

# Lesson Plan #1 – Team Handball Gr.8

**Title:** Moving with the ball

**Subject:** Physical Education and Health – Team Handball

**Time Duration:** 75 minutes

**Objective:** Students will learn to dribble, move with or without the ball, stopping, changing directions. Lesson focuses on basic motor skills of running, jumping and throwing

**Materials:** handballs, goals, pinnies

## Activities and Procedures:

**Introduction (15 minutes):** introduction of the unit; video presentation about handball

### Warm up activity (10-15 minutes):

*Touch the opponent*

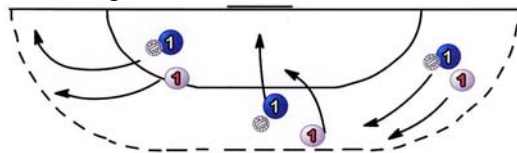
Two teams of equal numbers scatter around the gym. Team with the ball starts and tries to touch an opponent with the ball. If the opponent gets touched by the ball the whole team does 5 push ups and they start the game.

Variations: Extra balls (maximum 3) can be added to make the game more challenging.

### Main activity (30 minutes):

1. Skill games

*'Dribbling duel'*



One player is dribbling. The other one tries to get the ball. How many times the defender is successful in one minute?

### Tricky dribbling

Players dribble/bounce the ball in various body positions (sitting, kneeling, etc.)

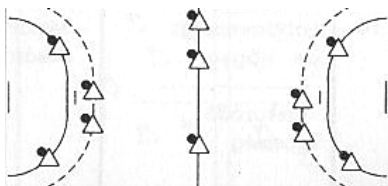
Players dribble/bounce with one hand and jump up and down on the opposite leg

Players dribble the ball through/under obstacles

Players dribble/bounce two balls in sync.

### Line tag

Players dribble their ball around the gym but only allowed to walk/run on the lines. When meet a team-mate both player need to make a half turn.



### *Freed by a bounce*

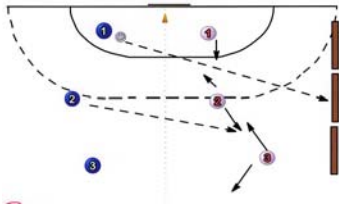
Every player moves around the gym by dribbling a ball. 3-4 players (without a ball) try to touch every dribbling player. If a player gets touched he/she stands in a straddle position. Another player who has to bounce the ball through the legs can free him up from this position. Can the tag players freeze every player?

### *Ball thief*

Two players stand in front of each other, in between them there is a handball on the floor. Both of them have to try to pick up the ball and dribble it behind the goal line (or a designated area) without being touched by the partner.

## 2. Game play

### *Hit the benches*



Team A is on one side of the field. Team B are the defenders. A passes to get a good chance for throwing at the benches. They must stay behind a certain line. B team players try to block the shots

### **Conclusions (10 - 15 minutes):**

1. What have we learned? How do we move with or without the ball? What is important when we dribble?

# Lesson Plan #2 – Team Handball Gr.8

**Title:** Catch and pass

**Subject:** Physical Education and Health – Team Handball

**Time Duration:** 75 minutes

**Objective:** Basic body and hand position for catching the ball; explore the variety of ways to pass the ball to a partner

**Materials:** handballs, goals, pinnies

## **Activities and Procedures:**

**Introduction (15 minutes):** introduction of the unit; video presentation about handball

### **Warm up activity (10-15 minutes):**

*Touch the opponent*

Two teams of equal numbers scatter around the gym Team with the ball starts and tries to touch an opponent with the ball. If the opponent gets touched by the ball the whole team does 5 push ups and they start the game.

Variations: Extra balls (maximum 3) can be added to make the game more challenging.

### **Main activity (30 minutes):**

1. Skill games

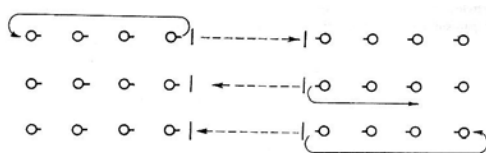
*'Bounce it up*

Players bounce the ball and when it is in the air slip through then catch it.

Variations: while the ball is in the air do one push up, lie down on your stomach, back etc.

### *Pass and catch*

Pass the ball to the player in the opposite group and run to the end of your group's line.

