



Beach Handball

7th Beach Handball Coaches' Course BASIC PLAYING SYSTEMS

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Create your own miracle

your idea - your philosophy - your motivation -
your interest - your experiences

Follow on your own way!

**BUT DON'T FORGET ADOPT TO YOUR PLAYERS'
AND TEAM'S SKILLS!**





Start from scratch

Techniques + Physical abilities → Tactics

Without techniques and physical abilities tactics
don't work!

**DON'T FORGET TO ADOPT TACTICS TO YOUR
PLAYERS' AND TEAM'S SKILLS!**





4 phases of the game

- Defence
- Fast break
- Offence
- Quick retreat
- (Shot out)





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Defence

Numerical inferiority

- Anticipation

Aims of defence (vs. indoor)

- to stop or interfere with the scoring of a 2-point goal
- to prevent with the scoring of goal

Order of defence

- to prevent the easiest way of scoring a goal
- substitution
- general defence





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Aim of defence

Aim of defence (vs. indoor)

1. to stop or interfere with the scoring of a 2-point goal

- goalkeeper direct goal
- specialist
- inflight or spin shot

2. to prevent scoring a goal

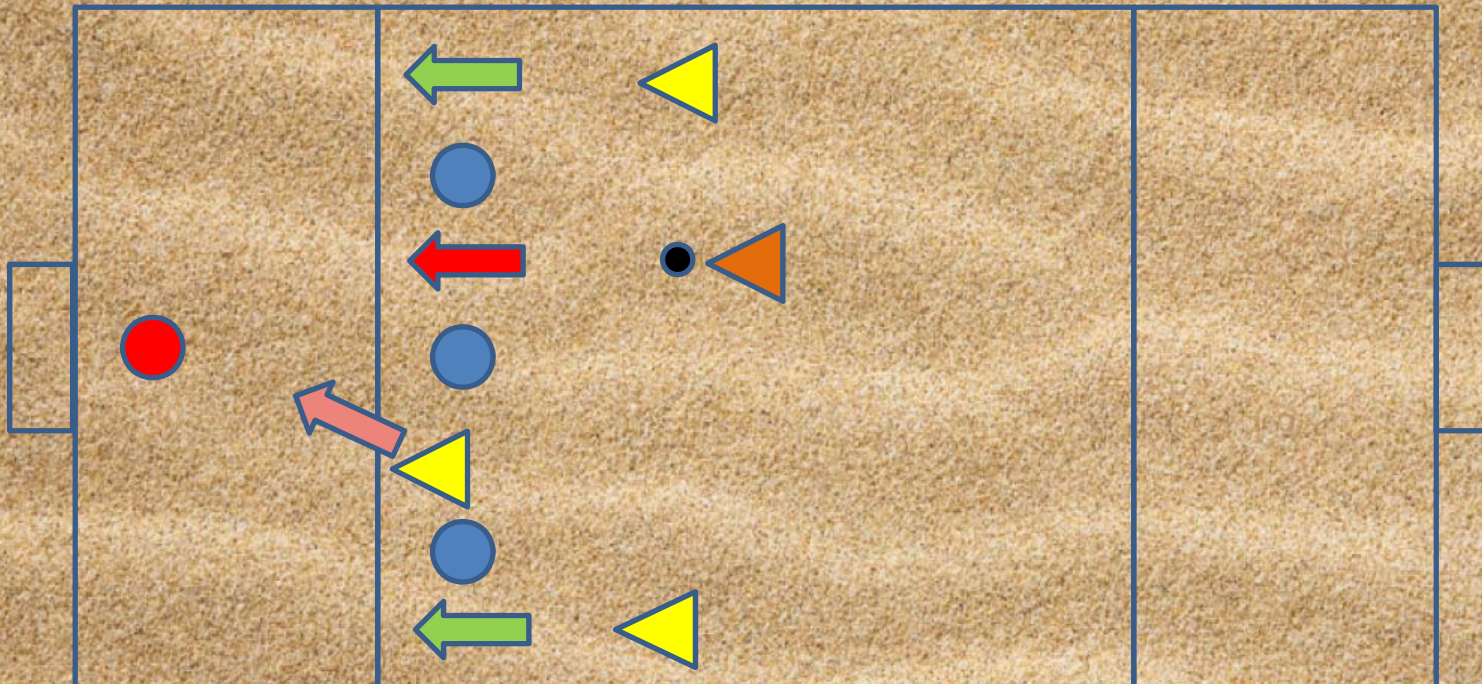
- defence





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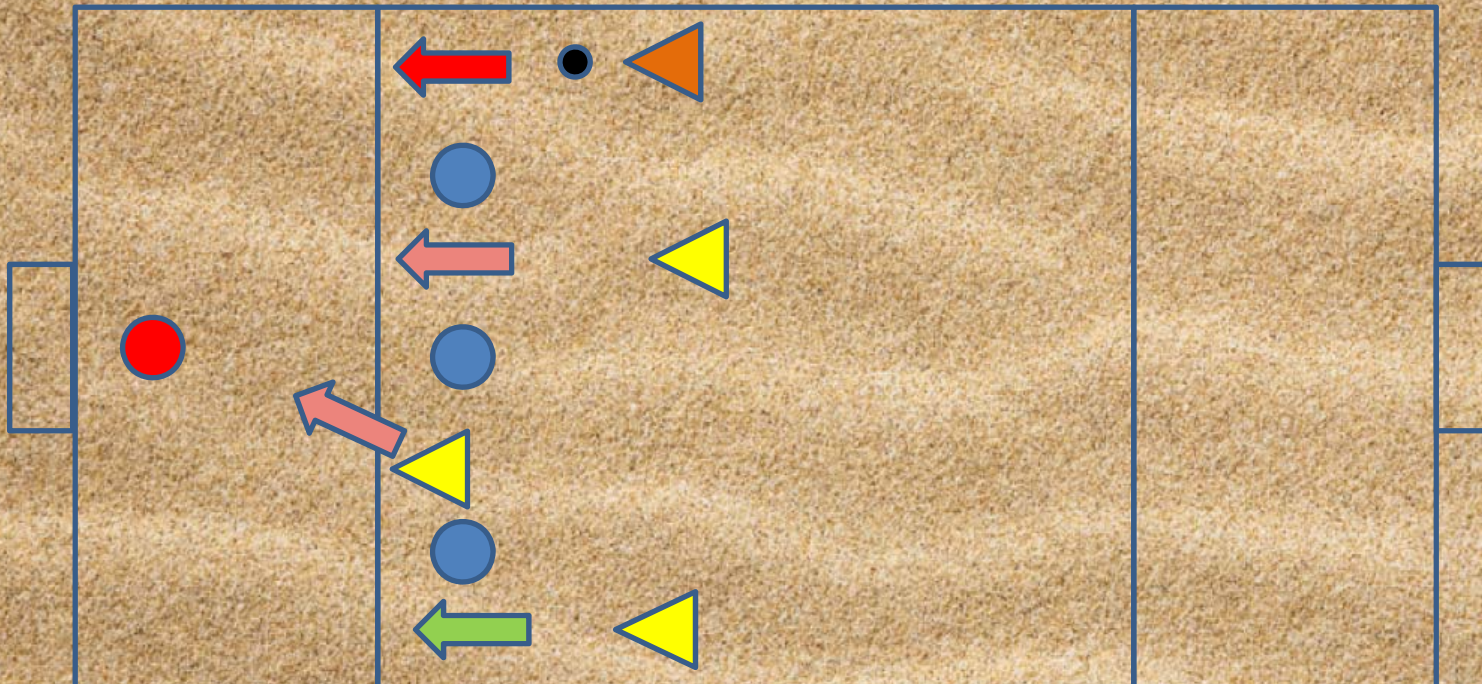
Threat order – view of scoring 2 points





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Threat order – view of scoring 2 points





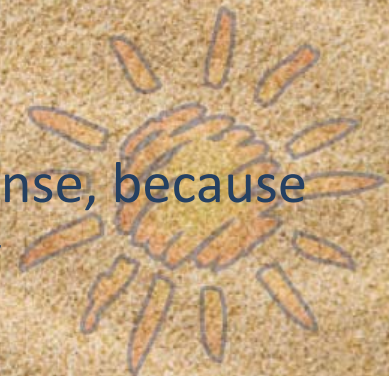
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Basic defence strategy

- to play 3 against 4
- there is one attacker (specialist) who can score 2 points with any kind of shots
- the main aim is to try to stop the scoring of a 2- point goals

The basic positions and movements depend on the specialist, pivot and the ball positions.

- to force the offence into 1 against 1 situations
- 3 against 4 situations require more legwork for the defense, because they are at a disadvantage and cannot defend as closely





Basic defence strategy

Teaching basic defence strategy:

- Special defence techniques to block spin shot (diving block)
- Create different situation anticipations
- Create different situations to attend threat order
- Create different situations for traps





Fast break

- Goalkeeper direct goal
- Individual fast break
- Extended fast break
- Complete fast break

