

Team Handball Unit and Lesson Plans

Grade Level: 3-12

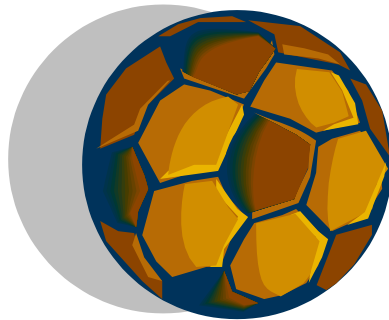


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UNIT PLAN

Game: **Team Handball (sponge ball)**

Grade Level: **3-12**

Pre-requisite skills & knowledge:

(Describe students' prior experiences/exposure to skills and tactics related to this game.)

- **Throwing and catching**
- **Fleeing and Dodging**
- **Underhand throw with opposition**
- **Cooperative play**

Unit Objective(s):

- **Students will be able to play a three vs. three invasion game maintaining possession (with throwing and catching), attacking an endline/goal and creating space (ball fakes and jab steps).**

Framework:

(Provide a detailed framework, identifying tactical problems, decisions/movements, and skills.)

Tactical Problems/ Concepts	Decisions and Movements	Skills
Offense/Scoring Maintaining possession of the ball Penetrating the defense and attacking the goal Transition	Supporting the ball carrier When to pass Using a target forward When to shoot or pass Moving to space Where to move	Passing and receiving the ball Shooting Faking Quick outlet passes
Defense/Preventing scoring Defending space Defending the goal Taking the ball	Guarding Footwork Pressuring the ball carrier Positioning of Body Rebounding - boxing out	Body Position Stopping opponents Stopping the shot Rebounding Stealing the ball
Starting/restarting play Beginning the game Restarting from the sideline Restarting from the endline Restarting from violations	Positioning Supporting positions Supporting positions Supporting positions	Initiating play Putting the ball in play Putting the ball in play Putting the ball in play