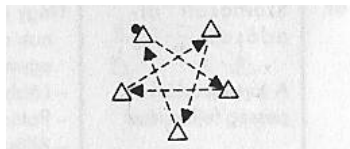


### *Pass and catch 2*

Pass the ball to the player in the opposite group and run to the end of the row of the opposite groups' line.

### *Pentagon*

5 players form a circle; they pass to the second player beside them.

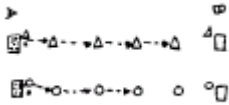


### *Tiger ball*

Maximum 7 players form a circle. 3 players inside the circle are the tigers and try to block the passes. If a tiger catches the ball he/she changes place with the player. Variations: increase the number of tigers in the circle.

### *Conveyor Belt*

Each team must try to transport the balls from A to B as quickly as possible, by passing the ball from player to player.



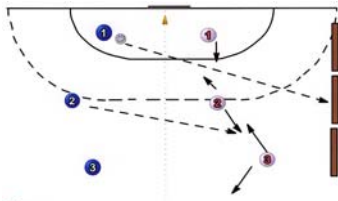
### *Zig-zag passing*

Same game as Conveyor belt. This time the balls are passed from A to B in a zig-zag line.



## 2. Game play

### *Hit the benches*



Team A is on one side of the field. Team B are the defenders. A passes to get a good chance for throwing at the benches. They must stay behind a certain line. B team players try to block the shots

### **Conclusions (10 - 15 minutes):**

1. What have we learned? What are the hand positions for receiving the ball?

# Lesson Plan #3 – Team Handball Gr.8

**Title:** Shooting techniques and aiming

**Subject:** Physical Education and Health – Team Handball

**Time Duration:** 75 minutes

**Objective:** Students will learn the various techniques for shooting in handball.

**Materials:** handballs, goals, pinnies

**Activities and Procedures:**

**Warm up activity (10-15 minutes):**

*Touch the opponent*

Two teams of equal numbers scatter around the gym Team with the ball starts and tries to touch an opponent with the ball. If the opponent gets touched by the ball the whole team does 5 push ups and they start the game.

Variations: Extra balls (maximum 3) can be added to make the game more challenging.

**Main activity (40 minutes):**

1. Skill games

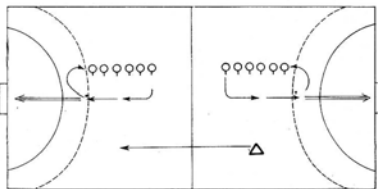
*Fundamentals*

Students pair up and following the teacher's instructions will pass the ball back and forth while practicing the various shooting techniques.

*Overhand Shot*

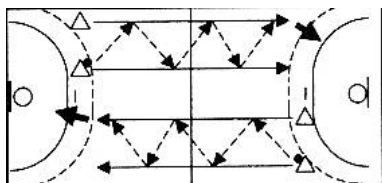
Shooting for goal with overhand shot from 3 steps.

Variations: shot from running, from dribbling



*Shooting competition*

Same as previous exercise, teams work in opposite directions. They shot at the opponent's goal. Which team can score the most goal in 10 minutes?

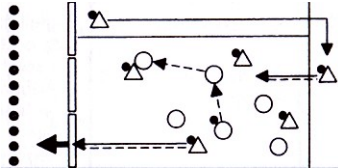


### Target shooting

Players stand around the 6m line, facing the goal. At the teacher's mark they all shoot for goal and try to hit the corners, cones or mats.

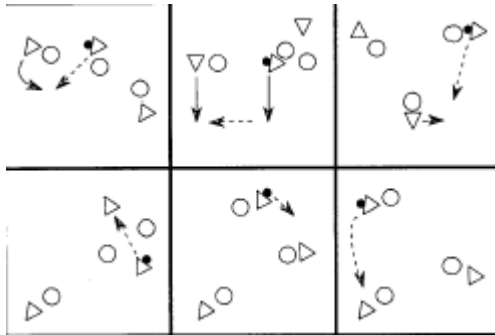
### Target shooting 2

Team A tries to get to the benches at the end of the court by dribbling the ball and without being touched by an opponent. Once they reach the bench they need to hit one of the cones. Every hit is 1 point. Those players who got touched must go back to the start line and start again. Which team can reach the most point in 3 minutes.



