

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

Equipment

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

Learning Objective

- To shoot towards a target with control and accuracy.
- To understand the technique for shooting in handball.

Success Criteria

- I can aim my shot towards the goal or target.
- I can use appropriate power when shooting.

Key words

- Aim
- Power
- Direction
- Jump shot

Preparation Ideas/Warm Up

Chaos Dodgeball

Children to all be spread out around the area. Bean bags will be spread on the floor. The aim of the game is to try to get as many people out by sliding the bean bag along the floor to strike their foot. If you are out, you stand to the side and to return to the game, the person who struck your foot needs to be out of the game (so you are waiting for them to be out for you to return). We are looking for good aim during this game. Can we use our none throwing arm to aim towards our opponent's foot (if stuck for bean bags you can also use small sponge balls)

Skill Development

Pass and shoot

Have the class split into groups of 4-5 if we have enough equipment. Set out a start line, a passing line and a set of wickets as a target.

One person will stand on the passing line around 4-5 yards away from the start line and the wickets will be the same distance on the other side. The child on the start line will pass the ball to the person on the passing line and then run to the right or left. The person the passing line will then pass the ball back to the person who started on the start line who will shoot the ball towards the target (wickets in this case).

The child who started on the start line will then take a turn on the passing line before returning to the back of the start line.

Progressions:

- >Create a larger distance between the passing line and the target area to make it more difficult
- >Decrease the size of the target (maybes a large cone or removing wickets (from 3-2 or 1).
- >Ask the children to jump as they shoot to increase power in the shot (this can mean that aim is affected so allow them to think of ways of keeping their aim and direction good as they are increasing the power in their shot)

Dribble, pass and shoot

Groups of 4. Set up a goal at one end with a shooting line around 2-3m away from the goal. (you could use 2 cones for the goal). Children who are attackers are not allowed to cross this line.

Pick one child to be the goalkeeper in the goal and the other three children to be the attackers. The attackers must pass, dribble and move towards the goal before shooting towards the goal. Each attacker has to touch the ball before the team can shoot. Rotate the goalkeeper to give everyone a chance at both roles.

Progressions:

- >If it is becoming too easy, choose one attacking player to become a defender who will try to stop the attacking team from scoring a goal by intercepting and blocking passes

Game

4v4

Have an area set up with a goal set up at opposite sides. If outside, you could split a basketball court into 3 areas and split the class into 6 even teams. Choose one person to be the goalkeeper and the others play in the area trying to score a goal. Make sure they follow the rules of:

- >No contact
- >Can only intercept a pass
- >Must bounce the ball if we want to dribble
- >If the ball goes out behind the goal it is the goalkeeper's ball to start unless it hits a defender which would result in a corner being taken by the attacking team

Teaching points

- Shooting technique – Similar to the overarm pass. Look to start the ball from on line with the ear and throw the ball towards the target extending the arm straight.
- Point the non throwing arm out to the target. This is used to improve the aim of the throw
- They can step into the shot to increase power. However, we are looking for good technique and accuracy before adding in more power
- The children can also add power by jumping forward as we throw the ball which is called a jump shot

Key Questions

- How can we improve the accuracy of our throw?
- How can we increase the power on our shot?
- If we add too much power, what may happen to the accuracy of our throw? – *The accuracy and aim may decrease by adding too much power*

National curriculum links:

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

Social and environmental skills:

- Improving their team work and collaboration
- Improving their decision making
- Learning about sportsmanship and empathy for others