

Lesson 3	Handball - Beginner		Lesson Topic: Shots	
<p>➤ Learning Intentions: To be able to execute the fly shot in Handball at a basic level. To refine the basic skills of serving learnt in lesson two.</p>				
Activity	Description	Objectives	Teaching Points	Differentiation
Warm-Up	<u>King of the Ring</u>	To understand benefits of a warm-up, & to develop hand-eye coordination through a fun game	<ul style="list-style-type: none"> - Everyone has a ball (Split into two groups, one at a time if there isn't even balls) - Put all pupils into circle/area enclosed by lines with a ball - On whistle, players dribble ball around the area, while trying to knock opponents balls out of their hands - The last person in the game is the king of the ring 	<ul style="list-style-type: none"> ↑ Alternate Hands ↑ Non-Dominant Hand ↑ Increase numbers in circle ↓ Reduce numbers in circle
	<u>Stretching</u>	Understand importance and learn names of muscles.	<ul style="list-style-type: none"> - Hold for 5-8 seconds - No bouncing 	<ul style="list-style-type: none"> ↑ Get pupils to explain benefits of warming up
Skill Recap & Introduction to Shots	Recap on serves learnt in lesson two.	Give brief introduction of the shot types and provide a demonstration so the pupils can visualise what they are learning.	<ul style="list-style-type: none"> - Pupils split into smaller groups, taking turns to practice the shots - If there is enough room, split into partners - Perform all shots with the underarm stroke 	<ul style="list-style-type: none"> ↑ Get pupils with adept at the skills to perform demonstration
	<u>Fly Shot</u> Pupils in partners practice the fly shot	To develop the pupils ability to execute the fly shot (hit ball before it bounces)	<p>Explain how important the fly shot is in one-wall. The fly shot is an offensive shot thus cutting off the opponent's time to execute their return shot.</p> <p>Fly Shot:</p> <ul style="list-style-type: none"> ➤ Same technical requirements as the standard underarm stroke ➤ Body moving forward before ball is hit ➤ Emphasis on anticipation ➤ Hit ball before it bounces 	<ul style="list-style-type: none"> ↑ Further from wall ↓ Closer to wall

Games	<u>Conditioned Game</u>	To bring the basic shots into a fun mini game situation	This is a quick fire version of singles Handball. Pupils line up at the side of court. <ul style="list-style-type: none">- 1 v 1- 5 Rally's- First to 3 stays on- Newcomers serve Double points awarded for a rally ending fly shot	↑ Increase game length ↑ Doubles ↓ Allow two bounces
Cool Down	<u>Commands</u>	To understand benefits of a cool down.	Pupils jog around hall following commands of teacher: <ul style="list-style-type: none">- Skipping- High Knees- Sideways- Etc	↑ Ask pupil to lead cool down

Lesson 3	Handball - Intermediate		Lesson Topic: Shots	
<p>➤ Learning Intentions: To be able to execute the pass shot in Handball. Footwork is an important component of technical efficiency, and will therefore be incorporated into the lesson.</p>				
Activity	Description	Objectives	Teaching Points	Differentiation
Warm-Up	<i>King of the Ring</i>	To understand benefits of a warm-up, & to develop hand-eye coordination through a fun game	<ul style="list-style-type: none"> - Everyone has a ball (Split into two groups, one at a time if there isn't even balls) - Put all pupils into circle/area enclosed by lines with a ball - On whistle, players dribble ball around the area, while trying to knock opponents balls out of their hands - The last person in the game is the king of the ring 	<ul style="list-style-type: none"> ↑ Alternate Hands ↑ Non-Dominant Hand ↑ Increase numbers in circle ↓ Reduce numbers in circle
	<i>Stretching</i>	Understand importance and learn names of muscles.	<ul style="list-style-type: none"> - Hold for 5-8 seconds - No bouncing 	<ul style="list-style-type: none"> ↑ Get pupils to explain benefits of warming up
Recap & Introduction to Shots	<u>Footwork Drill</u>	To ensure the pupil understands the importance of footwork, and to develop their footwork through a quick drill/	<p>Important that players are constantly on the balls of their feet to allow them to make quick body adjustments to execute effective shots. The ball rarely comes to a player in a perfect position to hit.</p> <p>Footwork Drill – (Pupils follow teachers commands):</p> <ol style="list-style-type: none"> 1) Pupils spread out across gym, in a space of their own 2) Jog on spot, high knees, side stepping 3) Backwards steps 4) Left hand down, right hand down, up and clap 5) Carioca Step - left foot crosses in front of your right, your right foot steps right, and so on <p>➤ Pupils must always be on the balls of their feet</p>	<ul style="list-style-type: none"> ↑ Add in obstacles ↑ Gradually increase the pace

