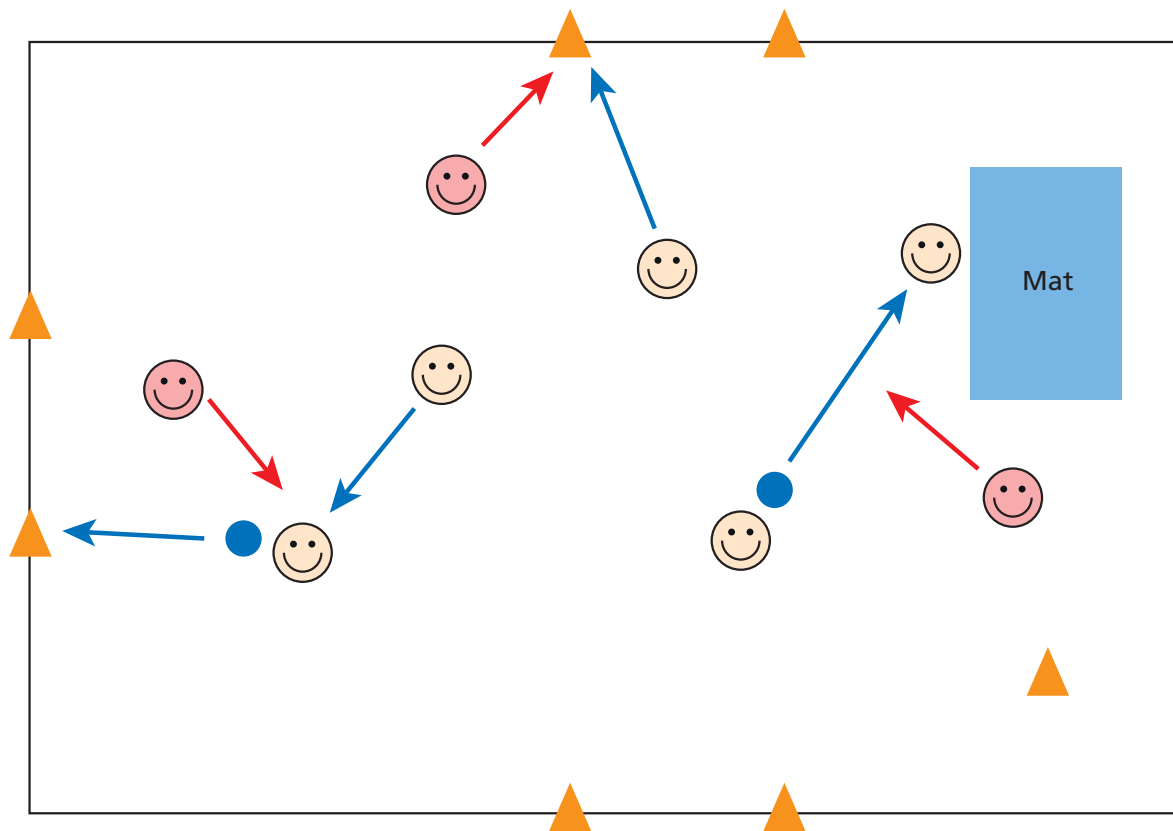


# RESOURCE CARD: **HANDBALL:** YEAR 6

RELATES TO: **WEEK 1**

## MAIN LESSON: CHOOSE A TARGET



Attackers need to decide on a target to work towards and then have to pass the ball to each other to get it there before a defender intercepts the ball.

