

National Beach Handball Coaches' Course

OFFENSIVE, DEFENSIVE AND FAST BREAK STRUCTURE

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CREATE YOUR OWN STRATEGY

COACH



CREATE A FRAME



CREATE YOUR OWN STRATEGY

**PLAYERS
(OUR ARTISTS)**



...REALIZED THE PICTURE



CREATE YOUR OWN STRATEGY

STRATEGY



Own strategy



Tournament



Match



CREATE YOUR OWN STRATEGY



Take into consideration:

- Players skills
- Preparation time
- Aim



CREATE YOUR OWN STRATEGY



Take into consideration:

- Aim of tournament (peak timing)
- Number of matches (playing schedule)
- Number of match days
- Expected strategy of opponents
- Expected referee style
- Weather conditions



CREATE YOUR OWN STRATEGY

STRATEGY



Take into consideration:

- Analysing opponent players' skills
- Analysing opponent team's strategies
- Choosing the most appropriate own strategy
- Weather conditions



TACTICAL PART OF THE GAME

4+1 PHASES OF THE GAME

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

TACTICAL PART OF THE GAME

4+1 PHASES OF THE GAME



OFFENCE SYSTEMS

2 POINTER IN BEACH HANDBALL



OFFENCE SYSTEMS

OFFENCE TECHNIQUES

- Movements (specialist, wingers, line player)
- General techniques with ball (indoor, bouncing, dribbling)
- Fakes
- Shots
- Inflight shot
- Spin shot



OFFENCE SYSTEMS

What should we consider?

- Our basic offence system
- Our players' skills
- Opponent's defence strategy
- To score of a 2-point goal
- Position of specialist



