

Teaching Handball in the Elementary Schools



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Introduction

HANDBALL is one of the few lifelong sporting activities that demands, and helps maintain, a high level of fitness. The game offers the best of the benefits of the individual sport, yet is regularly played with a partner. Players at every skill level play for sheer pleasure of the game.

The nature of the game requires strength, speed, agility, power, balance, flexibility, cardio-vascular endurance and symmetrical body coordination. Dr. Kenneth Cooper, in his classic book, AEROBICS. states "The best conditioning exercises are running, swimming, cycling, walking, stationary running, **handball**, basketball, and squash, and in just about that order." Note that the TOP GAME mentioned is handball!

With the development of the new "white ace" handball, the game has become a sport for everyone. This ball, slightly lighter weight and softer, does not hurt the hands, yet plays very similar to the official men's handball. The balls used in the teaching of elementary students range from large playground (utility) balls to the soft racquetballs.

The following lesson plans for teaching handball in elementary schools have been written for grades K-1, 2-3 and 4-5. Although the lesson plans for grades 2-3 and 4-5 are combined, note that the court size and ball are different for the two groups.

All of the drills and games included in the lesson plans are written as **COOPERATIVE** activities (no winners/no losers). We want the students to have a fun and positive experience while they are learning the fundamental skills of this great game!

The United States Handball Association (USHA) is dedicated to the promotion of handball for all age levels. A membership application is located on the last page of this booklet. For additional information and assistance, please contact:



United States Handball Association
2333 N. Tucson Blvd., Tucson, AZ 85716
Telephone: 1-(520)-795-0434
E-mail: handball@ushandball.org
WEB: <http://www.ushandball.org>

General Comments

1. The younger the child, the larger the ball and the smaller the playing area you should use.
 2. If you have the use of a portable building (or even a hallway), the eye/hand coordination drills work better because it is a controlled area. This eliminates "chasing" and increases the number of contacts.
 3. Where a wall is necessary to do the drills and the weather is inclement, high density foam or Nerf balls work well in a portable building or hallway. The balls included in scooter hockey sets work very well.
 4. Do whatever warm-up activity you wish to do. Several are suggested, such as eye/hand coordination drill relays, or dribbling. Try to make your warm-up activity fun so the kids will enjoy it more.
 5. Throughout the lesson plans, teaching cues are written as statements, i.e. "***Watch the ball.***"
 6. When students hit or throw the ball to the wall, the ball should always rebound in front of the point from which the throw occurred. It may be necessary to draw lines with chalk, or mark the lines with cones.
 7. Width of the wall space is determined by the size or the area in which you must work. Suggested width for K and I is 6 feet. Suggested width for grades 2 and 3 is 8- 10 feet, and for grades 4 and 5 is 10-14 feet.
 8. During "partner" activities, emphasize the importance of making the partner successful. Remember that the activities are cooperative, not competitive. "You want to make your partner successful."
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Teaching Handball in the Elementary Schools



"The game of fives (handball) is what no one despises who has ever played it. It is the finest exercise for the body and the best relaxation for the mind. He who takes to playing at fives is twice young." William Hazlitt, 1819

Scope And Sequence

LESSON	K.I	2,3	4,5
1.	Eye/Hand	2 Square (1 hand)	2 Square (1 hand)
2.	Eye/Hand	2 Square (1 hand)	2 Square (1 hand)
3.	Eye/Hand	Eye/Hand	Eye/Hand
4.	Drop and Push	Eye/Hand	Eye/Hand
5.	2 Square (modifier	Throw (dominant arm)	Throw (dominant arm)
6.	2 Square (1 hand)	Throw (non-dominant arm)	Throw (non-dominant arm)
7.	2 Square (1 hand)	Drop and Hit (dominant arm)	Drop and Hit (dominant arm)
8.	Rebound	Drop and Hit (non-dominant arm)	Drop and Hit (non-dominant arm)
9.	Striking (dominant arm)	Move and Hit (dominant arm)	Move and Hit (dominant arm)
10.	Striking (non-dominant arm)	Move and Hit (non-dominant arm)	Move and Hit (non-dominant arm)
11.	Striking (dominant arm)	Rally	Rally
12.	Striking (non-dominant arm)	One-Wall Handball	One-Wall Handball
13,14,15	One-Wall Handball for all gracie levels		

Teaching Handball in Grades K-1



Handball needs little equipment and is easy to teach.

