

Lesson 5	Handball - Beginner		Lesson Topic: Strategies and Tactics	
<p>➤ Learning Intentions: To enable the pupil to be creative and ‘think’ more about their shot selection to help them achieve greater performance level</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 of stretching 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 lead stretches
Introduction to ‘Strategies & Tactics’	<u>Strategy & Tactics’ Discussion</u>	To encourage the pupils to be creative and think about the positioning of their shots in order to increase their performance level.	<p>Group as a whole, ask pupils for ideas of possible strategies:</p> <ul style="list-style-type: none"> - Opponents non-dominant hand - Serving Direction - Defensive or Offensive shot selection - Hitting the ball deep to the back court - Safe return of serve 	<ul style="list-style-type: none"> ↑ Give brief practical demonstration of how ‘thinking about your shot’ before you hit it can be beneficial to your performance
Games Incorporate teaching through conditioned games	<u>Down Ball</u>	To encourage the pupils to be creative and think about the positioning of their shots in order to increase their performance level.	<p>Larger court than normal Down Ball:</p> <ul style="list-style-type: none"> - In partners, one ball - Players cannot gain points by a kill shot – can only score points through superior anticipation and full use of the court than the opponent <p>- Rules: Player must strike the ball into the ground, bouncing once, before it hits the wall. Only one bounce is allowed</p>	<ul style="list-style-type: none"> ↑ Doubles ↑ Smaller Court ↓ Larger Court

			before ball is returned. Important to emphasis full use of court for shot selection	
	<p><u>2 Bounce - Adapted</u></p> <p>Larger court then normal 2 Bounce</p> <p>In partners, one ball</p>	<p>To develop pupils ability to incorporate positional play and shot selection during a game situation</p>	<p>Rules: Players take it in turns to strike the ball against the front wall. The ball is allowed to bounce twice before it has to be returned. Important to emphasis use of full court hand.</p> <ul style="list-style-type: none"> ➤ Ensure players do not hit the ball hard ➤ Players cannot gain points by a kill shot – can only score points through superior anticipation and shot selection/direction than the opponent 	<p>↑ Doubles</p> <p>↑ Modify court size</p> <p>↓ Allow three bounces</p>
Cool Down	<u>Jog & Dribble</u>	<p>To understand benefits of a cool down whilst combining use of non-dominant hand.</p>	<p>Pupils jog around hall dribbling the ball</p> <ul style="list-style-type: none"> - Teacher can pause pupils and get them to do short dynamic stretches for 5 seconds before starting up again 	<p>↑ Non-Dominant hand only</p> <p>↑ Ask pupils questions why a cool down is essential after exercise</p>

Lesson 5	Handball - Intermediate		Lesson Topic: Strategies and Tactics	
<p>➤ Learning Intentions: To enable the pupil to be more creative as regards shot selection, to assist them in achieving a greater performance level. Pupils should finish lesson with greater tactical knowledge of Handball. The key tactic to be developed during this lesson is the <i>'Serve and Fly'</i> tactic.</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 of stretching 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 lead stretches
Introduction to 'Strategies & Tactics'	<u>Strategy & Tactics' Discussion</u> (Intermediate Level)	<p>To encourage the pupils to be creative and think about the positioning of their shots in order to increase their performance level.</p> <p>Pupils should learn lesson with a firm grasp of the serve and fly concept.</p>	<p>Group as a whole, ask pupils for ideas of possible strategies:</p> <ul style="list-style-type: none"> - Opponents non-dominant hand - Serving Direction - Defensive or Offensive shot selection - Hitting the ball deep to the back court - Save return of serve <p>➤ *Serve & Fly* This is the key strategy that the pupils should be made aware of at this level of learning.</p> <ul style="list-style-type: none"> - It entails the pupil to serve the ball, & after the opponent returns the serve, the initial server fly's the ball <p>**When mastered, this tactic is the most effective strategy in One-Wall Handball, & makes the game a lot easier to play**</p>	<ul style="list-style-type: none"> ↑ Give brief practical demonstration of how the 'serve and fly' tactic is highly effective