## KEY



Player



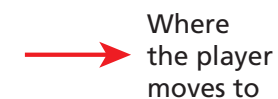
Defender



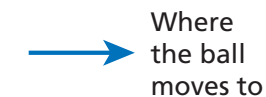
Ball



Cone



Where the player moves to

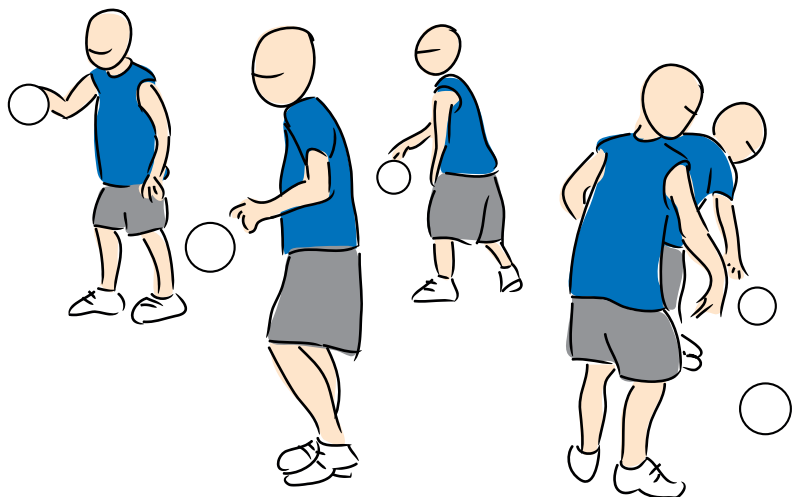


Where the ball moves to

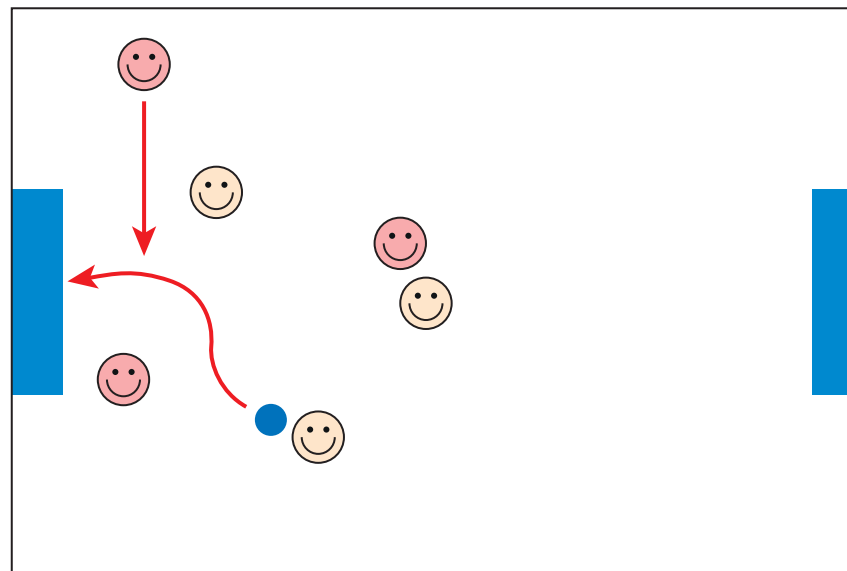
# RESOURCE CARD: **HANDBALL:** YEAR 6

RELATES TO: **WEEK 2**

## MAIN LESSON: DRIBBLING



## GAME / COMPETITION: END ZONE



## KEY



Player



Ball

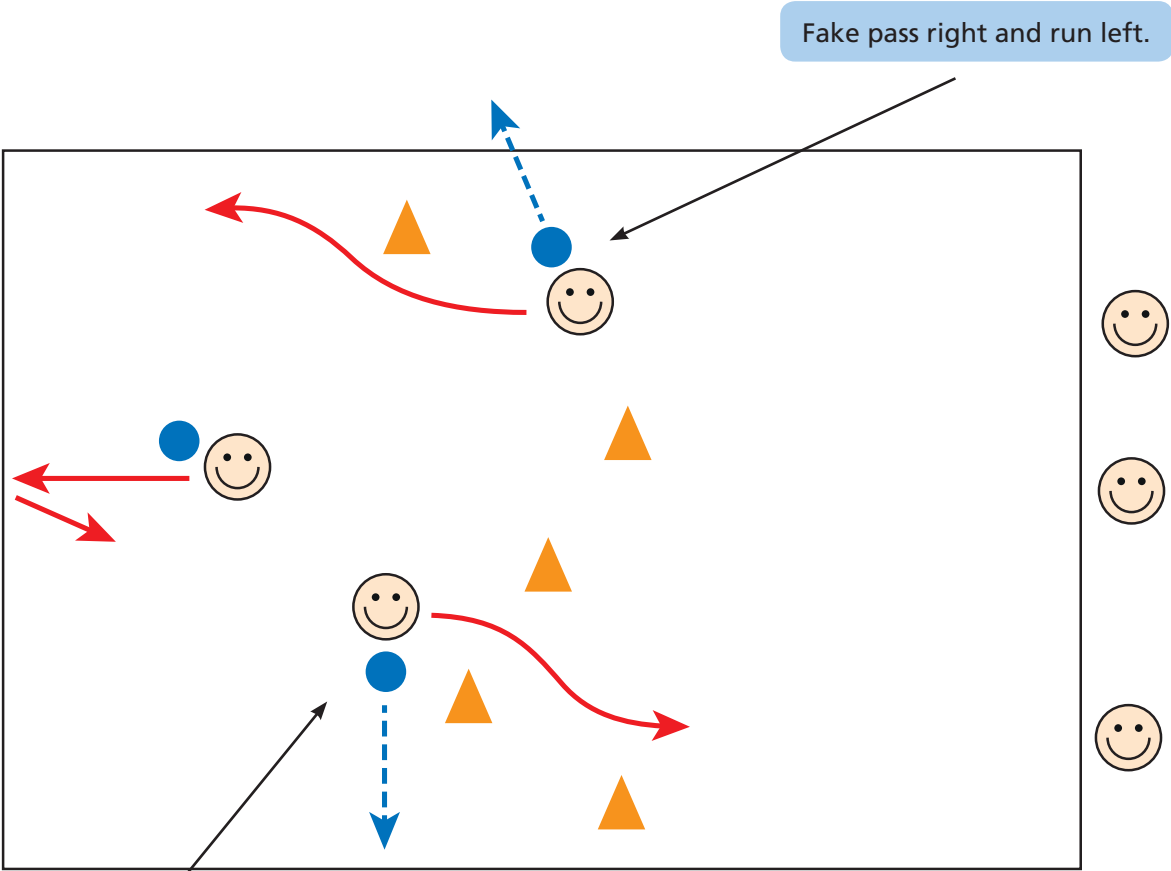


Where  
the player  
