

Curriculum area	Topic	Year	Session Number	Skill
Invasion Games	Handball	5/6	#4	Defending as a team

Equipment

- Handballs
- Cones
- Bibs
- Hoops
- Goals if available

Learning Objective	Success Criteria
• To understand the importance of defending in Handball • To understand how we can defend in different ways in handball	• I can mark an opponent effectively. • I can defend space as well as a player. • I can communicate with teammates when defending.

Key words

- Defending
- Specific Marking
- Zonal marking

Preparation Ideas/Warm Up

Defend the Fort

Set up an area with a split line in the middle (like a dodgeball court). Have one team set up as the defending team and one team set up as the attacking team. Set up obstacles on the defending team's side. This may be balls on a cone, hula hoops set up as castles, anything that the defending team need to protect.

The job of the attacking team is to throw the balls and try to destroy the obstacles. The job of the defending team is to block and protect those obstacles. Can the defending team come up with simple tactics on how they are going to protect the obstacles from being hit and destroyed?

Teams to swap roles and time how long they can protect their side.

Skill Development

Defending as a team

Split the class into two even teams and within those teams we want the children in groups of 3. We are going to have a goal and goalkeeper at one end with an end zone set up at the other.

The attacking team begin at the end zone, with the defending team having to protect the goal. The game will be a 3v3 with the defending team also having a goalkeeper to protect the goal.

The job of the attacking team is simple, to score a goal. Every goal they score, they are awarded 1 point

The job of the defending team is to firstly defend the goal, and second to try and intercept and counter attack, dribbling the ball through the end zone.

If the ball goes out of play or the attacking team miss their shot, the defending team are awarded 1 point. If the defending team intercept a pass and dribble over the end zone, they are awarded 2 points. Normal handball rules apply

Game

End Zone

Split the space in half and create two equal court areas for the children to work in. Split the class into 4 even teams.

At either end of each court, add in a line of cones creating an “end zone”. One player will be standing in the end zone opposite to where your team starts. To score in this game the ball must be played into the end zone and caught by the player on your team after the team completes 5 passes. Only 1 person is allowed in the end zone at a time, if there is more than 1 and the ball is caught then the point does not count. Once the ball is caught, the player in the end zone can swap with the player who threw the ball to them.

Teaching points

- We want the children to understand the two different ways that we can defend in handball. We can use specific marking or we can use zonal marking. Specific marking is where each defender individually marks one attacker and stays with that attacker. Zonal marking is where we defend a zone/area, which is usually close to their own goal and don't allow spaces close to their goal
- Let the children come up with their own tactics and which type of defending they want to use as a team. Specific marking is normally more aggressive when you want to win the ball back quickly but can leave you more open as a team. Zonal marking will leave less space close to your goal, but can mean the attacking team are always close to your goal, and will give you less chance of intercepting a pass and counter attacking
- As the attacking team, if a team is specific marking, can we constantly move and look for spaces to keep the defenders moving around. If they are zonal marking, we need to be able to bring them out of their zone to create more spaces to move into close to their goal.

Key Questions

- What do we mean by specific and zonal marking?
- What are the positives and negatives of both types of marking?
- When defending as a team, how can communication be important?
- As the attacking team, how can you exploit and take advantage of each type of marking?

National curriculum links:

- Using running, throwing & catching 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 team work and collaboration skills
- Developing good communication skills
- Being creative in coming up with tactics to use in their games
- Showing and developing leadership skills