Block Plan

Game: Team Handball

Grade Level: 3-12

<p>Lesson #1 Focus: Court/team organization and passing. Objective: Students will learn court spaces and complete successful passes that enable them to play a “keep away” game within a specified court.</p> <p>Unit Introductions: Assign Teams & Home Courts Storage & Equipment Care Entrance & Exit Routines</p> <p>Warm-ups: Designation and familiarization of court spaces (1-4 or 1-2). Mark the lines with cones and label the courts. Have students jog the appropriate court when that court number is called – frequent changes to the court number called make this an active warm-up.</p> <p>Practice Task: Performed on teams’ home ½ court. Task: Triangle Pass Condition: No moving w/ball Goal: 10-15-20 consecutive passes Extension: pass & move to another space on your court Extension: 2v1 – goal of 8 passes in a row and switch (defender must go to the ball). A Cold @ (standing) going to a Warm @ (arms length) defense.</p> <p>Closure: Q and A on court spaces. What is an effective way to keep the ball away from another player in a game? Note. Next lesson starts with pass and move or 2v1 at home court.</p>	<p>Lesson #2 Focus: Passing and moving in a 3v3 game. Objective: In a 3v3 game students will pass the ball effectively to keep it away from the other team.</p> <p>Warm-ups: 2v1 – goal of 8 passes in a row and switch (defender must go to the ball).</p> <p>Game Pass and move or 2v1 at home court. Conditions. Defender must try to get the ball. A Warm @ (arms length) defense – no slapping ball out of hands. Goal. 4 passes in a row.</p> <p>Game: 3v3 possession game (4 passes in a row is 1 point). Conditions. No moving with ball, warm defense. Remember boundaries and restart rules. Goal. Keep the ball</p> <p>Closure: Q and A on boundaries and etiquette. How are you keeping the ball as a team? Note. Next lesson starts with 3v3 possession game.</p>	<p>Lesson #3 Focus: Passing and moving in a 3v3 game. Objective: In a 3v3 game students will keep the ball away from the other team by effective passing and moving.</p> <p>Game. 3v3 possession game (4 passes in a row is 1 point). Conditions. No moving with ball Warm defense. Remember boundaries and restart rules. Goal. Keep the ball. Questions: Q. For your team to keep the ball, where do your passes have to go? A. To a teammate. Q. Are two handed passes better than one handed to make sure it gets to a teammate? Why? A. Yes. Because you can get it to your teammate easier (more accurate). Q. When are one handed passes better? A. When you have to throw a long way.</p> <p>Practice task. Triangle passing - two handed chest pass Goal. 10 passes in a row that go straight to the receiver and are caught. Extension. One handed throw pass (they can do this with a sponge ball). Pass and move (Q. Where to? A. “Quickly to space”) 2v1</p> <p>Cues. Chest pass - ball to the chest step and push away point fingers at the receiver. Receiving - watch the ball move in front of the ball hands out fingers up for high catch, down for low catch Throw pass - take the ball back, elbow bent step with the opposite foot throw to your receiver</p> <p>Game. As game A. Goal. Keep the ball as long as possible by making good passes to teammates.</p> <p>Closure. Q and A on boundaries and etiquette. Q and A on good passing (which pass to use) and moving in game play.</p>
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<p>Lesson #4 focus: Passing and moving forward in a 3v3 game.</p> <p>Objective: In a 3v3 game students will keep the ball and move it forward to score as a team in the goal. Timing the pass to beat a defender (passing at the “right time”)</p> <p>Game. 2v1 at home court. Conditions. Defender must try to get the ball. A Warm@ (arm=s length) defense. Goal. 8 passes in a row.</p> <p>Questions. Q. When is a good time to pass? A. As the defender comes towards you (set up a demo of this – teacher as the defender approaching a player with the ball - have students say “now” at the point when the player should give the pass to a supporting teammate)</p> <p>Game. 3v3 to small goal (1 point per score). Conditions. No moving with ball. Must shoot from outside a designated point or line. Must shoot down to score. Hit cone is no goal. Warm defense. Remember boundaries and restart rules. Goal. To move the ball forward as a team and score in the goal with a downward shot Extension. Widen the goal and put one player from each team in goal.</p> <p>Cues. Pass as the defender comes towards you Pass the ball ahead of the receiver</p> <p>Closure. Q and A. “When is the ‘right time’ to pass the ball in a game?”</p>	<p>Lesson #5 focus: Passing and moving forward in a 3v3 game.</p> <p>Objective: In a 3v3 game students will keep the football and move it forward to score a basket. Timing the pass to beat a defender (passing at the “right time”)</p> <p>Game. 2v1 at home court. Conditions. Defender must try to get the ball. A Warm@ (arm=s length) defense. Goal. 8 passes in a row.</p> <p>Questions. Q. When is a good time to pass? A. As the defender comes towards you (set up a demo of this – teacher as the defender approaching a player with the ball - have students say “now” at the point when the player should give the pass to a supporting teammate)</p> <p>Game. 3v3 to small goal (1 point per score). Conditions. No moving with ball. Must shoot from outside a designated point or line. Warm defense. Remember boundaries and restart rules. Goal. To move the ball forward as a team and score in the basket</p> <p>Cues. Pass as the defender comes towards you Pass the ball ahead of the receiver</p> <p>Closure. Q and A. “When is the ‘right time’ to pass the ball in a game?”</p> <p>Note: This game is a transition into the basketball unit.</p>	<p>Note: Now that a game is being played, it is appropriate to change to a different invasion game by simply changing the equipment. To this point players have become accustomed to playing small-sided games in defined spaces and are able to start, restart and play independently, and have learned that it is important to keep the ball. Now they are being asked to move the ball forward to get into position to score. Students can address this problem in more than one invasion game and it would now make sense to begin discussing similarities between games with them. Lessons will now progress to address the problem of attacking but will alternate between two invasion games.</p>
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**Tactical Approach
Lesson Plan Format**

Game: Team Handball (Sponge - volleyball size [8-9 inch diameter]).

Grade/Level: 3-12 **Lesson:** 1 of 5

Tactical problem: Playing the game and keeping possession.

Lesson focus: Court/team organization and passing.

Objective: Students will learn court spaces and complete successful passes that enable them to play a “keep away” game within a specified court.

