

## Team Handball Lesson Plan 3

### Objectives: Day 3

#### *Cognitive:*

- TSWBAT successfully be able to demonstrate to the teacher that they know the critical elements of the dribble
- TSWBAT successfully be able to demonstrate to the teacher that they know the critical elements of the bounce pass

#### *Psychomotor:*

- TSWBAT successfully demonstrate the dribble

#### *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. Review overhead and waist pass and verbally introduce bounce pass
2. Dribbling

Team Handball Lesson Plan 3

<b>Time</b>	<b>Task</b>	<b>Situation</b>	<b>Criteria</b>	<b>Critical Elements/Cues</b>
5 min	Review the critical elements of the overhead pass and the waist pass. Verbally introduce the bounce pass.	In gymnasium		Same as overhead pass except the ball bounces on the floor (refer to overhead pass critical elements in lesson plan number 2)
7 min	Warm-up – "Catch me if you can" All students will be dribbling in open space. Students (while dribbling) will try and tag the students while dribbling the ball. Once tagged the students role is to tag other dribblers.	If there is not enough balls students can pair up by holding hands and one students dribbles while the other is responsible for tagging	Student demonstrates correct critical element of dribbling	Dribbling requires: - finger tips with hand on top of ball - flex at the elbow - keep head up and eyes on opponent and teammates
7 min	Stretching Routine			
15 min	Dribble Freeze Tag The object is to dribble the ball and tag as many players without leaving the designated area. After they are tagged the must freeze. This help with keeping head up and getting better control.	In the gymnasium in pre-designated area	Student demonstrates correct critical element of dribbling	Dribbling requires: - finger tips with hand on top of ball - flex at the elbow - keep head up and eyes on opponent and teammates
5 min	Closure Review the critical elements of the dribble and bounce pass			