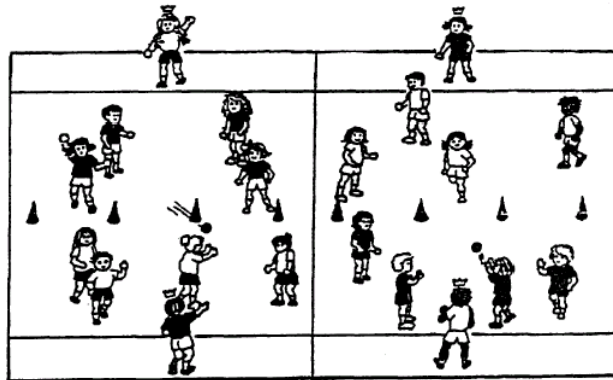
## 2. Game play

### Keep Away



Two teams of equal numbers, from two members upward, scattered throughout the designated area. The members of one team try to keep the ball from the members of the other team through passing, dribbling and moving about as per the basic rules of handball. The ball is awarded the opponents if a team member holds the ball more than three seconds, takes more than three steps or allows the ball to go out of the designated area.

### The Queens Ball



Divide the court as on picture. Each team begins the game on their own half and try to pass the ball over to the Queen who must try to catch it. If it is successful then one member of the team is allowed to take up position in the opponents half and the ball maybe passed to her. The team which has eventually all it's players in the opposing half is the winner.

### Conclusions (10 minutes):

1. What have we learned? What are the most important things we need to pay attention to when shooting and aiming for a target?

# Lesson Plan #4 – Team Handball Gr.8

**Title:** Body fake

**Subject:** Physical Education and Health – Team Handball

**Time Duration:** 75 minutes

**Objective:** Students will learn how to 'trick' the opponent by body fake and shooting fake.

**Materials:** handballs, goals, pinnies

## Activities and Procedures:

### **Warm up activity (10-15 minutes):**

#### *Catch in pairs*

A pair tries to catch the other players in the gym. When they catch someone they form a group of three. On reaching a fourth person they then split into two pairs etc.

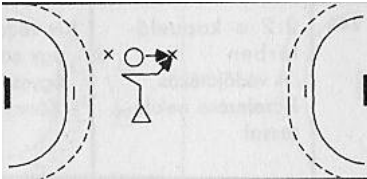


### **Main activity (40 minutes):**

#### 1. Skill games

##### *Touch the cone*

Player A tries to touch the cone that is protected by player B. Change roles after 5 touch.



##### *Fish and Net*



The players of team A try to slip through team B's net. The players of team B join hands and are only allowed to move sideways.

## Hen and Hawk

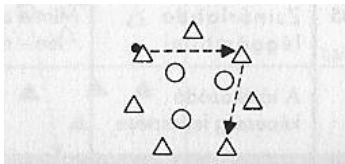


5-6 players stand behind the 'hen' holding on to each other's waist. The 'hawk' tries to catch the hen at the back.

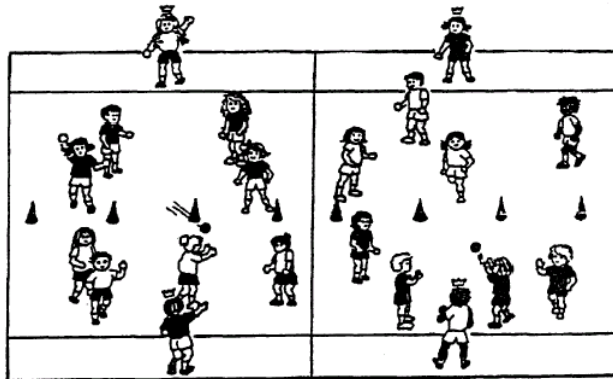
## Tiger Ball

Maximum 7 players form a circle. 3 players inside the circle are the tigers and try to block the passes. If a tiger catches the ball he/she changes place with the player.

Variations: increase the number of tigers in the circle;  
ball can be passed only to the second person in the circle  
play the game without forming a circle



## The Queens Ball



Divide the court as on picture. Each team begins the game on their own half and try to pass the ball over to the Queen who must try to catch it. If it is successful then one member of the team is allowed to take up position in the opponents half and the ball maybe passed to her. The team which has eventually all it's players in the opposing half is the winner.

## Conclusions (10 minutes):

1. What have we learned? How can we trick or opponent to move to a different direction? What is the reason for body and shooting fake?