Lesson 1 (Grades K-1)

ACTIVITY

- Eye/Hand Coordination Drills

OBJECTIVES

- Develop eye/hand coordination.
- Develop one-handed striking skills of smaller objects.

EQUIPMENT

- Balloons, large Nerf (foam) balls

FACILITY

- Any controlled area. Indoor area is better.

DRILLS

- Student taps (strikes) balloon 3 times with right hand. Same with left.
 - Student taps balloon once with right hand and once with left hand.
 - "See how many times you can tap with your right hand. " Same with left.
 - RELAYS - Groups of 3 or 4. Student does tapping activity then passes balloon to next person.
 - "Tap the balloon to yourself with your right hand, then tap to your partner."
 - "How many times can you tap with your right hand in 10 seconds?" Same with left.
 - Student taps balloon within a limited space, such as a hula hoop. As tapping in a controlled space is mastered, movement may be even more limited by having student kneel or sit within the hoop.
-
-

Lesson 2 (Grades K-1)

ACTIVITY

- Eye/Hand Coordination Drills

OBJECTIVE

- Develop eye/hand coordination.
- Develop catching skills.

EQUIPMENT

- Bean bags

FACILITY

- Any controlled area

DRILLS

- Student tosses bean bag up (no more than 3 feet) with right hand and catches with right hand. Repeat several times. Same with left hand.
 - Student tosses bean bag up with right hand and catches with left hand. Repeat several times. Same, only left to right. "How many times can you toss and catch in 15 seconds?"
 - With partner about 6 feet away, student tosses to partner with right hand. Partner catches with right hand and tosses back. Repeat several times. Same with left.
 - Student performs previous drills within a limited space, such as a hula hoop.
-
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Lesson 3 (Grades K-1)

ACTIVITY

- Eye/Hand Coordination Drills

OBJECTIVE

- Develop eye/hand coordination.
- Develop one-handed striking skills of smaller objects.

EQUIPMENT

- Smaller Nerf balls, sponge balls or yarn balls

FACILITY

- Any controlled area. Indoor area is better.

DRILLS

- Student taps (strikes) balloon 3 times with right hand. Same with left.
- Student taps balloon once with right hand and once with left hand.
- "See how many times you can tap with your right hand. " Same with left.
- RELAYS - Groups of 3 or 4. Student does tapping activity then passes balloon to next person.
- "Tap the balloon to yourself with your right hand, then tap to your partner."
- "How many times can you tap with your right hand in 10 seconds?" Same with left.
- Student taps balloon within a limited space, such as a hula hoop. As tapping in a controlled space is mastered, movement may be even more limited by having student kneel or sit within the hoop.

COMMENTS

- These are the same drills as Lesson 1, but, if possible, make them more challenging (more repetitions or for a longer time, or in a more limited space). Emphasize "Watch the ball," or "Watch your hand make contact with the ball."
-
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Lesson 4 (Grades K-1)

ACTIVITY

- Drop and "Push."

OBJECTIVE

- Develop eye/hand coordination.
- Develop striking skills.

EQUIPMENT

- 10 inch playground ball

FACILITY

- Any area that is flat, wall space

DRILLS

- Student holds ball at waist (with two hands), drops and catches (with two hands).
- Student is positioned approximately 5 feet from wall. Student drops and "pushes" the ball to wall and catches on rebound after First bounce.
- Student continues same drill with increasing repetitions.
- Repeat with one or two hands.

COMMENTS

- Emphasize "watching" the ball.
 - Students who are able to perform drills with one hand should be encouraged to do so.
-
-

Lesson 5 (Grades K-1)

ACTIVITY

- 2 Square (modified)

OBJECTIVE

- Understand the concept of striking.
- Participate in a partner activity.

EQUIPMENT

- 10 inch playground ball

FACILITY

- Any area that is flat and can be marked with line

DRILLS

- Partner A drops ball and hits to his/her partner (one or two hands). Partner B catches and repeats. This game is similar to Newcomb volleyball.
- Student performs previous drill while hitting with dominant hand only.
- Student performs previous drill while hitting with nondominant hand.