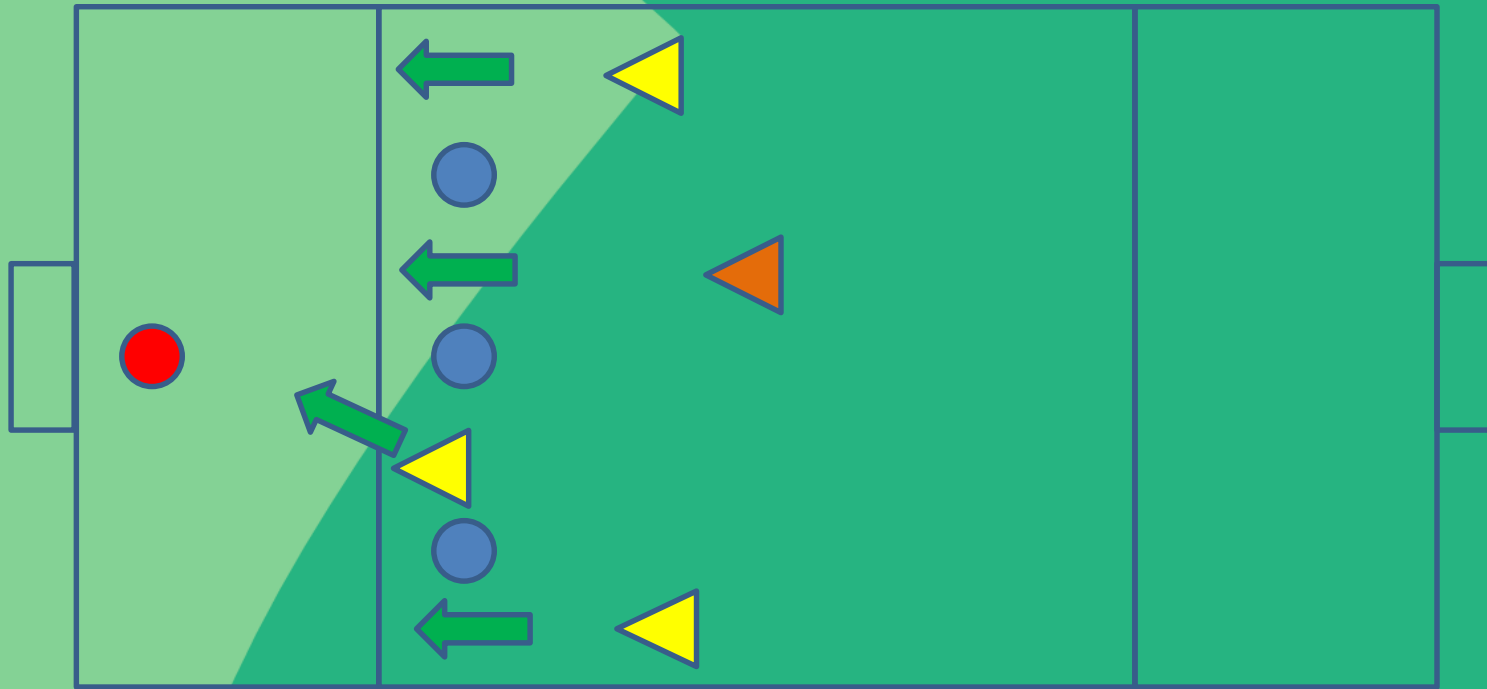
OFFENCE SYSTEMS

Let's analyse the possibilities from the perspective of the position of the specialist:

- Center (3:1)
- Center (4:0)
- Wing (3:1)
- Wing (4:0)



