

Curriculum area	Topic	Year	Session Number	Skill
Invasion Games	Handball	3/4	#3	Dribbling & Passing combinations

Equipment

- Handballs/small balls
- Cones
- Bibs
- Benches if available

Learning Objective

- To be able to combine the passing and dribbling skills to keep possession

Success Criteria

- I can combine dribbling and passing
- I can move into space after passing.
- I can keep the ball with my team.

Key words

- Accuracy
- Control
- Spatial awareness

Preparation Ideas/Warm Up

Handball Tag

Choose 3-4 taggers and give them a ball. Their job is to tag as many people without a ball as possible. They will do this by tagging them with their ball. Choose the same amount of people to start off as releasers. They will be given a different coloured ball. Their job is to complete a pass (bounce, overarm or underarm) to someone who has been tagged.

The person who has been tagged needs to be standing in the ready position to receive the pass. When they do receive the pass, they then become the medicine and must find someone else to free

Progressions:

>Ask the children to dribble with the ball if they have one. For high ability children, this will be a constant bounce, for low ability you may just ask them to bounce and catch the ball.

Skill Development

Piggy In The Middle

3v1

In their group of 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 rather than 3v1 to make it more difficult.

3v1 x2

Now combine two groups together to create a group of 8. The same concept applies in this game. The challenge is to make 5 passes in a row without the defenders intercepting the pass. If they do, they swap over with 3 players, including the person who lost possession.

Depending on ability levels of the group, split the teams into either:

6v2 for low ability groups

5v3 for other groups.

Progression:

>Progress to a 4v4 game. If the defending team win the ball, they try to keep possession.

Game

Benchball

This is a small sided game where a zone is placed at both ends. One person is placed in that zone for the team to target for a pass to score a point. Think about looking for spaces to receive the ball. This can also apply to the person in the end zone. Simple rules apply:

>Time – Games last for 5 mins

>No contact – defenders can only intercept a pass

>Dribble – You have to bounce the ball constantly if you want to dribble. If you catch the ball after a dribble, you need to stand still and pass the ball

>Point scoring – if you pass the ball to the person in the end zone, you swap with that person, the ball is handed to the opposition team and your team is awarded a point.

Progressions:

>Every team need to make 5 passes before they pass the ball into the end zone.

Teaching points

- Can we get the children to be standing in a space to receive the ball. We shouldn't see children standing next to one another
- Can the children pick the correct pass to their team mate. Whether there's a defender in the way or their team mate is a large distance away, can they pick the correct pass to use
- Can the children dribble without losing control of the ball. Get them to take their time whilst dribbling to concentrate on keeping the ball under close control

Key Questions

- What do we mean by spatial awareness?
- What can you do to help your team mate who has the ball?

- How can we improve our decision making when passing? – *Take our time and ensure we are using the correct pass when passing to our team mate*

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:

- To be able to work as part of a team
- To show continual improvement
- To be able to follow rules