

Lesson 4	Handball - Beginner		Lesson Topic: Developing the Non-Dominant Hand	
<p>➤ <b>Learning Intentions:</b> To highlight the importance of using both hands in handball, and to develop the pupil's technique in their non-dominant hand. Focus attention on general contact with the ball and the fly shot. To refine, and develop consistency in performing the skill of the fly shot.</p>				
Activity	Description	Objectives	Teaching Points	Differentiation
Warm-Up	<u>Down Ball</u>	To understand benefits of a warm-up, & to develop the non-dominant hand-through a fun game	<ul style="list-style-type: none"> <li>➤ In partners, one ball</li> <li>➤ Pupils create an improvised small court where the space is available</li> </ul> <p><b>Rules:</b> Player must strike the ball into the ground, bouncing once, before it hits the wall. Only one bounce is allowed before ball is returned. Important to emphasis use of non-dominant hand.</p>	<ul style="list-style-type: none"> <li>↑ Alternate Hands</li> <li>↑ Increase numbers in circle</li> <li>↓ Allow 2 bounces</li> </ul>
	<u>Stretching</u>	Understand importance and learn names of muscles	<ul style="list-style-type: none"> <li>➤ Hold for 5-8 seconds</li> <li>➤ No bouncing</li> </ul>	<ul style="list-style-type: none"> <li>↑ Get pupils to name stretches for specific muscles</li> </ul>
Skill Recap	<u>Fly Shot Recap</u> Recap on shots learnt in lesson three.	To further reinforce the key points of the fly shot.	<ul style="list-style-type: none"> <li>➤ Pupils split into smaller groups, taking turns to practice the fly shot</li> <li>➤ If there is enough room, split into partners</li> <li>➤ Perform shots with the underarm stroke</li> </ul>	<ul style="list-style-type: none"> <li>↑ Get pupils with adept at the skills to perform demonstration</li> </ul>
Developing Non-Dominant Hand	<u>Non-Dominant Hand Shot Contact</u>  In small groups or partners, players practice weak hand underarm & overarm strokes	To develop the pupils ability to contact the ball with correct timing and technique using the non-dominant hand	Highlight the importance of using both hands in Handball, specifically the importance of developing this whilst young to prevent future bad habits. A players non-dominant hand is often exploited in a match.	<ul style="list-style-type: none"> <li>↑ Throw ball against wall and execute shot</li> <li>↑ Put player in middle of court and aim pass shot around him/her</li> </ul>

	Progress to practice previously learnt fly shot with the non-dominant hand.		<ul style="list-style-type: none"> <li>➤ <b>Similar basic execution principals of any stroke:</b> <ul style="list-style-type: none"> <li>- Knees flexed &amp; body balanced</li> <li>- Shoulder facing front wall</li> <li>- Ball aligned with body centre</li> <li>- Weight on back foot</li> <li>- Transfer weight to front foot</li> <li>- Maximum momentum at point of contact</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>↓ Closer to wall</li> <li>↓ Allow two bounces</li> </ul>
<b>Games</b>	<u>2 Bounce</u>	To bring the basic shots using both hands into a fun mini game situation	<ul style="list-style-type: none"> <li>➤ In partners, one ball</li> <li>➤ Pupils create an improvised small court where the space is available</li> </ul> <p><b>Rules:</b> 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 weaker hand.</p>	<ul style="list-style-type: none"> <li>↑ Doubles</li> <li>↑ Allow three bounces</li> </ul>
<b>Cool Down</b>	<u>Jog &amp; Tap</u>	To understand benefits of a cool down whilst combining use of non-dominant hand.	<p>Pupils jog around hall tapping the ball into the air with their hands.</p> <ul style="list-style-type: none"> <li>➤ Teacher can pause pupils and get them to do quick dynamic stretches for 5 seconds before starting up again</li> </ul>	<ul style="list-style-type: none"> <li>↑ Non-dominant hand only</li> <li>↑ Ask pupils questions why a cool down is essential after exercise</li> </ul>

