

# Pass it on..!

## Key Stage 3 Resources – Now Available!

The EHA is proud to announce the release of a new set of handball resources to support schools at key stage 3 level. Following on from April's key stage 2 resource the new set of session plans provide a structured and progressive six week block of lessons for those schools with handball on the curriculum or those which have a competitive team or handball club. Additionally, the resource can provide a great launch pad for beginning a handball club in school as we enter Olympic year. Content covered includes, ball familiarisation, phases of play, peer learning exercises and tips for organising intra and inter-school festivals.

The three separate resource packs cover year seven, year eight and year nine in turn and are available to purchase as a set of three (£10) or in single packs (£5 each). For further information and to purchase, please get in touch with Liam McCarthy at [liam.mccarthy@englandhandball.com](mailto:liam.mccarthy@englandhandball.com).

Teaching Handball for Key Stage 3: YEAR EIGHT MODULE Side 1  
**WEEK 2 FUNDAMENTAL SKILLS**

**> PASSING IN TWOS:**  
Working in twos with a ball is the most simple and effective way of developing fundamental skills such as passing, for handball. This environment allows mastery of a specific technique which can then be applied in small sided games and eventually full sided handball fixtures.

- 1) Passing in pairs.
- 2) Stand apart, using the elbow over shoulder high arm technique.
- 3) Progress the drill into taking 3 steps before passing the ball (as in a game situation) and then taking three steps back. When the partner does this also, it should look like a piston motion.
- 3) Finally in three, player A passes to player B, follows his/her partner, runs around player B and receives the ball on the move before passing the ball back to player C.

**> PASSING TECHNIQUE - THE HIGH ARM:**

- 1) Weight is always on one front foot.
- 2) The ball is gripped using fingers and thumb and never balanced in the palm.
- 3) The arm is raised, with the throwing elbow above shoulder level.
- 4) In levering the arm back to generate power don't forget keep the height.
- 5) Throw, don't push, the ball into the path of another player.

**> Top Tip - PASS IT ON!**  
The importance of using the right size ball is huge. At this age we recommend a size 7 handball, but for some girls or smaller students, a size 6 might be more comfortable. The most important thing is that the ball can be gripped fully in one hand.

**TO SIMPLIFY:**

- Walk through.
- Reduce the distance between the players.

**TO INCREASE DIFFICULTY:**

- Add another ball.
- Change direction.
- Increase the distance between the players.

**DIAMOND DRILL**

- Player 1 begins with the ball.
- Player 2 receives the ball on the move, immediately passing the ball to player 3.
- Player 3 will repeat, and the ball should circulate in a diamond shape.

**READY POSITION SAVE**

**WING SHOTS**

- Create an angle, forcing the winger to jump wider.
- Take one step toward the attacker, giving the player in attack as limited a sight of goal as possible.
- But be ready for the lob shot.

**HIGH SHOTS**

- Blocks with one arm or hand.
- Try to kill the ball dead, to increase the opportunities of executing a counter attack immediately.

**LOW SHOTS**

- Simultaneously bring the arm down and the knee up.

SPORT ENGLAND  
CREATED AND DEVELOPED BY LIAM MCCARTHY  
COACHING AND LEADERSHIP DEVELOPMENT OFFICER,  
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In a full sized game of handball, penalties are taken from the 7m line.

Inspired by London 2012

Teaching Handball for Key Stage 3: YEAR NINE MODULE Side 1  
**WEEK 3 GOALKEEPING BASICS**

**> CHARACTERISED BY:**

- Courage and bravery.
- Quick reactions; good hand-eye co-ordination.
- Good balance and strong gymnastic ability.

**> SHOT STOPPING:**  
Each player has a ball and the group spread themselves evenly around the 6m line.

- Players shoot from right to left in quick succession, testing the goalkeeper's reactions and hand-eye co-ordination.
- Players are then numbered randomly, the teacher will call a number and that numbered player will shoot; increasing difficulty for the goalkeeper.

**THE GOALKEEPER**

Playing as a goalkeeper requires a lot of physical and mental effort. A handball goalkeeper must be very fit, brave and self controlled. Their actions are not only limited to defending the goal. The goalkeeper is also the first player in attack, initiating fast breaks. Consequently, the goalkeeper deserves as much, if not more attention in training than court players.

**WING SHOTS**

- Create an angle, forcing the winger to jump wider.
- Take one step toward the attacker, giving the player in attack as limited a sight of goal as possible.
- But be ready for the lob shot.

**HIGH SHOTS**

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**LOW SHOTS**

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The third phase of play is the second attack, a fast break originating from the goalkeeper.

Inspired by London 2012

Teaching Handball for Key Stage 3: YEAR SEVEN MODULE Side 1  
**WEEK 3 PHASES OF PLAY**

**> PHASES OF PLAY:**  
As the fastest game in the world with a ball, handball can be broken down into distinct phases in order to make practice more manageable and efficient. It's widely accepted that handball can be broken down into six phases. These occur naturally in the rhythm of the game, or can be used tactically to out-manoeuvre the opposition. The game flows from attack to defence to attack. Throughout the KS3 resources, each phase will be considered in isolation. By the end of the entire KS3 programme (years 7 to 9) each of the phases will have been taught. Pupils should then be able to identify phases and apply them tactically in a high performance game of handball.

**1ST ATTACK**

**2ND DEFENCE**

**3RD ATTACK**

**1ST DEFENCE**

**2ND ATTACK**

**3RD DEFENCE**

**PHASES OF THE GAME**

**1ST ATTACK**

**2ND DEFENCE**

**3RD ATTACK**

**1ST DEFENCE**

**2ND ATTACK**

**3RD DEFENCE**

**WHY NOT TRY...** Copying this graphic and blanking out the text boxes. Can the class identify the phases and determine how a game of handball flows? Check and challenge knowledge and understanding.

**Consider:** Goalkeeping is a crucial part of each phase; the first player in attack and the last in defence.

**ATTACK**

- Fast Break - Quick transition from defence to attack.
- Extended Break - Transition from defence to attack involving more than two players.

**DEFENCE**

- The organised defence - Defence reforms around the 7m line to set the attack.
- The organised team in attack against the organised defence - Ball circulation (Shooting/Footing).

**ATTACK**

- Defence regains the ball - Defence becomes attack.

**DEFENCE**

- Attack lose the ball - Return to defence.

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THIS - Great Britain only their very first international match against Italy at Essex College, Colchester. Final result 12 - 20 in the first half.

Inspired by London 2012