

Curriculum area	Topic	Year	Session Number	Skill
Invasion Games	Handball	3/4	#2	Basic Passing

Equipment

- Handballs/small balls
- Cones
- Bibs

Learning Objective

- To pass the ball accurately to a partner using correct technique.

Success Criteria

- I can pass the ball using two hands with accuracy.
- I can aim the ball towards a teammate's chest or hands.
- I can receive a pass and keep control of the ball.

Key words

- Overarm pass
- Under arm pass
- Bounce pass
- W shape
- Ready position

Preparation Ideas/Warm Up

Germes & Medicine

Same game as we finished last week's session.

Choose 3 taggers, they are the germes. Choose 3 releasers, they are the medicine. Everyone is given a ball to dribble around. To Tag someone, the germes must tap someone on the shoulder. To release someone, the medicine must tap their ball on the tagged person's ball

The germes move around the area trying to tag as many people as possible. If you are tagged, stand still with your ball in your hands in the air. The 3 medicines need to release anyone who has been tagged by the germes by giving a hi5.

If you don't have enough for one ball each, only give balls to the germes and medicines

Skill Development

Underarm/Overarm/Bounce Pass Practice

In pairs, allow the children to practice these three types of passes. Remember we are looking for good technique in our passes and making sure we are standing in the ready position to receive the pass

Challenge – start by getting each pair to complete 10 passes using each of the types of passes. The ball must be caught for the pass to count. Any dropped or misplaced passes results in the pair starting again.

Progressions:

- >Increase the number of passes needed to finish the challenge
- >Increase the distance between the partners
- >Allow them to pass using their weaker hand as well as their strong hand
- >Get them to move from side to side to create some space before passing the ball.

Pass and move

Now with their partner, allow the class to move around the area completing passes between them. Again, we are looking for good technique when passing and catching. Make sure we are dribbling using close control before finding and passing to our partner.

Can we look for space and then call for the ball so that they know we are ready for the pass. The person on the ball may look to shout out their partners name before passing the ball so that their partner can get ready to catch the ball.

Challenge – how many different types of passes can we complete in the allotted time set by the teacher (could be 2-3 mins)

Progressions:

- >Similar to the activity above, can we use both hands, increase the distance of the pass and make sure that we are both actively looking for spaces before passing the ball.

Game

3v1

Allow two pairs to come together and create a team of 4. In their 4, give one person a bib, they are the defender. The other 3 need to, in the small space, keep the ball away from the defender by using our dribbling and passing technique. To get the ball back, the defender can only intercept the pass.

Challenge – Get the children to complete a set number of passes in a row without having the ball intercepted to be awarded a point

Progressions:

- >Decrease the size of the area to make it more difficult for the attacking players to find space and complete passes.
- >Make the game 2v2

Regressions:

- >Make the space larger to give the person on the ball more time to pick a pass and so that there is more room for fault in their pass

Teaching points

- The ready position (catching): Feet shoulder width apart, knees slightly bent. Hands out in front with thumbs together (creating a W shape)
- Underarm pass – Ball thrown low with one hand if we can, releasing the ball towards our partners chest area. This is a short distance pass
- Overarm pass– Ball starts on line with our ear, arm bent, spare arm pointing towards our target, we throw towards our partners chest area again. This is done over slightly longer distance.
- Bounce pass – Similar technique to the overarm pass, however this time you will aim towards the floor near to our partners feet, allowing the ball to bounce once and then into our partners stomach area. This is done to avoid any defenders that may be in between ourselves and our partner.

Key Questions

- When passing, what two things do we need to think about?
- Where should we be aiming when passing to our partner and why?
- What can we do to help the person on the ball? – *Look for space and call for the ball when we are in space*
- How can we let our partner know we are either ready to receive the ball or ready to pass the ball to them? – *Call their name*

National curriculum links:

- Use running in isolation and combination
- Develop control, balance and technique through playing handball
- Play competitive games against others, applying basic principles for attacking and defending

Social and environmental skills:

- Developing team work and collaboration skills
- Developing good communication skills
- Showing resilience in their work