1. Designation and familiarization (as warm up) of court spaces (1-4). Mark the lines with cones and label the courts. Have students jog the appropriate court when that court number is called - frequent changes to the court number called make this an active warm up. Exercises can be put in at particular stopping points in the warm up. Use music to change courts as an opposition.

Self selection to teams of 3 and home court selection/assignment (see below - each team gets half a court as “home court” (see Figure 4.4).

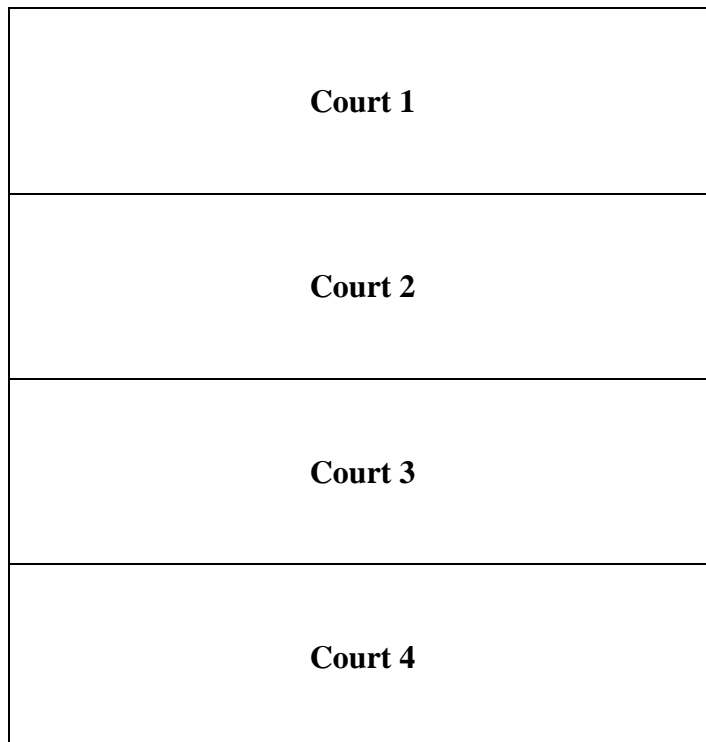


Figure 4.4

2. **Practice task:** Triangle passing

Condition: No moving with the ball.

Goal: 10-15-20 consecutive passes without dropping the ball.

Extension: pass and move to another space on your court.

Extension: (if ability of students warrants) - 2v1 - goal of 8 passes in a row and switch (defender must go to the ball). ACold@ (standing) going to Awarm@(arm=s length) defense.

3. **Closure:** Q and A on court spaces.

What is an effective way to keep the ball away from another player in a game?

Note. Next lesson starts with pass and move or 2v1 at home court.

**Tactical Approach
Lesson Plan Format**

Game: Team Handball (Sponge ball) **Grade/Level:** 3-12 **Lesson:** 2 of 5

Tactical problem: Playing the game and keeping possession.

Lesson focus: Passing and moving forward in a 3v3 game.

Objective: In a 3v3 game students will pass the ball effectively to keep it away from the other team.

1. **Game:** Pass and move or 2v1 at home court.
Conditions: Defender must try to get the ball.
AWarm@ (arm=s length) defense - no slapping ball out of hands.
Goal: 4 passes in a row.

2. **Game:** 3v3 possession game (4 passes in a row is 1 point).
Conditions: No moving with ball
Warm defense.
Remember boundaries and restart rules.
Goal: Keep the ball.

3. **Closure:** Q and A on boundaries and etiquette.
How are you keeping the ball as a team?
Note. Next lesson starts with 3v3 possession game.

**Tactical Approach
Lesson Plan Format**

Game: Team Handball (Sponge ball) **Grade/Level:** 3-12 **Lesson:** 3 of 5

Tactical problem: Playing the game and keeping possession.

Lesson focus: Passing and moving forward in a 3v3 game.

Objective: In a 3v3 game students will keep the ball away from the other team by effective passing and moving.

1. **Game:** 3v3 possession game (4 passes in a row is 1 point).
 Conditions: No moving with ball
 Warm defense.
 Remember boundaries and restart rules.
 Goal: Keep the ball.

