

Team Handball Lesson Plan 5

Objectives: Day 5

Cognitive:

- TSWBAT successfully be able to demonstrate to the teacher that they know the critical elements of the jump shot
- TSWBAT successfully demonstrate they know how to defend the goal

Psychomotor:

- TSWBAT successfully demonstrate two defensive positions

Affective:

- TSWBAT successfully demonstrate ability to work together with their teammates

Fitness:

- TSWBAT be physically active in categories 4 and 5 of the SOFIT instrument for more than 40% of the lesson.

Equipment Needed: Handball, 10-15 medium size cones

Topic:

1. Introduce the jump shot
2. Basic defensive tactic

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| Time | Task | Situation | Criteria | Critical Elements/Cues |
|--------|---|--|---|--|
| 5 min | <p>Verbally introduce jump shot and defensive tactic</p> <p>The teacher should instruct the students that usual formations of the defense are the so-called 6-0, when all the defense players are within the 6 meter and 9 meter lines; the 5-1, when one of the players cruises outside the 9 meter perimeter, usually targeting the center forwards</p> | In gymnasium have students practice getting into the defensive positions | Students demonstrate to the teacher they can move quickly into the defensive positions | <p>Jump Shot requires:</p> <ul style="list-style-type: none"> - use 3 steps - plant foot in the last step (opposite foot of the throwing arm) and drive knee up - bring shooting arm up and back - Whip throwing arm forward and follow through towards target |
| 10 min | <p>Warm-up – Piston Drill</p> <p>This drill simulates the game like movements of the three back court players. Work with six people on this drill or 3 on 3. They form two horizontal lines about 6 meters apart and 3 between each player in the line. Imagine that you are a back court offensive attacking the and pass laterally to a partner, and imagine the guy in front of you is the goalie. Attack toward the player then pass laterally and back to starting position.</p> | In designated area | <ol style="list-style-type: none"> 1. Use two balls. Start each ball at opposing ends of each line. 2. Continue two ball drill for 30 seconds without error, increase to 60. 3. Add up to six players and 4 balls. | Always keep moving, move the ball in both directions. |
| 7 min | Stretching Routine | | | |
| 15 min | <p>Half court handball</p> <p>Same as regular handball just use half the court and add a goal to the other side. Modify rules to playing level of players.</p> <p>Students should focus on the defensive tactics learned at the beginning of class</p> | In the gymnasium in pre-designated half court or modified area | | <p>Passes need to be:</p> <ul style="list-style-type: none"> - Accurate - Under Control <p>Teammates need to be watching the ball and moving to the open space</p> |

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|-------------|---|---|--|-------------------------------|
| 5 min | <p>Closure</p> <p>Ask students to come up with the jump shot critical elements</p> <p>Ask students to come up with both ways to defend the goal</p> | <p>Teacher will provide a few minutes for each team to come up with the correct answer. Teacher moves from team to team to determine if they answered correctly</p> | <p>If the team answers correctly they are free to go</p> | |