

Year 7 Handball

Spring 2

National Curriculum Key Skills:

- Play in competitive games developing tactical understanding.
- Develop knowledge of how to make it harder for opponents.
- Discuss how to improve as a group.

Key Vocabulary:

Defend	To prevent invasion from opposite team.
Attack	To move forward against the opposite team.
Chest pass	Pass propelled from the chest.
Collaborate	To work with others as a team to score.
Compete	Engage in competition against other teams.
Footwork	Effective movement through space.
Pivot	An attacking player who plays across the opponents 6m line.
Free throw	A free throw awarded to opposite team when a foul occurs.
Screen	A blocking move by a player.

Equipment needed: Handballs, cones, bibs, stopwatch, hoops, goals.

Sequence of Learning:

- Master all types of passes and develop understanding of when to play which pass.
- Develop ability to perform the '3 step dribble' quickly to increase the speed of transition from defence to attack.
- Identify positions available around the D and understand why it's important to be 'free' to help attack the goal.
- Work as part of a team to switch from defensive play to attacking, attempting to attack space during a counter-attack.
- Understand marking opponents and blocking space by positioning.
- Practice all skills learnt in competitive tournaments.

Final Outcome:

Play in competitive games as part of a team using all skills and tactics learnt.

Key Questions:

Can you name three key skills used in handball?

When your team mate has the ball, what do you need to ensure that you do?

When you receive the ball, what should your first thought be?