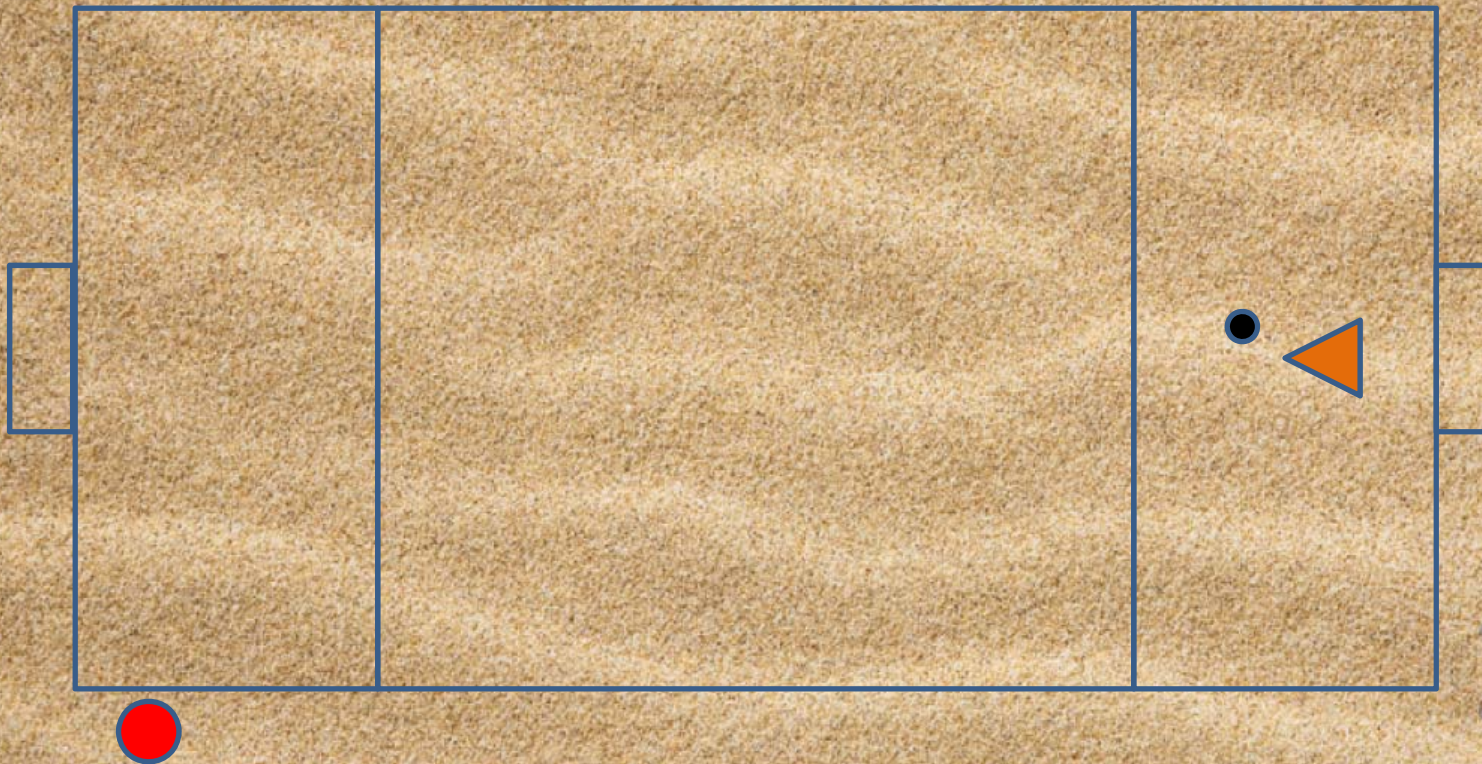




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Fast break

Goalkeeper direct goal

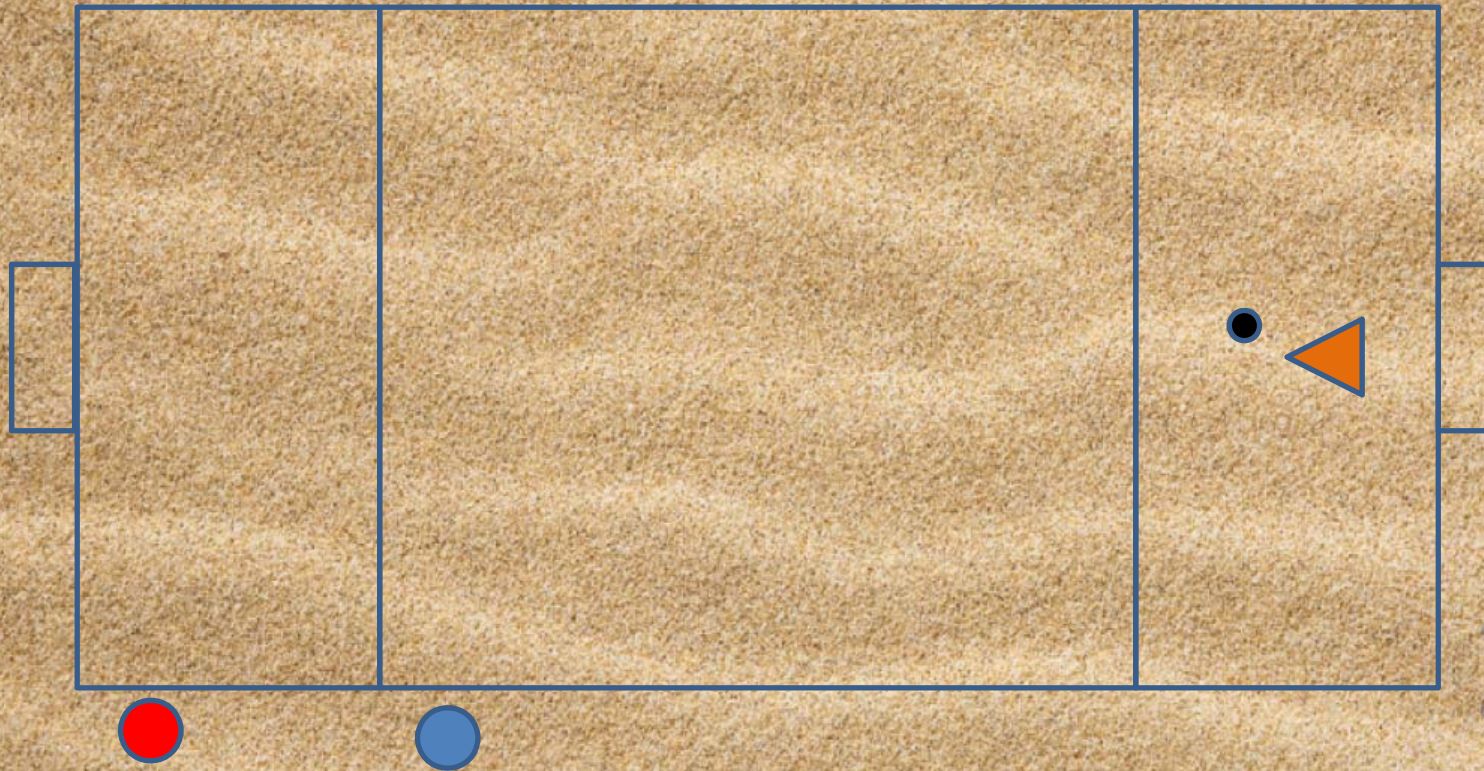