moves to

# RESOURCE CARD: **HANDBALL:** YEAR 6

RELATES TO: **WEEK 3**

## MAIN LESSON: DECEIVE THE DEFENDER



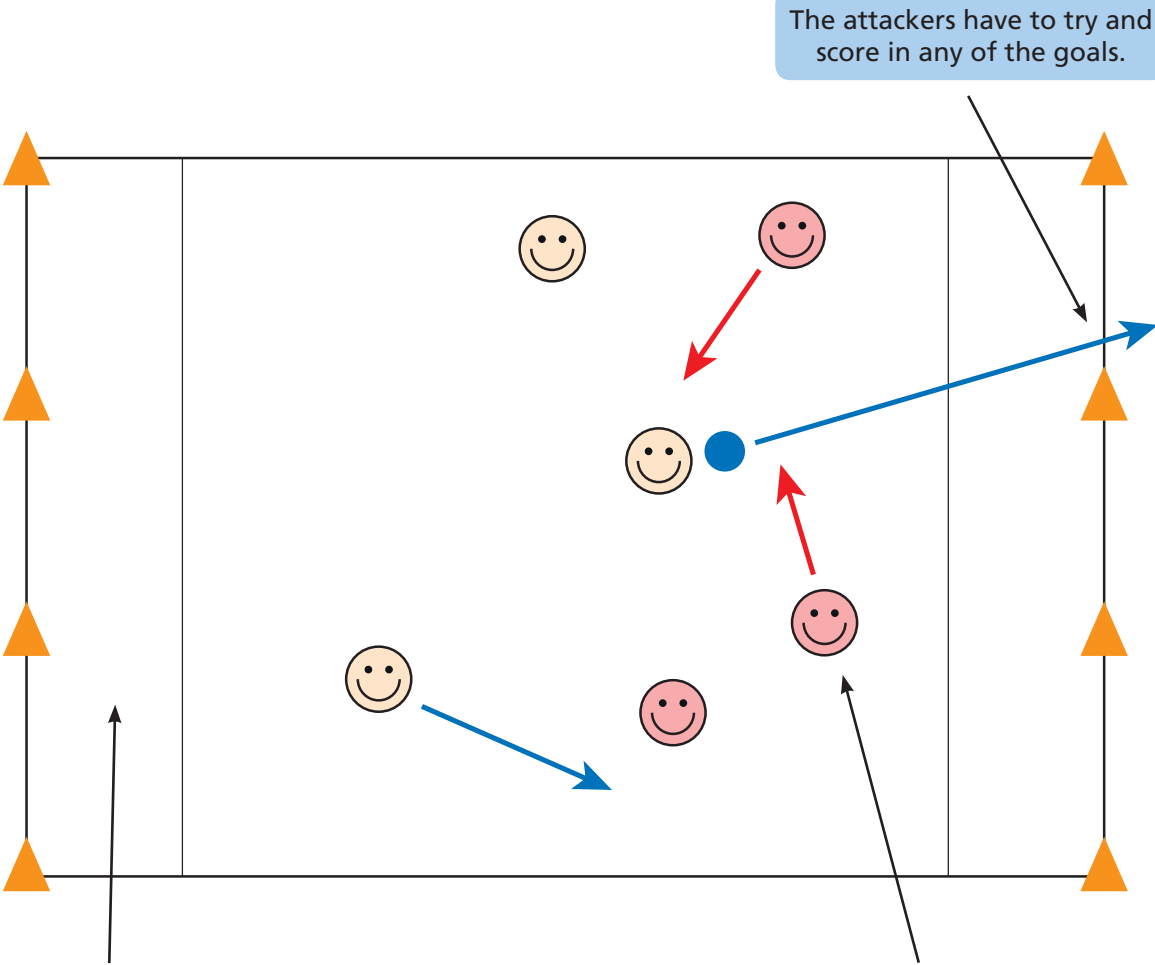
## KEY

- Player
- Defender
- Ball
- Cone
- Where the player moves to
- Where the ball moves to

# RESOURCE CARD: **HANDBALL:** YEAR 6

RELATES TO: **WEEK 4**

## GAME / COMPETITION: **SMALL SIDED GAME**



## KEY

😊 Player

😊 Defender

● Ball

▲ Cone

→ Where the player moves to

→ Where the ball moves to