COMMENTS

- Regulation 2 Square size (6' x 12' or 9' x 18') will work, although a smaller size will probably work better.
 - Bouncing or dribbling is a good warm-up or lead-up. "Watch your hand hit the ball. "
 - Make this a cooperative activity by having partners work together to see how many repetitions they can complete before the ball bounces twice or gets away.
 - Emphasize "watching the ball."
-
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Lesson 6 (Grades K-1)

ACTIVITY

- 2 Square (one hand without catch). This is regular 2 Square, but contact with the ball can be made with one hand at a time.

OBJECTIVE

- Understand the concept of striking.
- Participate in a partner activity.

EQUIPMENT

- 10 inch playground ball

FACILITY

- Any area that is flat and can be marked with line

DRILLS

- Partner A drops ball and hits (one hand) to his/her partner. Continue.
- Student performs previous drill with specified hand.

COMMENTS

- Emphasize cooperative theme. "You want your partner to hit the ball. "
 - If the ball does not bounce in the correct area (on partner's side of line), student should catch the ball and start again.
-
-

Lesson 7 (Grades K-1)

ACTIVITY

- 2 Square (one hand). This is regular 2 Square, but contact with the ball can be made with only one hand at a time.

OBJECTIVE

- Develop one-hand striking ability.
- Participate in a partner activity.

EQUIPMENT

- 8 or 10 inch playground ball

FACILITY

- Any area that is flat and can be marked with line

DRILLS

- Same as previous lesson.
- Student performs previous drill while alternating hands (depending on the side of the body to which the ball rebounds).

COMMENTS

- Some students may be able to work with 8 inch balls while others may need 10 inch balls.
 - Emphasize cooperative theme to avoid students striking the ball too hard. This can be done by using "time trials" (15 seconds - 1 minute). Have students count how many times they and their partners make contact with one hand.
 - Begin to emphasize use of non-dominant hand. "// the ball goes to your left side, use your left hand."
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Lesson 8 (Grades K-1)

ACTIVITY

- Rebound Activities

OBJECTIVE

- Understand the angles of rebound.
- Intercept a rolled or thrown ball rebounding from a wall. EQUIPMENT-8 inch playground ball

FACILITY

- Level area, wall space

DRILLS

- Student rolls ball to wall and retrieves ball on rebound.
- Partner A rolls ball to wall, Partner B retrieves. Alternate.
- Student tosses ball to wall and catches after first bounce.
- Partner A tosses ball to wall, Partner B catches after first bounce. Alternate.

COMMENTS

- Tosses to wall should be two-handed underhand or easy chest passes.
 - If possible, a line drawn on the wall about 2 feet from the ground will indicate how high tosses need to be.
 - Emphasize cooperative theme. "You are working WITH your partner."
 - If possible, students need to start 5 feet away from wall. If students are extremely successful, you may want to back them further from the wall.
 - Students could work in groups of 4. Two partners would participate (for time or completion of a task) while the other two partners act as retrievers about 10 feet back. Alternate pairs.
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-



Handball develops both sides of the body

Lesson 9 (Grades K-1)

ACTIVITY

- Striking Drills (dominant hand)

OBJECTIVE

- Develop striking skills.
- Participate in partner or small group activity.