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Handball**

Fast break

Individual fast break

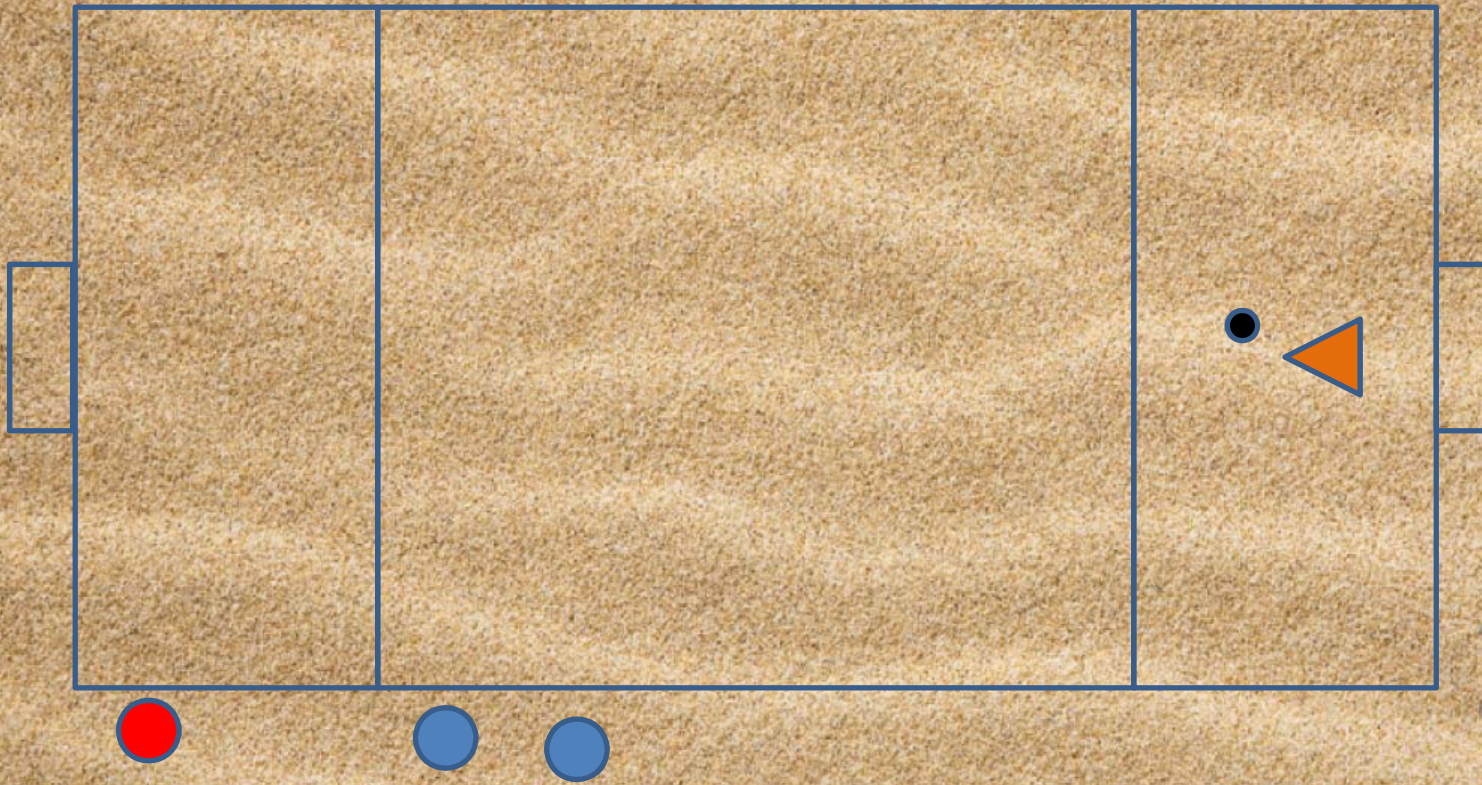




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Handball**

Fast break

