



Ausball – [www.ausball.com](http://www.ausball.com)  
1113 S. Hanover St, Baltimore, MD, 21230  
Email – [denisausball@gmail.com](mailto:denisausball@gmail.com)  
Ph; 443 829 4188

## Lesson Plan 2 – Secondary - Handball

In this lesson students will further learn the handball skill taught in the first lesson. Most students will find this the easiest skill to learn. Try to have one ball between two players, with them standing 3 – 4' apart to practice handball technique

**Handball**      **10min**      **Also refer to instructional DVD or Handball video on [www.ausball.com](http://www.ausball.com)**

- Demonstrate handball skill
- Breakdown and show
- Show how to make a punching fist with thumb on outside. Show that ball should be punched with “v” of index finger and not knuckles, base of thumb area or lower wrist. Punching off these areas will hurt!
- Handball is like an underarm volleyball serve. Emphasize the ball must be punched out of the palm of the hand and the ball not thrown up and punched. Basically, the fist replaces the ball and is caught in the cradling hand. Swing of the arm is like making a pool cue stroke.
- Hold ball in palm of hand at hip height side on to target.
- Show how to step forward with opposite leg while striking the ball on the end with punching fist
- Show how to catch fist in cradling hand after punching the ball.
- Break students up into pairs with 1 ball between 2. Have them stand 3 or 4 yards apart and practice handball skill.

Walk around correcting technical errors of students

**3 man weave;** Similar to common basketball drill. Object of this drill is to teach students the benefit of running in numbers down the ground.

1. Have students line up in equal numbers in three groups at one end and in same formation about 30 yards away. Ball should start in the middle group. Student has option of passing either to left or right. Players run down ground handballing to each other until they get to opposite end where they handball to student in middle. Repeat the other way.

**Ausball Game:** Remainder of lesson. Use same rules as introductory lesson