

# GAA HANDBALL



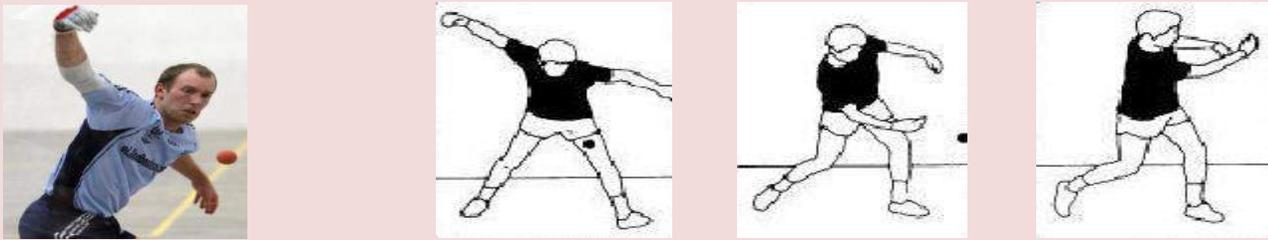
## LESSON PLANS



Your complete  
GAA Handball  
6 week Lesson Plans  
for Teachers

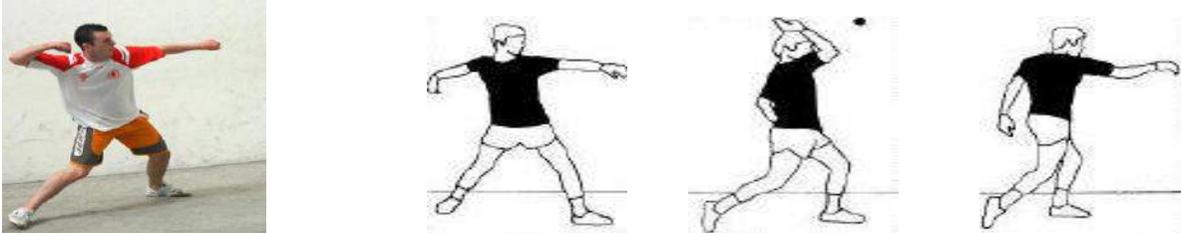
For more information log onto [www.gaahandball.ie](http://www.gaahandball.ie)

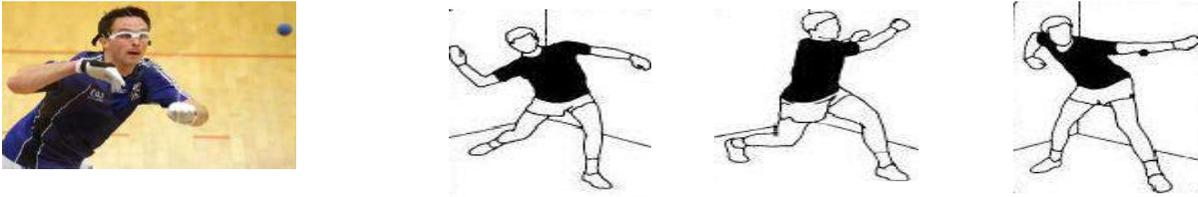
Lesson 1	Handball - Beginner		Lesson Topic: Strokes	
<p>➤ <b>Learning Intentions:</b> To understand the rules, and be able to execute the basic strokes of Handball. The strokes to be taught are the underarm and the overarm. The sidearm is complex, and thus will only be introduced at the intermediate stage of learning.</p>				
	Description	Objectives	Teaching Points	Differentiation
Warm-Up	<u>Bounce Ball</u>	To understand benefits of a warm-up, & to develop hand-eye coordination	<ul style="list-style-type: none"> <li>➤ Pupils jog around hall bouncing ball</li> <li>➤ If in partners, partner without ball does dynamic exercises until pupil with ball returns</li> </ul>	<ul style="list-style-type: none"> <li>↑ Weak Hand</li> <li>↑ Alternative Hands</li> <li>↑ Tap ball in air without letting it hit the ground</li> <li>↓ Bounce &amp; Catch</li> <li>↓ Stand still and bounce</li> </ul>
Introduction	<u>Background of Handball</u>	Provide a brief introduction of what Handball is and provide a short demonstration game so the pupils can visualise what they are learning	<ul style="list-style-type: none"> <li>➤ GAA Sport – with International dimension</li> <li>➤ Ireland currently hold Men's &amp; Ladies World Singles Champions</li> <li>➤ World Championships in Ireland October 2010</li> </ul>	Get pupils with knowledge of handball to play demo game
Content	<u>General Stroke Key Points</u>  To introduce and teach the general key points across every handball stroke	Pupils understand the correct hand and body positioning for contacting the ball.	<p><b>Provide demonstration to enable pupils to visualise what they are learning.</b></p> <ul style="list-style-type: none"> <li>➤ <b>Compliant across all strokes:</b> <ul style="list-style-type: none"> <li>- Hands cupped and wrists relaxed</li> <li>- Ball contact at base of fingers</li> <li>- Knees flexed &amp; body balanced</li> <li>- Shoulder facing front wall</li> <li>- Ball aligned with body centre</li> <li>- Weight on back foot, transfer weight to front foot</li> <li>- Maximum momentum at point of contact</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>↓ Perform basics without ball</li> <li>↓ Select only a few key points to focus on at any once</li> </ul>

	<p><u>Underarm Stroke</u></p> <p>Split into groups and get pupils to practice strokes</p> <p>Pupils can assist other pupils in correcting faults.</p>	<p>Pupils to understand the additional key points of the underarm stroke, in addition to the general key points required for all stroke types</p>	<p><b>Important to combine the general key points compliant across all strokes to the below:</b></p> <p>➤ <b>Underarm Key Points:</b></p> <ul style="list-style-type: none"> <li>• The most basic stroke</li> <li>• Ball should be below the waist with fingers pointing towards the floor at contact</li> <li>• Sometimes necessary to use this stroke to retrieve low hit shots</li> <li>• Best stroke to use when the ball is close to the body</li> </ul>	<p>↓ Perform basics without ball</p> <p>↓ Select only a few key points to focus on</p> <p>↓ Throw the ball first</p>
				
	<p><u>Overarm Stroke</u></p> <p>Split into groups and get pupils to practice strokes</p> <p>Pupils can assist other pupils in correcting faults</p>	<p>Pupils to understand the additional key points of the overarm stroke, in addition to the general key points required for all stroke types</p>	<p><b>Important to combine the general key points compliant across all strokes to the below:</b></p> <p>➤ <b>Overarm Key Points:</b></p> <ul style="list-style-type: none"> <li>• Usually the most natural for beginners</li> <li>• Used to return high bounding balls from shoulder height or above</li> <li>• Fingers pointing towards the ceiling and in midline of body at point of contact</li> <li>• Body position rotating from sideways to forward</li> <li>• Elbow is bent at point of contact</li> <li>• Point of contact generally at eye level</li> <li>• Knees bent &amp; momentum leading upwards</li> </ul>	<p>↓ Perform basics without ball</p> <p>↓ Select only a few key points to focus on</p> <p>↓ Throw the ball first</p>

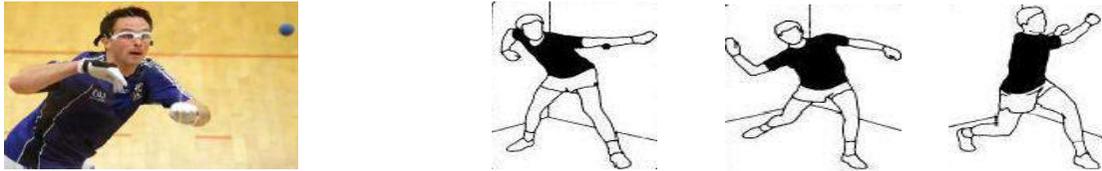
<p><b>Games</b></p>	<p><u>Keep the Rally Going</u></p> <p>Pupils in single file line &amp; take it in turns to return the ball and 'Keep the Rally Going'</p>	<p>To bring the basic strokes into a fun game situation</p>	<ul style="list-style-type: none"> <li>▪ Pupils in groups, and in single file lines.</li> <li>▪ First player hits ball and then runs to back of line.</li> <li>▪ Second player proceeds to do the same, and the rally continues as the group tries to increase the number of consecutive shots</li> </ul> <p>➤ Encourage correct technique</p>	<ul style="list-style-type: none"> <li>↑ Set targets</li> <li>↑ Smaller group numbers</li> <li>↑ Further from the wall</li> <li>↑ Weak Hand</li> <li>↑ Competition between groups</li> <li>↓ Closer to wall</li> <li>↓ Allow two bounces</li> </ul>
<p><b>Cool Down</b></p>	<p><u>Ball Bounce</u></p> <p>Same as warm-up</p>	<p>Still focusing on developing hand-eye co-ordination whilst lowering heart rate. To understand benefits of a cool down.</p>	<ul style="list-style-type: none"> <li>➤ Pupils jog around hall bouncing ball</li> <li>➤ If in partners, partner without ball does dynamic exercises until pupil with ball returns</li> </ul>	<ul style="list-style-type: none"> <li>↑ Weak Hand</li> <li>↑ Alternative Hands</li> <li>↑ Tap ball in air without letting it hit the ground</li> <li>↓ Catch the ball after every bounce</li> <li>↓ Stand still and bounce</li> </ul>