Extended fast break

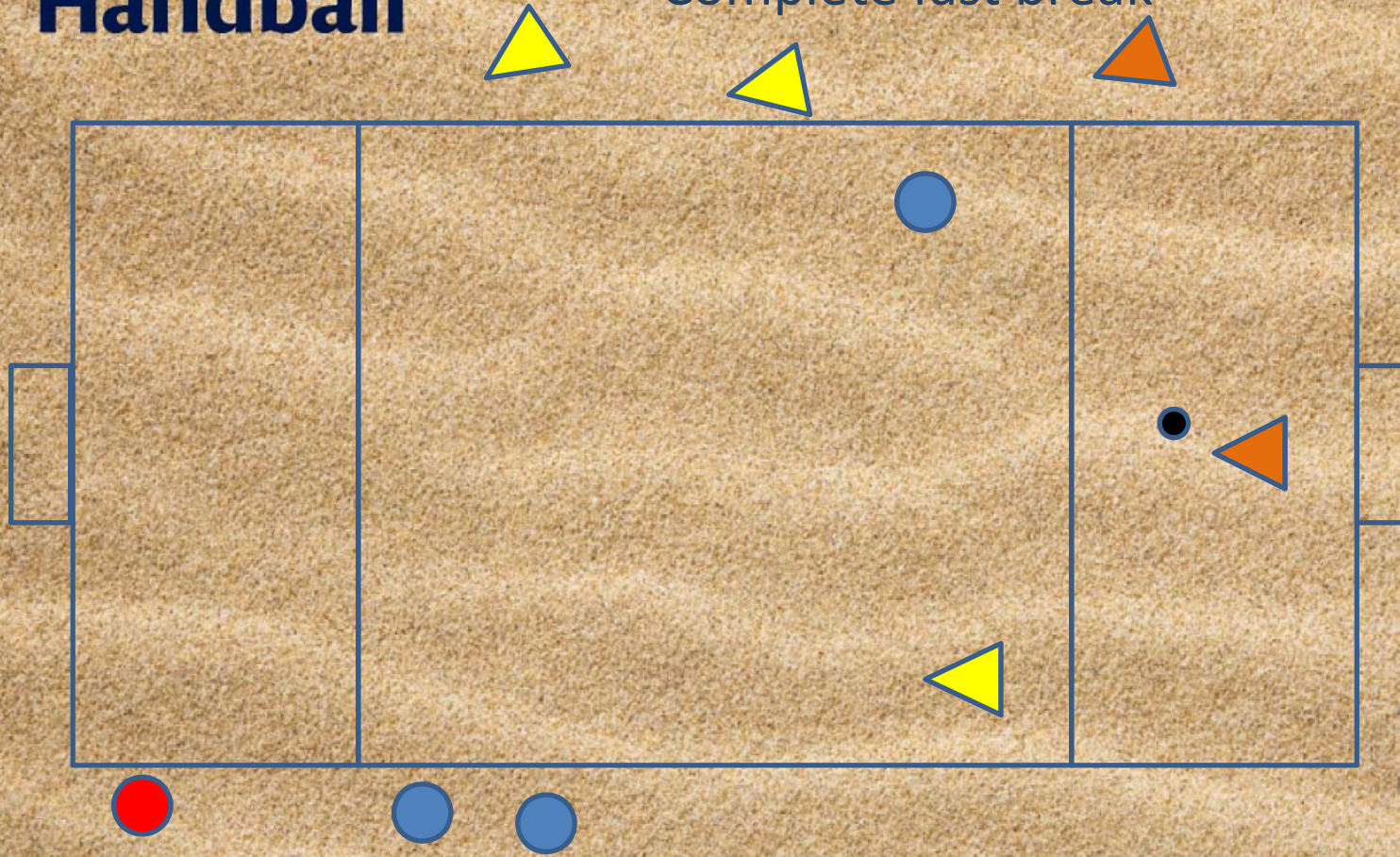




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Fast break

Complete fast break





Offence

Aim of offence (vs. indoor)