No players are allowed in the goal area. This will encourage shooting.

The defenders need to try and stop them, then intercept the ball and attack in the opposite goals.



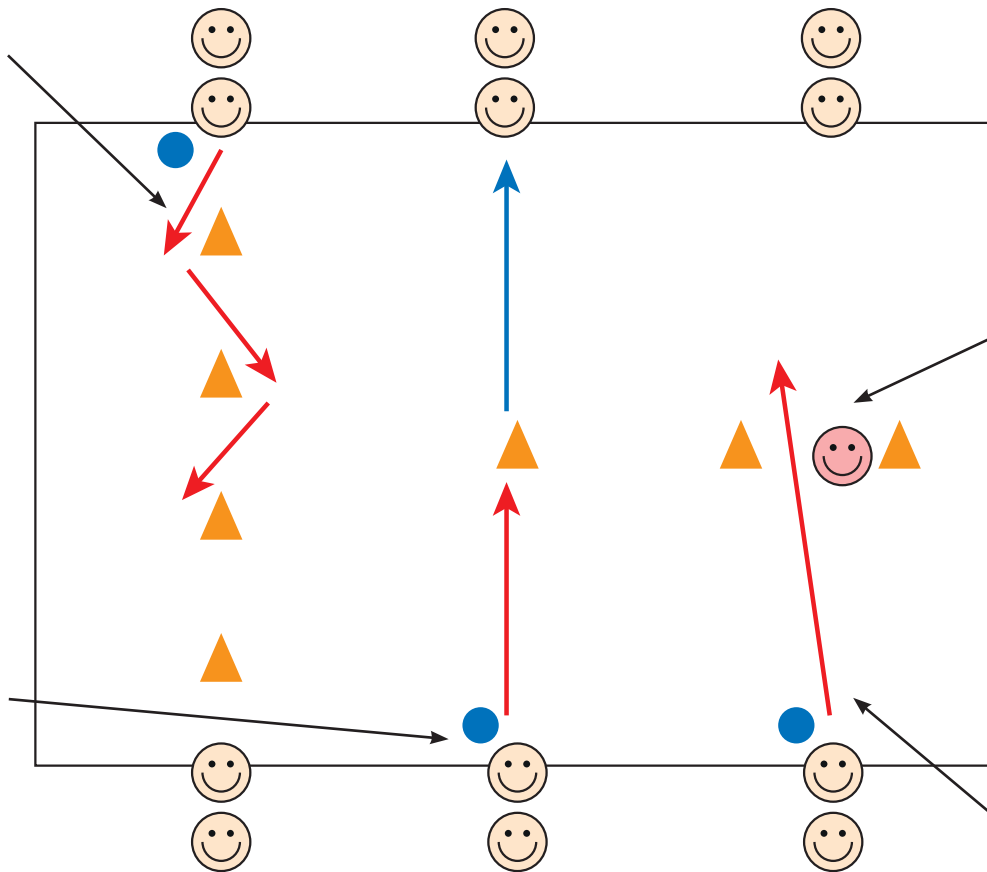
# RESOURCE CARD: **HANDBALL:** YEAR 6

RELATES TO: **WEEK 5**

## WARM UP: DIFFERENT SKILLS RELAYS

Dribble in and out of the cones and pass the ball to the next person in the opposite line.

Dribble up to the cone and then pass the ball to the person in the opposite line.



