

Lesson 1	Handball - Beginner		Lesson Topic: Strokes	
<p>➤ Learning Intentions: To understand the rules, and be able to execute the basic strokes of Handball. The strokes to be taught are the underarm and the overarm. The sidearm is complex, and thus will only be introduced at the intermediate stage of learning.</p>				
	Description	Objectives	Teaching Points	Differentiation
Warm-Up	<u>Bounce Ball</u>	To understand benefits of a warm-up, & to develop hand-eye coordination	<ul style="list-style-type: none">➤ Pupils jog around hall bouncing ball➤ If in partners, partner without ball does dynamic exercises until pupil with ball returns	<ul style="list-style-type: none">↑ Non-Dominant Hand↑ Alternative Hands↑ Tap ball in air without letting it hit the ground↓ Bounce & Catch↓ Stand still and bounce
Introduction	<u>Background of Handball</u>	Provide a brief introduction of what Handball is and provide a short demonstration game so the pupils can visualise what they are learning	<ul style="list-style-type: none">➤ GAA Sport – with International dimension➤ Ireland currently hold Men’s & Ladies World Singles Champions➤ Benefits other sports, e.g. improves speed, agility, co-ordination, etc	Get pupils with knowledge of handball to play demo game
Content	<u>General Stroke Key Points</u> To introduce and teach the general key points across every handball stoke	Pupils understand the correct hand and body positioning for contacting the ball.	<p>Provide demonstration to enable pupils to visualise what they are learning.</p> <ul style="list-style-type: none">➤ Compliant across all strokes:<ul style="list-style-type: none">- Hands cupped and wrists relaxed- Ball contact at base of fingers- Knees flexed & body balanced- Shoulder facing front wall- Ball aligned with body centre- Weight on back foot, transfer weight to front foot- Maximum momentum at point of contact	<ul style="list-style-type: none">↓ Perform basics without ball↓ Select only a few key points to focus on at any once

	<p><u>Underarm Stroke</u></p> <p>Split into groups and get pupils to practice strokes</p> <p>Pupils can assist other pupils in correcting faults.</p>	<p>Pupils to understand the additional key points of the underarm stroke, in addition to the general key points required for all stroke types</p>	<p>Important to combine the general key points compliant across all strokes to the below:</p> <p>➤ Underarm Key Points:</p> <ul style="list-style-type: none"> • The most basic stroke • Stand sideways, with hand cupped • Step into the ball • Ball should be below the waist with fingers pointing towards the floor at contact • Sometimes necessary to use this stroke to retrieve low hit shots 	<p>↓ Perform basics without ball</p> <p>↓ Select only a few key points to focus on</p> <p>↓ Throw the ball first</p>
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	<p><u>Overarm Stroke</u></p> <p>Split into groups and get pupils to practice strokes</p> <p>Pupils can assist other pupils in correcting faults</p>	<p>Pupils to understand the additional key points of the overarm stroke, in addition to the general key points required for all stroke types</p>	<p>Important to combine the general key points compliant across all strokes to the below:</p> <p>➤ Overarm Key Points:</p> <ul style="list-style-type: none"> • Usually the most natural for beginners • Used to return high bounding balls from shoulder height or above • Fingers pointing towards the ceiling and in midline of body at point of contact • Body position rotating from sideways to forward • Elbow is bent at point of contact • Point of contact generally at eye level • Knees bent & momentum leading upwards 	<p>↓ Perform basics without ball</p> <p>↓ Select only a few key points to focus on</p> <p>↓ Throw the ball first</p>
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Games	<u>Keep the Rally Going</u> Pupils in single file line & take it in turns to return the ball and 'Keep the Rally Going'	To bring the basic strokes into a fun game situation	<ul style="list-style-type: none"> ▪ Pupils in groups, and in single file lines. ▪ First player hits ball and then runs to back of line. ▪ Second player proceeds to do the same, and the rally continues as the group tries to increase the number of consecutive shots <p>➤ Encourage correct technique</p>	<p>↑ Set targets</p> <p>↑ Smaller group numbers</p> <p>↑ Further from the wall</p> <p>↑ Non-Dominant Hand</p> <p>↑ Competition between groups</p> <p>↓ Closer to wall</p> <p>↓ Allow two bounces</p>
Cool Down	<u>Ball Bounce</u> Same as warm-up	Still focusing on developing hand-eye co-ordination whilst lowering heart rate. To understand benefits of a cool down.	<p>➤ Pupils jog around hall bouncing ball</p> <p>➤ If in partners, partner without ball does dynamic exercises until pupil with ball returns</p>	<p>↑ Non-Dominant Hand</p> <p>↑ Alternative Hands</p> <p>↑ Tap ball in air without letting it hit the ground</p> <p>↓ Catch the ball after every bounce</p> <p>↓ Stand still and bounce</p>