1. scoring of a 2-point goal

- goalkeeper direct goal
- specialist
- inflight or spin shot

2. scoring of goal

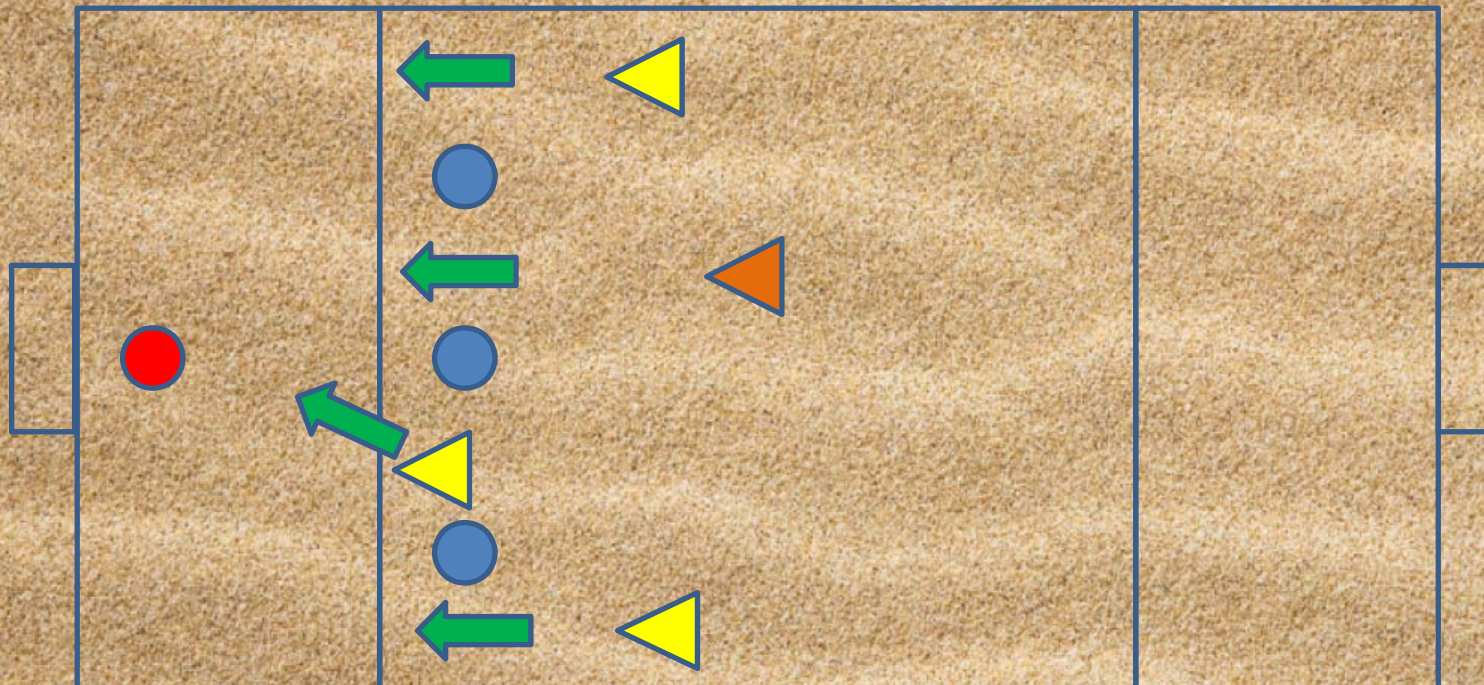
- depends on strategy