Lesson 1	Handball - Intermediate		Lesson Topic: Strokes	
<p>➤ <b>Learning Intentions:</b> To understand the rules, and be able to perform the basic strokes of Handball. The two strokes being taught are the overarm and the sidearm.</p>				
Activity	Description	Objectives	Teaching Points	Differentiation
Warm-Up	<u>Bounce Ball</u>	To understand benefits of a warm-up, & to develop hand-eye coordination	<ul style="list-style-type: none"> <li>➤ Pupils jog around hall bouncing ball</li> <li>➤ If in partners, partner without ball does dynamic exercises until pupil with ball returns</li> </ul>	<ul style="list-style-type: none"> <li>↑ Weak Hand</li> <li>↑ Alternative Hands</li> <li>↑ Rapidly for one minute</li> <li>↑ Tap ball in air without letting it hit the ground</li> <li>↓ Catch the ball after every bounce</li> <li>↓ Stand still and bounce</li> </ul>
	<u>Stretching</u>	Understand importance and learn names of muscles	<ul style="list-style-type: none"> <li>- Hold for 5-8 seconds</li> <li>- No bouncing</li> </ul>	<ul style="list-style-type: none"> <li>↑ Get pupils to name stretches for specific muscles</li> </ul>
Content	<p><u>General Strokes:</u></p> <p>Split into groups and get pupils to practice strokes</p> <p>Pupils can assist other pupils in correcting faults</p>	To introduce and teach the key points of the different handball strokes (underarm & overarm). Explain the correct hand and body positioning for contacting the ball.	<ul style="list-style-type: none"> <li>➤ <b>Compliant across all strokes:</b> <ul style="list-style-type: none"> <li>- Hands cupped and wrists relaxed</li> <li>- Ball contact at base of fingers</li> <li>- Knees flexed &amp; body balanced</li> <li>- Shoulder facing front wall</li> <li>- Ball aligned with body centre</li> <li>- Weight on back foot, transfer weight to front foot</li> <li>- Maximum momentum at point of contact</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>↓ Perform basics without ball</li> <li>↓ Select only a few key points to focus on</li> <li>↓ Throw the ball first</li> </ul>

	<p><u>Overarm Stroke</u></p> <p><i>Split into groups and get pupils to practice the overarm stroke</i></p>	<p>To build on previous skills and fully develop the overarm stroke.</p>	<p><b>Important to combine the general key points compliant across all strokes to the below:</b></p> <ul style="list-style-type: none"> <li>➤ <b>Overarm Key Points:</b> <ul style="list-style-type: none"> <li>• Body position rotating from sideways to forward</li> <li>• Footwork, Aim, Bounce</li> <li>• Swing, Lead Arm</li> <li>• Knees bent &amp; momentum leading upwards</li> <li>• Point of contact at eye level</li> <li>• Follow through</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>↓ Perform basics without ball</li> <li>↓ Select only a few key points to focus on</li> <li>↓ Throw the ball first</li> </ul>
				
	<p><u>Sidearm Stroke</u></p> <p><i>Split into groups and get pupils to practice the sidearm stroke</i></p>	<p>To introduce and teach the sidearm stroke to pupils</p>	<p><b>Important to combine the general key points compliant across all strokes to the below:</b></p> <ul style="list-style-type: none"> <li>➤ <b>Sidearm Key Points:</b> <ul style="list-style-type: none"> <li>• Used to hit balls from the waist and the shoulders to execute the pass shot</li> <li>• Elbow is flexed and drawn straight back in preparation</li> <li>• Wrist curled on backswing</li> <li>• Point of contact is in line with the centre of the body and away from the body so that arm is fully extended</li> <li>• The forearm and fingers point towards the sidewall on point of contact</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>↓ Perform basics without ball</li> <li>↓ Select only a few key points to focus on</li> <li>↓ Throw the ball first (visualising skimming a stone)</li> </ul>

				
<b>Games</b>	<u>Keep the Rally Going</u> (Adapted – Overarm)	To bring the basic strokes into a fun game situation	<b>Encourage players to use the overhand as much as possible:</b> <ul style="list-style-type: none"> <li>▪ Pupils in groups, and in single file lines.</li> <li>▪ First player hits ball and then runs to back of line.</li> <li>▪ Second player proceeds to do the same, and the rally continues as the group tries to increase the number of consecutive shots</li> </ul> <p>➤ <b>Encourage correct technique &amp; good footwork</b></p>	<ul style="list-style-type: none"> <li>↑ Smaller group numbers</li> <li>↑ Further from the wall</li> <li>↑ Weak Hand</li> <li>↑ Competition between groups</li> <li>↓ Closer to wall</li> <li>↓ Allow two bounces</li> </ul>
<b>Cool Down</b>	<u>Same as warm-up</u>	Still focusing on developing hand-eye co-ordination whilst lowering heart rate. To understand benefits of a cool down.	<ul style="list-style-type: none"> <li>➤ Pupils jog around hall bouncing ball</li> <li>➤ If in partners, partner without ball does dynamic exercises until pupil with ball returns</li> </ul>	<ul style="list-style-type: none"> <li>↑ Weak Hand</li> <li>↑ Alternative Hands</li> <li>↑ Tap ball in air without letting it hit the ground</li> <li>↓ Catch the ball after every bounce</li> <li>↓ Stand still and bounce</li> </ul>

Lesson 1	Handball - Advanced		Lesson Topic: Strokes	
<p>➤ <b>Learning Intentions:</b> To understand the advanced rules, and be able to execute the advanced strokes of Handball. The three strokes are the underarm, the overarm, and the sidearm. By this stage, pupils should be competent with the underarm and overarm strokes. The sidearm is complex, and thus this lesson will comprise solely of developing the sidearm stroke.</p>				
Activity	Description	Objectives	Teaching Points	Differentiation
<p><b>Warm-Up</b></p>	<p><u>Ball Time</u></p> <p>Pupils with one ball each, find a small section of wall for themselves</p> <p>Softly stroke the ball underarm against the wall with right hand, and return it again softly underarm with the left hand</p>	<p>To get the pupils warmed up by hitting the ball with both hands using alternatively whilst maintaining correct feet and body positioning.</p>	<ul style="list-style-type: none"> <li>➤ Ensure pupils are bouncing on the balls of their feet</li> <li>➤ Ensure correct body position, i.e. shoulders facing front wall</li> </ul>	<ul style="list-style-type: none"> <li>↑ Weak Hand</li> <li>↑ Alternative Hands</li> <li>↑ Rapidly for one minute</li> <li>↑ Tap ball in air without letting it hit the ground</li> <li>↓ Catch the ball after every bounce</li> <li>↓ Stand still and bounce</li> </ul>
	<p><u>Stretching</u></p>	<p>Understand importance and learn names of muscles.</p>	<ul style="list-style-type: none"> <li>- Hold for 5-8 seconds</li> <li>- No bouncing</li> </ul>	<ul style="list-style-type: none"> <li>↑ Get pupils to explain benefits of warming up</li> </ul>
<p><b>Intro &amp; Stroke Content</b></p>	<p><u>General Stroke Content</u></p> <p>Reminder of previously learnt information relating to handball strokes</p>	<p>To revise introductory skills learnt from the sidearm strokes.</p> <p>Explain the correct hand and body positioning for contacting the ball.</p>	<ul style="list-style-type: none"> <li>➤ <b>Compliant across all strokes:</b> <ul style="list-style-type: none"> <li>- Hands cupped and wrists relaxed</li> <li>- Ball contact at base of fingers</li> <li>- Knees flexed &amp; body balanced</li> <li>- Shoulder facing front wall</li> <li>- Ball aligned with body centre</li> <li>- Weight on back foot, transfer to front foot</li> <li>- Maximum momentum at point of contact</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>↑ Perform basics without ball</li> <li>↑ Select only a few key points to focus on</li> <li>↑ Throw the ball first</li> </ul>

	<p><u><b>Sidearm Stroke:</b></u></p> <p><i>Split into groups and get pupils to practice the sidearm stroke</i></p> <p><i>Pupils can assist other pupils in correcting faults.</i></p>	<p>Fully develop the sidearm stroke</p>	<p><b>Important to combine the general key points compliant across all strokes to the below:</b></p> <p>➤ <b>Sidearm Key Points:</b></p> <ul style="list-style-type: none"> <li>• Used to hit balls from the waist and the shoulders to execute the pass shot</li> <li>• Elbow is flexed and drawn straight back in preparation</li> <li>• Wrist curled on backswing</li> <li>• Point of contact is in line with the centre of the body and away from the body so that arm is fully extended</li> <li>• The forearm and fingers point towards the sidewall on point of contact</li> </ul>	<ul style="list-style-type: none"> <li>↑ Perform basics without ball</li> <li>↑ Select only a few key points to focus on</li> <li>↑ Throw the ball first</li> </ul>
				
	<p><u><b>Low Sidearm Stroke:</b></u></p> <p><i>Split into groups and get pupils to practice the low sidearm stroke</i></p> <p><i>Pupils can assist other pupils in correcting faults.</i></p>	<p>Introductory lesson aimed to develop pupil's ability to perform the low sidearm stroke, which is an advanced version of the sidearm stroke.</p>	<p>The low sidearm is identical to the sidearm stroke just discussed, except that the contact with the ball is much lower – usually between the waist and the knees.</p> <ul style="list-style-type: none"> <li>- Offensive stroke used to execute the kill shot</li> <li>- Knees must be bent more to get into a lower crouched position</li> </ul>	<ul style="list-style-type: none"> <li>↑ Perform basics without ball</li> <li>↑ Select only a few key points to focus on</li> <li>↑ Throw the ball first</li> </ul>

				
<p><b>Games</b></p>	<p><u>Conditioned Game</u></p> <p>Standard Singles or Double game (depending on numbers), emphasising the sidearm strokes by awarding bonus points.</p>	<p>To develop pupils ability to execute the sidearm strokes in a fun, competitive game situation</p>	<ul style="list-style-type: none"> <li>➤ 2 Players play a match up to 3</li> <li>➤ Winner stays on, &amp; newcomer always serves first</li> <li>➤ <b>A rally winning sidearm kill or sidearm pass is worth 2 points</b></li> </ul>	<ul style="list-style-type: none"> <li>↑ Doubles</li> <li>↓ Allow 2 bounces</li> </ul>
<p><b>Cool Down</b></p>	<p><u>Jog &amp; Dribble</u></p>	<p>Focusing on developing hand-eye co-ordination whilst lowering heart rate. To understand benefits of a cool down.</p>	<ul style="list-style-type: none"> <li>➤ Pupils jog around hall bouncing ball</li> <li>➤ If in partners, partner without ball does dynamic exercises until pupil with ball returns</li> </ul>	<ul style="list-style-type: none"> <li>↑ Weak Hand</li> <li>↑ Alternative Hands</li> <li>↑ Tap ball in air without letting it hit the ground</li> <li>↓ Catch the ball after every bounce</li> <li>↓ Stand still and bounce</li> </ul>

