



**Year 6 Handball – Lesson 2: Footwork**  
*AR Sports Group – Igniting the Sport in Every Child*

Lesson Objectives

- ALL: To understand the footwork rules in Handball, including the 3-step rule.
- MOST: To stop and pivot effectively after receiving the ball.
- SOME: To execute dynamic footwork while transitioning into attack and maintain balance under pressure.

| Warm-up (10 Mins)  |  | Differentiation  |
|--|--|--|
| <b>Movement Mastery</b><br><br>‘Follow the Leader’ dynamic movement drill:<br>- Pupils perform skipping, shuffling, sprint bursts, deceleration, and lateral bounds.<br>- On the whistle, freeze in an athletic stance.<br>- Award points for best body control and foot placement.  |  | - <b>Support:</b> Focus on one movement at a time. Use simplified actions (e.g., walking, side-stepping) with peer demos.<br><br>- <b>Extension:</b> Add reactive commands (e.g., “GO”, “TURN”) or use a reaction ball to encourage sharp directional changes. |
| Main Activities (35~ Mins)   |  | Differentiation  |
| <b>Activity 1 – Catch, Stop, Pivot Drill (5 mins)</b><br>- Pupils work in pairs to pass on the move.<br>- Must stop in 3 steps and pivot 180 degrees before returning the pass.<br><br>• Teaching Points: Receive the ball with soft hands and stopping within three steps; maintain a low center of gravity. Keep knees slightly bent; heels off the floor, and adjust foot position quickly to pivot in any direction without dragging the foot. |  | - <b>Support:</b> Slow the pace. Allow walking and static catches.<br><br>- <b>Extension:</b> Add a passive defender. Pupils must scan before receiving, pivot quickly, and pass within 3 seconds.   |
| <b>Activity 2 – Group Rotation Drill (15 mins)</b><br>- Station 1: Pupils jog into space, receive a pass on the move, stop within 3 steps, pivot, and pass back.<br>- Station 2: Pupils receive a pass, then must pivot and fake a pass before passing to next player.<br>- Station 3: Pupils catch a high ball (thrown from above shoulder height), land legally, pivot and pass quickly. Rotate every 2-3 minutes.                               |  | - <b>Support:</b> Allow walking pace or a coach/peer to guide pivoting foot.<br><br>- <b>Extension:</b> Add a defender shadowing movement at stations 2 and 3.   |
| <b>Activity 3 – 4v4 End Zone Game (15 mins)</b><br>- Objective: Pass into the opposition’s end zone to score.<br>- Rules: Max 3 steps, pivot before passing, no running with the ball.<br>- Assign umpires to monitor footwork.<br>• Tactical Focus: Movement off the ball, creating space, staying onside.  |  | - <b>Support:</b> Allow one bounce before catching. Pair by ability to ensure success.<br><br>- <b>Extension:</b> Add a 5-second time limit per possession or increase pitch size to test decision-making and spatial awareness.                               |
| Plenary Questions  |  | Assessment   |

- |   |   |
|---|---|
| <ul style="list-style-type: none"><li>- Why do we stop after receiving the ball?</li><li>- What helps you stay balanced while pivoting?</li><li>- How does effective footwork help your team in attack?</li></ul> | <p>Observe pupils on:</p> <ul style="list-style-type: none"><li>- Compliance with 3-step rule</li><li>- Balance and body control on stopping</li><li>- Quality and timing of pivot</li><li>- Tactical understanding in gameplay</li></ul> |
|---|---|