 Questions: Q. For your team to keep the ball, where do your passes have to go?
 A. To a teammate.
 Q. Are two handed passes better than one handed to make sure it gets to a
 teammate? Why?
 A. Yes. Because you can get it to your teammate easier (more accurate).
 Q. When are one handed passes better?
 A. When you have to throw a long way.

2. **Practice task:** Triangle passing - two handed chest pass
 Goal: 10 passes in a row that go straight to the receiver and are caught.
 Extension: One handed throw pass (they can do this with a sponge ball).
 Pass and move (Q. Where to? A. “Quickly to space”)
 2v1
 Cues: Chest pass - ball to the chest
 step and push away
 point fingers at the receiver.
 Receiving - watch the ball
 move in front of the ball
 hands out
 fingers up for high catch, down for low catch
 Throw pass - take the ball back, elbow bent
 step with the opposite foot
 throw to your receiver

3. **Game:** As game A.
 Goal: Keep the ball as long as possible by making good passes to teammates.

4. **Closure.** Q and A on boundaries and etiquette.
 Q and A on good passing (which pass to use) and moving in game play.

**Tactical Approach
Lesson Plan Format**

Game: Team Handball (Sponge ball) **Grade/Level:** 3-12 **Lesson:** 4 of 5

Tactical problem: Playing the game, keeping possession (to make forward progress) and attacking the goal.

Lesson focus: Passing and moving forward in a 3v3 game.

Objective: In a 3v3 game students will keep the ball and move it forward to score as a team in the goal. Timing the pass to beat a defender (passing at the “right time”)

1. **Game:** 2v1 at home court.

Conditions: Defender must try to get the ball.

AWarm@ (arm=s length) defense.

Goal: 8 passes in a row.

Questions: Q. When is a good time to pass?

A. As the defender comes towards you (set up a demo of this – teacher as the defender approaching a player with the ball - have students say “now” at the point when the player should give the pass to a supporting teammate)

2. **Game:** 3v3 to small goal (1 point per score).

Conditions: No moving with ball.

Must shoot from outside a designated point or line.

Must shoot down to score. Hit cone is no goal.

Warm defense.

Remember boundaries and restart rules.

Goal: To move the ball forward as a team and score in the goal with a downward shot

Extension: Widen the goal and put one player from each team in goal.

Cues: Pass as the defender comes towards you

Pass the ball ahead of the receiver

3. **Closure:** Q and A. “When is the ‘right time’ to pass the ball in a game?”

**Tactical Approach
Lesson Plan Format**

Game: Team Handball (Sponge ball) **Grade/Level:** 3-5/12 **Lesson:** 5 of 5

Tactical problem: Playing the game, keeping possession (to make forward progress) and attacking the basket.

Lesson focus: Passing and moving forward in a 3v3 game.

Objective: In a 3v3 game students will keep a sponge football and move it forward to score as a team in the basket. Timing the pass to beat a defender (passing at the “right time”)

1. **Game:** 2v1 at home court

Conditions: Defender must try to get the football.

A Warm@ (arm=s length) defense.

Goal: 8 passes in a row.

Questions: Q: When is a good time to pass?

A: As the defender comes towards you (set up a demo of this-teacher as the defender approaching a player with the ball – have students say “now” at the point when the player should give the pass to a supporting teammate)

2. **Game:** 3v3 to a basket goal

Conditions: No moving with ball.

Must shoot from outside a designated point or line.

A Warm@ (arm=s length) defense.

Goal: To move the ball forward as a team and score in the basket goal.

Extension: Allow the players to take 2 steps before passing the ball.

Extension: Allow the students to choose different types of balls to use in the game.

Cues: Pass as the defender comes towards you.

Pass the ball ahead of the receiver

3. **Closure:** Q and A. “When is the ‘right time’ to pass the ball in a game?”

Note: Now that a game is being played, it is appropriate to change to a different invasion game by simply changing the equipment. To this point players have become accustomed to playing small-sided games in defined spaces and are able to start, restart and play independently, and have learned that it is important to keep the ball. Now they are being asked to move the ball forward to get into position to score. Students can address this problem in more than one invasion game and **it would now make sense to begin discussing similarities between games with them.** Lessons will now progress to address the problem of attacking but will alternate between two invasion games.