Lesson 4	Handball - Intermediate		Lesson Topic: Developing the Non-Dominant Hand	
<p>➤ <b>Learning Intentions:</b> To highlight the importance of using both hands in handball, and to develop the pupil's technique in their non-dominant hand. Focus attention on general contact with the ball and the pass shot. To refine, and develop consistency in executing the skill of serving .</p>				
Activity	Description	Objectives	Teaching Points	Differentiation
<p><b>Warm-Up</b></p>	<p><u>2 Bounce</u></p> <p>In partners, one ball</p> <p>Pupils create an improvised small court where the space is available</p>	<p>To understand benefits of a warm-up, &amp; to develop the non-dominant game</p>	<p><b>Rules:</b> 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 non-dominant hand.</p> <ul style="list-style-type: none"> <li>➤ Keeping in mind the lesson topic, encourage players to serve with their non-dominant hand</li> </ul>	<ul style="list-style-type: none"> <li>↑ Doubles</li> <li>↑ 2 v 1</li> <li>↓ Use less bouncy ball</li> <li>↓ Allow three bounces</li> </ul>
	<p><u>Stretching</u></p>	<p>Understand importance and learn names of muscles</p>	<ul style="list-style-type: none"> <li>➤ Hold for 5-8 seconds</li> <li>➤ No bouncing</li> </ul>	<ul style="list-style-type: none"> <li>↑ Get pupils to name stretches for specific muscles</li> </ul>
<p><b>Skill Recap</b></p>	<p><u>Pass Shot Recap</u></p> <p>Recap on shots learnt in lesson three.</p>	<p>To further reinforce the key points of the pass shot.</p>	<ul style="list-style-type: none"> <li>➤ Pupils split into smaller groups, taking turns to practice the pass shot</li> <li>➤ If there is enough room, split into partners</li> <li>➤ Perform shots with the underarm or sidearm stroke</li> </ul>	<ul style="list-style-type: none"> <li>↑ Get pupils with adept at the skills to perform demonstration</li> </ul>
<p><b>Developing Non-Dominant Hand</b></p>	<p><u>Non-Dominant Hand Shot Contact</u></p> <p>In small groups or partners, players practice non-dominant hand contact against a wall</p>	<p>To develop the pupils ability to contact the ball with correct timing and technique using the non-dominant hand</p>	<p>Highlight the importance of using both hands in Handball, specifically the importance of developing this whilst young to prevent future bad habits. A players weaker hand is often exploited in a match.</p> <ul style="list-style-type: none"> <li>➤ <b>Similar basic execution principals of any stroke:</b> <ul style="list-style-type: none"> <li>- Knees flexed &amp; body balanced</li> <li>- Shoulder facing front wall</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>↑ Throw ball against wall and execute shot</li> <li>↑ Put player in middle of court and aim pass shot around him/her</li> </ul>

	Replicate previously learnt sidearm stroke, as well as the various shot types.		<ul style="list-style-type: none"> <li>- Ball aligned with body centre</li> <li>- Weight on back foot</li> <li>- Transfer weight to front foot</li> <li>- Maximum momentum at point of contact</li> </ul>	<ul style="list-style-type: none"> <li>↓ Closer to wall</li> <li>↓ Allow two bounces</li> </ul>
<b>Games</b>	<p><u>Down Ball</u></p> <p>In partners, one ball</p> <p>Pupils create an improvised small court where the space is available</p>	To bring the basic shots using both hands into a fun mini game situation	<p><b>Rules:</b> Player must strike the ball into the ground, bouncing once, before it hits the wall. Only one bounce is allowed before ball is returned. Important to emphasis use of non-dominant hand.</p> <ul style="list-style-type: none"> <li>➤ <b>Encourage players to attempt the newly introduced sidearm stroke</b></li> </ul>	<ul style="list-style-type: none"> <li>↑ Alternate Hands</li> <li>↑ Non-Dominant Hand</li> <li>↑ Increase numbers in circle</li> <li>↓ Allow 2 bounces</li> </ul>
<b>Cool Down</b>	<u>Jog, Dribble &amp; Tap</u>	To understand benefits of a cool down whilst combining use of non-dominant hand.	<p>Pupils jog around hall tapping or dribbling the ball into the air with their weak hand.</p> <ul style="list-style-type: none"> <li>➤ Teacher can pause pupils and get them to do quick dynamic stretches for 5 seconds before starting up again</li> </ul>	<ul style="list-style-type: none"> <li>↑ Non-Dominant hand only</li> <li>↑ Ask pupils questions why a cool down is essential after exercise</li> </ul>