<p>Games</p> <p>Incorporate teaching through conditioned games</p>	<p><u>Ins & Outs</u></p> <p>Serve & Fly</p>	<p>To bring the advanced tactics & strategies into a game situation</p> <p>Specifically, to allow pupils the opportunity to use the 'serve & fly' tactic in a match situation</p>	<p>This is a quick fire version of singles Handball. Pupils line up at the side of court. First two players on court.</p> <ul style="list-style-type: none"> ➤ 1 v 1 ➤ First to win 3 rallies stays on ➤ Newcomer serves <p>**Automatic win for any player who completes a rally winning 'serve & fly' combination – (Note: After the server's second shot, this combination is void until the next serve)**</p> <p>Encourage & reinforce all of the aforementioned tactics & strategies, specifically the serve & fly tactic</p>	<ul style="list-style-type: none"> ↑ Further from the wall ↑ Non-Dominant Hand ↑ Doubles ↓ Closer to wall ↓ Allow two bounces
	<p><u>Doubles</u></p> <p>Short games of doubles Handball, focusing on all tactics learnt up to this stage of learning</p>	<p>In doubles, there is less space and it is harder to score points. Therefore it provides the perfect game opportunity for pupils to be creative and think about their shots.</p>	<p>This is shorter version of doubles Handball. Pupils line up at the side of court. First four players on court.</p> <ul style="list-style-type: none"> ➤ 2 v 2 ➤ 9 Rallies ➤ First to win 5 rallies stays on ➤ Newcomers serve <p>Encourage & reinforce all of the aforementioned tactics & strategies, specifically the serve & fly tactic</p>	<ul style="list-style-type: none"> ↑ Smaller court – less room
<p>Cool Down</p>	<p><u>Jog & Dribble</u></p>	<p>To understand benefits of a cool down whilst combining use of weak hand.</p>	<p>Pupils jog around hall dribbling the ball</p> <ul style="list-style-type: none"> - Teacher can pause pupils and get them to do short dynamic stretches for 5 seconds before starting up again 	<ul style="list-style-type: none"> ↑ Non-dominant hand only ↑ Ask pupils questions why a cool down is essential after exercise

Lesson 5	Handball - Advanced		Lesson Topic: Strategies and Tactics	
<p>➤ Learning Intentions: To enable the pupil to understand advanced strategies and tactics, to facilitate them in achieving a greater performance level. The key strategy to be learnt from this lesson is to <i>‘Dominate the Diamond’</i>.</p>				
	Description	Objectives	Teaching Points	Differentiation
Warm-Up	<u>2 Bounce</u>	To understand benefits of a warm-up, & to develop hand-eye coordination through a fun game	➤ Encourage players to be creative in their shot selection	↑ Doubles
	<u>Stretching</u>	Understand importance of stretching and learn names of muscles.	<ul style="list-style-type: none"> - Hold for 5-8 seconds - No bouncing 	↑ Get pupils to name stretches for specific muscles
Strategies & Tactics	<u>‘Strategy & Tactics’ Discussion</u>	To encourage the pupils to be creative and think about the positioning of their shots in order to increase their performance level.	<p>Group as a whole, ask pupils for ideas of possible strategies:</p> <ul style="list-style-type: none"> - Weak Hand - Serving Direction - Defensive or Offensive shot selection <p>Advanced Tactics:</p> <ul style="list-style-type: none"> ➤ Dominate the ‘diamond’ – this is an imaginary diamond created in the centre of the court. Players should always force their opponents out of the diamond and try to control the game from the diamond ➤ Serves should be hit at pace and to an area that will force the opponent into a weak return ➤ Play at a high intensity and force your opponent onto the back foot ➤ Return of serve should be hit ‘up the line’ or angled across court. ➤ Never hit a ball up the middle – use full court for your play 	↑ Give practical demonstrations of how these tactics can prove beneficial & how ‘thinking about your shot’ before you hit it can be beneficial to your performance

			➤ The serve and fly approach should always be implemented	
Games Incorporate teaching through conditioned games	<u>Ins & Outs</u>	To bring the advanced tactics & strategies into a game situation	This is a quick fire version of singles Handball. Pupils line up at the side of court. First two players on court. ➤ 1 v 1 ➤ 1 Rally ➤ Winner of rally stays on ➤ Newcomer serves Encourage & reinforce all of the aforementioned tactics & strategies	↑ Further from the wall ↑ Weak Hand ↑ Doubles ↓ Closer to wall ↓ Allow two bounces
	<u>Doubles</u> Short games of doubles Handball	In doubles, there is less space and it is harder to score points. Therefore it provides the perfect game opportunity for pupils to be creative and think about their shots.	This is shorter version of doubles Handball. Pupils line up at the side of court. First four players on court. ➤ 2 v 2 ➤ 9 Rallies ➤ First to win 5 rallies stays on ➤ Newcomers serve Encourage & reinforce all of the aforementioned tactics & strategies	↑ Smaller court – less room
Cool Down	<u>Commands</u>	To understand benefits of a cool down.	Pupils jog around hall following commands of teacher: ➤ High knees, fast feet, etc ➤ Teacher can pause pupils and get them to do short dynamic stretches for 5 seconds before starting up again	↑ Ask pupil to lead cool down