Lesson 1	Handball - Intermediate		Lesson Topic: Strokes	
<p>➤ Learning Intentions: To understand the rules, and be able to perform the basic strokes of Handball. The two strokes being taught are the overarm and the sidearm.</p>				
Activity	Description	Objectives	Teaching Points	Differentiation
Warm-Up	<u>Bounce Ball</u>	To understand benefits of a warm-up, & to develop hand-eye coordination	<ul style="list-style-type: none">➤ Pupils jog around hall bouncing ball➤ If in partners, partner without ball does dynamic exercises until pupil with ball returns	<div><div>↑</div>Non-Dominant Hand</div> <div><div>↑</div>Alternative Hands</div> <div><div>↑</div>Rapidly for one minute</div> <div><div>↑</div>Tap ball in air without letting it hit the ground</div> <div><div>↓</div>Catch the ball after every bounce</div> <div><div>↓</div>Stand still and bounce</div>
	<u>Stretching</u>	Understand importance and learn names of muscles	<ul style="list-style-type: none">- Hold for 5-8 seconds- No bouncing	<div><div>↑</div>Get pupils to identify stretches for specific muscles</div>
Content	<u>General Strokes:</u> Split into groups and get pupils to practice strokes Pupils can assist other pupils in correcting faults	To introduce and teach the key points of the different handball stokes (underarm & overarm). Explain the correct hand and body positioning for contacting the ball.	<ul style="list-style-type: none">➤ Compliant across all strokes:<ul style="list-style-type: none">- Hands cupped and wrists relaxed- Ball contact at base of fingers- Knees flexed & body balanced- Shoulder facing front wall- Ball aligned with body centre- Weight on back foot, transfer weight to front foot- Maximum momentum at point of contact	<div><div>↓</div>Perform basics without ball</div> <div><div>↓</div>Select only a few key points to focus on</div> <div><div>↓</div>Throw the ball first</div>

	<p><u>Overarm Stroke</u></p> <p><i>Split into groups and get pupils to practice the overarm stroke</i></p>	<p>To build on previous skills and fully develop the overarm stroke.</p>	<p>Important to combine the general key points compliant across all strokes to the below:</p> <p>➤ Overarm Key Points:</p> <ul style="list-style-type: none"> • Stand sideways, with hand cupped • Body position rotating from sideways to forward • Footwork, Aim, Bounce • Swing, Lead Arm • Knees bent & momentum leading upwards • Point of contact at eye level • Follow through 	<p>↓ Perform basics without ball</p> <p>↓ Select only a few key points to focus on</p> <p>↓ Throw the ball first</p>
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	<p><u><i>Sidearm Stroke</i></u></p> <p><i>Split into groups and get pupils to practice the sidearm stroke</i></p>	To introduce and teach the sidearm stroke to pupils	<p>Important to combine the general key points compliant across all strokes to the below:</p> <p>➤ Sidearm Key Points:</p> <ul style="list-style-type: none"> • Used to hit low attacking shots • Elbow is flexed at 90 degrees and drawn back in preparation • Wrist curled on backswing • Point of contact is in line with the centre of the body and away from the body so that arm is fully extended • The forearm and fingers point towards the sidewall on point of contact 	<p>↓ Perform basics without ball</p> <p>↓ Select only a few key points to focus on</p> <p>↓ Throw the ball first (visualising skimming a stone)</p>
				

Games	<u><i>Keep the Rally Going</i></u> (Adapted – Overarm)	To bring the basic strokes into a fun game situation	Encourage players to use the overhand as much as possible: <ul style="list-style-type: none"> ▪ Pupils in groups, and in single file lines. ▪ First player hits ball and then runs to back of line. ▪ Second player proceeds to do the same, and the rally continues as the group tries to increase the number of consecutive shots <p>➤ Encourage correct technique & good footwork</p>	↑ Smaller group numbers ↑ Further from the wall ↑ Non-Dominant Hand ↑ Competition between groups ↓ Closer to wall ↓ Allow two bounces
Cool Down	<u><i>Same as warm-up</i></u>	Still focusing on developing hand-eye co-ordination whilst lowering heart rate. To understand benefits of a cool down.	➤ Pupils jog around hall bouncing ball ➤ If in partners, partner without ball does dynamic exercises until pupil with ball returns	↑ Non-Dominant Hand ↑ Alternative Hands ↑ Tap ball in air without letting it hit the ground ↓ Catch the ball after every bounce ↓ Stand still and bounce

