

USHA



UNITED STATES HANDBALL ASSOCIATION

Scope and Sequence Handball Unit Outline For Name of School

Lesson	Content	NASPE Standard
1	Throwing & Striking Stroke, Movement	1, 2, 3, 5
2	Throwing & Striking Stroke, Rally	1, 2, 3, 5, 6
3	Overhand/Sidearm Strokes, Rally	1, 2, 3, 4, 5, 6
4	Rally and Rules of Hinders	1, 2, 3, 4, 5, 6
5	Serve & Serve Return, Rally	1, 2, 3, 4, 5, 6
6	Singles Play (with Retrievers)	1, 2, 3, 4, 5, 6
7	Singles Play (with Retrievers)	1, 2, 3, 4, 5, 6
8	Singles Cutthroat Play	1, 2, 3, 4, 5, 6
9	Doubles Cutthroat Play	1, 2, 3, 4, 5, 6
10	Singles/Doubles Cutthroat Play	1, 2, 3, 4, 5, 6
11	Doubles Play (with Retrievers)	1, 2, 3, 4, 5, 6
12	Singles and or Doubles Tournament	1, 2, 3, 4, 5, 6

School Lessons	Teaching Handball in the Middle and Secondary Schools Booklet
Lesson 1:	Lessons One, Two and Seven
Lesson 2:	Lessons Three and Four
Lesson 3:	Lessons Five and Six
Lesson 4:	Lessons Seven and Eight
Lesson 5:	Lessons Nine, Ten and Eleven
Lesson 6:	Lessons Twelve and Thirteen
Lesson 7:	Lesson Fourteen
Lesson 8:	Lesson Fifteen and Sixteen
Lesson 9:	Lessons Seventeen and Eighteen
Lesson 10:	Lessons Seventeen and Eighteen
Lesson 11:	Lessons Nineteen and Twenty
Lesson 12:	Tournament

Lesson 1, Throwing & Striking Stroke, Movement

All classes meet in gym, use low bounce ball for all classes

9:00-9:40	6th Grade-
9:43-10:23	6th Grade-
10:16-11:06	8th Grade-
11:09-11:49	8th Grade-
1:45-2:25	7th Grade-
2:27-3:10	7th Grade-

- 5 minute warm up
- 4 minute discussion and demonstration about how to play handball and movement
- Break group into even number of lines 4-6 per line
- 4 minute line drill on throwing using the any stroke with the dominant hand
- 4 minute line drill on throwing using the any stroke using the non-dominant hand.
- 4 minute line drill on striking using the any stroke using the dominant hand,
- 4 minute line drill on striking using the any stroke using the non-dominant hand.
- 4 minute individual drill on position rally keeping the ball in play for 10 seconds. Focus on two player total.
- 1 minute summary



Lesson 2, Overhand/Sidearm Strokes

All classes meet _____ lined up _____, use low bounce ball for all classes

8:00-8:40	6th Grade-
8:43-9:23	6th Grade-
9:49-10:29	8th Grade-
10:32-11:12	8th Grade-
1:11-1:51	7th Grade-
1:54-2:34	7th Grade-

- 5 minute warm up
- 1 minute demonstration summary of throwing stroke and hitting using dominant and non-dominant hands
- Break group into even number of lines 4-8 students per line, 2 lines per court
- 2 minute line drill on throwing using any stroke with the dominant hand
- 2 minute line drill on throwing using any stroke using the non-dominant hand.
- 2 minute line drill on striking using any stroke using the dominant hand,
- 2 minute line drill on striking using any stroke using the non-dominant hand,
- 2 minute demonstration of 'batting tee' and 'toss and hit' drills.
 - Batting tee drill-players "bounces the ball to the front, takes a step back and goes forward when the ball rebounds off the wall, strikes the ball after the ball bounces on the floor.
 - Toss and hit-same as 'batting tee' except ball is tossed directly to the wall rather than bounced on the floor first.
- 4 minute summary of the 4 strokes (overhand, sidearm, dominant, non-dominant) using throw, turn, catch, throw, turn, catch, hit, turn, catch, hit turn, catch and explanation of the movement to get into position to use one of the strokes.
- Assign 6 players to each court
- 9 minutes infinity bounce play counting how many times each pair can hit the ball back to the front wall successfully. Focus on line total
- 1 minute summary



**Lesson 3,
Overhand/Sidearm Strokes, Rally**

All classes meet _____ lined up _____, use low bounce ball for all classes, and introduce Big Blue into 7th and 8th grade classes

8:00-8:40 6th Grade-
8:43-9:23 6th Grade-
9:49-10:29 8th Grade-
10:32-11:12 8th Grade-
1:11-1:51 7th Grade-
1:54-2:34 7th Grade-

