

Team Handball Lesson Plan 4

Objectives: Day 4

Cognitive:

- TSWBAT successfully be able to demonstrate to the teacher that they know the advantages of the Fastbreak
- TSWBAT successfully demonstrate they know how to use an offensive tactic as explained by the instructor

Psychomotor:

- TSWBAT successfully demonstrate a Fastbreak
- TSWBAT successfully demonstrate the offensive tactic during the modified 3v2 game

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. Fastbreak
2. Basic offensive tactic

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Time	Task	Situation	Criteria	Critical Elements/Cues
10 min	<p>Introduction to Fastbreak</p> <ul style="list-style-type: none"> a) group students in teams of 3 b) 2 students will be offensive players and 1 student will be the defender c) The two offensive players need to move the ball down the court and shoot on goal as quickly as possible (e.g. Fastbreak) d) Increase the difficulty for more advanced students by having students perform a 3 v 2 Fastbreak 	<p>In gymnasium in modified area</p> <p>Advantages of the Fastbreak include:</p> <ul style="list-style-type: none"> a) catching the defense off-guard b) controlling the pace of the game c) when behind a Fastbreak can increase the tempo of the game and increase the chances of trying to even the score d) can create numbers and opportunities for an open shot on goal 	<p>Successfully taking the ball down the court</p>	<p>Pass and catch 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 during the Fastbreak</p>
7 min	<p>Warm-up –</p> <p>Set up two teams of equal numbers. Starting with a center throw-off and again after each score team members attempt to pass and move the ball toward their own end line while the opponents try to prevent forward progress of the ball. The object is too pass (throw or bounce) the ball to your goalie who stands behind the end line. The goalie must catch the ball either in the air or on the first bounce to score. The defense abides by all rules, and the defense is not allowed to charge into opponent. Change goalie often or after every score.</p>	<p>In gymnasium in modified area</p>	<p>Encourage students to perform warm-up with continuous movement, even after a point is scored</p>	<p>Pass and catch 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>
7 min	<p>Stretching Routine</p>			

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Time	Task	Situation	Criteria	Critical Elements/Cues
15 min	<p>Half court 3v2 This drill is good for choosing the right drill for the right situation. There are 3 offensive players and two defensive player and 1 goalie. The offense must make 3 passes before shooting and only 1 side of the handball court, meaning the court is split in half down the center the long way.</p>	<p>In the gymnasium in pre-designated area for team handball</p>	<p>The defense score 2 for interceptions, missed shots, or goalie stops. Rotate positions after 5 or ten points</p>	<p>Passes need to be: - Accurate - Under Control Teammates need to be watching the ball and moving to the open space</p>
5 min	<p>Closure Review the advantages of the fastbreak Review the offensive tactic that was used</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>Set students up in their team and ask each team to come up with answer to the questions</p>	