Lesson 4	Handball – Advanced		Lesson Topic: Developing the Non-Dominant Hand	
<p>➤ <b>Learning Intentions:</b> To highlight the importance of using both hands in handball, and to develop the pupil’s technique in their non-dominant hand. Focus attention on technique and body positioning. To refine, and develop consistency in executing the skills of serving learnt in lesson two.</p>				
	Description	Objectives	Teaching Points	Differentiation
<p><b>Warm-Up</b></p>	<p><u>Down Ball</u></p> <p>In partners, one ball</p> <p>Pupils create an improvised small court where the space is available</p>	<p>To understand benefits of a warm-up, &amp; to develop the non-dominant hand-through a fun game</p>	<p><b>Rules:</b> Player must strike the ball into the ground, bouncing once, before it hits the wall. Only one bounce is allowed before ball is returned. Important to emphasis use of non-dominant hand.</p> <ul style="list-style-type: none"> <li>➤ Serve with non-dominant hand</li> <li>➤ Focus attention on body position &amp; footwork</li> </ul>	<p>↑ Smaller Court – harder to win points</p>
	<p><u>Stretching</u></p>	<p>Understand importance and learn names of muscles.</p>	<ul style="list-style-type: none"> <li>- Hold for 5-8 seconds</li> <li>- No bouncing</li> </ul>	<p>↑ Get pupils to lead stretches</p>
<p><b>Skill Recap</b></p>	<p><u>Kill Shot Recap</u></p> <p>Recap on fly shot &amp; fly kill shots learnt in lesson three.</p> <p>Replicate these shot with the non-dominant hand.</p>	<p>Highlight the importance of using both hands in Handball, specifically the importance of developing this whilst young to prevent future bad habits.</p>	<p>Pupils split into smaller groups/partners, taking turns to practice the fly &amp; fly kill shots.</p> <ul style="list-style-type: none"> <li>- Encourage good footwork &amp; shot anticipation</li> <li>- Get into the pre-shot position</li> </ul>	<p>↑ Further from wall</p> <p>↑ Ball to the returned coming at faster pace</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>

<p><b>Developing Non-Dominant Hand</b></p>	<p><u>Non-Dominant Hand Target Practice</u></p> <p>Replicate all previously learnt shots with the weaker hand.</p> <p>In small groups or partners, players compete in a weak hand target practice game.</p>	<p>To develop the pupils ability to contact the ball with correct timing and technique using the non-dominant hand</p>	<p>Important to develop both hands so shots from all court positions can be executed.</p> <p><b>Remember the basic execution principals:</b></p> <ul style="list-style-type: none"> <li>➤ Footwork</li> <li>➤ Body Position</li> <li>➤ Technique</li> </ul> <ul style="list-style-type: none"> <li>- 1 Point for good technique</li> <li>- Additional 2 points for hitting target</li> </ul>	<ul style="list-style-type: none"> <li>↑ Smaller targets</li> <li>↑ Further away from target</li> <li>↑ Throw ball against wall and execute shot</li> <li>↓ Closer to wall</li> <li>↓ Allow two bounces</li> </ul>
<p><b>Games</b></p>	<p><u>Conditioned Non-Dominant Hand Game</u></p>	<p>To develop the pupils non-dominant hand in a fun conditioned game situation</p>	<p><b>The difference between good handballer's and great handballer's is the ability to perform shots at a high level with both hands. Thus pupils should be encouraged to develop their non-dominant hand as much as possible whilst still young.</b></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"> <li>- 2 v 2</li> <li>- 5 Rally's, first to 3 wins</li> <li>- Newcomers serve</li> </ul> <p><b>Double Points can be gained when a rally is won by non-dominant hand shot.</b></p>	<ul style="list-style-type: none"> <li>↑ Singles</li> <li>↓ Allow two bounces</li> </ul>
<p><b>Cool Down</b></p>	<p><u>Jog, Dribble &amp; Tap</u></p>	<p>To understand benefits of a cool down whilst combining use of non-dominant hand.</p>	<p>Pupils jog around hall tapping the ball into the air with their non-dominant hands.</p> <ul style="list-style-type: none"> <li>- Teacher varies between tapping or dribbling</li> <li>- Teacher can pause pupils and get them to do quick dynamic stretches for 5 seconds before starting up again</li> </ul>	<ul style="list-style-type: none"> <li>↑ Ask pupils questions why a cool down is essential after exercise</li> </ul>