

Big Questions


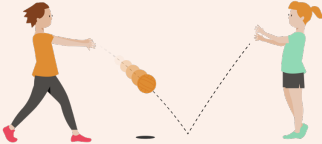


- What is the ‘ready position’ in Handball?
- In what situation would you use an overarm or two-handed bounce pass?
- How many seconds can we hold the ball before needing to take action?
- What techniques can a player use to intercept the ball?
- How can quick passes build an attack?
- As a team player, what can you do to improve your team’s likelihood of winning?

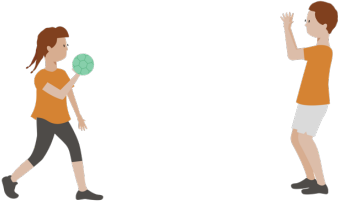
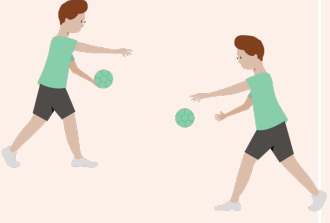
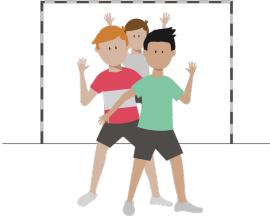
Sticky Knowledge

- Know how to show they are ready to receive the ball.
- Know when to use different passes in different situations.
- Know to use the 3 step rule in a game.
- Know what it means to intercept and draw links to other sports.
- Know what it means to build an attack.
- Know the main skills and tactics they have learned and analyse them to improve.

What	Why	How
<p>Ready position for catching – The best body position to show you are ready to receive a pass.</p>	<p>Taking the ready position during a game indicates that a player is prepared to catch any incoming passes. This stance is also optimal for making a successful catch and retaining possession for the team.</p>	<p>Stand with knees bent and feet pointing towards the thrower. Hands should be in front of the chest, fingers pointing upwards and thumbs next to each other. Always watch the flight of the ball, using soft hands when catching the ball.</p>
<p>Underarm Throw – A way of sending the ball to a teammate.</p>	<p>An underarm throw hand is often employed for increased accuracy and control when passing the ball at short distances or in tight spaces. It is particularly useful for quick, close-range exchanges with teammates, enhancing teamwork and maintaining possession during fast-paced gameplay.</p>	<p>Hold the ball in the palm of the throwing hand, with the opposite leg forward. Use the non-throwing hand to point to the intended target. Bring the ball back and swing quickly forwards, releasing the ball in line with the non-throwing arm.</p>



What	Why	How	
<p>Overarm Pass– Send a ball to a teammate by throwing the ball overarm.</p> 	<p>An overarm throw in handball is advantageous when aiming for longer distances or attempting powerful shots at the goal. This throwing technique is particularly effective for executing fast breaks, creating scoring opportunities, and surprising opponents in attack.</p>	<p>Thrown with your dominant hand at shoulder height. One foot in front of the other shoulder width apart. Spread fingers behind the ball. Push the ball towards the target.</p>	
<p>Two-handed bounce pass – A way of sending the ball to a teammate by bouncing it.</p> 	<p>The bounce pass is a useful technique when passing to a player in a crowded area. It can be done by bouncing the ball underneath a defender's arms or between defenders attempting to block or intercept the pass.</p>	<p>Hold the ball in two hands, fingers spread behind the ball. Push the ball from in front of the chest, aiming for it to bounce halfway between the thrower and the target.</p>	
<p>The 3-step rule – A rule used in handball to keep speed and flow in the game.</p> 	<p>The 3-step rule dictates that a player with possession of the ball can take up to three consecutive steps while dribbling before passing, shooting, or releasing the ball. This rule aims to maintain dynamic and fair gameplay by preventing players from covering excessive ground while holding the ball and encouraging swift decision-making.</p>	<ul style="list-style-type: none"> • Take up to three steps while holding the ball • After three steps, you must dribble, pass or shoot • THE BALL CAN ONLY BE HELD STILL FOR 3 SECONDS. • If you choose to dribble, you can then take a new set of 3 steps again 	
<p>Intercepting a pass – Catching a pass that has been thrown by the opposition.</p>		<p>In Handball, a player can gain possession from the other team by intercepting a pass from the opposing team, which can disrupt the opponent's offensive flow, providing a chance for quick counterattacks and turnovers that can lead to goal-scoring opportunities.</p>	<p>To make it harder for the opposing team to pass the ball, spread your arms as wide as possible to cover more space. You can also jump or lower your hands to block the pass but stay on your toes so you're ready to move quickly.</p>

What	Why	How	
<p>Build an attack using quick passes– Move the ball around the court to create a scoring chance using quick, accurate passes.</p> 	<p>Quick passes in attack create rapid ball movement that confuses defenders and opens up gaps in the opposition's defensive structure, enabling efficient penetration and potential shot opportunities. This dynamic passing style keeps the defence on their toes, leading to better chances of finding unguarded areas and maintaining attacking momentum.</p>	<p>Players not possessing the ball should actively search for open spaces and position themselves strategically. This can help them either receive a pass or draw a defender towards them, thereby creating an opening for a teammate to exploit. The use of quick and precise passes can keep the defenders on their toes, leading to potential opportunities for the attacking team.</p>	
<p>Use a variety of passes in an attack – Use different passes to maintain an attack, trying to create a goalscoring opportunity.</p>		<p>To successfully attack, players must choose appropriate passes for each scenario. Different passes are necessary based on the situation, including pass length and defender location. A poor pass choice could lead to a higher interception chance.</p>	<p>To increase the chances of a successful pass, it's important to scan for defenders and identify the best teammate to receive the pass. Choose the appropriate pass style that will maximise the chances of success. E.g. bounce pass for a teammate who is close.</p>
<p>Play using basic rules. There are many rules to handball, so learning them in stages is helpful.</p>		<p>Rules should be introduced to enhance the development of the players. Sometimes modified rules are used to lead to a specific outcome e.g., using more passes to build up a scoring chance</p>	<ul style="list-style-type: none"> • Players are allowed to hold the ball for 3 seconds, then either pass, take three steps or dribble the ball unlimited. • A player can then take another three steps before either passing the ball or throwing at the goal. • Defensive players must be 3m away from their opponent when awarded a free throw or taking a sideline throw.

Year 3 Handball - Crossover skills and knowledge

Handball is classed as an 'Invasion' Game. Invasion games are games in which a team must 'invade' an opponent's territory to score a goal or point. They do this by controlling the ball, keeping possession and moving into scoring positions.

Other examples of Invasion Games are:

- Netball
- Hockey
- Basketball
- Tag Rugby

Head

Implement some handball rules in games

Use individual strengths to their advantage

Handball (All KS2 units)

All invasion games (All KS2 units)

Hand

Can attempt 3 step rule with some confidence

Show correct catching ready position

Send the ball using different techniques

Attempt to intercept the ball from an opponent's throw

Receive the ball with some consistency

Handball (All KS2 units)

Basketball, Cricket, Handball, Netball, Rounders, Tag Rugby (All KS2 units)

All invasion games (All KS2 units)

All invasion games (All KS2 units)

All invasion games (All KS2 units)

Heart

Help team to create chances to score

Show support, encouragement and good sportsmanship

All invasion games (All KS2 units)

All KS2 units