

# Year 3 - Intro to Invasion Games

## Handball & Lacrosse - Lesson Plan

PLAYING  
EDSTART

<b>Lesson Objective</b>	To introduce the technique of handling and controlling the ball in handball	<b>Lesson 1/6</b>
<b>Equipment Needed</b>	Cones, markers, bibs, handballs, softballs.	
<b>Success Criteria</b>	<b>Children can:</b> <ul style="list-style-type: none"><li>Know how to grip a handball in one hand</li><li>Control the ball in handball whilst moving</li><li>Move the ball between their hands with some control</li></ul>	
<b>Adapted Learning (Differentiation) (Challenge)</b>	Group by ability, use a larger/lighter ball to encourage success.	
<b>Key Questions</b>	How do we dribble with the ball?	
<b>Warm Up</b>	<b>Ball Handling:</b> 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.	
<b>Main Activity</b>	<b>Hot Potato:</b> In groups of four, they must pass the ball around without dropping the ball. Aim to complete as many passes as possible. When the player receives the ball, they can dribble the ball before they pass. They are allowed three steps with the ball before they pass.  <b>Dribble &amp; Pass:</b> Children need to get into groups of four. Two on one side and two at the other side (about 5/6 metres apart). Children dribble the ball towards their teammate, when they get halfway they pass the ball and follow it to the opposite side.   <b>The Fastbreak:</b> 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.	
<b>Cooldown</b>	Recap and discuss Success Criteria.	
<b>Key Technical Points</b>	<b>Dribbling:</b> Push the ball downwards using fingertips, keep the head up and the ball slightly out in front at waist level with your hand on top of the ball.	

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## Handball & Lacrosse - Lesson Plan

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<b>Lesson Objective</b>	To introduce the technique of passing and controlling the ball in handball	<b>Lesson 2/6</b>
<b>Equipment Needed</b>	Cones, markers, bibs, handballs, softballs.	
<b>Success Criteria</b>	<b>Children can:</b> <ul style="list-style-type: none"><li>Pass and catch the ball in handball</li><li>Take no more than three steps and pass the ball in handball</li><li>Catch a ball with their fingers spread wide</li></ul>	
<b>Adapted Learning (Differentiation) (Challenge)</b>	Group by ability, use a larger/lighter ball to encourage success.	
<b>Key Questions</b>	How do we pass the ball?	
<b>Warm Up</b>	<b>Ball Handling:</b> 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.	
<b>Main Activity</b>	<b>Passing Drill:</b> 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.     <b>Pass &amp; Move:</b> Split your class into four groups (organise this 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.	
<b>Cooldown</b>	Recap and discuss Success Criteria.	
<b>Key Technical Points</b>	<b>Overhead Pass:</b> Elbow 90°, transfer weight, follow through, and throw over the top of your head.	

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<b>Lesson Objective</b>	To introduce the technique of shooting in handball	<b>Lesson 3/6</b>
<b>Equipment Needed</b>	Cones, markers, bibs, handballs, softballs.	
<b>Success Criteria</b>	<b>Children can:</b> <ul style="list-style-type: none"><li>Shoot with varying accuracy and success at a target</li><li>Shoot with relative power and varying success at a target</li><li>Start to shoot the ball whilst jumping in the air</li></ul>	
<b>Adapted Learning (Differentiation) (Challenge)</b>	Group by ability.	
<b>Key Questions</b>	How do we shoot the ball?	
<b>Warm Up</b>	<b>Ball Handling:</b> 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.	
<b>Main Activity</b>	<b>Skill Acquisition – Shooting:</b> 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).  <b>Battleships 1v1:</b> They will need five cones for each working group, one to mark out the Shooting mark, this is 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.  <b>Pass, Receive, Shoot:</b> 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.	
<b>Cooldown</b>	Recap and discuss Success Criteria.	
<b>Key Technical Points</b>	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