# Lesson Plan #5 – Team Handball Gr.8

**Title:** Defense work – individual and team

**Subject:** Physical Education and Health – Team Handball

**Time Duration:** 75 minutes

**Objective:** Students will learn the basic defense body and hand positions. Movements of defense players and the roles of individual and team defense.

**Materials:** handballs, goals, pinnies, white board to demonstrate in drawing the simple defense system

## Activities and Procedures:

### **Warm up activity (10-15 minutes):**

#### *Touch the opponent*

Two teams of equal numbers scatter around the gym Team with the ball starts and tries to touch an opponent with the ball. If the opponent gets touched by the ball the whole team does 5 push ups and they start the game.

Variations: Extra balls (maximum 3) can be added to make the game more challenging.

### **Main activity (40 minutes):**

#### 1. Technique

demonstrate basic body position of defense; how defense blocks an offense players.

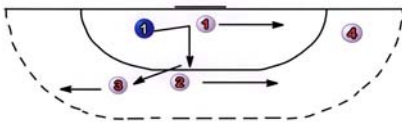
#### 2. Skill games

##### *Mirror work*

Players in pair move around the gym. A tries to imitate B's moves than change roles.

##### *Sideward tag*

Tag man tries to tag others. Everybody moves sideward.



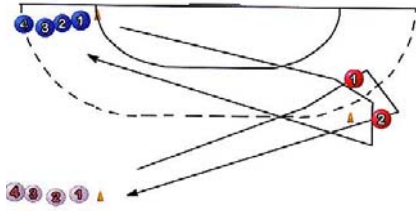
##### *Circle tag*

Player A tries to tag player B. Player A may go through the circle, the tag man is being blocked by the blue players of the circle. Change after 45 seconds of running.

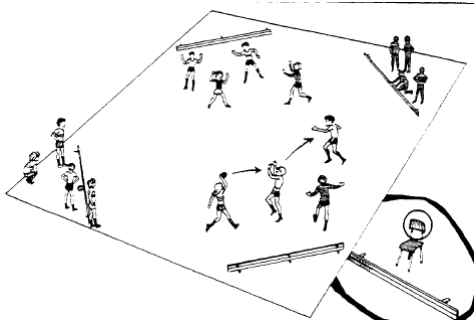


### *Relay with blocking*

Run around the cone and come back. Two players at the cone will try to block the running players. Which group finished first?



### *Interval handball*



4 Teams one behind each bench. 2 teams play each other diagonally across the hall. Team scores when they hit the bench. When one team hits the bench, both must rush back to their bases leaving the ball, the other teams then run out pick up the ball and start to play.

Variations: By changing the bench for a chair, the target can be made harder to hit, thus developing skill and accuracy.

### **Conclusions (10 minutes):**

1. What have we learned? What is the role of an individual defender? How does defence work together?

# Lesson Plan #6 – Team Handball Gr.8

**Title:** Offense work

**Subject:** Physical Education and Health – Team Handball

**Time Duration:** 75 minutes

**Objective:** Students will learn the basic individual and team offense work. A simple fast break will be introduced.

**Materials:** handballs, goals, pinnies

## Activities and Procedures:

### **Warm up activity (10-15 minutes):**

#### *Touch the opponent*

Two teams of equal numbers scatter around the gym. Team with the ball starts and tries to touch an opponent with the ball. If the opponent gets touched by the ball the whole team does 5 push ups and they start the game.

Variations: Extra balls (maximum 3) can be added to make the game more challenging.

