

LESSON 4: DEFENSIVE-READY POSITION AND RULES

Grade-Level Outcomes

Primary Outcomes

Reducing space using denial: Reduces open space by not allowing the catch (denial) or anticipating the speed of the object and person for the purpose of interception or deflection. (S2.M5.7)

Rules & etiquette: Identifies the rules and etiquette for physical activities/games and dance activities. (S4.M6.6)

Embedded Outcome

Working with others: Cooperates with a small group of classmates during adventure activities, game play or team-building activities. (S4.M5.6)

Lesson Objectives

The learner will:

- demonstrate and practice guarding a person to prevent him from receiving a pass, by using the body to deflect the pass or by preventing the person from being open for the pass.
- begin to learn and comprehend the rules of the game through discussion and demonstrations.

Equipment and Materials

- Enough balls for each set of partners
- Pre-determined markers for practice tasks
- Board or device to display rules

Introduction

In our past classes, we worked on helping the offensive team be successful by building skills and strategies to move the ball. For homework, you had the option to watch a 3-minute clip of a team handball match and count the number of times offensive players execute a give and go, jab step, or pivot. Did anyone do this? Can you share what you came up with?

Today, we will work on skills and strategies to help the defensive team. Specifically, we will focus on reducing open space and, hopefully, making scoring difficult.

Prior knowledge questions:

- When playing defense, what are you trying to do?
- When guarding someone, what can you do to help yourself be successful?
- Discuss how these skills are sport-specific and important for being successful. Discuss how these specific defensive skills differ and relate to health- and skill-related fitness.

Instructional Task: Reducing Open Space

■ PRACTICE TASK

Review or teach the defensive and denial positioning (triangle between ball, offensive player, and defender; hand in the passing lane).

In grids with groups of three, set up the passing and receiving drill with one defender in the grid. Start with defender denying the passing lane. Receiver moves to new cone with defender opening to the ball and positioning for denial at new cone. Continue for 30 seconds. Switch roles.

Extensions

- Repeat with passer attempting to make the pass. Count number of times defender blocks pass.
- Set up larger grid and repeat with 2 v 2.

Guiding questions for students:

- How did moving around make it easier for the passer to complete a pass?
- When defending, how did staying close to the receiver make it difficult to complete the pass?
- When passes were completed, what were the reasons?
- When passes were prevented from being completed, what were the reasons?

Student Choices/Differentiation

- Group by ability.
- Allow students to choose ball.

What to Look For

- Are students using the correct cues for passing and catching?
- On defense, are they staying close to the students catching?
- Where is the defender looking, and is this helping her or the person catching?

Instructional Task: Rules of Team Handball**■ PRACTICE TASK**

Show students a video clip of a team handball game.

Using a board or device, display the rules for team handball and the rules incorporated for safety and facility restrictions. Show the lines and dimensions and what they mean.

Demonstrate the rules to show and teach students what they need to know to play the game.

Guiding questions for students:

- What sports have similar rules?
- Compare and contrast the differences in rules for similar games.
- What rules or playing areas should we modify so that we're able to play team handball at our school? Why are those modifications important?

Extension

Have students come up and perform skits of multiple rules of team handball.

EMBEDDED OUTCOME: S4.M5.6. Discuss with students important aspects of cooperating with group members when coming up with skits for the rules chosen.

Student Choices/Differentiation

- Provide skit topics, if needed.
- Show students an example of a skit.

What to Look For

- Do students have follow-up questions?
- After asking students to clarify, is their confusion a misunderstanding of the rules?
- Throughout the lessons, ensure that students implement the rules appropriately.
- Make sure that students understand the differences between the rules of similar games.
- Make sure that students understand the difference between the game's official rules and rules that you or the school have imposed to accommodate safety or space restrictions.

Instructional Task: Modified Game With Rules

■ PRACTICE TASK

Set up 4 v 4 games in grids. One team is on offense, the other on defense. The offense scores by successfully completing three passes.

The defense scores each time they create a turnover, but they return the ball to the offense (half-court formation). Switch roles after 1 minute. Students apply rules related to dribbling, passing, and defending.

Student Choices/Differentiation

- Add or delete players if needed.
- Students may choose to use this time to practice skills in isolation if needed.

What to Look For

- Are defenders staying close to their offensive player?
 - Do defenders watch the ball while guarding?
 - Can students apply the rules in the modified game?
 - Can the offense get free under defensive pressure?
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Formal and Informal Assessments

Exit slip: List three rules for team handball.

Closure

- Review the defensive-ready position and ask why this helps players be successful.
- Why is sliding a better choice than crossing your feet?
- Now that you have been guarded while dribbling, explain why being able to use both hands is important.
- What rules for handball are similar to those of games that you have played, and what rules are new to you?

Reflection

- Were students able to perform the defensive-ready position?
- Were students sliding in the defensive-ready position?
- How successful were students in dribbling with an active defender?
- Do you need to spend more time reviewing this?

Homework

Have students practice sliding in defensive-ready position.

Review rules and critical elements for team handball on the school's physical education website.

Resources

USA Team Handball: www.teamusa.org

Internet keyword search: "rules of team handball," "defensive-ready position," "team handball"