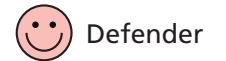
The defender is only allowed to move left and right to try and block the way or the ball from going through the cones.

The attacker dribbles up and either passes or dribbles through the cones, trying to avoid the defender.

## KEY



Player



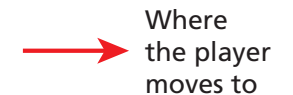
Defender



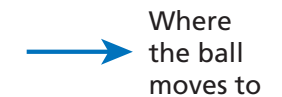
Ball



Cone



Where the player moves to

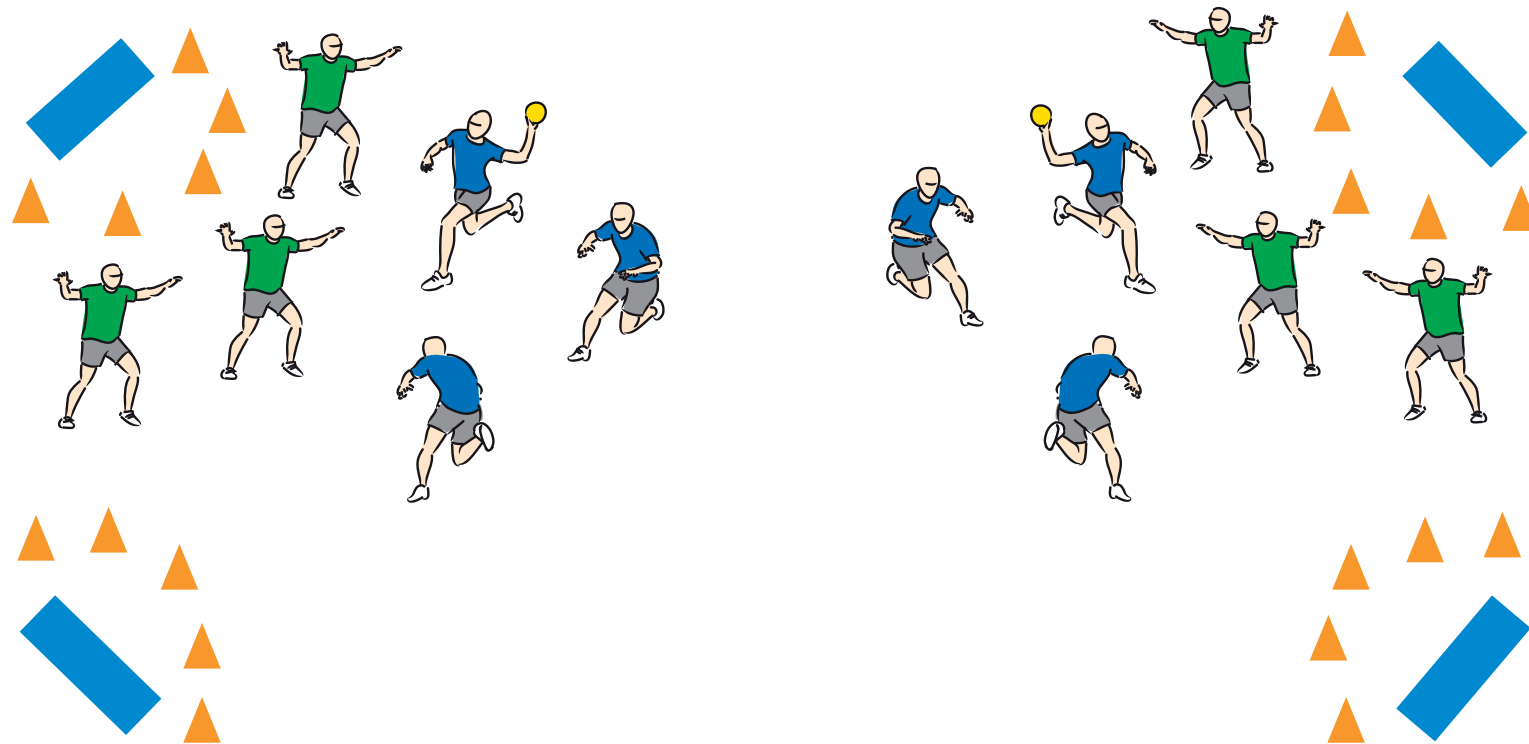


Where the ball moves to

# RESOURCE CARD: **HANDBALL:** YEAR 6

RELATES TO: **WEEK 6**

## MAIN LESSON: **PASS, SHOOT AND BLOCK**



### KEY



Ball



Cone



Mat / Goal