### **Main activity (40 minutes):**

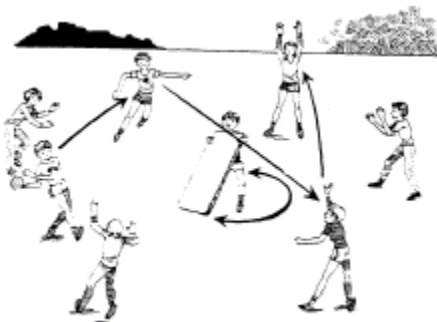
#### 1. Skill games

##### *Moving with the ball*



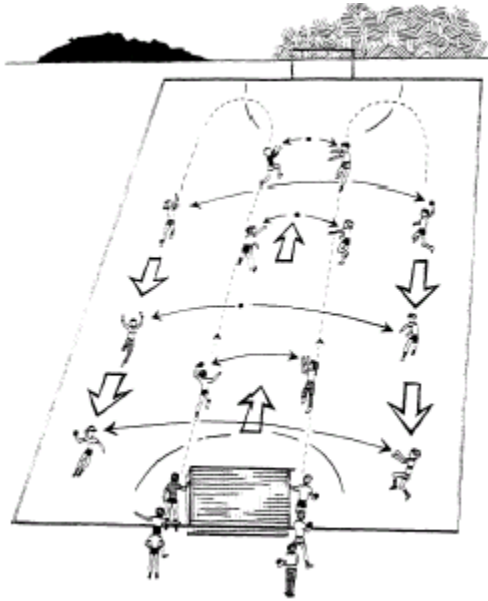
4 to 6 players are placed at regular intervals around the gym. The other players then have to run the outside passing and receiving the ball as they go.

##### *Shield ball*



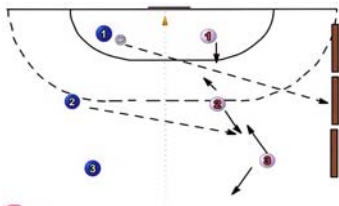
The aim of the players on the edge of the circle is to hit the shield. The player holding the shield tries to prevent this. Add another ball if necessary.

### Fast break



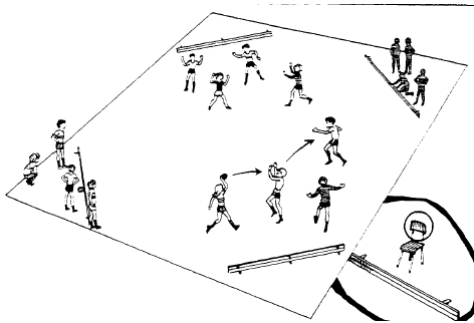
Players in each group pass the ball to the goalkeeper and start running up the court. The goalkeeper passes the ball back to them as they are running; they collect the ball and dribble up court to shoot at goal.

### Hit the benches



Team A is on one side of the field. Team B are the defenders. A passes to get a good chance for throwing at the benches. They must stay behind a certain line. B team players try to block the shots

### Interval handball



4 Teams one behind each bench. 2 teams play each other diagonally across the hall. Team scores when they hit the bench. When one team hits the bench, both must rush back to their bases leaving the ball, the other teams then run out pick up the ball and start to play.

Variations: By changing the bench for a chair, the target can be made harder to hit, thus developing skill and accuracy.

### Conclusions (10 minutes):

1. What have we learned? What is the role of the offence? How offence players move in the court? What is the purpose of fast break?

# Lesson Plan #7 – Team Handball Gr.8

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**Title:** Let's play handball

**Subject:** Physical Education and Health – Team Handball

**Time Duration:** 75 minutes

**Objective:** Play various games and use the techniques we learned.

Conclusions: handball rules, players' roles and fair play.

**Materials:** handballs, goals, pinnies

**Activities and Procedures:**

***Warm up activity (10-15 minutes):***

*Touch the opponent*

Two teams of equal numbers scatter around the gym. Team with the ball starts and tries to touch an opponent with the ball. If the opponent gets touched by the ball the whole team does 5 push ups and then they start the game.

Variations: Extra balls (maximum 3) can be added to make the game more challenging.

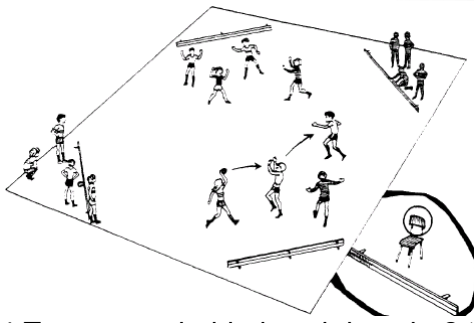
***Main activity (40 minutes):***

1. Skill games

*Relay games*

Combining the various elements learned in previous lessons, players will move through a series of stations performing exercises with or without the ball.

### *Interval handball*



4 Teams one behind each bench. 2 teams play each other diagonally across the hall. Team scores when they hit the bench. When one team hits the bench, both must rush back to their bases leaving the ball, the other teams then run out pick up the ball and start to play.

Variations: By changing the bench for a chair, the target can be made harder to hit, thus developing skill and accuracy.

### *Final test*

Students will answer a series of questions about the sport of handball.

### **Conclusions (10 minutes):**

1. What have we learned? What are the basic elements of handball? What are the basic rules?