EQUIPMENT

- 8 inch playground ball FACILITY-Level area, wall space

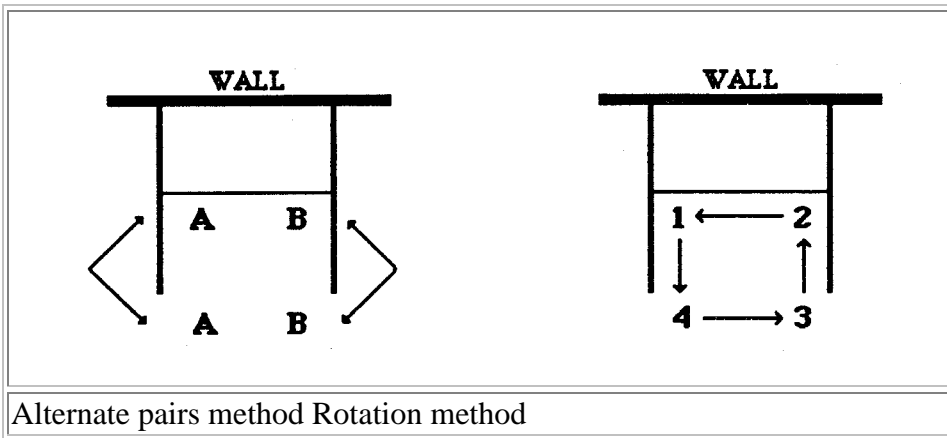
DRILLS

- Warm up with Lesson 8 drills.
 - Student stands behind line 5 feet from wall and drops ball to floor. As ball bounces up, student hits it to wall. Student then catches rebounding ball after first bounce.
-

- Partner A drops and hits ball to wall. Partner B catches after first bounce. Alternate. (Alternate pairs or rotate).
- Relay activities - Use same drill as above, but instead of 'partner', use 'next person'.

COMMENTS

- Emphasize cooperative theme. "You want your partner to be successful."
- A hit ball should rebound from the wall and make contact with the ground in front of the 5 foot line. "If the ball bounces behind the 5 foot line, it is out of bounds."
- Ideally, students should contact the ball about waist high.
- Individual drills can be done singularly, or in small groups while taking turns. Partner drills work best with 4 students.



Lesson 10 (Grades K-1)

ACTIVITY

- Striking Skills (non-dominant hand)

OBJECTIVE

- Develop striking skills.
- Participate in partner or small group activity.

EQUIPMENT

- 8 inch playground ball

FACILITY

- Level area, wall space

DRILLS

- Same as previous lesson except done with non-dominant hand
-
-

Lesson 11 (Grades K-1)

ACTIVITY

- Striking Skills (dominant hand)

OBJECTIVE

- Develop striking skills.
- Participate in partner or small group activity.

EQUIPMENT

- 8 inch playground ball

FACILITY

- Level area, wall space

DRILLS

- Warm-up with previous drills.
- Student tosses ball to wall and strikes rebounding ball after first bounce. Partner acts as retriever about 10 feet back. Alternate.
- Partner A tosses ball to wall. Partner B hits rebounding ball after first bounce. Alternate. Another pair acts as retrievers. Alternate pairs or rotate.

COMMENTS

- Retrievers (partner or other pair) need to be about 10 feet back.
 - Begin to introduce "positioning." Ideally, student should have side to the wall when striking the ball (as in baseball), especially when striking the ball from a shoulder high or lower position. "Face the front wall more when striking from higher than shoulder high."
-
-

Lesson 12 (Grades K-1)

ACTIVITY

- Striking Skills (non-dominant hand)

OBJECTIVE

- Develop striking skills.
- Participate in partner or small group activity.

EQUIPMENT

- 8 inch playground ball

FACILITY

- Level area, wall space

DRILLS

- Same as previous lesson except done with non-dominant hand
-
-

Lessons 13, 14, 15 (Grades K-1)



Handball - modifications in court dimensions, equipment, and playing rules can be made to suit any age level.

ACTIVITY

- One-Wall Handball

OBJECTIVE

- Develop striking skills.
- Develop eye/hand coordination.
- Participate in partner activity.
- Participate in a "lifetime sport."
- Understand the concept of rebound.

EQUIPMENT

- 8 inch playground ball, 6 inch playground ball for the more skilled students

FACILITY

- Level area, wall space
-

COMMENTS

- Partner A starts rally from behind the 5 foot line. Partner B returns the ball, and partners attempt to rally (hit the ball to the wall before the ball bounces twice on the floor). Ball must rebound from wall and bounce in front of the 5 foot line or it is considered out. This game should be played in a cooperative way. "Try to hit the ball so your partner can hit it. " Have students count how many times they can keep the ball in play. Alternate pairs or rotate. Retrievers should be encouraged to go after ball as quickly as possible.
-
-

Teaching Handball in Grades 2,3,4,5



Handball - challenge, fitness, and fun for a lifetime

Lesson 1 (Grades 2-5)

ACTIVITY

- 2 Square (I handed). Students play regular 2 Square, but contact must be made with one hand.

OBJECTIVE

- Understand the basic concept of striking.
- Participate in a partner activity.

