

Curriculum area	Topic	Year	Session Number	Skill
Invasion Games	Handball	3/4	#5	Defending as an individual & team

Equipment

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

Learning Objective

- To learn the basic techniques for defending and defending as a team

Success Criteria

- I can stay between my opponent and the goal.
- I can attempt to intercept or block a pass safely.
- I can work with others to defend as a team.

Key words

- Team work
- Jockey
- Interception
- Blocking

Preparation Ideas/Warm Up

Chain Tag

Split the class into 4 groups all working in a separate area. Start the game with one person being on. Their job is to try to tag someone. Once tagged, they form a chain by holding hands. They must continue to hold hands as they try to tag someone else. Once tagged, that person then joins the chain and people continue to join the chain until everyone is out. The last person in wins the game.

Get the children to think about defending when they are the tagger. Can they work together in their chain to block or prevent someone from finding space in order to make it easier to tag. Can they corner a person by working together in their chain in order to tag them

Skill Development

Pair jockey

Get the children into pairs, spread out, standing on a line with another line around 10-15m away (depending on the space you have available). One person will stand on the line, the other will stand on the inside of the line facing their partner.

The attacker will begin moving towards the line on the other side whilst the defender will use the jockey technique to prevent them from moving past them. The attacker's job is to act as a dummy

(they will not actually look to get past the defender) they are there to help the defender with their technique.

En Guard

Split the class into groups of 6 (3 pairs per lane). One person starts as the attacker, one as the defender.

The defender will start around half way down the lane with the attacker starting on the start line. The attacker must try to get past the defender, whilst the defender's job is to prevent them getting past by tagging them. Make sure pairs keep swapping roles.

Attacker's role – keep changing direction to make it more difficult for the defender to tag. Can you fake and feint from one side to the other to create space to move in to

Defender's role – Move up the attacker and then start to jockey, waiting for the perfect moment to tag. If we run straight up and tag, the attacker may move from side to side and move past us before we get the chance to tag. Wait for the correct moment to tag.

Progressions:

>Change the game to 2v1 (2 attackers v 1 defender)

Game

End Zone

Split the class into groups. 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.

This time we are focusing on defending. Can the class take the skills taught previous into the game.

We are looking for good jockeying, tight marking and making ourselves as large as possible to block a pass or shot.

Progressions:

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

Teaching points

- Jockey technique
 - >Stand side on with one foot in front of the other.
 - >Move backwards keeping your arms out wide making yourself as large as possible
 - >Ensure the knees are slightly bent to allow for better agility and changing direction
 - >Only look to tackle/intercept a ball when either the attacker loses control of their dribble or if you can anticipate where the ball is going to be passed.
- Think about your positioning as the defender trying to block 2 attackers from getting past. Wait for the right time to tag. We don't want to let either attacker past so if you time the tag wrong, you may get one person but allow the other past.

Key Questions

- What is it important to remember when jockeying?
- How do we know when the correct time is to intercept or tackle as a defender? – *When the attacker loses control or gets too close to us.*
- What happens if we make contact with the person rather than the ball?

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
- Compare their performance against a previous attempt and looking for improvements to their work.
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Social and environmental skills:

- To be able to work as part of a team
- Improving communication skills when working as a team
- Improving our decision making