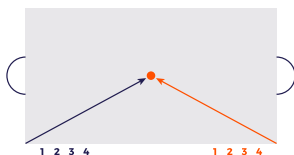
The teacher will set out five different coloured lines (red, blue, green, white, yellow). The children will all start on the first line and listen for an instruction from the teacher (e.g. run to the blue line). The children must get to the correct line as quickly as they can and be doing the correct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

### Main Activity



#### 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.



#### 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.

### 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

# Year 3 - Intro to Invasion Games

## Handball & Lacrosse - Lesson Plan

**COMPETING**  
**EDSTART**

### Lesson Objective

To introduce the skill of cradling the ball in lacrosse

Lesson 5/6

### Equipment Needed

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

### Success Criteria

Children can:

- Have their hands wide apart in the catching grip
- Hold their stick in the carry position
- Move their top hand so the stick head from moves from shoulder to chin and back

### Adapted Learning (Differentiation) (Challenge)

Group by ability to add challenge and differentiation.

### Key Questions

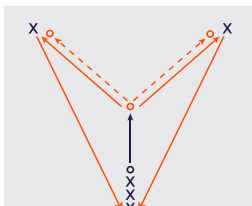
How do we cradle the ball in lacrosse?

### Warm Up

#### Stuck In The Mud:

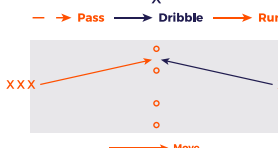
Spread the children out across a large lacrosse pitch. All children have a ball and stick and move around the area. 2/3 'catchers' look to catch the ball carriers. If caught players stand still with their feet apart, they can re-enter the game if another player rolls the ball between their legs and collects the ball using the scoop technique. Swap 'catchers' after two minutes.

### Main Activity



#### 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 for them to pass in the opposite direction.



#### 1v1 Cradling:

One team starts with the ball and enters the area. The defender (without a stick) must mirror the movements of the attacker. The attackers aim in to 'lose' the defender and score through one of the gates in the middle off the pitch. The defenders cannot pass the halfway line and must 'tag' the attacker as they are going through the gate to score.

#### 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

### Cooldown

Recap and discuss Success Criteria.

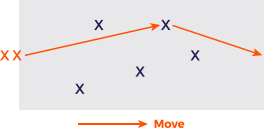
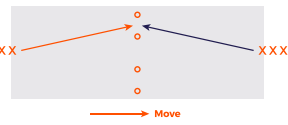
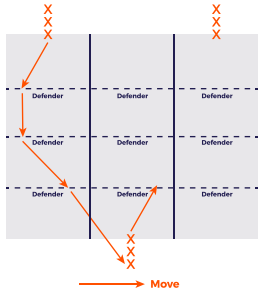
### Key Technical Points

#### Cradling:

Hands wide apart. Stick held in the carry position. Using your top hand move the stick head from shoulder to chin and back.

# Year 3 - Intro to Invasion Games

## Handball & Lacrosse - Lesson Plan

<b>Lesson Objective</b>	To introduce the skill defending in lacrosse	<b>Lesson 6/6</b>
<b>Equipment Needed</b>	Lacrosse sticks, lacrosse ball, tennis balls, bean bags, cones, hoops, markers.	
<b>Success Criteria</b>	<p><b>Children can:</b></p> <ul style="list-style-type: none"> <li>• Know that they need to stand in between attacker and goal</li> <li>• Keep a low body position in line up with the attacker</li> <li>• Make sure they can see the attacker and the ball, don't get too close</li> </ul>	
<b>Adapted Learning (Differentiation) (Challenge)</b>	Group by ability.	
<b>Key Questions</b>	How do we defend in lacrosse?	
<b>Warm Up</b>	<p><b>Passing Numbers:</b></p> <p>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.</p>	
<b>Main Activity</b>	<div>  <p><b>Team Tag Thru:</b></p> <p>In teams of six. One player from the defending team must enter area and tag any of the other players. As soon as they do, the next player enters the area. Continue until all players are through to the other side of the area. If player drops ball, goes out of square then defender gets to walk through. All players have a lacrosse stick with a ball.</p> </div> <div>  <p><b>1v1 Attacking:</b></p> <p>One team starts with the ball and enters the area. The defender (without a stick) must mirror the movements of the attacker. The attackers aim in to 'lose' the defender and score through one of the gates in the middle off the pitch. The defenders cannot pass the halfway line and must 'tag' the attacker as they are going through the gate to score.</p> </div> <div>  <p><b>Gauntlet:</b></p> <p>Split the hall/field into three columns, with the class split into three. 2 Teams attack, 1 Teams defends specific areas.</p> <ul style="list-style-type: none"> <li>• Children must try to run with a ball in their stick from start to finish without being tagged</li> <li>• Defenders must try to 'tig' the runner, if they succeed runner goes to back of line</li> <li>• Defenders can only move sideways on their defending line</li> <li>• Attackers rotate round the gauntlet to attack against a different set of defenders</li> <li>• Rotate after two minutes</li> </ul> </div>	
<b>Cooldown</b>	Recap and discuss Success Criteria.	
<b>Key Technical Points</b>	<p><b>Denying Space For An Attack:</b></p> <ul style="list-style-type: none"> <li>• Place yourself between attacker and goal</li> <li>• Stand in a low body position</li> <li>• Do not get too close to attacker and follow their movement</li> </ul>	