

Curriculum area	Topic	Year	Session Number	Skill
Invasion Games	Handball	5/6	#1	Advanced Dribbling

Equipment

- Handballs
- Cones
- Bibs

Learning Objective

- To be able to dribble effectively with good technique and control
- To improve our problem solving skills

Success Criteria

- I can dribble confidently using either hand.
- I can change speed to get past a defender.
- I can protect the ball using my body.

Key words

- Agility
- Control
- Problem solving

Preparation Ideas/Warm Up

Foxes & Rabbits

Pick 3-4 people to be the foxes. The rest of the group are rabbits. Rabbits must place a bib in the back of their shorts/trousers, making sure the bib is sticking out to create a tail. The aim of the game is for the rabbits to stay away from the foxes. The job of the fox is to try and steal away the rabbit's tails. If the rabbit's tail is removed, they are out of the game. The last rabbit in is the winner. You may want to make it a competition between the foxes. Who can steal the greatest number of tails.

Progressions:

>Increase the number of foxes to the game.

>Play with everyone having a tail to protect so everyone is both a fox and rabbit. They have to protect their tail whilst stealing others. Again, the last person in would be the winner.

Skill Development

Trucks and trailers

Get the group into pairs. Give each of them a ball and ask them to stand one behind the other. The player at the front is the leader (truck) and when 'go' is signaled, they will start to dribble with the ball around the area. The player behinds (trailer) job is to follow the truck around the area whilst dribbling with the ball.

Start this game simple by only walking/jogging slowly depending on ability levels. As both players have a couple of tries at both roles, allow the game to become a little more competitive where the truck

has to try to lose the trailer whilst keeping close control of their ball.

We are looking for good control when dribbling with the ball.

Regression:

>If the children do struggle, allow them to firstly bounce and catch the ball as they are moving rather than looking for them to continuously bounce the ball

En guard 1v1

Children to be in pairs for this activity. Depending on the space you have available you may want to split groups into 4's/6's/8's and have them taking turns in the lanes.

Set up lanes for the children to work in. They will be working 2 at a time in their lane. One player is the attacker, one player is the defender. Staying inside their lane, the attacker must try to get past the defender by using the dribbling technique and stop on the line on the other side. If they do this, they win a point for their team. The defender can only intercept the pass when the ball is bouncing. They cannot make contact with the attacker. Once all the attacking group have had a turn in their lane, swap the roles so the defenders can have a turn at attacking.

Progression:

>Changing the game to 2v1 rather than 1v1. Now the attacking team have two members, they must pass and dribble to get past the defender. This involves decision making for the player with the ball. Are they better dribbling or passing to a team mate who is free?

Allow each team to have 5 turns and then swap roles. Points awarded in the same way as 1v1

Game

King/Queen Of the Ring

Everyone will start in the middle of the area now, with a ball. Everyone can tackle everyone, aim of the game is to keep your ball inside of the ring, if your ball is tackled from you or if you lose control and it leaves the area you must run around the outside of the area before you can join back in.

Progression:

>Make this game harder by adding in a tackler without a ball

>You can also make this game competitive by saying that if your ball leaves the area, you are out. Last person in is the winner. (You may want to create 2-3 areas and split the class into ability groups for this. It will allow for those who are lower ability a greater chance of staying in the game longer)

Teaching points

- When dribbling in handball, we need to be constantly bouncing the ball. Once we catch the ball, we can take three steps but then must release the ball.
- To dribble, get the children to place their hand on top of the ball and press/push the ball into the ground. This will allow the bounce to be slower than it normally is in other sports such as basketball. Get them to keep the ball bouncing at waist height for good control. They can use both hands to dribble but only one at a time.
- Can we get the children to change the direction of their dribble and change the hand they are using to dribble to make it more difficult for the defender to retrieve the ball

Key Questions

- How do we effectively dribble in handball?
- How are we keeping close control of the ball when dribbling?
- What problems are we experiencing in the king/queen of the ring game and how can we overcome them?
- What problems are we experiencing in the en guard game and how can we overcome them?

National curriculum links:

- Using running in isolation and combination
- Playing competitive games against others, applying basic principles for attacking and defending
- Developing control, balance and technique through playing handball

Social and environmental skills:

- Developing and showing resilience in trying to improve through the session
- Developing and improving problem solving skills