EQUIPMENT

- 8 inch playground balls (Grades 2, 3),
- 6 inch playground balls (Grades 4,5)

FACILITY

- Any area that is flat and can be marked with lines

COMMENTS

- Emphasize "watching the ball."
 - Encourage students to use non-dominant hand, as well as dominant hand.
 - Make this a cooperative activity. Have partners work together to see how long they can keep the ball in play. "You want to make your partner successful. "
-
-

Lesson 2 (Grades 2-5)

ACTIVITY

- 2 Square (I handed). Students play regular 2 Square, but contact must be made with one hand.

OBJECTIVE

- Understand the basic concept of striking.
- Participate in a partner activity.

EQUIPMENT

- 8 inch playground balls (Grades 2, 3),
- 6 inch playground balls (Grades 4,5)

FACILITY

- Any area that is flat and can be marked with lines

COMMENTS

- Especially with grades 4 and 5, challenge students to play with non-dominant hand only
-
-

Lesson 3 (Grades 2-5)

ACTIVITY

- Eye/Hand Coordination Drills

OBJECTIVE

- Develop skill of one-handed striking of small objects.
- Develop eye/hand coordination.

EQUIPMENT

- Balloons, large Nerf balls

FACILITY

- Any controlled area. Indoor area is better.

DRILLS

- Student hits balloon (or Nerf ball) 5 times in a row with right hand. Same with left.
- "How many times can you hit the balloon with your right hand in 30 seconds?"
- "How many times can you alternate hitting with your right, then your left, then right, and so on?"
- "How many times in a row can you and your partner hit with your right hands only?" Same with left.

RELAY Activities

- Divide students into small groups. Have student perform same drills, then pass balloon to next person.

COMMENTS

- Number of completed tasks (i.e. five in a row) or time (i.e. 30 seconds) will vary according to grade level.
 - Bouncing or dribbling 6 inch balls or racquetballs (grades 4 and 5) is a good warm-up activity. "Watch the ball hit your hand."
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Lesson 4 (Grades 2-5)

ACTIVITY

- Eye/Hand Coordination Drills

OBJECTIVE

- Same as previous lesson

EQUIPMENT

- Yam balls, balloons. Racquetballs (Grades 4 and 5).

FACILITY

- Same as previous lesson

DRILLS

- Same as previous lesson

COMMENTS

- Increase the number of times students need to hit in a row, or increase the time in which students attempt to make maximum successful contacts.
 - In grades 4 and 5, alternating hands while bouncing the racquetball is a good warm-up activity.
-
-

Lesson 5 (Grades 2-5)

ACTIVITY

- Throwing - Sidearm and overhand (dominant hand)

OBJECTIVE

- Develop sidearm throw with proper reciprocation.
- Develop the overhand throw with proper reciprocation.

EQUIPMENT

- Racquetballs

FACILITY

- Wall space, level area

DRILLS

- Student throws ball to wall with overhand stroke and catches after first bounce on rebound.
- Partner A throws ball to wall with overhand stroke. Partner B catches on First bounce after rebound. Alternate.
- Partner A throws ball with sidearm stroke. Partner B catches after first bounce on rebound. Alternate.

RELAY activities

- Same drills as above except substitute 'next person' for 'partner'. Have students work in small groups.

COMMENTS

- If using racquetballs, have students (grades 2 and 3) start about 10 feet from wall when throwing ball. If 6 inch balls are used, the distance should be shorter. Grades 4 and 5 should start about 15 feet from wall when using racquetballs.
 - If you are teaching the throwing skills indoors and you don't have a gymnasium, a good activity in a cafeteria, portable or classroom is "Dodgeball" or "Bombardment" with small spongeballs. Try to recycle students who get hit. "// you get hit, or someone tells you that you have been hit, go out of bounds and count to 50." Or you could have them do a certain number of pushups, sit-ups, or jumping jacks.
-

- When teaching technique of the overhand throw, the hand begins higher than the elbow, and the elbow should be shoulder high. The shoulder should be relaxed so the elbow can lead. Look for reciprocation.
- When teaching technique of the sidearm throw, the elbow begins higher than the hand, and the hand starts about waist high. The elbow should lead as the student strides toward the target. It is also very important that the shoulders and hips rotate when throwing. Look for reciprocation.
- Emphasize positioning. Student should start with side to the wall when throwing (or striking) the ball (as in hitting a baseball).
- The ball should rebound off the wall and bounce in front of the point from which the ball was thrown. Lines may be necessary. NOTE: The throwing motions are emphasized because the best stroke in hitting a ball is the same stroke used in throwing.