- 5 minute warm up
- 1 minute summary of throw, turn, catch, throw, turn, catch, hit, turn, catch, hit turn, catch using 4 strokes.
- Break group into even number of lines 4-8 per line, 2 lines per court
- 4 minute line drill on throwing and hitting using the overhand and side arm strokes with the dominant hand and non dominant hands
- 4 minute batting tee drill using any stroke with the dominant hand
- Introduce hitting the ball on two bounces rather than infinity bounce.
- Separate students into two bounce and infinity bounce groups.
- 10 minutes two or infinity bounce play counting how many times each pair can hit the ball back to the front wall successfully. Focus on line total
- 1 minute summary



Lesson 4, Rally and Rules of Hinders

All classes meet _____ lined up _____, introduce big blue ball for 6th grade classes, use both big blue and low bounce ball for 7th and 8th grade classes

8:00-8:40	6th Grade-
8:43-9:23	6th Grade-
9:49-10:29	8th Grade-
10:32-11:12	8th Grade-
1:11-1:51	7th Grade-
1:54-2:34	7th Grade-

- 5 minute warm up
- Divide wall space by ball being used and number of bounces.
 - Low bounce
 - High bounce
 - Infinity bounce
 - Two bounce
- Provide each line (low bounce or big blue) with a ball instructing them to hold the equipment until instructed.
- 5 minute drill throw, turn, catch, throw, turn, catch, hit, turn, catch, hit turn, catch. Each line occupying 10' of open wall space.
- Divide class into groups of 3-8 based upon type of ball used. Mark off as many courts as needed using cones or tape to facilitate 3-6 players per court. Use 3 per court if possible.
- Position Rally set up: Four (or more) players on each court with two rallyers and two retrievers stationed on the court as 'rallyers' and the balance behind them as 'retrievers'. On 'go' a 'rallyer' puts the ball in play and the other 'rallyer' returns the ball to the front wall, players rally until ball is not returned to the front wall on the fly. Retrievers mirror rallyers and if the ball goes past the rallyers they retrieve.
- 6 minutes position rally play rotating the two retrievers into the court when the ball is not returned to the front wall.
- 2 minutes discussion regarding 'Hinder', rules and interference.
 - If player is in the way they must get out of the way. If out of the way they must stay out of the way. Play goes over if players are in each others way.
- Re-divide groups
- 6 minutes position rally play rotating the two retrievers into the court when the ball is not returned to the front wall. Count number of good hits for each court.
- 1 minute summary



**Lesson 5,
Serve & Serve Return, Rally**

All classes meet _____ lined up _____, use both big blue and low bounce ball for all classes

8:00-8:40	6th Grade-
8:43-9:23	6th Grade-
9:49-10:29	8th Grade-
10:32-11:12	8th Grade-
1:11-1:51	7th Grade-
1:54-2:34	7th Grade-

- 5 minute warm up
- Divide courts by ball being used.
- Divide class into groups of four based upon type of ball used. Mark off as many courts as needed using cones or time to facilitate 3-8 players per court. Use 3 per court if possible.
- Provide each court (low bounce or big blue) with a ball instructing them to hold the equipment until instructed.
- 4 minute 'batting tee' drill on throwing the dominant hand and non-dominant hand.
- Demonstrate a legal serve, purpose of serve and different ways to hit a serve. Use service line as short line. Have server adjust where they stand (move closer to the front wall) so that the serve can easily cross the short line.
- 7 minutes Serve and Catch Drill:
 - Player A serves, player B catches, players C and D retrieve. Rotate
- 1 minutes discussion/demonstration regarding returning serve
- 7 minutes Serve and Hit (two shot) drill awarding point to receiver if server can't the catch the ball on the fly. Point to the server if they can. Play to 5 then rotate.
- 1 minute summary



Lesson 6, Singles Play (with Retrievers)

All classes meet _____ lined up _____, use both big blue and low bounce ball for all classes.

8:00-8:40	6th Grade-
8:43-9:23	6th Grade-
9:49-10:29	8th Grade-
10:32-11:12	8th Grade-
1:11-1:51	7th Grade-
1:54-2:34	7th Grade-

- 5 minute warm up
- Divide courts by ball being used.
- Divide class into groups of four based upon type of ball used and number of bounces. Mark off as many courts as needed using cones or tape to facilitate 3-8 players per court. 3 per court if possible.
- Provide each court (low bounce or big blue) with a ball instructing them to hold the equipment until instructed.
- 4 minute drill on throwing using the overhand and side arm strokes with the dominant hand and non dominant hands
- 4 minute drill on striking using the overhand and side arm strokes with the dominant hand and non dominant hands
- Summarize a legal and different ways to hit a serve. .
- Discuss scoring
- Divide students into groups of 3-6 and play 3 point singles handball rotating the retrievers for balance of class.



Lesson 7

Singles Play (with Retrievers)

All classes meet _____ lined up _____, use both big blue and low bounce ball for all classes.