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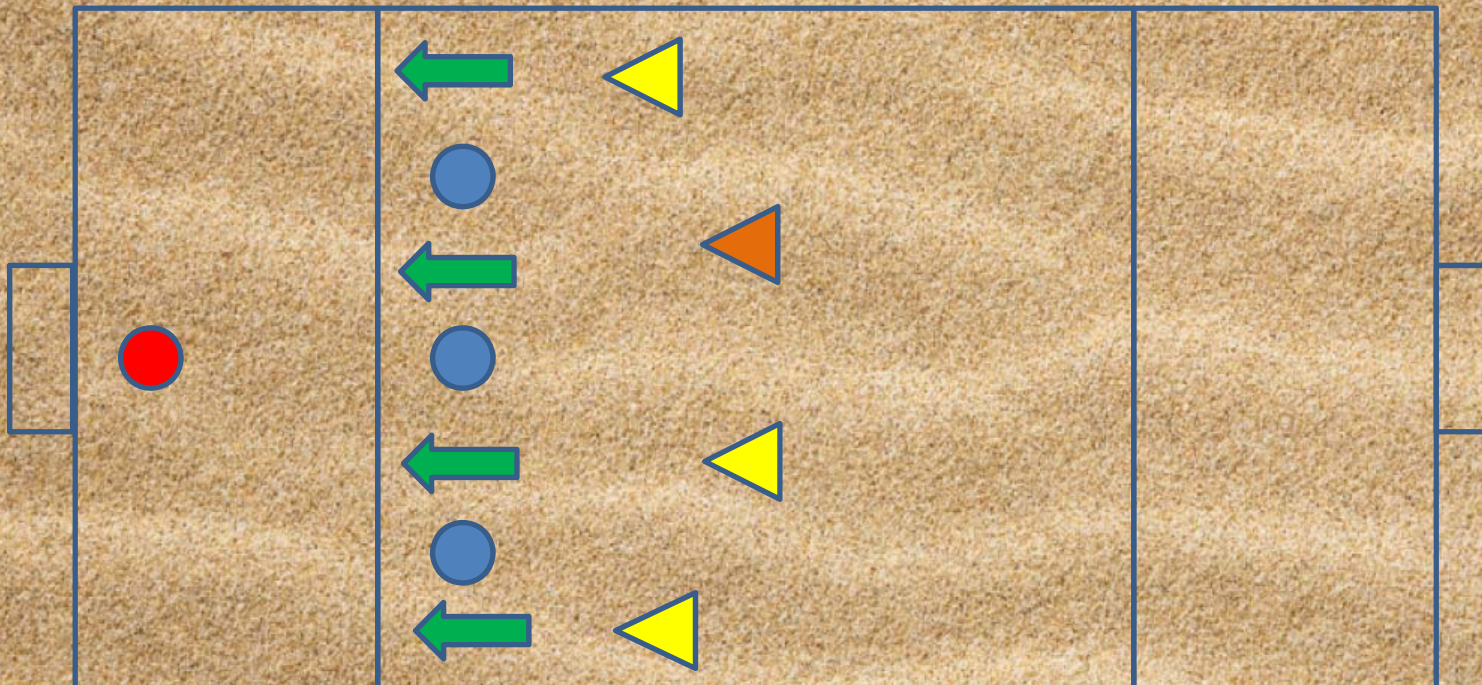
Offence





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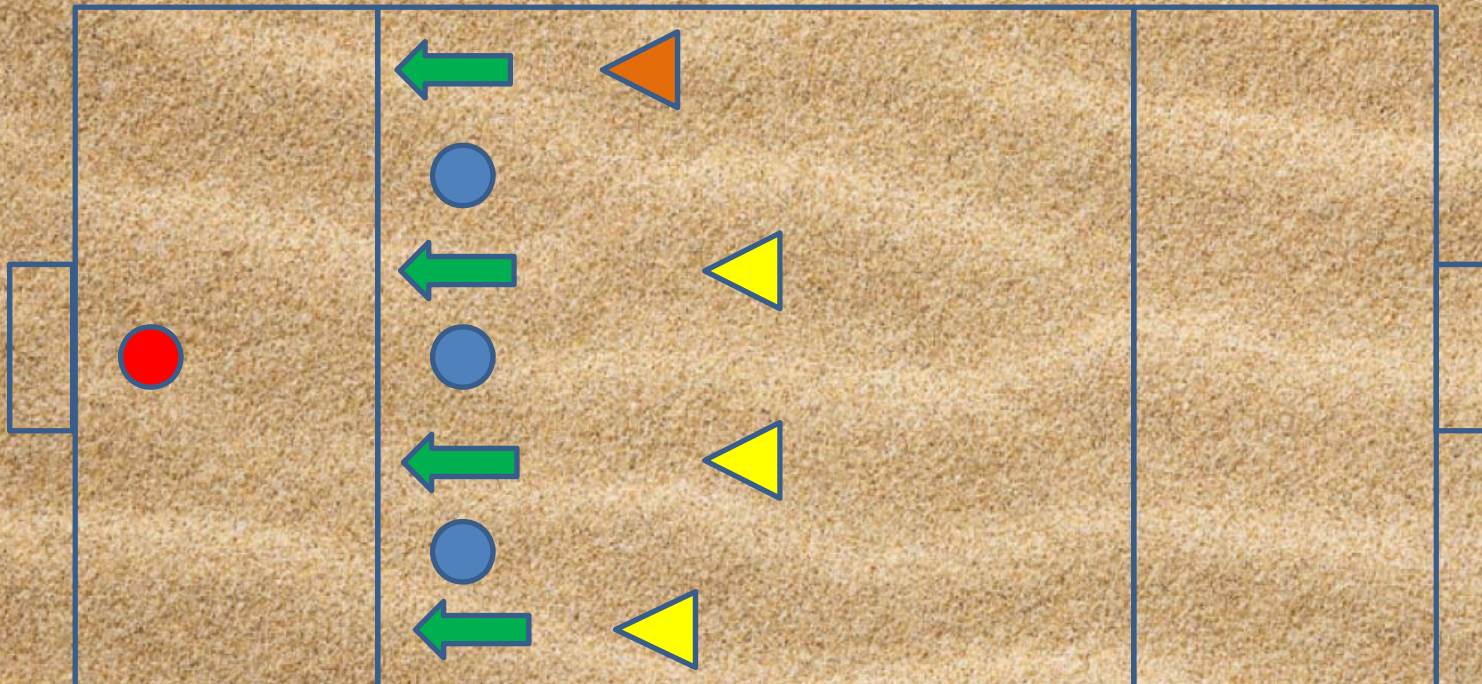
Offence