Handball - a game for boys and girls alike

Lesson 6 (Grades 2-5)

ACTIVITY

- Throwing - Sidearm and Overhead (non-dominant hand)

OBJECTIVE

- Develop sidearm throw with proper reciprocation.
- Develop the overhand throw with proper reciprocation.

EQUIPMENT

- Racquetballs

FACILITY

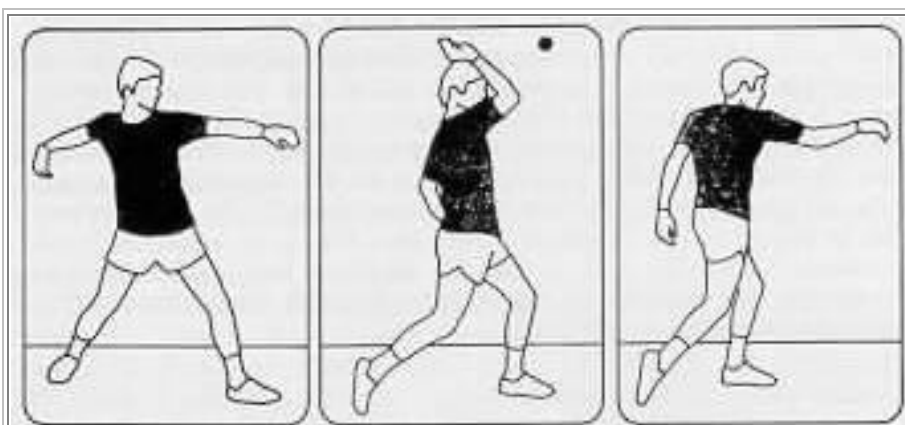
- Wall space, level area

DRILLS

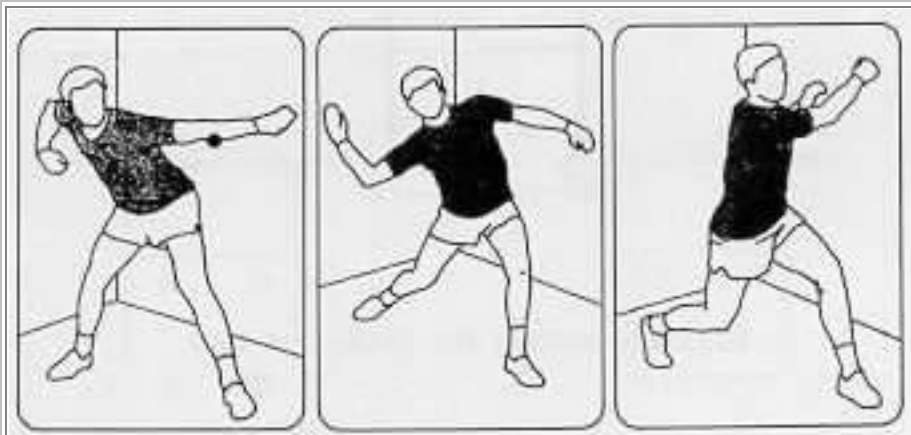
- Same as previous lesson except done with non-dominant hand.

COMMENTS

- Student should attempt to imitate the throwing motion of dominant hand.
- Pay particular attention to the footwork. "Step toward the wall as you throw."



THE OVERHAND STROKE. Throwing motion stroke used to hit balls that must be contacted from above shoulder height. Note transfer of weight from back foot to front foot.



THE SIDEARM STROKE. Note how the elbow is bent on the backswing. Player should lead with the elbow and contact the ball on a line with the center of the body. This stroke is used on balls contacted below shoulder height.

Lesson 7 (Grades 2-5)

ACTIVITY

- Drop and Hit (dominant hand)

OBJECTIVE

- Develop striking skills.
- Develop eye/hand coordination.