OFFENCE SYSTEMS

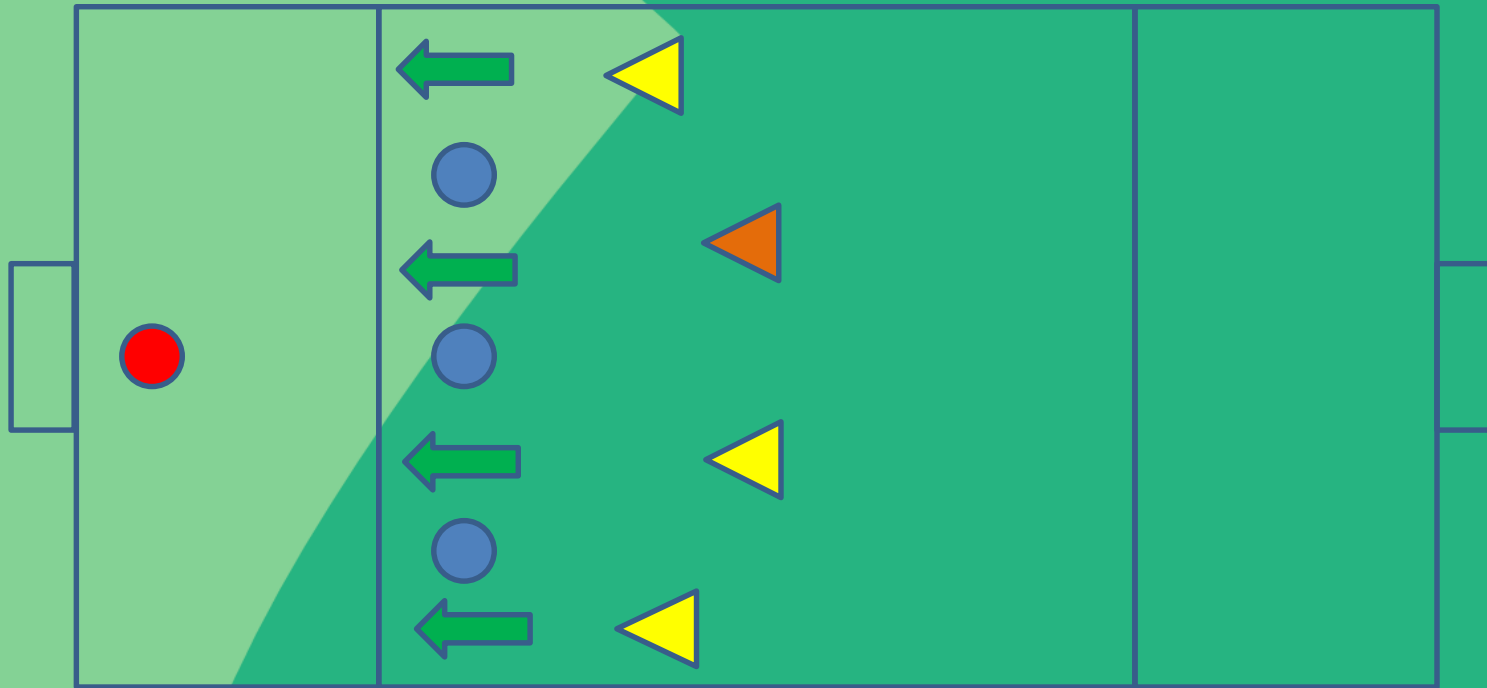


OFFENCE SYSTEMS

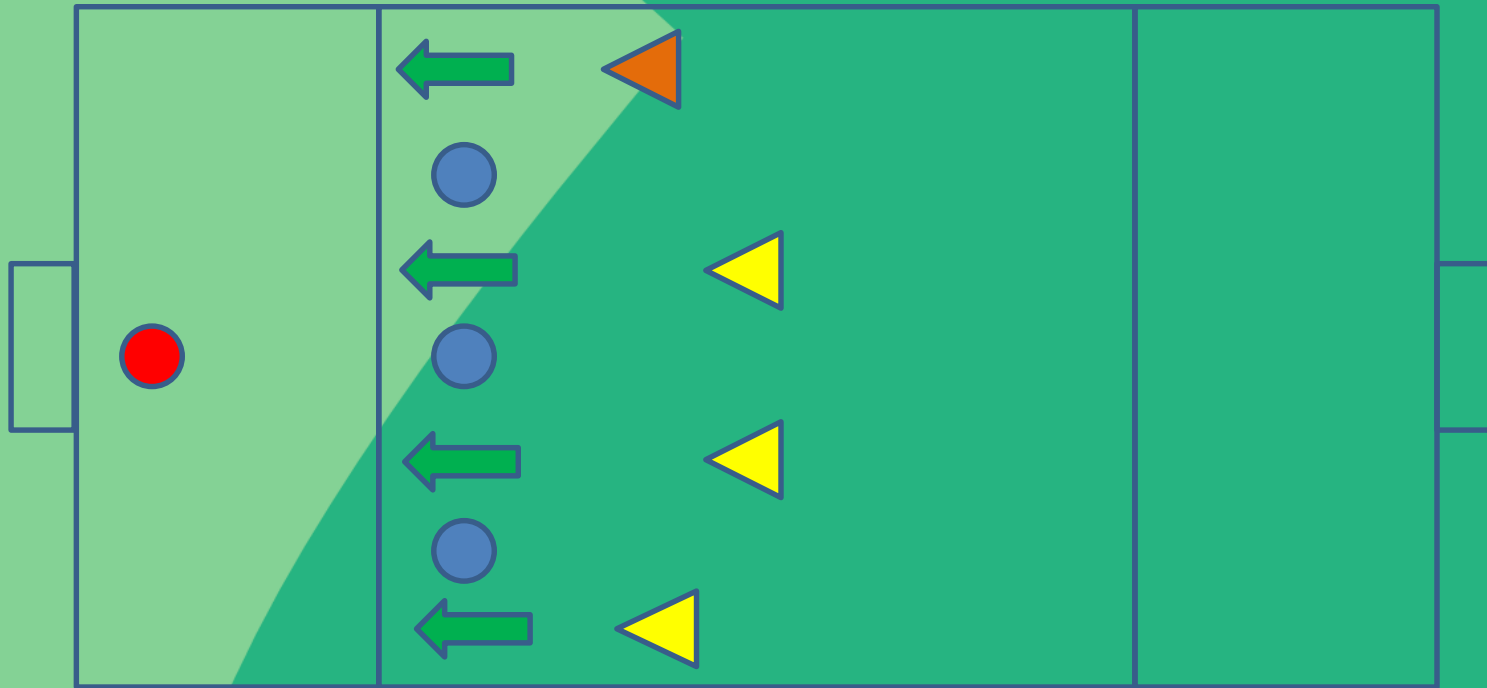
TACTICS



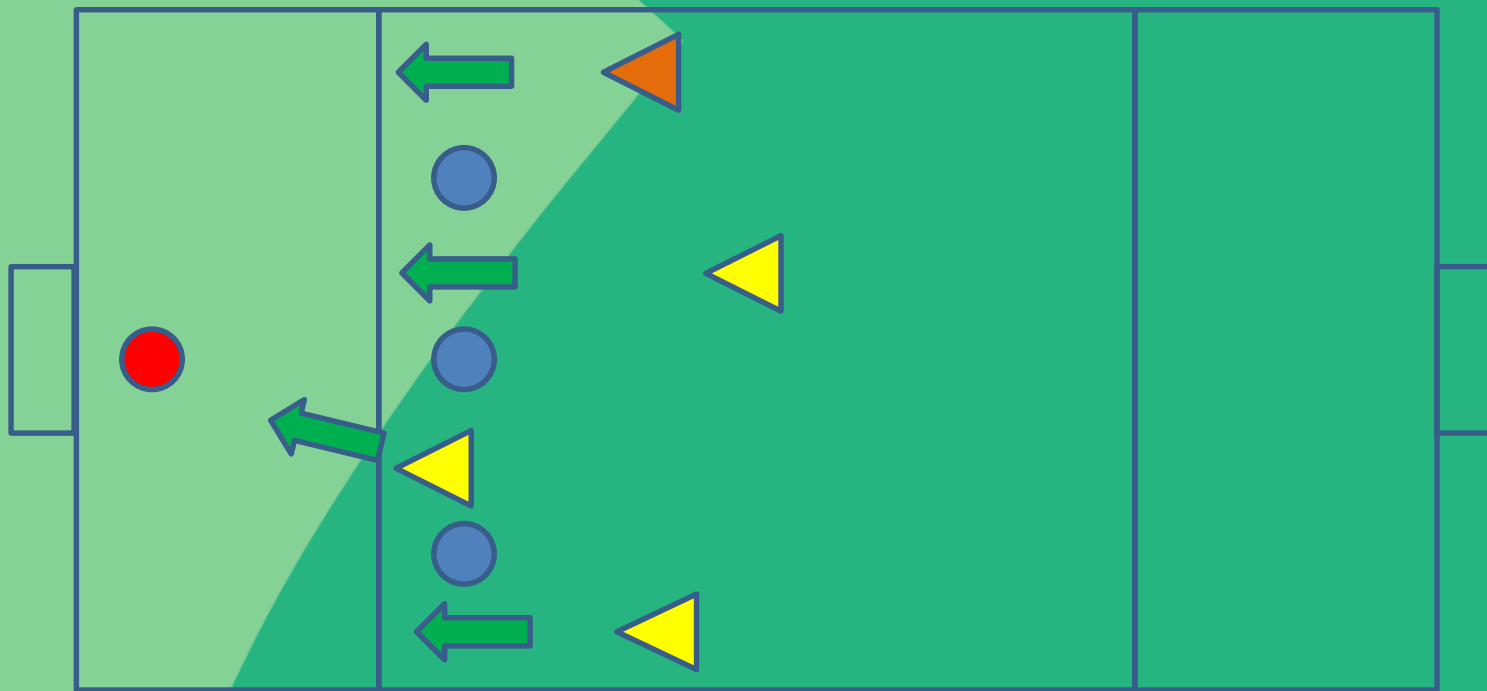
OFFENCE SYSTEMS



OFFENCE SYSTEMS



OFFENCE SYSTEMS



OFFENCE SYSTEMS



DEFENCE SYSTEMS

What should we consider?

- Our basic defence system
- Our players' skills
- Opponent's offence strategy
- Stopping or interfering with the scoring of a 2-point goal
- Position of specialist



DEFENCE SYSTEMS

Philosophy of defence

- Anticipation
- Threat order
- Action instead of reaction
- Responsibility



DEFENCE SYSTEMS

Basic defence strategies

- 3:0
- 2:1
- 2+1
- man to man



DEFENCE SYSTEMS

Let's analyse the possibilities from the perspective of the position of the specialist:

- Central (3:1)
- Central (4:0)
- Wing (3:1)
- Wing (4:0)



DEFENCE SYSTEMS

Let's analyse the possibilities from the perspective of the
position of the specialist:

- Center (3:1) basic



DEFENCE SYSTEMS

Let's analyse the possibilities from the perspective
of the position of the specialist:

- Center (3:1) basic



DEFENCE SYSTEMS

Let's analyse the possibilities from the perspective
of the position of the specialist:

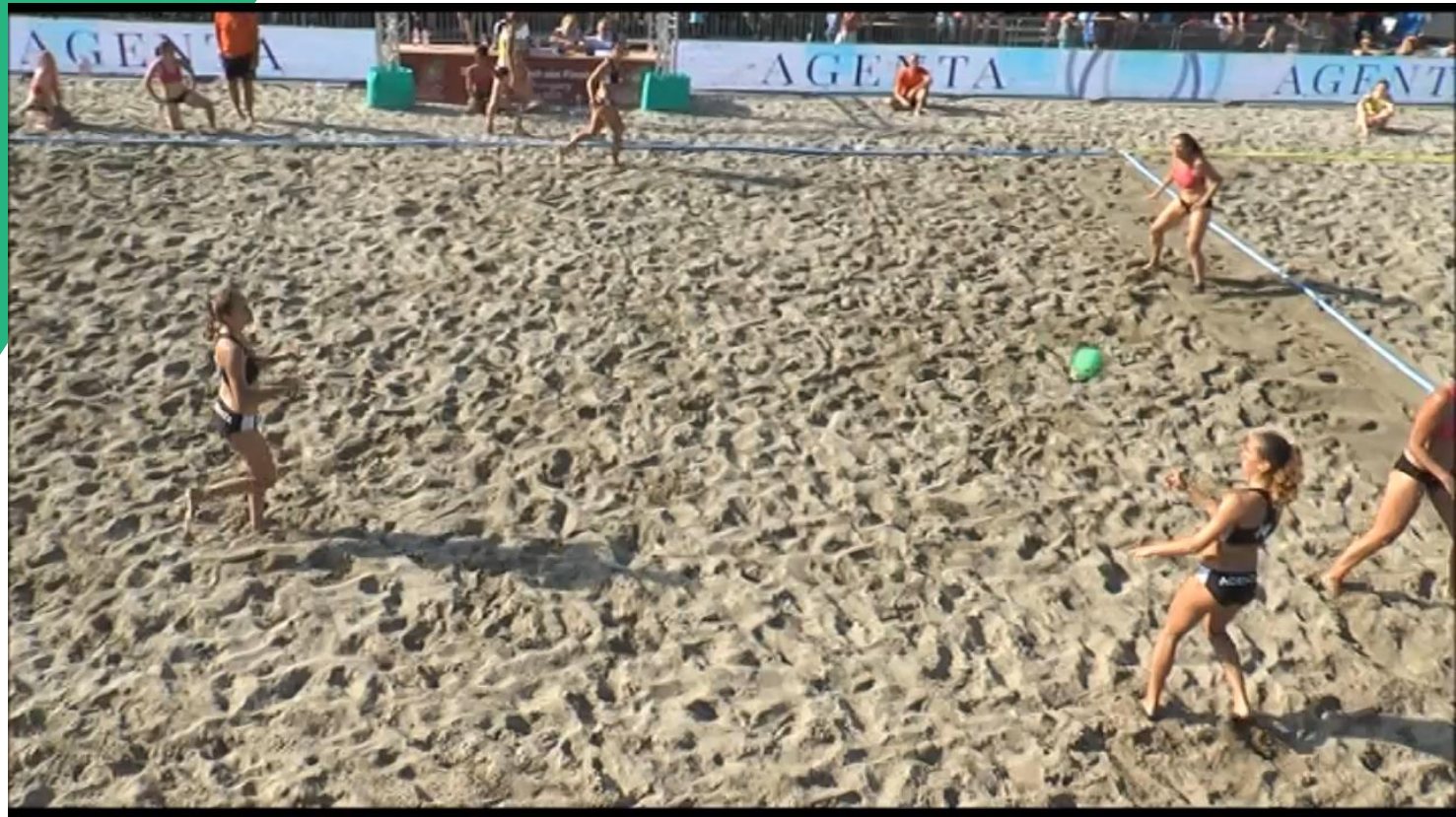
- Wing (3:1)



DEFENCE SYSTEMS

Let's analyse the possibilities from the perspective of the position of the specialist:

- Center (4:0)



DEFENCE SYSTEMS

Let's analyse the possibilities from the perspective of the position of the specialist:

- Wing (4:0)



DEFENCE SYSTEMS

Let's analyse the possibilities from the perspective of the
position of the specialist:

- Organized defence view of responsibility



FAST BREAK STRUCTURES

What should we consider?

The substitution strategy and a fast break are strongly coherent.



FAST BREAK STRUCTURES

Let's collect the possibilities from the perspective of the fast break:

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



FAST BREAK STRUCTURES

Goalkeeper direct goal



FAST BREAK STRUCTURES

Individual fast break



FAST BREAK STRUCTURES

Extended fast break



FAST BREAK STRUCTURES

Complete fast break



FAST BREAK STRUCTURES

Do we have any possibilities to create substitution strategies that are not related to the fast break?

- Defence
- Offence



**DON'T FORGET!
THE COACH MUST GO ON HIS OWN WAY.**



I WISH YOU „FUNTASTIC” BEACH HANDBALL