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Offence

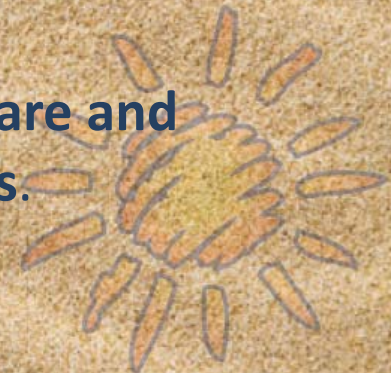




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Offence

- The efficiency of the team strongly depends on the **movements without the ball**. (Permanent pressure for the defenders, speed before the shot.)
- **During all of the trainings** the coaches have to force the players to **learn the right movements** (direction and distance).
- The movements **require special physical stamina/endurance**, because to start and change direction with adequate speed is more difficult than on a firm surface.
- **Basic movements** are very important because they **prepare and define the opportunities for and the quality of the shots**.





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Offence

Teaching attack tactics:

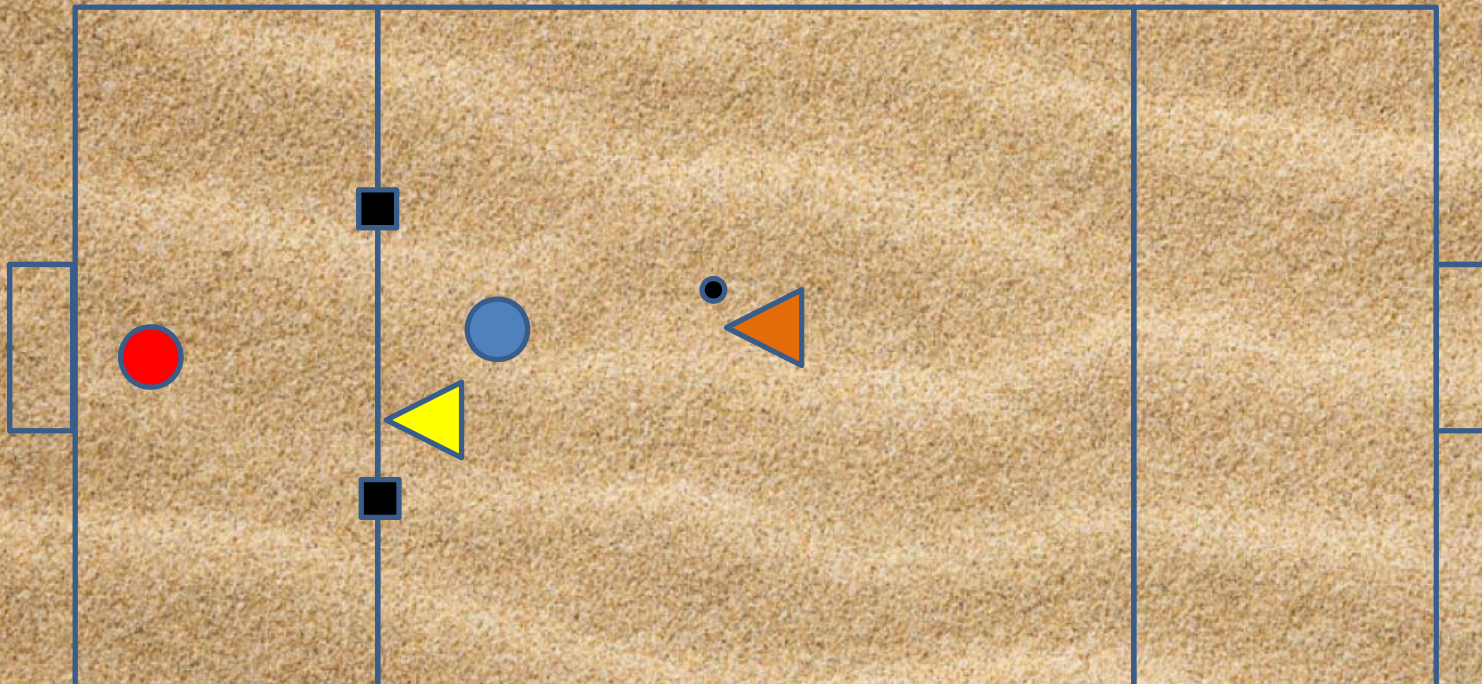
- 2 against 1 (focusing on decision maker)
- 3 against 2 (all alternatives)
- 4 against 3 (looking for all solutions with active defenders)