Lesson 2	Handball - Beginner		Lesson Topic: Serving	
<p>➤ <b>Learning Intentions:</b> To understand the key points of the underarm &amp; overarm serve in Handball, and be able to perform them at fundamental level. Continuing on from lesson one, the serves taught will be the underarm and overarm serves. Focus of the lesson is to ensure pupils can serve the ball in the required space.</p>				
	Description	Objectives	Teaching Points	Differentiation
Warm-Up	<u>Mini Handball</u>	To understand benefits of a warm-up, & to develop hand-eye coordination through a mini game	<ul style="list-style-type: none"> <li>➤ In partners, pupils play a mini game in an improvised small court against a wall.</li> <li>➤ Players take it in turn to hit ball allowing only one bounce</li> <li>➤ Objective is to keep the ball in a rally for as long as possible</li> </ul>	<ul style="list-style-type: none"> <li>↑ Weak Hand</li> <li>↓ Allow 2 bounces</li> </ul>
	<u>Stretching</u>	Understand importance and learn names of muscles.	<ul style="list-style-type: none"> <li>➤ Hold for 5-8 seconds</li> <li>➤ No bouncing</li> </ul>	<ul style="list-style-type: none"> <li>↑ Get pupils to name stretches for specific muscles</li> </ul>
Skill Recap	<u>Skill Recap</u> Underarm & Overarm	To reinforce lesson ones learned skills	<ul style="list-style-type: none"> <li>➤ Remember to reiterate key points and reinforce good technique</li> </ul>	<ul style="list-style-type: none"> <li>↑ Get pupils with adept at the skills to perform demonstration</li> </ul>
The Skill of Serving	<u>Introduce Handball serve types.</u>  Split into groups, and practice last week's skills through serving drills.	To develop pupils ability to serve a ball and keep it in the required space.	<p><b>Explain the importance of the serve in that it is the only time during a game that you are in complete control of the ball.</b></p> <ul style="list-style-type: none"> <li>➤ Pupils should aim to keep the ball in the court</li> <li>➤ The serve should be aimed to deep court</li> <li>➤ Stand behind short line</li> <li>➤ Feet cannot cross short line even on follow through</li> </ul>	<ul style="list-style-type: none"> <li>↑ Progress to overhand serve</li> <li>↓ Bring player closer to wall</li> </ul>

<b>Games</b>	<u>Ins &amp; Outs</u>  (Singles)	To bring the basic serves into a fun mini game situation	This is a quick fire version of Handball. Pupils line up at the side of court. First two players on court. <ul style="list-style-type: none"> <li>- 1 v 1</li> <li>- 1 Rally</li> <li>- Winner of rally stays on</li> <li>- Newcomer serves</li> </ul> <p><b>Reinforce serving skills learnt during lesson</b></p>	<ul style="list-style-type: none"> <li>↓ Further from the wall</li> <li>↓ Weak Hand</li> <li>↓ Doubles</li>   <li>↓ Closer to wall</li> <li>↓ Allow two bounces</li> </ul>
<b>Cool Down</b>	<u>Commands</u>	To understand benefits of a cool down.	Pupils jog around hall following commands of teacher: <ul style="list-style-type: none"> <li>- Skipping</li> <li>- High Knees</li> <li>- Sideways</li> <li>- Etc</li> </ul>	<ul style="list-style-type: none"> <li>↑ Ask pupils questions why a cool down is essential after exercise</li> </ul>

Lesson 2	Handball - Intermediate		Lesson Topic: Serving	
<p>➤ <b>Learning Intentions:</b> To be able to perform the most effective serves of Handball at an intermediate level. Continuing on from lesson one, the serves taught will be the underarm and overarm serves. Focus of the lesson is to ensure pupils can serve the ball in the required space from the centre of the court.</p>				
Activity	Description	Objectives	Teaching Points	Differentiation
Warm-Up	<u>Mini Handball</u>	To understand benefits of a warm-up, & to develop hand-eye coordination through a mini game	<ul style="list-style-type: none"> <li>➤ In partners, pupils play a mini game in an improvised small court against a wall.</li> <li>➤ Players take it in turn to hit ball allowing only one bounce</li> <li>➤ Objective is to keep the ball in a rally for as long as possible</li> </ul>	↑ Weak Hand ↓ Allow 2 bounces
	<u>Stretching</u>	Understand importance and learn names of muscles.	<ul style="list-style-type: none"> <li>➤ Hold for 5-8 seconds</li> <li>➤ No bouncing</li> </ul>	↑ Get pupils to name stretches for specific muscles
Skill Recap	<u>Skill Recap</u> Underarm & Overarm	To reinforce lesson ones learned skills	➤ <b>Remember to reiterate key points and reinforce good technique</b>	↑ Get pupils with adept at the skills to perform demonstration
The Skill of Serving	<u>Introduce Intermediate Level Handball Serve Requirements</u>  Split into groups, and practice last week's skills through serving drills, incorporating new serving requirements.	To develop pupils ability to serve a ball effectively from a central court position	<b>Explain the importance of the serve in that it is the only time during a game that you are in complete control of the ball.</b> <ul style="list-style-type: none"> <li>➤ Main objective to get pupils to serve the ball effectively from the middle of the court</li> <li>➤ Pupils should be able to alternate the serve direction to both left and right hand side of the court</li> <li>➤ As learnt in previous serving lessons, the ball should be served back deep and with pace</li> </ul>	↑ Progress to overhand serve ↓ Bring player closer to wall

			<b>NB:</b> The overarm serve deep to the back court, and alternating between sides, is widely regarded as the most effective serve in One-Wall Handball.	
<b>Games</b>	<u>Ins &amp; Outs</u>  (Doubles)	To bring the basic serves into a fun mini game situation	<p>This is a quick fire version of Handball. Pupils line up at the side of court. First two players on court.</p> <ul style="list-style-type: none"> <li>- 2 v 2</li> <li>- 1 Rally</li> <li>- Winner of rally stays on</li> <li>- Newcomer serves</li> </ul> <p><b>Reinforce serving skills learnt during lesson</b></p> <ul style="list-style-type: none"> <li>➤ <b>The fact that games are only up to one, and the newcomers serve first, puts added emphasis on effective serving</b></li> </ul>	<ul style="list-style-type: none"> <li>↓ Further from the wall</li> <li>↓ Weak Hand</li> <li>↓ Doubles</li>   <li>↓ Closer to wall</li> <li>↓ Allow two bounces</li> </ul>
<b>Cool Down</b>	<u>Commands</u>	To understand benefits of a cool down.	<p>Pupils jog around hall following commands of teacher:</p> <ul style="list-style-type: none"> <li>- Skipping</li> <li>- High Knees</li> <li>- Sideways</li> <li>- Etc</li> </ul>	<ul style="list-style-type: none"> <li>↑ Ask pupils questions why a cool down is essential after exercise</li> </ul>

Lesson 2	Handball - Advanced		Lesson Topic: Serving	
<p>➤ <b>Learning Intentions:</b> To be able to perform the most effective serves in Handball at an advanced level. The serves taught will be the underarm &amp; overarm serves, continuing on from lesson one, but at an advanced level of accuracy and consistency.</p>				
Activity	Description	Objectives	Teaching Points	Differentiation
Warm-Up	<u>Mini Handball</u>	To understand benefits of a warm-up, & to develop hand-eye coordination through a mini game	<ul style="list-style-type: none"> <li>- In partners, pupils play a mini game in an improvised small court against a wall.</li> <li>- Players take it in turn to hit ball allowing only one bounce</li> <li>- Objective is to keep the ball in a rally for as long as possible</li> </ul>	<ul style="list-style-type: none"> <li>↑ Weak Hand</li> <li>↓ Allow 2 bounces</li> </ul>
	<u>Stretching</u>	Understand importance and learn names of muscles.	<ul style="list-style-type: none"> <li>- Hold for 5-8 seconds</li> <li>- No bouncing</li> </ul>	<ul style="list-style-type: none"> <li>↑ Get pupils to explain benefits of warming up</li> </ul>
Skill Recap & Advanced Serving	<p><u>Target Serve</u></p> <p>Recap on previously learnt underarm &amp; overarm serves</p> <p>Practice new serving strategies through a fun target game</p>	To further develop the pupils ability to perform both serve types to a high level.	<p><b>Rules:</b></p> <ul style="list-style-type: none"> <li>- Split the court (behind the short line) into 4 square sections</li> <li>- Teacher picks a section for pupil to serve into</li> <li>- 1 point for getting it in correct square</li> </ul> <p><b>Effective Serves compromise of:</b></p> <ul style="list-style-type: none"> <li>- Serves should be executed with fast pace and land deep at the back of the court</li> <li>- Serves should consistently be directed effectively to either side of the court</li> <li>- Pupils should be able to serve the ball from a central court position to either side</li> </ul> <p><b>NB:</b> The overarm serve deep to the back court, and alternating between sides, is widely regarded as the most effective serve in One-Wall Handball.</p>	<ul style="list-style-type: none"> <li>↑ Additional points awarded for technique, or the ability to serve accurately using both the underarm and overarm serve</li> <li>↑ Minus points for serving into the incorrect section</li> </ul>