Lesson 1	Handball - Advanced		Lesson Topic: Strokes	
<p>➤ Learning Intentions: To understand the advanced rules, and be able to execute the advanced strokes of Handball. The three strokes are the underarm, the overarm, and the sidearm. By this stage, pupils should be competent with the underarm and overarm strokes. The sidearm is complex, and thus this lesson will comprise solely of developing the sidearm stroke.</p>				
Activity	Description	Objectives	Teaching Points	Differentiation
Warm-Up	<p><u>Ball Time</u></p> <p>Pupils with one ball each, find a small section of wall for themselves</p> <p>Softly stroke the ball underarm against the wall with right hand, and return it again softly underarm with the left hand</p>	To get the pupils warmed up by hitting the ball with both hands using alternatively whilst maintaining correct feet and body positioning.	<ul style="list-style-type: none">➤ Ensure pupils are bouncing on the balls of their feet➤ Ensure correct body position, i.e. shoulders facing front wall	<ul style="list-style-type: none">↑ Non-Dominant Hand↑ Alternative Hands↑ Rapidly for one minute↑ Tap ball in air without letting it hit the ground↓ Catch the ball after every bounce↓ Stand still and bounce
	<p><u>Stretching</u></p>	Understand importance and learn names of muscles.	<ul style="list-style-type: none">- Dynamic and sport specific	<ul style="list-style-type: none">↑ Get pupils to explain benefits of warming up
Intro & Stroke Content	<p><u>General Stroke Content</u></p> <p>Reminder of previously learnt information relating to handball strokes</p>	<p>To revise introductory skills learnt from the sidearm strokes.</p> <p>Explain the correct hand and body positioning for contacting the ball.</p>	<ul style="list-style-type: none">➤ Compliant across all strokes:<ul style="list-style-type: none">- Hands cupped and wrists relaxed- Ball contact at base of fingers- Knees flexed & body balanced- Shoulder facing front wall- Ball aligned with body centre- Weight on back foot, transfer to front foot- Maximum momentum at point of contact	<ul style="list-style-type: none">↑ Perform basics without ball↑ Select only a few key points to focus on↑ Throw the ball first

	<p><u>Sidearm Stroke:</u></p> <p><i>Split into groups and get pupils to practice the sidearm stroke</i></p> <p><i>Pupils can assist other pupils in correcting faults.</i></p>	Fully develop the sidearm stroke	<p>Important to combine the general key points compliant across all strokes to the below:</p> <p>➤ Sidearm Key Points:</p> <ul style="list-style-type: none"> • Used to hit low attacking shots • Elbow is flexed and drawn straight back in preparation • Wrist curled on backswing • Point of contact is in line with the centre of the body and away from the body so that arm is fully extended • The forearm and fingers point towards the sidewall on point of contact 	<p>↑ Perform basics without ball</p> <p>↑ Select only a few key points to focus on</p> <p>↑ Throw the ball first</p>
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	<p><u>Low Sidearm Stroke:</u></p> <p><i>Split into groups and get pupils to practice the low sidearm stroke</i></p> <p><i>Pupils can assist other pupils in correcting faults.</i></p>	Introductory lesson aimed to develop pupil's ability to perform the low sidearm stroke, which is an advanced version of the sidearm stroke.	<p>The low sidearm is identical to the sidearm stroke just discussed, except that the contact with the ball is much lower – usually between the waist and the knees.</p> <ul style="list-style-type: none"> - Offensive stroke used to execute the kill shot - Knees must be bent more to get into a lower crouched position 	<ul style="list-style-type: none"> ↑ Perform basics without ball ↑ Select only a few key points to focus on ↑ Throw the ball first
Games	<p><u>Conditioned Game</u></p> <p>Standard Singles or Double game (depending on numbers), emphasising the sidearm strokes by awarding bonus points.</p>	To develop pupils ability to execute the sidearm strokes in a fun, competitive game situation	<ul style="list-style-type: none"> ➤ 2 Players play a match up to 3 ➤ Winner stays on, & newcomer always serves first ➤ A rally winning sidearm kill or sidearm pass is worth 2 points 	<ul style="list-style-type: none"> ↑ Doubles ↓ Allow 2 bounces
Cool Down	<p><u>Jog & Dribble</u></p>	Focusing on developing hand-eye co-ordination whilst lowering heart rate. To understand benefits of a cool down.	<ul style="list-style-type: none"> ➤ Pupils jog around hall bouncing ball ➤ If in partners, partner without ball does dynamic exercises until pupil with ball returns 	<ul style="list-style-type: none"> ↑ Non-Dominant Hand ↑ Alternative Hands ↑ Tap ball in air without letting it hit the ground ↓ Catch the ball after every bounce ↓ Stand still and bounce