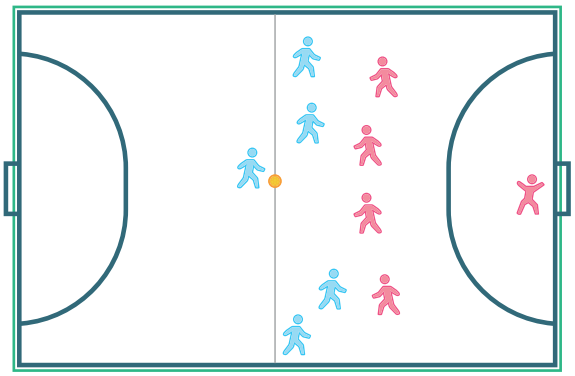
activity 2

LESSON 1

5 V 5 (4+1) MODIFIED HANDBALL

10Min



How to Play

- 1 player is the Goalkeeper
- Players attack and defend the goal
- Players in this version of the game are allowed to enter the Goalkeepers circle to shoot at goal.
- The Goalkeeper can come out of the goal area in attack to create numerical advantage.
- Players can change positions during the game
- No contact between players
- Players can hold the ball for 3 seconds after which the ball must be bounced to retain possession or passed.
- Players can take a maximum of 3 steps with the ball before passing or bouncing the ball.
- Bounce the ball with one hand and catch it again. (no basketball dribbling)
- After a goal is scored, play restarts with a throw from the Goalkeeper or at the centre by the non scoring team. (Teacher to decide based on the students' need)
- Defending from a minimum distance of 1m

NB: Further rules can be added during this series of lessons. These can be found at the end of this lesson plan.
NB: Teachers/coaches only need to mark the 6m (or less) Goalkeeper line.

Activity Set Up

- The playing area is equivalent to a third of a netball of a court
- The playing space is divided into two halves, with a centre circle and goalkeeper area (semi-circle) being 3-6 m goalkeeper area (semi-circle)
- Goals – Modified goals at sizes of the teacher's discretion. As a guide 2.4m wide x 1.6m high.
- Size 1 Tuff Skin balls

Teaching Tips

Introduce rules gradually

Freeze Play *(Choose one or two)*

Ask students to meet in their teams and discuss how they could improve their play. Pose at least one of the following questions:

- How can you better move into space away from a defender?
- How can you coordinate your movements to create a shot on goal that is more likely to score?
- When we play the game again what is your team's plan?

Scale Up or Scale Down

HARDER
- Reduce the size of the court
- Use a smaller ball
- Increase the number of players per team e.g. 6v6

EASIER
- Decrease the number of players per team e.g. 4v4
- No player acts as a permanent Goalkeeper

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