<b>Games</b>	<u><i>Ins &amp; Outs</i></u>  (Singles)	To bring the basic serves into a fun mini game situation	This is a quick fire version of Handball. Pupils line up at the side of court. First two players on court. <ul style="list-style-type: none"> <li>- 1 v 1</li> <li>- 1 Rally</li> <li>- Winner of rally stays on</li> <li>- Newcomer serves</li> </ul> <p>➤ <b>The fact that games are only up to one, and the newcomer serves first, puts added emphasis on effective serving</b></p>	<ul style="list-style-type: none"> <li>↓ Further from the wall</li> <li>↓ Weak Hand</li> <li>↓ Doubles</li>   <li>↓ Closer to wall</li> <li>↓ Allow two bounces</li> </ul>
<b>Cool Down</b>	<i>Commands</i>	To understand benefits of a cool down.	Pupils jog around hall following commands of teacher: <ul style="list-style-type: none"> <li>- Skipping</li> <li>- High Knees</li> <li>- Sideways</li> <li>- Etc</li> </ul>	<ul style="list-style-type: none"> <li>↑ Ask pupils questions why a cool down is essential after exercise</li> </ul>

Lesson 3	Handball - Beginner		Lesson Topic: Shots	
<p>➤ <b>Learning Intentions:</b> To be able to execute the fly shot in Handball at a basic level. To refine the basic skills of serving learnt in lesson two.</p>				
Activity	Description	Objectives	Teaching Points	Differentiation
<b>Warm-Up</b>	<u>King of the Ring</u>	To understand benefits of a warm-up, & to develop hand-eye coordination through a fun game	<ul style="list-style-type: none"> <li>- Everyone has a ball (Split into two groups, one at a time if there isn't even balls)</li> <li>- Put all pupils into circle/area enclosed by lines with a ball</li> <li>- On whistle, players dribble ball around the area, while trying to knock opponents balls out of their hands</li> <li>- The last person in the game is the king of the ring</li> </ul>	<ul style="list-style-type: none"> <li>↑ Alternate Hands</li> <li>↑ Weak Hand</li> <li>↑ Increase numbers in circle</li> <li>↓ Reduce numbers in circle</li> </ul>
	<u>Stretching</u>	Understand importance and learn names of muscles.	<ul style="list-style-type: none"> <li>- Hold for 5-8 seconds</li> <li>- No bouncing</li> </ul>	<ul style="list-style-type: none"> <li>↑ Get pupils to explain benefits of warming up</li> </ul>
<b>Skill Recap &amp; Introduction to Shots</b>	Recap on serves learnt in lesson two.	Give brief introduction of the shot types and provide a demonstration so the pupils can visualise what they are learning.	<ul style="list-style-type: none"> <li>- Pupils split into smaller groups, taking turns to practice the shots</li> <li>- If there is enough room, split into partners</li> <li>- Perform all shots with the underarm stroke</li> </ul>	<ul style="list-style-type: none"> <li>↑ Get pupils with adept at the skills to perform demonstration</li> </ul>
	<u>Fly Shot</u> Pupils in partners practice the fly shot	To develop the pupils ability to execute the fly shot (hit ball before it bounces)	<p>Explain how important the fly shot is in one-wall. The fly shot is an offensive shot thus cutting off the opponent's time to execute their return shot.</p> <p><b>Fly Shot:</b></p> <ul style="list-style-type: none"> <li>➤ Same technical requirements as the standard underarm stroke</li> <li>➤ Body moving forward before ball is hit</li> <li>➤ Emphasis on anticipation</li> <li>➤ Hit ball before it bounces</li> </ul>	<ul style="list-style-type: none"> <li>↑ Further from wall</li> <li>↓ Closer to wall</li> </ul>

<b>Games</b>	<u>Conditioned Game</u>	To bring the basic shots into a fun mini game situation	<p>This is a quick fire version of singles Handball. Pupils line up at the side of court.</p> <ul style="list-style-type: none"> <li>- 1 v 1</li> <li>- 5 Rally's</li> <li>- First to 3 stays on</li> <li>- Newcomers serve</li> </ul> <p><b>Double points awarded for a rally ending fly shot</b></p>	<ul style="list-style-type: none"> <li>↑ Increase game length</li> <li>↑ Doubles</li> <li>↓ Allow two bounces</li> </ul>
<b>Cool Down</b>	<u>Commands</u>	To understand benefits of a cool down.	<p>Pupils jog around hall following commands of teacher:</p> <ul style="list-style-type: none"> <li>- Skipping</li> <li>- High Knees</li> <li>- Sideways</li> <li>- Etc</li> </ul>	<ul style="list-style-type: none"> <li>↑ Ask pupil to lead cool down</li> </ul>

Lesson 3	Handball - Intermediate		Lesson Topic: Shots	
<p>➤ <b>Learning Intentions:</b> To be able to execute the pass shot in Handball. Footwork is an important component of technical efficiency, and will therefore be incorporated into the lesson.</p>				
Activity	Description	Objectives	Teaching Points	Differentiation
Warm-Up	<i>King of the Ring</i>	To understand benefits of a warm-up, & to develop hand-eye coordination through a fun game	<ul style="list-style-type: none"> <li>- Everyone has a ball (Split into two groups, one at a time if there isn't even balls)</li> <li>- Put all pupils into circle/area enclosed by lines with a ball</li> <li>- On whistle, players dribble ball around the area, while trying to knock opponents balls out of their hands</li> <li>- The last person in the game is the king of the ring</li> </ul>	<ul style="list-style-type: none"> <li>↑ Alternate Hands</li> <li>↑ Weak Hand</li> <li>↑ Increase numbers in circle</li> <li>↓ Reduce numbers in circle</li> </ul>
	<i>Stretching</i>	Understand importance and learn names of muscles.	<ul style="list-style-type: none"> <li>- Hold for 5-8 seconds</li> <li>- No bouncing</li> </ul>	<ul style="list-style-type: none"> <li>↑ Get pupils to explain benefits of warming up</li> </ul>
Recap & Introduction to Shots	<u>Footwork Drill</u>	To ensure the pupil understands the importance of footwork, and to develop their footwork through a quick drill/	<p>Important that players are constantly on the balls of their feet to allow them to make quick body adjustments to execute effective shots. The ball rarely comes to a player in a perfect position to hit it.</p> <p><b>Footwork Drill – (Pupils follow teachers commands):</b></p> <ol style="list-style-type: none"> <li>1) Pupils spread out across gym, in a space of their own</li> <li>2) Jog on spot, high knees, side stepping</li> <li>3) Backwards steps</li> <li>4) Left hand down, right hand down, up and clap</li> <li>5) Carioca Step - left foot crosses in front of your right, your right foot steps right, and so on</li> </ol> <p>➤ <b>Pupils must always be on the balls of their feet</b></p>	<ul style="list-style-type: none"> <li>↑ Add in obstacles</li> <li>↑ Gradually increase the pace</li> </ul>

	<p><u>Pass Shot</u></p> <p>To teach the pass shot, incorporating the footwork drills</p> <p>Pupils split into groups, practicing shots in turn</p>	<p>To develop the pupils ability to execute the pass shot (hit ball to area of the court away from your opponent)</p>	<p>Explain how important the pass shot is in one-wall. The pass shot can be an offensive or defensive shot. It aims to force an opponent from a centre court position into rear court and if possible make it an irretrievable shot.</p> <p><b>Pass Shot:</b></p> <ul style="list-style-type: none"> <li>➤ Using either the underarm or sidearm stroke</li> <li>➤ Hit ball unto front wall at shoulder height, making it bounce to either side of your opponent, and into deep court</li> </ul>	<p>↑ Throw ball against wall before attempting pass shot</p> <p>↑ Add in pupils for obstacles in which to aim the pass shot around</p> <p>↑ Further from wall</p> <p>↓ Closer to wall</p>
<p><b>Games</b></p>	<p><u>Conditioned Game</u></p> <p>(Pass Shot)</p>	<p>To bring the pass shot into a fun mini game situation</p>	<p><b>Pass shots are very beneficial shots for a player to be able to execute, and will greatly enhance their rate of success in One-Wall Handball.</b></p> <p>This is a quick fire version of doubles Handball. Pupils line up at the side of court.</p> <ul style="list-style-type: none"> <li>- 2 v 2</li> <li>- 5 Rally's, first to 3 wins</li> <li>- Newcomers serve</li> </ul> <p><b>Double Points can be gained when a rally is won by pass shot.</b></p>	<p>↑ Singles</p> <p>↓ Allow two bounces</p>
<p><b>Cool Down</b></p>	<p><u>Tag</u></p>	<p>To understand benefits of a cool down &amp; get pupils to travel across small areas rapidly with quick changes of direction</p>	<ul style="list-style-type: none"> <li>- 2 Catchers</li> <li>- Pupils who are caught stand at edge of area and do stretches</li> </ul>	<p>↑ Ask pupils questions why a cool down is essential after exercise</p>

