

Handball

Progressions to develop the procedural knowledge (how/what to perform) and declarative knowledge (knowing how/what to do).

Flat pass accurately to partner in an isolated practise

Flat pass to a partner who is on the move in an isolated practise

Flat pass accurately to team mate when under pressure (game play)

Perform flat and bounce passes under pressure (game play)

Perform various passes over various distance under pressure (game play)

Passing

Dribble using correct grip and step rule in an isolated practise with some control

Dribble with some speed in a practise situation

Dribble with good control in a practise situation

Demonstrate an understanding of when to keep the ball with close control and when to use steps to create space.

Confidently dribble with good control and technique in game play using peripheral vision and awareness.

Apply knowledge in game play, showing an understanding of when to dribble.

Dribbling

Shoot with some accuracy and technique in an isolated practise

Shoot with good accuracy and technique in an isolated practise

Shoot using a range of techniques in an isolated practise

Shoot in game play using some technique and accuracy

Shoot in game play with good technique and accuracy

Apply a range of shots in game play to consistently score

Shooting

Find spaces to receive the ball in a practice situation

Find spaces to receive the ball near the opponent's goal (game play)

Outwit an opponent 1v1 in a practise situation

Outwit an opponent 1 v1 in game play with some success

Apply individual and team strategies to outwit the opposition consistently (game play)

Attacking

Return to form part of a defensive formation in a practice situation

Adapt your position defensive formation in a practice situation

Defend 1 v 1 to force a block or turnover in practice

Defend 1 v 1 to force a block or turnover in games with some success

Apply individual and team strategies to delay and deny opponents consistently (game play)

Defending

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<p><u>Passing</u></p> <ul style="list-style-type: none"> - What is the correct technique to flat pass? - How should we position our elbow and the ball? - How should our stance (feet) look? - How do we follow through when passing? 	<p><u>Dribbling</u></p> <ul style="list-style-type: none"> - How do we grip the ball? - How high should we bounce the ball? - What is the 3 step rule? - When should you dribble in a game? - When should you keep the ball close? - When should you take bigger strides? 	<p><u>Shooting</u></p> <ul style="list-style-type: none"> - How do you score a goal in handball? - When should you shoot in Handball? - Where should you aim to shoot from in Handball? - What technique do you use to shoot? 	<p><u>Game play – rules and regulations</u></p> <ul style="list-style-type: none"> - What is the official called? - What are the positions? - Why are positions important? - How is the game started? - When do you receive a free throw and how is it taken? - When do you receive a side throw and how is it taken? - When do you receive a corner throw and how is it taken? - When do you receive a penalty throw and how is it taken?
<p><u>Attacking</u></p> <ul style="list-style-type: none"> - Where should we move to when our teammate has the ball? - How can we exploit space (individually) around the D when attacking? - How can we exploit space (as a team) around the D when attacking? - How can we outwit an opponent in a 1 v 1 situation? 	<p><u>Defending</u></p> <ul style="list-style-type: none"> - What are defensive formations? - How can we defend as a unit using a formation? - What is the aim of defending in a formation? - How can we delay or deny an opponent in a 1 v 1 situation? 	<p><u>Key terminology</u></p> <ul style="list-style-type: none"> - Pass - Dribble - Grip - Attack and Defend - Block - Grapple - Free throw - Penalty throw - Side throw - Formation (5-1) - Team mates 	

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