

**Recap: What do we know about handball?**

**Lesson 1/6**

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

## **Success Criteria**

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### **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**

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### **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**

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### **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**

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#### **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**

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### **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**