Lesson 3	Handball - Advanced		Lesson Topic: Shots	
<p>➤ <b>Learning Intentions:</b> To be able to execute the complex kill shot &amp; fly kill shot in Handball. Footwork will be a key component of this lesson as it is the most important component of technical efficiency.</p>				
	Description	Objectives	Teaching Points	Differentiation
Warm-Up	<i>King of the Ring</i>	To understand benefits of a warm-up, & to develop hand-eye coordination through a fun game	<ul style="list-style-type: none"> <li>- Everyone has a ball (Split into two groups, one at a time if there isn't even balls)</li> <li>- Put all pupils into circle/area enclosed by lines with a ball</li> <li>- On whistle, players dribble ball around the area, while trying to knock opponents balls out of their hands</li> <li>- The last person in the game is the king of the ring</li> </ul>	<ul style="list-style-type: none"> <li>↑ Alternate Hands</li> <li>↑ Weak Hand</li> <li>↑ Increase numbers in circle</li> <li>↓ Reduce numbers in circle</li> </ul>
	<i>Stretching</i>	Understand importance and learn names of muscles.	<ul style="list-style-type: none"> <li>- Hold for 5-8 seconds</li> <li>- No bouncing</li> </ul>	<ul style="list-style-type: none"> <li>↑ Get pupils to name stretches for specific muscles</li> </ul>
Recap & Introduction to Shots	<b>Footwork Drill</b>	To develop the most important component of technical efficiency	<p>Important that players are constantly on the balls of their feet in <b>'anticipation'</b> of the shot. Where possible, a player should move to a position about 6ft deeper in the court than the ball should be contacted – this is called the pre shot position.</p> <p>Players should strive to increase their <b>court speed</b> – (this is not simply running fast, more so being able to cover all corners of the court)</p> <p><b>Footwork Drill:</b></p> <ol style="list-style-type: none"> <li>1) Player starts in centre of the court &amp; runs backwards to the back of the court</li> <li>2) Player runs to right corner</li> <li>3) Before side-stepping to short line</li> <li>4) Player repeats drill for left side</li> </ol>	<ul style="list-style-type: none"> <li>↑ Make court bigger</li> <li>↑ Add in obstacles</li> <li>↑ Gradually increase the pace</li> <li>↑ Call left or right when player is approaching back court</li> </ul>

	<u>Kill Shot</u>	<p>To develop the pupils ability to hit the ball so low on the front wall to make it irretrievable, i.e. a kill.</p> <p>Shots should be executed efficiently and smoothly, focusing on footwork</p>	<p>The kill shot is the primary attacking shot in Handball. Can be performed with either an underarm or sidearm stroke. The sidearm stroke is the recommended and most effective stroke to kill the ball.</p> <p><b>Kill Shot Key Points:</b></p> <ul style="list-style-type: none"> <li>- Players on the balls of their feet in anticipation</li> <li>- Body moving forward before ball is hit</li> <li>- Get into the pre-shot position as quickly as possible</li>   <li>- Similar basic execution principals as underarm stroke</li> <li>- Ball should be hit downwards using downwards body momentum</li> <li>- Bent Knees &amp; Crouched Position</li> </ul> <p><b>Players should have a target, and not simply hit the wall anywhere</b></p>	<p>↑ Further from wall</p> <p>↑ Set targets for the player to aim for – both on the front wall and on the court floor</p> <p>↑ Set extra pupils on court for players to aim shots around</p> <p>↓ Closer to wall</p>
	<u>Fly Kill Shot</u> To teach the fly kill shot, incorporating footwork skills	<p>To develop the pupils ability to execute the fly kill shot efficiently and smoothly, focusing on footwork</p>	<p>The fly kill shot is an attacking shot used to hit the ball low on the wall. Therefore an underarm stroke – or preferably a sidearm stroke should be used.</p> <ul style="list-style-type: none"> <li>- Same principals as above</li> <li>- But ensure pupils body position and point of contact is lower to ground</li> </ul>	<p>↑ Further from wall</p> <p>↑ Set targets for the player to aim for – both on the front wall and on the court floor</p> <p>↑ Set extra pupils on court for players to aim shots around</p> <p>↓ Closer to wall</p>
<b>Games</b>	<u>Conditioned Game</u>	<p>To bring the kill shots into a fun mini game situation</p>	<p>This is a quick fire version of doubles Handball. Pupils line up at the side of court.</p> <ul style="list-style-type: none"> <li>- 2 v 2</li> <li>- 5 Rally's, first to 3 wins</li> <li>- Newcomers serve</li> </ul> <p><b>Double Points can be gained when a rally is won by kill shot.</b></p>	<p>↑ Singles</p> <p>↓ Allow two bounces</p>

<p><b>Cool Down</b></p>	<p><u>Tag</u></p>	<p>To understand benefits of a cool down &amp; get pupils to travel across small areas rapidly with quick changes of direction</p>	<ul style="list-style-type: none"> <li>- 2 Catchers</li> <li>- Pupils who are caught stand at edge of area and do stretches</li> </ul>	<p>↑ Ask pupil to lead cool down</p>
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Lesson 4	Handball - Beginner		Lesson Topic: Developing Weak Hand	
<p>➤ <b>Learning Intentions:</b> To highlight the importance of using both hands in handball, and to develop the pupil's technique in their weaker hand. Focus attention on general contact with the ball and the fly shot. To refine, and develop consistency in performing the skill of the fly shot.</p>				
Activity	Description	Objectives	Teaching Points	Differentiation
Warm-Up	<u>Down Ball</u>	To understand benefits of a warm-up, & to develop the weaker hand-through a fun game	<ul style="list-style-type: none"> <li>➤ In partners, one ball</li> <li>➤ Pupils create an improvised small court where the space is available</li> </ul> <p><b>Rules:</b> Player must strike the ball into the ground, bouncing once, before it hits the wall. Only one bounce is allowed before ball is returned. Important to emphasis use of weaker hand.</p>	<ul style="list-style-type: none"> <li>↑ Alternate Hands</li> <li>↑ Weak Hand</li> <li>↑ Increase numbers in circle</li> <li>↓ Allow 2 bounces</li> </ul>
	<u>Stretching</u>	Understand importance and learn names of muscles	<ul style="list-style-type: none"> <li>➤ Hold for 5-8 seconds</li> <li>➤ No bouncing</li> </ul>	<ul style="list-style-type: none"> <li>↑ Get pupils to name stretches for specific muscles</li> </ul>
Skill Recap	<u>Fly Shot Recap</u> Recap on shots learnt in lesson three.	To further reinforce the key points of the fly shot.	<ul style="list-style-type: none"> <li>➤ Pupils split into smaller groups, taking turns to practice the fly shot</li> <li>➤ If there is enough room, split into partners</li> <li>➤ Perform shots with the underarm stroke</li> </ul>	<ul style="list-style-type: none"> <li>↑ Get pupils with adept at the skills to perform demonstration</li> </ul>
Developing Weak Hand	<u>Weak Hand Shot Contact</u> In small groups or partners, players practice weak hand underarm & overarm strokes	To develop the pupils ability to contact the ball with correct timing and technique using the weaker hand	<p>Highlight the importance of using both hands in Handball, specifically the importance of developing this whilst young to prevent future bad habits. A players weaker hand is often exploited in a match.</p> <ul style="list-style-type: none"> <li>➤ <b>Similar basic execution principals of any stroke:</b> <ul style="list-style-type: none"> <li>- Knees flexed &amp; body balanced</li> <li>- Shoulder facing front wall</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>↑ Throw ball against wall and execute shot</li> <li>↑ Put player in middle of court and aim pass shot around him/her</li> <li>↓ Closer to wall</li> </ul>

	Progress to practice previously learnt fly shot with the weaker hand.		<ul style="list-style-type: none"> <li>- Ball aligned with body centre</li> <li>- Weight on back foot</li> <li>- Transfer weight to front foot</li> <li>- Maximum momentum at point of contact</li> </ul>	↓ Allow two bounces
<b>Games</b>	<u>2 Bounce</u>	To bring the basic shots using both hands into a fun mini game situation	<ul style="list-style-type: none"> <li>➤ In partners, one ball</li> <li>➤ Pupils create an improvised small court where the space is available</li> </ul> <p><b>Rules:</b> Players take it in turns to strike the ball against the front wall. The ball is allowed to bounce twice before it has to be returned. Important to emphasis use of weaker hand.</p>	↑ Doubles ↑ Allow three bounces
<b>Cool Down</b>	<u>Jog &amp; Tap</u>	To understand benefits of a cool down whilst combining use of weak hand.	Pupils jog around hall tapping the ball into the air with their hands. <ul style="list-style-type: none"> <li>➤ Teacher can pause pupils and get them to do quick dynamic stretches for 5 seconds before starting up again</li> </ul>	↑ Weak hand only ↑ Ask pupils questions why a cool down is essential after exercise

Lesson 4	Handball - Intermediate		Lesson Topic: Developing Weak Hand	
<p>➤ <b>Learning Intentions:</b> To highlight the importance of using both hands in handball, and to develop the pupil's technique in their weaker hand. Focus attention on general contact with the ball and the pass shot. To refine, and develop consistency in executing the skill of serving .</p>				
Activity	Description	Objectives	Teaching Points	Differentiation
<b>Warm-Up</b>	<p><u>2 Bounce</u></p> <p>In partners, one ball</p> <p>Pupils create an improvised small court where the space is available</p>	<p>To understand benefits of a warm-up, &amp; to develop the weaker hand-through a fun game</p>	<p><b>Rules:</b> Players take it in turns to strike the ball against the front wall. The ball is allowed to bounce twice before it has to be returned. Important to emphasis use of weaker hand.</p> <p>➤ Keeping in mind the lesson topic, encourage players to serve with their weaker hand</p>	<p>↑ Doubles ↑ 2 v 1</p> <p>↓ Use less bouncy ball ↓ Allow three bounces</p>
	<p><u>Stretching</u></p>	<p>Understand importance and learn names of muscles</p>	<p>➤ Hold for 5-8 seconds ➤ No bouncing</p>	<p>↑ Get pupils to name stretches for specific muscles</p>
<b>Skill Recap</b>	<p><u>Pass Shot Recap</u></p> <p>Recap on shots learnt in lesson three.</p>	<p>To further reinforce the key points of the pass shot.</p>	<p>➤ Pupils split into smaller groups, taking turns to practice the pass shot ➤ If there is enough room, split into partners ➤ Perform shots with the underarm or sidearm stroke</p>	<p>↑ Get pupils with adept at the skills to perform demonstration</p>
<b>Developing Weak Hand</b>	<p><u>Weak Hand Shot Contact</u></p> <p>In small groups or partners, players practice weak hand contact against a wall</p>	<p>To develop the pupils ability to contact the ball with correct timing and technique using the weaker hand</p>	<p>Highlight the importance of using both hands in Handball, specifically the importance of developing this whilst young to prevent future bad habits. A players weaker hand is often exploited in a match.</p> <p>➤ <b>Similar basic execution principals of any stroke:</b></p> <ul style="list-style-type: none"> <li>- Knees flexed &amp; body balanced</li> <li>- Shoulder facing front wall</li> </ul>	<p>↑ Throw ball against wall and execute shot ↑ Put player in middle of court and aim pass shot around him/her</p> <p>↓ Closer to wall</p>