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<b>Lesson Objective</b>	To introduce the technique of carrying the ball in lacrosse	<b>Lesson 4/6</b>
<b>Equipment Needed</b>	Lacrosse sticks, lacrosse ball, tennis balls, bean bags, cones, hoops, markers.	
<b>Success Criteria</b>	<b>Children can:</b> <ul style="list-style-type: none"><li>Hold the stick with the hands wide apart</li><li>Hold their stick across the body</li><li>Keep their stick close to the body</li><li>Know the stick's head is held near to shoulder</li></ul>	
<b>Adapted Learning (Differentiation) (Challenge)</b>	Group teams by ability to add challenge and differentiation.	
<b>Key Questions</b>	How do we carry the ball?	
<b>Warm Up</b>	<b>Stuck In The Mud:</b> 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.	
<b>Main Activity</b>	<b>Team Tag Thru:</b> In teams of six. One team moves around the area holding a rugby ball each. One player from the defending team must enter area and try to steal a tag of any of the 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.  <b>Gauntlet:</b> Split the hall/field into three columns, with the class split into three. 2 Teams attack, 1 Teams defends specific areas. <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> <b>Rob The Nest:</b> 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. If the ball carrier drops the ball, it must be returned to the middle and the next player has their turn. Encourage children to carry the ball using the correct technique.	
<b>Cooldown</b>	Recap and discuss Success Criteria.	
<b>Key Technical Points</b>	<b>Carrying:</b> <ul style="list-style-type: none"><li>Preferred hand under the head of stick other hand wide apart</li><li>Use your top hand to moves stick from shoulder to chin - repeat</li></ul>	

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<b>Lesson Objective</b>	To introduce the technique of scooping the ball in lacrosse	<b>Lesson 5/6</b>
<b>Equipment Needed</b>	Lacrosse sticks, lacrosse ball, tennis balls, bean bags, cones, hoops, markers.	
<b>Success Criteria</b>	<b>Children can:</b> <ul style="list-style-type: none"><li>Hold one hand at top and one at bottom of stick</li><li>Step next to the ball and squat to get over the ball</li><li>Keep their hands/stick close to the ground</li><li>Push through the ball, scoop and return to the carrying position</li></ul>	
<b>Adapted Learning (Differentiation) (Challenge)</b>	Group teams by ability to add challenge and differentiation.	
<b>Key Questions</b>	How do we scoop the ball?	
<b>Warm Up</b>	<b>Team Tag Thru:</b> In teams of six. One team moves around the area holding a rugby ball each. One player from the defending team must enter area and try to steal a tag of any of the 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.	
<b>Main Activity</b>	<b>Throw – Catch:</b> 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.  <b>Scoop:</b> 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.  <b>Rob The Nest:</b> 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.	
<b>Cooldown</b>	Recap and discuss Success Criteria.	
<b>Key Technical Points</b>	<b>Scoop:</b> <ul style="list-style-type: none"><li>Place one hand at top and one at bottom of stick</li><li>Step next to ball and over the ball</li><li>Place stick close to the ground and push through the ball</li></ul>	

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<b>Lesson Objective</b>	To introduce the technique of throwing the ball 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>	<b>Children can:</b> <ul style="list-style-type: none"><li>Have their dominant hand closest to the head of stick</li><li>Stand side-on with hands high and away from body</li><li>Follow through with stick towards the target</li></ul>	
<b>Adapted Learning (Differentiation) (Challenge)</b>	Use lighter balls, and group by ability.	
<b>Key Questions</b>	How do we pass the ball?	
<b>Warm Up</b>	<b>Ball Handling:</b> 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.	
<b>Main Activity</b>	<b>Throw – Catch:</b> 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.  <b>Battleships 1v1:</b> They will need five cones for each working group, one to mark out the Shooting mark, this is 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.  <b>Passing Numbers:</b> 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.	
<b>Cooldown</b>	Recap and discuss Success Criteria.	
<b>Key Technical Points</b>	<b>Passing:</b> <ul style="list-style-type: none"><li>Top hand slides to middle of stick</li><li>Standing side on with hands away from body</li><li>Pull stick down with bottom hand as you push forward with top hand</li><li>Follow through towards target</li></ul>	