8:00-8:40	6th Grade-
8:43-9:23	6th Grade-
9:49-10:29	8th Grade-
10:32-11:12	8th Grade-
1:11-1:51	7th Grade-
1:54-2:34	7th Grade-

- 5 minute warm up
- Divide courts by ball being used.
- Divide class into groups of 3-6 based upon type of ball used. Mark off as many courts as needed using cones or tape to facilitate 3-6 players per court. 3 per court if possible.
- Provide each court (low bounce or big blue) with a ball instructing them to hold the equipment until instructed.
- 4 minute drill on throwing using the overhand and side arm strokes with the dominant hand and non dominant hands
- 4 minute drill on striking using the overhand and side arm strokes with the dominant hand and non dominant hands
- 7 minutes Serve and Return drill awarding point to receiver if server can't catch return on the fly. Rotate.
- Explain the rules of 'Top Gun'. Set aside court(s) for short court (if needed).
- Play 'Top Gun' singles for in 3 minute 'timed' games for 15 minutes



Lesson 8, Singles Cutthroat Play

All classes meet _____ lined up _____, use both big blue and low bounce ball for all classes.

8:00-8:40 6th Grade-
8:43-9:23 6th Grade-
9:49-10:29 8th Grade-
10:32-11:12 8th Grade-
1:11-1:51 7th Grade-
1:54-2:34 7th Grade-

- 5 minute warm up
- Divide courts by ball being used.
- Divide class into groups of 3-6 based upon type of ball used. Mark off as many courts as needed using cones or time to facilitate 3-6 players per court. 3 per court if possible.
- Provide each court (low bounce or big blue) with a ball instructing them to hold the equipment until instructed.
- 4 minute drill on throwing/striking using the overhand and side arm strokes with the dominant hand and non dominant hands
- Explain Singles (one sits out) and Jai-Alai (rotation) cutthroat handball.
- Divide groups into short court and Singles and Jai-Alai games.
- Play for 5 minutes and switch games and play for another 5 minutes, then switch again for another 5 minutes.



Lesson 9, Doubles Cutthroat Play

8:00-8:40	6th Grade-
8:43-9:23	6th Grade-
9:49-10:29	8th Grade-
10:32-11:12	8th Grade-
1:11-1:51	7th Grade-
1:54-2:34	7th Grade-

- 5 minute warm up
- Divide courts by ball being used.
- Divide class into groups of 4-6 based upon type of ball used. Mark off as many courts as needed using cones or time to facilitate 4-6 players per court. 4 per court if possible.
- Provide each court (low bounce or big blue) with a ball instructing them to hold the equipment until instructed.
- 4 minute drill on throwing/striking using the overhand and side arm strokes with the dominant hand and non dominant hands
- Explain Doubles Cutthroat, Doubles rules and court positioning.
- Divide groups into short court and 'Top Gun' doubles.
- Play for 5 minutes and switch games and play for another 5 minutes, then switch again for another 5 minutes.



**Class 10,
Singles/Doubles Cutthroat Play**

8:00-8:40 6th Grade-
8:43-9:23 6th Grade-
9:49-10:29 8th Grade-
10:32-11:12 8th Grade-
1:11-1:51 7th Grade-
1:54-2:34 7th Grade-

- 5 minute warm up
- Divide courts by ball being used.
- Divide class into groups of 3-6 based upon type of ball used. Mark off as many courts as needed using cones or tape to facilitate 4-6 players per court. 4 per court if possible.
- Provide each court (low bounce or big blue) with a ball instructing them to hold the equipment until instructed.
- 4 minute drill on throwing/striking using the overhand and side arm strokes with the dominant hand and non dominant hands
- Divide groups into singles cutthroat and double cutthroat
- Play 2 minute timed games for 8 minutes then switch.



Lesson 11 Thursday, September 13

Doubles Play (with Retrievers)

8:00-8:40	6th Grade-
8:43-9:23	6th Grade-
9:49-10:29	8th Grade-
10:32-11:12	8th Grade-
1:11-1:51	7th Grade-
1:54-2:34	7th Grade-

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- 5 minute warm up
- Divide courts by ball being used.
- Divide class into groups of 3-6 based upon type of ball used. Mark off as many courts as needed using cones or time to facilitate 3-6 players per court. 3 per court if possible.
- 4 minute 'batting tee' or 'toss and hit' drill on with the dominant hand and non dominant hands
- Divide groups into "Top Gun" doubles and singles.
- Play for 5 minutes and switch games and play for another 5 minutes, then switch again for another 5 minutes.
- Explain that the next class will be a tournament. Students will be divided based upon skill level into divisions and placed on teams. Each team will have players from each skill level.



Lesson 12, Singles and or Doubles Tournament

8:00-8:40	6th Grade-
8:43-9:23	6th Grade-
9:49-10:29	8th Grade-
10:32-11:12	8th Grade-
1:11-1:51	7th Grade-
1:54-2:34	7th Grade-

- Teams will be announced and court assignments made.
- It is recommended that a team format is used. Each team would have one singles player and one doubles team and play would be players from one team versus players from another team.
- Points awarded for competing and for winning.
- There will be brief discussion of the duties of a referee.
- Games will be to 7 points. Players will be divided so that each court has at least one retriever who will also serve as the referee. Every one will play a minimum of 3 games against a different opponent from a different team.