	Replicate previously learnt sidearm stroke, as well as the various shot types.		<ul style="list-style-type: none"> <li>- Ball aligned with body centre</li> <li>- Weight on back foot</li> <li>- Transfer weight to front foot</li> <li>- Maximum momentum at point of contact</li> </ul>	↓ Allow two bounces
<b>Games</b>	<p><u>Down Ball</u></p> <p>In partners, one ball</p> <p>Pupils create an improvised small court where the space is available</p>	To bring the basic shots using both hands into a fun mini game situation	<p><b>Rules:</b></p> <p>Player must strike the ball into the ground, bouncing once, before it hits the wall. Only one bounce is allowed before ball is returned. Important to emphasis use of weaker hand.</p> <ul style="list-style-type: none"> <li>➤ <b>Encourage players to attempt the newly introduced sidearm stroke</b></li> </ul>	<ul style="list-style-type: none"> <li>↑ Alternate Hands</li> <li>↑ Weak Hand</li> <li>↑ Increase numbers in circle</li> <li>↓ Allow 2 bounces</li> </ul>
<b>Cool Down</b>	<u>Jog, Dribble &amp; Tap</u>	To understand benefits of a cool down whilst combining use of weak hand.	<p>Pupils jog around hall tapping or dribbling the ball into the air with their weak hand.</p> <ul style="list-style-type: none"> <li>➤ Teacher can pause pupils and get them to do quick dynamic stretches for 5 seconds before starting up again</li> </ul>	<ul style="list-style-type: none"> <li>↑ Weak hand only</li> <li>↑ Ask pupils questions why a cool down is essential after exercise</li> </ul>

Lesson 4	Handball - Advanced		Lesson Topic: Developing Weak Hand	
<p>➤ <b>Learning Intentions:</b> To highlight the importance of using both hands in handball, and to develop the pupil's technique in their weaker hand. Focus attention on technique and body positioning. To refine, and develop consistency in executing the skills of serving learnt in lesson two.</p>				
	Description	Objectives	Teaching Points	Differentiation
<b>Warm-Up</b>	<p><u>Down Ball</u></p> <p>In partners, one ball</p> <p>Pupils create an improvised small court where the space is available</p>	<p>To understand benefits of a warm-up, &amp; to develop the weaker hand-through a fun game</p>	<p><b>Rules:</b> Player must strike the ball into the ground, bouncing once, before it hits the wall. Only one bounce is allowed before ball is returned. Important to emphasis use of weaker hand.</p> <ul style="list-style-type: none"> <li>➤ Serve with weak hand</li> <li>➤ Focus attention on body position &amp; footwork</li> </ul>	<p>↑ Smaller Court – harder to win points</p>
	<p><u>Stretching</u></p>	<p>Understand importance and learn names of muscles.</p>	<ul style="list-style-type: none"> <li>- Hold for 5-8 seconds</li> <li>- No bouncing</li> </ul>	<p>↑ Get pupils to lead stretches</p>
<b>Skill Recap</b>	<p><u>Kill Shot Recap</u></p> <p>Recap on fly shot &amp; fly kill shots learnt in lesson three.</p> <p>Replicate these shot with the weaker hand.</p>	<p>Highlight the importance of using both hands in Handball, specifically the importance of developing this whilst young to prevent future bad habits.</p>	<p>Pupils split into smaller groups/partners, taking turns to practice the fly &amp; fly kill shots.</p> <ul style="list-style-type: none"> <li>- Encourage good footwork &amp; shot anticipation</li> <li>- Get into the pre-shot position</li> </ul>	<p>↑ Further from wall</p> <p>↑ Ball to the returned coming at faster pace</p> <p>↑ Set targets for the player to aim for – both on the front wall and on the court floor</p> <p>↑ Set extra pupils on court for players to aim shots around</p> <p>↓ Closer to wall</p>

<p><b>Developing Weak Hand</b></p>	<p><u>Weak Hand Target Practice</u></p> <p>Replicate all previously learnt shots with the weaker hand.</p> <p>In small groups or partners, players compete in a weak hand target practice game.</p>	<p>To develop the pupils ability to contact the ball with correct timing and technique using the weaker hand</p>	<p>Important to develop both hands so shots from all court positions can be executed.</p> <p><b>Remember the basic execution principals:</b></p> <ul style="list-style-type: none"> <li>➤ Footwork</li> <li>➤ Body Position</li> <li>➤ Technique</li> </ul> <ul style="list-style-type: none"> <li>- 1 Point for good technique</li> <li>- Additional 2 points for hitting target</li> </ul>	<ul style="list-style-type: none"> <li>↑ Smaller targets</li> <li>↑ Further away from target</li> <li>↑ Throw ball against wall and execute shot</li> <li>↓ Closer to wall</li> <li>↓ Allow two bounces</li> </ul>
<p><b>Games</b></p>	<p><u>Conditioned Weak Hand Game</u></p>	<p>To develop the pupils weaker hand in a fun conditioned game situation</p>	<p><b>The difference between good handballer's and great handballer's is the ability to perform shots at a high level with both hands. Thus pupils should be encouraged to develop their weaker hand as much as possible whilst still young.</b></p> <p>This is a quick fire version of doubles Handball. Pupils line up at the side of court.</p> <ul style="list-style-type: none"> <li>- 2 v 2</li> <li>- 5 Rally's, first to 3 wins</li> <li>- Newcomers serve</li> </ul> <p><b>Double Points can be gained when a rally is won by weak hand shot.</b></p>	<ul style="list-style-type: none"> <li>↑ Singles</li> <li>↓ Allow two bounces</li> </ul>
<p><b>Cool Down</b></p>	<p><u>Jog, Dribble &amp; Tap</u></p>	<p>To understand benefits of a cool down whilst combining use of weak hand.</p>	<p>Pupils jog around hall tapping the ball into the air with their weak hands.</p> <ul style="list-style-type: none"> <li>- Teacher varies between tapping or dribbling</li> <li>- Teacher can pause pupils and get them to do quick dynamic stretches for 5 seconds before starting up again</li> </ul>	<ul style="list-style-type: none"> <li>↑ Ask pupils questions why a cool down is essential after exercise</li> </ul>

Lesson 5	Handball - Beginner		Lesson Topic: Strategies & Tactics	
➤ <b>Learning Intentions:</b> To enable the pupil to be creative and 'think' more about their shot selection to help them achieve greater performance level				
Activity	Description	Objectives	Teaching Points	Differentiation
<b>Warm-Up</b>	<u>King of the Ring</u>	To understand benefits of a warm-up, & to develop hand-eye coordination through a fun game	<ul style="list-style-type: none"> <li>- Everyone has a ball (Split into two groups, one at a time if there isn't even balls)</li> <li>- Put all pupils into circle/area enclosed by lines with a ball</li> <li>- On whistle, players dribble ball around the area, while trying to knock opponents balls out of their hands</li> <li>- The last person in the game is the king of the ring</li> </ul>	<ul style="list-style-type: none"> <li>↑ Alternate Hands</li> <li>↑ Weak Hand</li> <li>↑ Increase numbers in circle</li> <li>↓ Reduce numbers in circle</li> </ul>
	<u>Stretching</u>	Understand importance of stretching and learn names of muscles.	<ul style="list-style-type: none"> <li>- Hold for 5-8 seconds</li> <li>- No bouncing</li> </ul>	<ul style="list-style-type: none"> <li>↑ Get pupils to lead stretches</li> </ul>
<b>Introduction to 'Strategies &amp; Tactics'</b>	<u>Strategy &amp; Tactics' Discussion</u>	To encourage the pupils to be creative and think about the positioning of their shots in order to increase their performance level.	<b>Group as a whole, ask pupils for ideas of possible strategies:</b> <ul style="list-style-type: none"> <li>- Opponents weak Hand</li> <li>- Serving Direction</li> <li>- Defensive or Offensive shot selection</li> <li>- Hitting the ball deep to the back court</li> <li>- Safe return of serve</li> </ul>	<ul style="list-style-type: none"> <li>↑ Give brief practical demonstration of how 'thinking about your shot' before you hit it can be beneficial to your performance</li> </ul>
<b>Games</b>  Incorporate teaching through conditioned games	<u>Down Ball</u>	To encourage the pupils to be creative and think about the positioning of their shots in order to increase their performance level.	<b>Larger court than normal Down Ball:</b> <ul style="list-style-type: none"> <li>- In partners, one ball</li> <li>- Players cannot gain points by a kill shot – can only score points through superior anticipation and full use of the court than the opponent</li> <li>- <b>Rules:</b> Player must strike the ball into the ground, bouncing once, before it hits the wall. Only one bounce is allowed</li> </ul>	<ul style="list-style-type: none"> <li>↑ Doubles</li> <li>↑ Smaller Court</li> <li>↓ Larger Court</li> </ul>

			before ball is returned. Important to emphasis full use of court for shot selection	
	<p><u>2 Bounce - Adapted</u></p> <p>Larger court then normal 2 Bounce</p> <p>In partners, one ball</p>	<p>To develop pupils ability to incorporate positional play and shot selection during a game situation</p>	<p><b>Rules:</b> Players take it in turns to strike the ball against the front wall. The ball is allowed to bounce twice before it has to be returned. Important to emphasis use of full court hand.</p> <ul style="list-style-type: none"> <li>➤ <b>Ensure players do not hit the ball hard</b></li> <li>➤ Players cannot gain points by a kill shot – can only score points through <b>superior anticipation</b> and <b>shot selection/direction</b> than the opponent</li> </ul>	<p>↑ Doubles</p> <p>↑ Modify court size</p> <p>↓ Allow three bounces</p>
<b>Cool Down</b>	<u>Jog &amp; Dribble</u>	<p>To understand benefits of a cool down whilst combining use of weak hand.</p>	<p>Pupils jog around hall dribbling the ball</p> <ul style="list-style-type: none"> <li>- Teacher can pause pupils and get them to do short dynamic stretches for 5 seconds before starting up again</li> </ul>	<p>↑ Weak hand only</p> <p>↑ Ask pupils questions why a cool down is essential after exercise</p>