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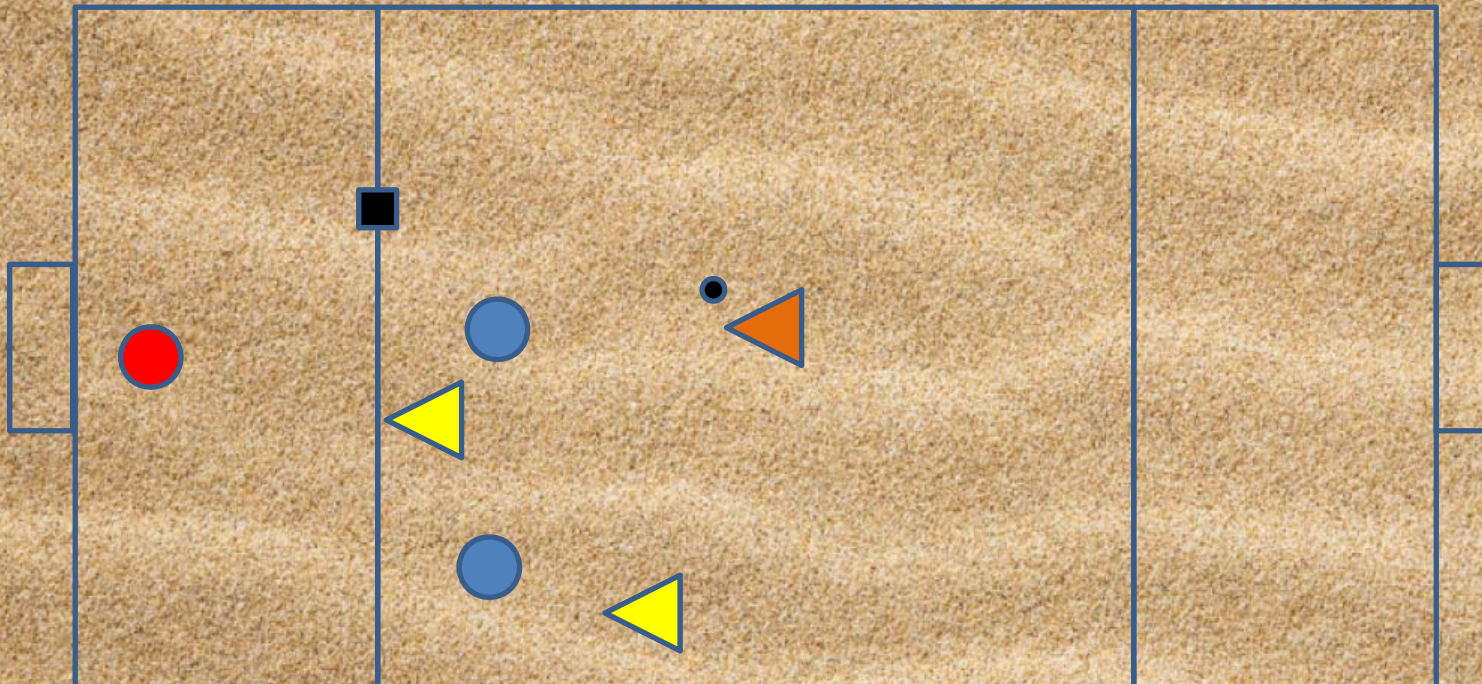
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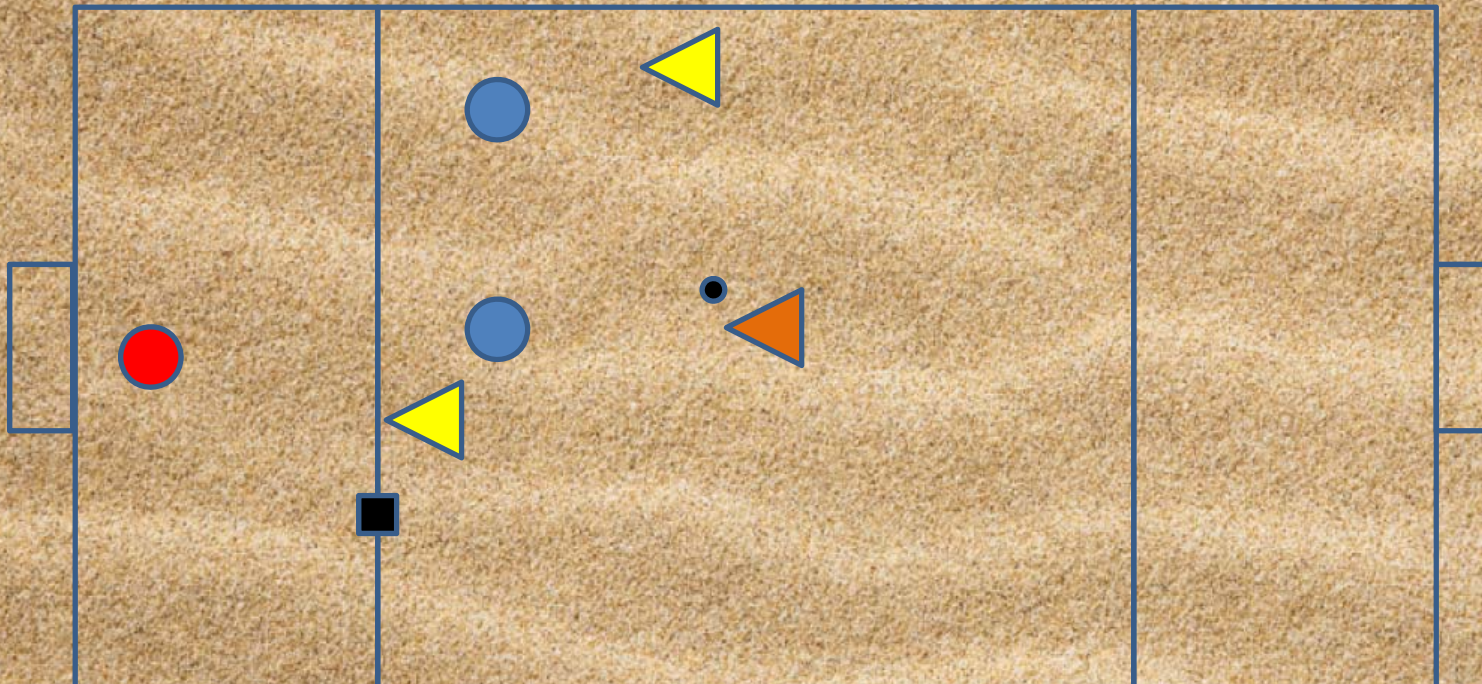
Offence





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Offence





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Quick retreat

Order of quick retreat:

- Prevent goalkeeper direct goal
- Substitute as fast as possible
- Prevent any kind of fast break





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Shout out

Part of Beach handball game

- Create a personal strategy
- Build up team strategy
- Work out goalkeeper tactics for all possibilities





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I wish you „FUNTASTIC” Beach handball