EQUIPMENT

- 6 inch playground balls (grades 2, 3),
- racquetballs (grades 4, 5)

FACILITY

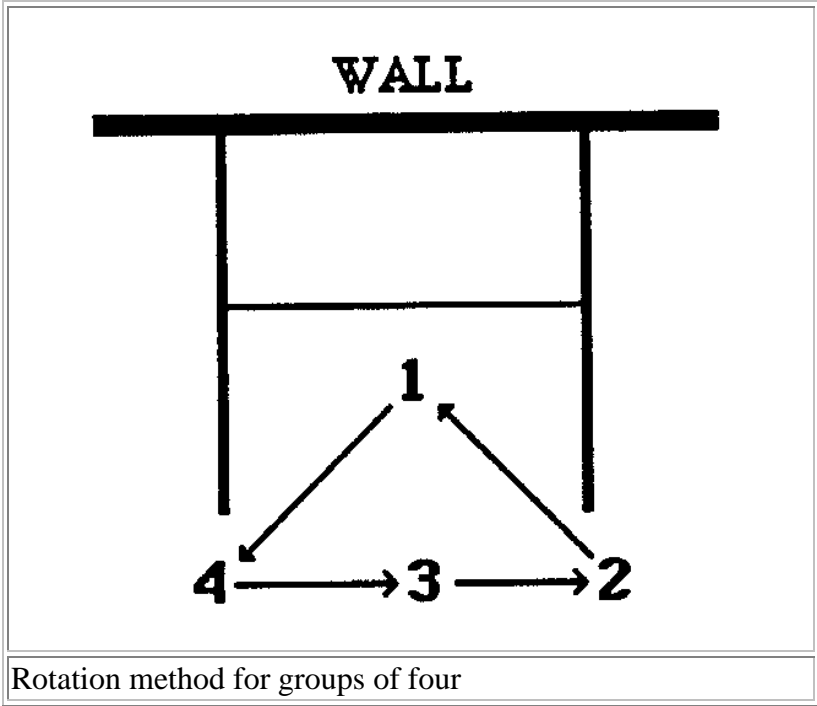
- Wall space, level area

DRILLS

- Student drops the ball (bounces it) and hits it to the wall with a sidearm stroke. Student retrieves as next student moves to line to hit. This works well in groups of 4. Grades 2 and 3 should start about 8 feet from the wall and grades 4 and 5 should be about 15 feet from the wall. ALL grades should start with 6 inch playground balls. Grades 4 and 5 should progress to racquetballs.
- Partner A drops and hits ball to wall with sidearm stroke. Partner B attempt to catch ball after first bounce.

COMMENTS

- Remember, the hitting stroke should imitate the throwing stroke.
 - When students begin to hit the racquetball, encourage them to "cup your hands and relax your arms."
 - Students can work in groups of 4 in a rotation. The 3 back may serve as retrievers and boundaries (far enough back so that they are not in the way and they can prevent the ball from going past them). Students rotate one position counterclockwise after completed task.
-



Rotation method for groups of four

Lesson 8 (Grades 2-5)

ACTIVITY

- Drop and Hit (non-dominant hand)

OBJECTIVE

- Develop striking skills.
- Develop eye/hand coordination.

EQUIPMENT

- 6 inch playground balls (grades 2, 3),
- racquetballs (grades 4, 5)

FACILITY

- Wall space, level area

DRILLS

- Same as previous lesson except done with non-dominant hand.

COMMENTS

- Make sure students drop ball far enough away from their body so that their elbow is slightly bent as the hand contacts the ball.
-
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Lesson 9 (Grades 2-5)

ACTIVITY

- Move and Hit (dominant hand)

OBJECTIVE

- "Develop striking skill when contacting a thrown ball rebounding from a wall.

EQUIPMENT

- 6 inch playground balls (grades 2, 3),
- racquetballs (grades 4, 5)

