

Team Handball Lesson Plan 2

Objectives: Day 2

Cognitive:

- TSWBAT successfully be able to demonstrate to the teacher that they know the critical elements of the overhead and waist pass
- TSWBAT successfully demonstrate they know how to anticipate a pass by keeping their eyes on the ball and teammates

Psychomotor:

- TSWBAT successfully demonstrate accurate overhead and waist pass
- TSWBAT successfully demonstrate catching with eyes on the target

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 rules regarding the court and the importance of the pass
2. Two different types of passing
 - a) overhead
 - b) waist pass
3. 10-Pass game

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Time	Task	Situation	Criteria	Critical Elements/Cues
7 min	Warm-up – 10 pass In groups of 3-4 the students will pass the ball from baseline to baseline with another team of 3-4 students defending. The students must pass the ball ten time and cross the baseline on the other side of the court without the defense catching/intercepting the ball.	In gymnasium Divide the court into small areas no more than approximately 30x20 feet long	10 consecutive passes and having the ball reach the other baseline Each teammate must touch the ball 2X per 10 pass	Emphasize accurate passing and good defense
7 min	Stretching Routine			
10 min	Passing - focusing on the different types of passing After the warm-up is stopped the teacher will model and go over the overhand pass. Immediately following, in same groups of 3-4 students will attempt the overhand pass in a 10-pass situation (same activity as above where students go from baseline to baseline) without having a defending team trying to take the ball away. After five minutes the teacher will introduce the waist pass and then allow the students to practice in the same manner as the overhead pass.	Divide the court into small areas no more than approximately 30x20 feet long	Only move on to the next pass when the team is capable of demonstrating a correct performance	Overhead passes need: - finger tip grip - shoulders facing target - step towards target - rotate and square shoulders towards target leading with elbow - arm follow through similar to a baseball throw Waist passes need: - same as overhead pass except the ball starts at waist and the complete motion and follow through occurs at waist level
10 min	Modified game – without goalie (preparation for shooting)	Divide the court into small areas no more than approximately 30x20	Students must shoot behind the	Passes need to be: - Accurate

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	In groups of 3-4 students will make 10 passes before attempting to shoot on goal. For this modified version the way a team can score a point is for the student to hit the outside rim or edge of the goal. No point will be awarded if the ball goes in the goal since their will not be a goalie used for this modified game.	feet long	goal circle Students only receive a point when the ball touches the goal rim or outside edge	- Under Control Teammates need to be watching the ball and moving to the open space during the movement tasks
5 min	Closure Review the different types of passing Review the importance of the pass; including the critical elements of the pass for this lesson			