



Physical Literacy Through *Handball*

**PHYSICAL
LITERACY**

Players	7
Start & Re-Start	<ul style="list-style-type: none"> • A match begins with both teams in their own half • A throw off starts the game, the ball must be thrown backwards • Minor fouls are taken with a free throw where the infringement occurred
Rules	<ul style="list-style-type: none"> • After a goal a game is restarted from a free throw from the goalkeeper, this throw must not go past mid court
Scoring	<ul style="list-style-type: none"> • A goal can be scored from any type of throw
In & Out of Play	<ul style="list-style-type: none"> • A throw in is awarded when the ball goes out of play, the thrower must place one foot on the sideline to execute the throw • The white line is in • Corners • Goal Throws • All opposing players must stay 3m away from the throw in • The dotted line is the free throw line, this is where play resumes from when a player is fouled between the free throw line and the goal line <p>The Goal Area – Only goalkeeper allowed in it, goalkeeper can touch the ball with feet in this area only.</p>
Time	<ul style="list-style-type: none"> • X 3 halves of 30 mins • 10-15 min half time • Each team is allowed one timeout in each half (2mins)
Sport Specific Rules	<ul style="list-style-type: none"> • A team cannot keep possession without attempting an attack • A player can run with the ball for 3 steps maximum (3 before and 3 after a dribble is allowed) • A player can hold the ball for 3 seconds maximum • A player can continuously dribble providing they bounce the ball • Players cannot hit the ball out of the hands of an opponent • No double dribble • A player can jump, shoot and then land in the 6m arc

Possession	Attacking	Defending
<ul style="list-style-type: none"> • Planning team positions • When to pass • Time and Type of Pass. • Triangles • Short passes • Balanced play • Patience • Sideways play • Playing out from the back • Drawing a foul • Shielding the ball • Switching play 	<ul style="list-style-type: none"> • Circle movement • Feints • Passing into space • Timing Runs • Signaling and communication • Angling runs • Set penalty plays • Varying dodges • One-Twos • Height • Set plays from a ball out of play • Feeding shooters • Attacking positions • Formations • Target Forward • Disguise • Awareness of other teams' weaknesses • Rule awareness • Direct play • Through balls • Drawing the defender • Using width • Selecting appropriate set 	<ul style="list-style-type: none"> • Defensive positioning for fast breaks • Formations • Being goal side • Counter attacking • Man-to-man marking • Double marking • Circle marking • Jockeying to slow play • Supporting • Cornering • Safety play • Spotting patterns in attacking play • Awareness of other teams' weaknesses • Communication • Pressing / high-pressure • Recovery play • Anticipation

Behaviours

Tactics

Half Term Theme	Personal Dev.	Social Dev.	Leadership Dev.
1-Competence	Personal effort, gov. recs, fundamental movements	Team effort, teamwork skills, gov. recs	Effort as a leader, developing skills of others
2-Confidence	Self-confidence, self-respect	Team confidence, respect for others	Confidence to be aspirational and lead, respecting followers
3-Motivation	Intrinsic and extrinsic motivation, target setting	Team motivation, short, medium- and long-term targets	Motivation as a leader, SMART target setting
4-Communication	Verbal and non-verbal, internal dialogue	Active listening, team belonging,	Autocratic, democratic, clarity
5-Resilience	Personal resilience, growth mindset, fixed mindset	Team resilience, positivity, conflict resolution	Leadership resilience, challenging negativity, purpose
6-My Physical	Lifelong participation, current personal development, further opportunities	Lifelong participation, current social development, further opportunities	Lifelong participation, current leadership development, further opportunities

Skills

Possession	Attacking	Defending
<ul style="list-style-type: none"> • Catching (Upper, lower, mid etc.) • Standing passing • Running passing • Jumping passing 	<ul style="list-style-type: none"> • Shot in place • Leaning shot • Jumping shot • Falling shot • Feinting a shot/pass 	<ul style="list-style-type: none"> • Slap hit • Drive hit • Push dribble • Tap dribble • Indian dribble • Shooting