FACILITY

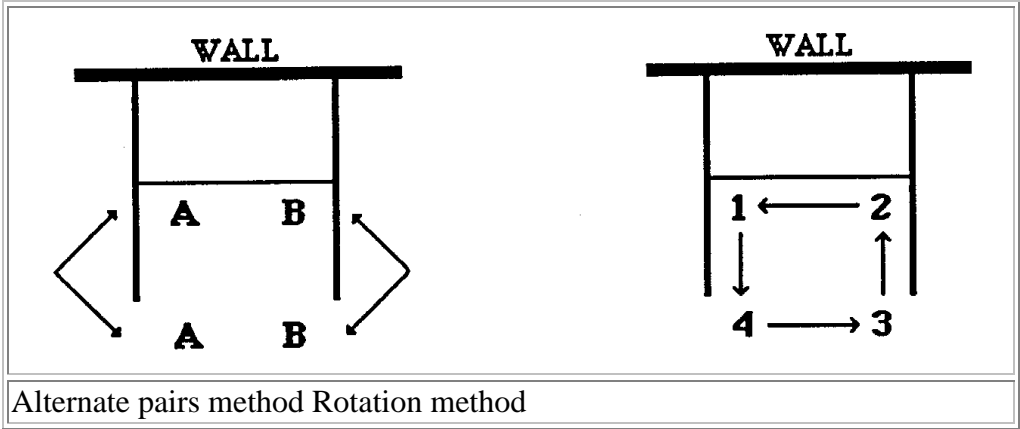
- Wall space, level area

DRILLS

- Student stands behind line and tosses ball to wall so that it rebounds in front of line. Student attempts to hit ball to wall before ball bounces twice on floor. Grades 2 and 3 start 8 feet from the wall. Grades 4 and 5 start 15 feet from the wall. Student retrieves own hit as next student moves to line to toss (or 3 back can retrieve).
- Partner A tosses ball to wall. Partner B moves and hits rebounding ball to wall. Other pair of partners may retrieve. Alternate. Alternate pairs or rotate.

COMMENTS

- Always emphasize cooperative theme. Keep score (number of successful hits) of partners — NOT individuals. "You want to make your partner successful."
 - If a partner throws the ball to the wall, and it rebounds back toward himself, he/she should quickly move out of the way so as not to interfere with the partner's hit.
-



Lesson 10 (Grades 2-5)

ACTIVITY

- Move and Hit (non-dominant hand)

OBJECTIVE

- "Develop striking skill when contacting a thrown ball rebounding from a wall.

EQUIPMENT

- 6 inch playground balls (grades 2, 3),
- racquetballs (grades 4, 5)

FACILITY

- Wall space, level area

DRILLS

- Same as previous lesson except drills done with non-dominant hand

COMMENTS

- Throws that begin drills should be with dominant hand.
-
-

Lesson 11 (Grades 2-5)

ACTIVITY

- Rally

OBJECTIVE

- Develop striking skills.
- Participate in a partner activity.

EQUIPMENT

- 6 inch playground balls (grades 2, 3),
- racquetballs (grades 4, 5)

FACILITY

- Wall space, level area

DRILLS

- Student stands behind line (8 or 15 feet) and tosses ball to wall and attempts to hit the ball to the wall in succession as many times as possible. Ball must bounce in front of line after rebounding from wall.
- Partner A stands behind line and tosses ball to wall. Partner B attempts to hit the ball back to the wall. Then Partner A attempts to return, and so on. Partner pairs alternate, or players rotate.

COMMENTS

- If a continuous rally is too difficult, make the goal 2 hits or 3 hits.
 - Emphasize use of non-dominant hand. Perhaps require rally to start with a hit by non-dominant hand.
 - Player who hits ball must make every effort to get out of the way of the other player attempting to hit. Students must understand that this is a rule.
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Lessons 12, 13, 14, 15 (Grades 2-5)



Handball can played anywhere - indoors and outdoors

ACTIVITY

- One-Wall Handball

OBJECTIVE

- Participate in a partner activity.
- Develop eye/hand coordination.
- Develop striking skills with both hands.
- Learn and participate in a "lifetime sport" activity.

EQUIPMENT

- 6 inch playground balls (grades 2, 3),
- racquetballs (grades 4, 5)

FACILITY

- Wall space, level area
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COMMENTS

- Students begin rally by hitting ball to wall from behind line. Rally continues as long as: (a) Ball rebounds off wall in front of line. (b) Students return ball to wall before it bounces twice (rebounding ball does not have to bounce; it can hit "on a fly"), (c) Ball goes directly to wall after leaving student's hand.
 - Instead of the winner of the rally serving the next ball, have one player serve for 3-5 rallies, and then the next player.
 - This is a good activity for the 4 person rotation set-up. The ball will get away many times, and the 2 back players may serve as retrievers.
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