	<p><u>Pass Shot</u></p> <p>To teach the pass shot, incorporating the footwork drills</p> <p>Pupils split into groups, practicing shots in turn</p>	<p>To develop the pupils ability to execute the pass shot (hit ball to area of the court away from your opponent)</p>	<p>Explain how important the pass shot is in one-wall. The pass shot can be an offensive or defensive shot. It aims to force an opponent from a centre court position into rear court and if possible make it an irretrievable shot.</p> <p>Pass Shot:</p> <ul style="list-style-type: none"> ➤ Using either the underarm or sidearm stroke ➤ Hit ball unto front wall at shoulder height, making it bounce to either side of your opponent, and into deep court 	<p>↑ Throw ball against wall before attempting pass shot</p> <p>↑ Add in pupils for obstacles in which to aim the pass shot around</p> <p>↑ Further from wall</p> <p>↓ Closer to wall</p>
<p>Games</p>	<p><u>Conditioned Game</u></p> <p>(Pass Shot)</p>	<p>To bring the pass shot into a fun mini game situation</p>	<p>Pass shots are very beneficial shots for a player to be able to execute, and will greatly enhance their rate of success in One-Wall Handball.</p> <p>This is a quick fire version of doubles Handball. Pupils line up at the side of court.</p> <ul style="list-style-type: none"> - 2 v 2 - 5 Rally's, first to 3 wins - Newcomers serve <p>Double Points can be gained when a rally is won by pass shot.</p>	<p>↑ Singles</p> <p>↓ Allow two bounces</p>
<p>Cool Down</p>	<p><u>Tag</u></p>	<p>To understand benefits of a cool down & get pupils to travel across small areas rapidly with quick changes of direction</p>	<ul style="list-style-type: none"> - 2 Catchers - Pupils who are caught stand at edge of area and do stretches 	<p>↑ Ask pupils questions why a cool down is essential after exercise</p>

Lesson 3	Handball - Advanced		Lesson Topic: Shots	
<p>➤ Learning Intentions: To be able to execute the complex kill shot & fly kill shot in Handball. Footwork will be a key component of this lesson as it is the most important component of technical efficiency.</p>				
	Description	Objectives	Teaching Points	Differentiation
Warm-Up	<i>King of the Ring</i>	To understand benefits of a warm-up, & to develop hand-eye coordination through a fun game	<ul style="list-style-type: none"> - Everyone has a ball (Split into two groups, one at a time if there isn't even balls) - Put all pupils into circle/area enclosed by lines with a ball - On whistle, players dribble ball around the area, while trying to knock opponents balls out of their hands - The last person in the game is the king of the ring 	<ul style="list-style-type: none"> ↑ Alternate Hands ↑ Non-Dominant Hand ↑ Increase numbers in circle ↓ Reduce numbers in circle
	<i>Stretching</i>	Understand importance and learn names of muscles.	<ul style="list-style-type: none"> - Hold for 5-8 seconds - No bouncing 	<ul style="list-style-type: none"> ↑ Get pupils to name stretches for specific muscles
Recap & Introduction to Shots	Footwork Drill	To develop the most important component of technical efficiency	<p>Important that players are constantly on the balls of their feet in 'anticipation' of the shot. Where possible, a player should move to a position about 6ft deeper in the court than the ball should be contacted – this is called the pre shot position.</p> <p>Players should strive to increase their court speed – (this is not simply running fast, more so being able to cover all corners of the court)</p> <p>Footwork Drill:</p> <ol style="list-style-type: none"> 1) Player starts in centre of the court & runs backwards to the back of the court 2) Player runs to right corner 3) Before side-stepping to short line 4) Player repeats drill for left side 	<ul style="list-style-type: none"> ↑ Make court bigger ↑ Add in obstacles ↑ Gradually increase the pace ↑ Call left or right when player is approaching back court

	<u>Kill Shot</u>	<p>To develop the pupils ability to hit the ball so low on the front wall to make it irretrievable, i.e. a kill.</p> <p>Shots should be executed efficiently and smoothly, focusing on footwork</p>	<p>The kill shot is the primary attacking shot in Handball. Can be performed with either an underarm or sidearm stroke. The sidearm stroke is the recommended and most effective stroke to kill the ball.</p> <p>Kill Shot Key Points:</p> <ul style="list-style-type: none"> - Players on the balls of their feet in anticipation - Body moving forward before ball is hit - Get into the pre-shot position as quickly as possible - Similar basic execution principals as underarm stroke - Ball should be hit downwards using downwards body momentum - Bent Knees & Crouched Position <p>Players should have a target, and not simply hit the wall anywhere</p>	<p>↑ Further from wall</p> <p>↑ Set targets for the player to aim for – both on the front wall and on the court floor</p> <p>↑ Set extra pupils on court for players to aim shots around</p> <p>↓ Closer to wall</p>
	<u>Fly Kill Shot</u> To teach the fly kill shot, incorporating footwork skills	<p>To develop the pupils ability to execute the fly kill shot efficiently and smoothly, focusing on footwork</p>	<p>The fly kill shot is an attacking shot used to hit the ball low on the wall. Therefore an underarm stroke – or preferably a sidearm stroke should be used.</p> <ul style="list-style-type: none"> - Same principals as above - But ensure pupils body position and point of contact is lower to ground 	<p>↑ Further from wall</p> <p>↑ Set targets for the player to aim for – both on the front wall and on the court floor</p> <p>↑ Set extra pupils on court for players to aim shots around</p> <p>↓ Closer to wall</p>
Games	<u>Conditioned Game</u>	<p>To bring the kill shots into a fun mini game situation</p>	<p>This is a quick fire version of doubles Handball. Pupils line up at the side of court.</p> <ul style="list-style-type: none"> - 2 v 2 - 5 Rally's, first to 3 wins - Newcomers serve <p>Double Points can be gained when a rally is won by kill shot.</p>	<p>↑ Singles</p> <p>↓ Allow two bounces</p>

Cool Down	<u>Tag</u>	To understand benefits of a cool down & get pupils to travel across small areas rapidly with quick changes of direction	<ul style="list-style-type: none">- 2 Catchers- Pupils who are caught stand at edge of area and do stretches	↑ Ask pupil to lead cool Down
------------------	------------	---	---	-------------------------------