Lesson 5	Handball - Intermediate		Lesson Topic: Strategies & Tactics	
<p>➤ <b>Learning Intentions:</b> To enable the pupil to be more creative as regards shot selection, to assist them in achieving a greater performance level. Pupils should finish lesson with greater tactical knowledge of Handball. The key tactic to be developed during this lesson is the 'Serve and Fly' tactic.</p>				
Activity	Description	Objectives	Teaching Points	Differentiation
Warm-Up	<u>King of the Ring</u>	To understand benefits of a warm-up, & to develop hand-eye coordination through a fun game	<ul style="list-style-type: none"> <li>- Everyone has a ball (Split into two groups, one at a time if there isn't even balls)</li> <li>- Put all pupils into circle/area enclosed by lines with a ball</li> <li>- On whistle, players dribble ball around the area, while trying to knock opponents balls out of their hands</li> <li>- The last person in the game is the king of the ring</li> </ul>	<ul style="list-style-type: none"> <li>↑ Alternate Hands</li> <li>↑ Weak Hand</li> <li>↑ Increase numbers in circle</li> <li>↓ Reduce numbers in circle</li> </ul>
	<u>Stretching</u>	Understand importance of stretching and learn names of muscles.	<ul style="list-style-type: none"> <li>- Hold for 5-8 seconds</li> <li>- No bouncing</li> </ul>	<ul style="list-style-type: none"> <li>↑ Get pupils to lead stretches</li> </ul>
Introduction to 'Strategies & Tactics'	<u>Strategy &amp; Tactics' Discussion</u> (Intermediate Level)	<p>To encourage the pupils to be creative and think about the positioning of their shots in order to increase their performance level.</p> <p>Pupils should learn lesson with a firm grasp of the serve and fly concept.</p>	<p><b>Group as a whole, ask pupils for ideas of possible strategies:</b></p> <ul style="list-style-type: none"> <li>- Opponents weak Hand</li> <li>- Serving Direction</li> <li>- Defensive or Offensive shot selection</li> <li>- Hitting the ball deep to the back court</li> <li>- Save return of serve</li> </ul> <p>➤ <b>*Serve &amp; Fly*</b> This is the key strategy that the pupils should be made aware of at this level of learning.</p> <ul style="list-style-type: none"> <li>- It entails the pupil to serve the ball, &amp; after the opponent returns the serve, the initial server fly's the ball</li> </ul> <p><b>**When mastered, this tactic is the most effective strategy in One-Wall Handball, &amp; makes the game a lot easier to play**</b></p>	<ul style="list-style-type: none"> <li>↑ Give brief practical demonstration of how the 'serve and fly' tactic is highly effective</li> </ul>

<p><b>Games</b></p> <p>Incorporate teaching through conditioned games</p>	<p><u>Ins &amp; Outs</u></p> <p>Serve &amp; Fly</p>	<p>To bring the advanced tactics &amp; strategies into a game situation</p> <p>Specifically, to allow pupils the opportunity to use the 'serve &amp; fly' tactic in a match situation</p>	<p>This is a quick fire version of singles Handball. Pupils line up at the side of court. First two players on court.</p> <ul style="list-style-type: none"> <li>➤ 1 v 1</li> <li>➤ First to win 3 rallies stays on</li> <li>➤ Newcomer serves</li> </ul> <p><b>**Automatic win for any player who completes a rally winning 'serve &amp; fly' combination – (Note: After the server's second shot, this combination is void until the next serve)**</b></p> <p><b>Encourage &amp; reinforce all of the aforementioned tactics &amp; strategies, specifically the serve &amp; fly tactic</b></p>	<ul style="list-style-type: none"> <li>↑ Further from the wall</li> <li>↑ Weak Hand</li> <li>↑ Doubles</li> <li>↓ Closer to wall</li> <li>↓ Allow two bounces</li> </ul>
	<p><u>Doubles</u></p> <p>Short games of doubles Handball, focusing on all tactics learnt up to this stage of learning</p>	<p>In doubles, there is less space and it is harder to score points. Therefore it provides the perfect game opportunity for pupils to be creative and think about their shots.</p>	<p>This is shorter version of doubles Handball. Pupils line up at the side of court. First four players on court.</p> <ul style="list-style-type: none"> <li>➤ 2 v 2</li> <li>➤ 9 Rallies</li> <li>➤ First to win 5 rallies stays on</li> <li>➤ Newcomers serve</li> </ul> <p><b>Encourage &amp; reinforce all of the aforementioned tactics &amp; strategies, specifically the serve &amp; fly tactic</b></p>	<ul style="list-style-type: none"> <li>↑ Smaller court – less room</li> </ul>
<p><b>Cool Down</b></p>	<p><u>Jog &amp; Dribble</u></p>	<p>To understand benefits of a cool down whilst combining use of weak hand.</p>	<p>Pupils jog around hall dribbling the ball</p> <ul style="list-style-type: none"> <li>- Teacher can pause pupils and get them to do short dynamic stretches for 5 seconds before starting up again</li> </ul>	<ul style="list-style-type: none"> <li>↑ Weak hand only</li> <li>↑ Ask pupils questions why a cool down is essential after exercise</li> </ul>

Lesson 5	Handball - Advanced		Lesson Topic: Strategies & Tactics	
<p>➤ <b>Learning Intentions:</b> To enable the pupil to understand advanced strategies and tactics, to facilitate them in achieving a greater performance level. The key strategy to be learnt from this lesson is to '<i>Dominate the Diamond</i>'.</p>				
	Description	Objectives	Teaching Points	Differentiation
<b>Warm-Up</b>	<u>2 Bounce</u>	To understand benefits of a warm-up, & to develop hand-eye coordination through a fun game	➤ Encourage players to be creative in their shot selection	↑ Doubles
	<u>Stretching</u>	Understand importance of stretching and learn names of muscles.	<ul style="list-style-type: none"> <li>- Hold for 5-8 seconds</li> <li>- No bouncing</li> </ul>	↑ Get pupils to name stretches for specific muscles
<b>Strategies &amp; Tactics</b>	<u>'Strategy &amp; Tactics'</u> <u>Discussion</u>	To encourage the pupils to be creative and think about the positioning of their shots in order to increase their performance level.	<p><b>Group as a whole, ask pupils for ideas of possible strategies:</b></p> <ul style="list-style-type: none"> <li>- Weak Hand</li> <li>- Serving Direction</li> <li>- Defensive or Offensive shot selection</li> </ul> <p><b>Advanced Tactics:</b></p> <ul style="list-style-type: none"> <li>➤ <b>Dominate the 'diamond'</b> – this is an imaginary diamond created in the centre of the court. Players should always force their opponents out of the diamond and try to control the game from the diamond</li> <li>➤ Serves should be hit at pace and to an area that will force the opponent into a weak return</li> <li>➤ Play at a high intensity and force your opponent onto the back foot</li> <li>➤ Return of serve should be hit 'up the line' or angled across court.</li> <li>➤ Never hit a ball up the middle – use full court for your play</li> </ul>	↑ Give practical demonstrations of how these tactics can prove beneficial & how 'thinking about your shot' before you hit it can be beneficial to your performance

			➤ The serve and fly approach should always be implemented	
<p><b>Games</b></p> <p>Incorporate teaching through conditioned games</p>	<p><u>Ins &amp; Outs</u></p>	<p>To bring the advanced tactics &amp; strategies into a game situation</p>	<p>This is a quick fire version of singles Handball. Pupils line up at the side of court. First two players on court.</p> <ul style="list-style-type: none"> <li>➤ 1 v 1</li> <li>➤ 1 Rally</li> <li>➤ Winner of rally stays on</li> <li>➤ Newcomer serves</li> </ul> <p><b>Encourage &amp; reinforce all of the aforementioned tactics &amp; strategies</b></p>	<ul style="list-style-type: none"> <li>↑ Further from the wall</li> <li>↑ Weak Hand</li> <li>↑ Doubles</li> <li>↓ Closer to wall</li> <li>↓ Allow two bounces</li> </ul>
	<p><u>Doubles</u></p> <p>Short games of doubles Handball</p>	<p>In doubles, there is less space and it is harder to score points. Therefore it provides the perfect game opportunity for pupils to be creative and think about their shots.</p>	<p>This is shorter version of doubles Handball. Pupils line up at the side of court. First four players on court.</p> <ul style="list-style-type: none"> <li>➤ 2 v 2</li> <li>➤ 9 Rallies</li> <li>➤ First to win 5 rallies stays on</li> <li>➤ Newcomers serve</li> </ul> <p><b>Encourage &amp; reinforce all of the aforementioned tactics &amp; strategies</b></p>	<ul style="list-style-type: none"> <li>↑ Smaller court – less room</li> </ul>
<p><b>Cool Down</b></p>	<p><u>Commands</u></p>	<p>To understand benefits of a cool down.</p>	<p>Pupils jog around hall following commands of teacher:</p> <ul style="list-style-type: none"> <li>➤ High knees, fast feet, etc</li> <li>➤ Teacher can pause pupils and get them to do short dynamic stretches for 5 seconds before starting up again</li> </ul>	<ul style="list-style-type: none"> <li>↑ Ask pupil to lead cool down</li> </ul>

