

Recap: What do we know about handball?

Lesson 1/6

To introduce the technique of handling and controlling the ball in handball

Success Criteria

To be able to:

- **Know how to grip a handball in one hand**
- **Control the ball in handball whilst moving**
- **Move the ball between their hands with some control**

Recap: To introduce the technique of handling and controlling the ball in handball

Lesson 2/6

To introduce the technique of passing and controlling the ball in handball

Success Criteria

To be able to:

- **Pass and catch the ball in handball**
- **Take no more than three steps and pass the ball in handball**
- **Catch a ball with their fingers spread wide**

Recap: To introduce the technique of passing and controlling the ball in handball

Lesson 3/6

To introduce the technique of shooting in handball

Success Criteria

To be able to:

- **Shoot with varying accuracy and success at a target**
- **Shoot with relative power and varying success at a target**
- **Start to shoot the ball whilst jumping in the air**

Recap: What do we know about lacrosse?

Lesson 4/6

To introduce the technique of carrying the ball in lacrosse

Success Criteria

To be able to:

- **Hold the stick with the hands wide apart**
- **Hold their stick across the body**
- **Keep their stick close to the body**
- **Know the stick's head is held near to shoulder**

Recap: To introduce the technique of carrying the ball in lacrosse

Lesson 5/6

To introduce the technique of scooping the ball in lacrosse

Success Criteria

To be able to:

- **Hold one hand at top and one at bottom of stick**
- **Step next to the ball and squat to get over the ball**
- **Keep their hands/stick close to the ground**
- **Push through the ball, scoop and return to the carrying position**

Recap: To introduce the technique of scooping the ball in lacrosse

Lesson 6/6

To introduce the technique of throwing the ball in lacrosse

Success Criteria

To be able to:

- **Have their dominant hand closest to the head of stick**
- **Stand side-on with hands high and away from body**
- **Follow through with stick towards the target**