

About this Unit

Handball is an invasion game. An invasion game is a game where two teams play against each other. You invade (enter) the other team's space to try to score goals.

In this unit you will be given the chance to referee. Here are some top tips when umpiring.



- Be clear and confident when making a decision.
- Have knowledge of the rules.
- Move with the ball up and down the court so that you can see the play.
- Be fair and honest.

Invasion Games Key Principles	
attacking	defending
score goals	stop goals
create space	deny space
maintain possession	gain possession
move the ball towards goal	

Can you think of any other invasion games that share these principles?



Key Vocabulary

- angle:** formed when two lines come together at a shared point e.g. arm to floor
- ball carrier:** person in possession
- close down:** to reduce the amount of space for an opponent
- create:** to make space
- delay:** to slow an object or player
- deny:** to slow an object or player
- dominant:** most powerful and accurate hand
- drive:** a fast movement that helps to tell the ball carrier that you want the ball
- maintain:** to keep
- possession:** to have
- pressure:** a feeling created by the situation
- referee:** the person who makes sure the rules are followed
- situation:** circumstances that create the environment
- sporting behaviour:** play fairly, respect others and be gracious in victory and defeat
- support:** to help
- tactics:** a plan that helps you to attack or defend

Ladder Knowledge



Sending & receiving:

Not having a defender between you and the ball carrier helps you to send and receive with better control.

Dribbling:

Dribbling in different directions and at different speeds will help you to lose a defender.

Space:

Moving to space even if you do not receive the ball will help to create space for a teammate.

Movement Skills

- throw
- catch
- run
- dribble
- shoot
- change direction
- change speed

This unit will also help you to develop other important skills.

Social support, kindness, communication, collaborate

Emotional empathy, honesty, determination

Thinking decision making, comprehension, select and apply, identify, plan

Rules

The rule of three:

- If you have the ball in your hands you can take up to three steps then you either have to pass, shoot or dribble.
- If you choose to dribble, once you stop dribbling your options are to pass, shoot or take up to another three steps.
- If you choose to take another three steps, you have to pass or shoot, you cannot dribble again as this would be double dribble.
- You can only hold the ball for three seconds if standing with the ball.

Double dribble:

- Cannot dribble, stop, then dribble again.
- Cannot dribble with two hands.

Free pass:

- If a rule is broken or the ball goes out of play, a free pass is awarded to the other team. All players must be three big steps away from the person taking the free pass.

Tactics

Using tactics will help your team to in both attack and defence. In this unit you will use attacking tactics to create space and maintain possession. You will use defending tactics as a team to attempt to delay opponent's and gain possession.

Healthy Participation



- Make sure any unused equipment is stored in a safe place.

If you enjoy this unit why not see if there is a handball club in your local area.



How will this unit help your body?

agility, balance, co-ordination, speed, stamina

Home Learning



Find more games that develop these skills in the Home Learning Active Families tab on www.getset4education.co.uk

Body Parts



What you need: a ball that bounces

How to play:

- Explore dribbling the ball. Can you dribble:
 - With one hand
 - The other hand
 - Changing hand
 - Changing speed
 - Changing direction
- Challenge yourself to keep the ball bouncing the whole time whilst touching different body parts to the floor then standing up again. Try these:
 - Knees
 - Bottom
 - Back
 - Stomach
 - Forehead



www.getset4education.co.uk

Head to our youtube channel to watch the skills videos for this unit.



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