Lesson 6	Handball - Beginner		Lesson Topic: Game Sense	
<p>➤ <b>Learning Intentions:</b> To give the pupil the opportunity to combine all previously learnt skills &amp; tactics, and incorporate them into a fun and competitive game scenario. Provide pupils the opportunity of playing Handball in a competitive environment.</p>				
	Description	Objectives	Teaching Points	Differentiation
<b>Warm-Up</b>	<u>Keep the Rally Going</u>	To bring previously learnt skills into a fun game situation	<ul style="list-style-type: none"> <li>▪ Pupils in groups, and in single file lines.</li> <li>▪ First player hits ball and then runs to back of line.</li> <li>▪ Second player proceeds to do the same, and the rally continues as the group tries to increase the number of consecutive shots</li> </ul> <p>➤ Encourage correct technique</p>	<ul style="list-style-type: none"> <li>↑ Smaller group numbers</li> <li>↑ Further from the wall</li> <li>↑ Weak Hand</li> <li>↑ Competition between groups</li> <li>↓ Closer to wall</li> <li>↓ Allow two bounces</li> </ul>
	<u>Stretching</u>	Understand importance of stretching and learn names of muscles.	<ul style="list-style-type: none"> <li>- Hold for 5-8 seconds</li> <li>- No bouncing</li> </ul>	<ul style="list-style-type: none"> <li>↑ Get pupils to name stretches for specific muscles</li> </ul>
<b>Games</b>  Incorporate teaching through conditioned games	<u>2 Bounce</u>  (King of the Courts)	To develop pupils ability to incorporate positional play and shot selection during a game situation through a mini game.  To reward pupils for good play by progressing them up levels of difficulty	<b>Rules:</b> In partners, players take it in turns to strike the ball against the front wall. The ball is allowed to bounce twice before it has to be returned. Important to emphasis use of the full court and both hands.	<ul style="list-style-type: none"> <li>↑ Doubles</li> <li>↑ Modify court size</li> <li>↓ Allow three bounces</li> </ul>
	<u>Singles Handball</u>  (King of the Courts)	To reward pupils for good play by progressing them up levels of difficulty	<b>Rules:</b> <ul style="list-style-type: none"> <li>- 2 pupils playing a game on each available court</li> <li>- Split remaining players along sidelines of the available courts</li> </ul>	<ul style="list-style-type: none"> <li>↑ Doubles</li> <li>↑ Condition games</li> </ul>

			<ul style="list-style-type: none"> <li>- Number/Name courts in order of rank/significance</li> <li>- Matches with full rules played up to 5</li> <li>- Winning team moves up a court</li> <li>- Losing team moves down a court</li> </ul>	
<b>Cool Down</b>	<u>Jog &amp; Dribble</u>	To understand benefits of a cool down whilst combining use of weak hand.	<p>Pupils jog around hall dribbling the ball</p> <ul style="list-style-type: none"> <li>- Teacher can pause pupils and get them to do short dynamic stretches for 5 seconds before starting up again</li> </ul>	<ul style="list-style-type: none"> <li>↑ Weak hand only</li> <li>↑ Ask pupils questions why a cool down is essential after exercise</li> </ul>

Lesson 6	<b>Handball - Intermediate</b>		<b>Lesson Topic: Game Sense</b>	
<p>➤ <b>Learning Intentions:</b> To give the pupil the opportunity to combine all previously learnt skills &amp; tactics, and incorporate them into a fun and competitive game scenario. Provide pupils the opportunity of playing Handball in a competitive environment.</p>				
	Description	Objectives	Teaching Points	Differentiation
<b>Warm-Up</b>	<u>Keep the Rally Going</u>	To bring previously learnt skills into a fun game situation	<ul style="list-style-type: none"> <li>▪ Pupils in groups, and in single file lines.</li> <li>▪ First player hits ball and then runs to back of line.</li> <li>▪ Second player proceeds to do the same, and the rally continues as the group tries to increase the number of consecutive shots</li> </ul> <p>➤ Encourage correct technique</p>	<ul style="list-style-type: none"> <li>↑ Smaller group numbers</li> <li>↑ Further from the wall</li> <li>↑ Weak Hand</li> <li>↑ Competition between groups</li> <li>↓ Closer to wall</li> <li>↓ Allow two bounces</li> </ul>
	<u>Stretching</u>	Understand importance of stretching and learn names of muscles.	<ul style="list-style-type: none"> <li>- Hold for 5-8 seconds</li> <li>- No bouncing</li> </ul>	<ul style="list-style-type: none"> <li>↑ Get pupils to name stretches for specific muscles</li> </ul>
<b>Games</b>  Incorporate teaching through conditioned games	<u>2 Bounce</u>  (King of the Courts)	<p>To develop pupils ability to incorporate positional play and shot selection during a game situation through a mini game.</p> <p>To reward pupils for good play by progressing them up levels of difficulty</p>	<p><b>Rules:</b> In partners, players take it in turns to strike the ball against the front wall. The ball is allowed to bounce twice before it has to be returned. Important to emphasis use of the full court and both hands.</p>	<ul style="list-style-type: none"> <li>↑ Doubles</li> <li>↑ Modify court size</li> <li>↓ Allow three bounces</li> </ul>
	<u>Doubles Handball</u>  (King of the Courts)	To reward pupils for good play by progressing them up levels of difficulty	<p><b>Rules:</b></p> <ul style="list-style-type: none"> <li>- 2 pupils playing a game on each available court</li> <li>- Split remaining players along sidelines of the available</li> </ul>	<ul style="list-style-type: none"> <li>↑ Doubles</li> <li>↑ Condition games</li> </ul>

			<p>courts</p> <ul style="list-style-type: none"> <li>- Number/Name courts in order of rank/significance</li> <li>- Matches with full rules played up to 5</li> <li>- Winning team moves up a court</li> <li>- Losing team moves down a court</li> </ul> <p><b>*Encourage all previously learnt tactics:*</b></p> <ul style="list-style-type: none"> <li>- Exposing Opponents Weak Hand</li> <li>- Serving Direction</li> <li>- Defensive or Offensive shot selection</li> <li>- Hitting the ball deep to the back court</li> <li>- Serve &amp; Fly</li> </ul>	
<b>Cool Down</b>	<u>Jog &amp; Dribble</u>	To understand benefits of a cool down whilst combining use of weak hand.	<p>Pupils jog around hall dribbling the ball</p> <ul style="list-style-type: none"> <li>- Teacher can pause pupils and get them to do short dynamic stretches for 5 seconds before starting up again</li> </ul>	<ul style="list-style-type: none"> <li>↑ Weak hand only</li> <li>↑ Ask pupils questions why a cool down is essential after exercise</li> </ul>

Lesson 6	Handball - Advanced		Lesson Topic: Game Sense	
<p>➤ <b>Learning Intentions:</b> To give the pupil the opportunity to combine all previously learnt skills &amp; tactics, and incorporate them into a fun and competitive game scenario. Provide pupils the opportunity of playing Handball in a competitive environment.</p>				
	Description	Objectives	Teaching Points	Differentiation
Warm-Up	<u>2 Bounce</u>	To get the pupils heart rate raised & to develop pupils ability to incorporate positional play and shot selection during a game situation through a mini game.	<b>Rules:</b> In partners, players take it in turns to strike the ball against the front wall. The ball is allowed to bounce twice before it has to be returned. Important to emphasis use of the full court and both hands.	↑ Doubles ↑ Modify court size
	<u>Stretching</u>	Understand importance of stretching and learn names of muscles.	<ul style="list-style-type: none"> <li>- Hold for 5-8 seconds</li> <li>- No bouncing</li> </ul>	↑ Get pupils to name stretches for specific muscles
<b>Games</b>  Incorporate teaching through conditioned games	<u>King of the Courts</u>  <u>Singles</u>	To give pupils a lot of opportunities to employ all of their skills learnt from the past 5 weeks in a singles capacity.  To reward pupils for good play by progressing them up levels of difficulty	<b>Singles Handball:</b> <ul style="list-style-type: none"> <li>- 2 pupils playing a game on each available court</li> <li>- Split remaining pupils along sidelines of the available courts</li> <li>- Number/Name courts in order of rank/significance</li> <li>- Matches with full rules played up to 5</li> <li>- Winning team moves up a court</li> <li>- Losing team moves down a court</li> </ul> <ul style="list-style-type: none"> <li>➤ Encourage creative shot selection</li> <li>➤ Encourage use of weaker hand</li> <li>➤ Reinforce good play, footwork &amp; sportsmanship</li> </ul>	↑ Condition games

	<p><u>King of the Courts</u></p> <p><u>Doubles</u></p>	<p>To give pupils a lot of opportunities to employ all of their skills learnt from the past 5 weeks in a doubles capacity.</p> <p>To reward pupils for good play by progressing them up levels of difficulty</p>	<p><b>Double teams:</b></p> <ul style="list-style-type: none"> <li>- 2 double pairings playing a game on each available court</li> <li>- Split remaining doubles teams along sidelines of the available courts</li> <li>- Number/Name courts in order of rank/significance</li> <li>- Matches with full rules played up to 5</li> <li>- Winning team moves up a court</li> <li>- Losing team moves down a court</li> </ul> <p><b>*Encourage:*</b></p> <ul style="list-style-type: none"> <li>➤ All the controlling of the diamond</li> <li>➤ Serve &amp; Fly</li> <li>➤ Creative shot selection</li> <li>➤ Use of weaker hand</li> <li>➤ Reinforce good play, footwork &amp; sportsmanship</li> </ul>	<p>↑ Condition games</p>
<p>Cool Down</p>	<p><u>Jog &amp; Dribble</u></p>	<p>To understand benefits of a cool down whilst combining use of weak hand.</p>	<p>Pupils jog around hall dribbling the ball</p> <ul style="list-style-type: none"> <li>- Teacher can pause pupils and get them to do short dynamic stretches for 5 seconds before starting up again</li> </ul>	<p>↑ Weak hand only</p> <p>↑ Ask pupil to lead cool down</p>