

Big Questions

- Why is the jump shot used in handball?
- How can a goalkeeper limit an attacker's space to shoot?
- What is the double fault rule?
- Why would an attacker use a pivot when in possession?
- Why are set plays useful when attacking in handball?
- What are the key steps to control a ball bouncing along the ground?

Sticky Knowledge

- Know why a jump shot is used to shoot in handball.
- Know techniques to defend the goal as a goalkeeper.
- Know the double fault rule and sports with similar regulations.
- Know the benefits of pivoting when in possession.
- Know the role of a set play.
- Know a variety of ways to stop a bouncing ball.

What

Jump Shot– a shot commonly used in handball.



Why

Jump shots can provide a player with a more direct path to the goal. By leaping into the shooting circle, defenders are unable to impede the shot, leaving only the goalkeeper to prevent a potential score.

How

Take three steps before starting the jump shot, aiming to take off as close to the shooting 'D' as possible. Whilst in the air, throw the ball overarm, making sure the ball is released before landing.

Move and play as a goalkeeper – moving across the goal to 'close down' angles to make it harder for attackers to score.



As a goalkeeper, it's important to be quick in moving across the goal. This can make it harder for attackers to score because you can reduce the amount of space they have to shoot at by adjusting your angles depending on where they're shooting from.

Watch the attacking team closely, following the movement of the ball. Move across the goal to cover as much of the goal as possible and close the angle of any shot by an attacker. Spread arms and legs as wide as possible to reduce the space in the goal.

What

Set play – A pre-agreed strategy employed by the attacking team.



Why

A set play refers to a pre-designed strategy or tactic used by a team during a specific game situation, such as a free-kick, corner kick, or throw-in, with the aim of gaining a strategic advantage or scoring a goal. These plays are carefully orchestrated to capitalise on the element of surprise and exploit opponents' vulnerabilities.

How

Teams will develop set plays around corner, free kicks or even in open play. In a handball situation, this could be deciding on what to do once a ball carrier moves the ball to a certain point, e.g. the CD bringing the ball up to the centre line and then knowing a plan to make an attacking play.

Dribble the ball using the double fault rule – run with the ball without performing a fault.



When dribbling, the ball must always stay in motion and dribbled using one hand only. If a player stops, places two hands on the ball, and then starts dribbling again, it is a 'double fault'. This infringement results in the ball going to the other team. This is similar to the double-dribble rule in basketball.

Hold the ball in one hand; fingers spread evenly across the ball. Bounce the ball with the hand furthest away from a defender, bouncing it between waist and shoulder height.

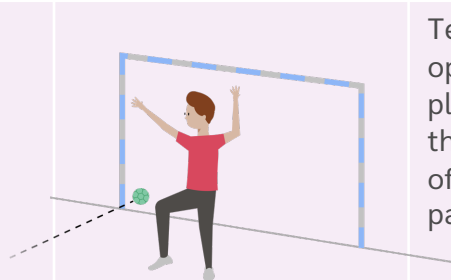
Pivot whilst in possession of the ball – Pivot to create space for a pass or shot when holding the ball.



In handball, pivoting enables the ball holder to change their facing direction swiftly. This manoeuvre helps them create distance from a defender, allowing them to pass or shoot with agility.

The pivot in handball is different from other sports, such as netball, as it can be done while a player takes steps. Receive the ball with a wide base, and move quickly wither to the left or right, depending on where the defenders are.

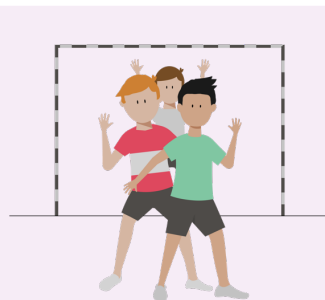
Build an attack using set plays – Attacking players move in pre-determined ways to create spaces for a shooting opportunity.



Teams on the attack use set play to create opportunities for shooting by strategically moving players to different parts of the court to disrupt the defenders' positions. The ball carrier is aware of their teammates' movements and can quickly pass the ball to any player who finds an opening.

Before starting an attack, ensure all players know where they are moving. The person holding the ball should scan the court, looking for any teammate in space to pass to. When spotted, the pass should be quick to the player to give them the best chance to shoot.

What	Why	How
<p>Select and use the correct skill in game situations – be able to correctly identify the best option when playing a game.</p>	<p>During gameplay, players are tasked with selecting the appropriate skill that they have acquired to match the given situation, all while under pressure from their opponent.</p>	<p>Try to think clearly about the skills learnt and when best to use them. When in possession, decide whether to shoot, dribble or pass, depending on the situation in front, remembering any set plays decided beforehand.</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"> • No Contact • The ball must not touch a player's leg below the knee (except the goalkeeper). • A stationary player can only hold the ball for 3 seconds. • Play rules from lesson five, which result in a 7m throw. • When restarting a game (throw in etc.), defending players must be 3m away. • You cannot bounce the ball, catch it and bounce it again (this is a double dribble). • You cannot pull or hit the ball out of a player's hand, but you can have your hands up in front of them to attempt to block the pass. • Play with 'throw-offs', which are used at the start of each half and after a goal scored.



Year 5 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
- Basketball
- Hockey
- Lacrosse

Head

Play in formations and execute 'set plays' in game situations	Explain the need for different tactics and attempt these in a game situation	Introduce set plays and be able to explain the aim of the set play
All invasion games (All KS2 units)	All invasion games (All KS2 units)	All invasion games (All KS2 units)

Hand

Attempt a jump shot in a game situation	Play the role of goalkeeper	Use an offensive dribble to progress quickly up the court	Use pivoting in a game to make more successful passes
Basketball, Handball (All KS2 units)	Football, Handball, Hockey, Lacrosse, Netball (All KS2 units)	Basketball, Football, Handball, Hockey, Lacrosse, Tag Rugby (All KS2 units)	All invasion games (All KS2 units)

Heart

Explain how a team's passage of play was successful	Use appropriate language to explain their attacking and defensive play
All invasion games (All KS2 units)	All invasion games (All KS2 units)