

TRAINING IN SMALL GROUPS

WARM UP # 1

COORDINATION WITH THE BALL (ONE BALL FOR EVERY ATHLETE)

ROLLING THE BALL

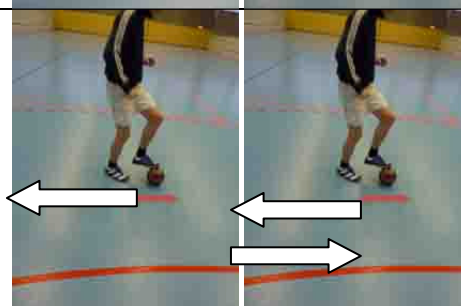
Organisation: The athletes move in one half of the court.
Task: Getting to know the handball, judging the speed of the ball in new situations

Sole. The athlete touches the ball with the left and right sole and moves forwards.



Change. The athlete touches the ball with the left and right sole and moves backwards.

Whistle = change of direction

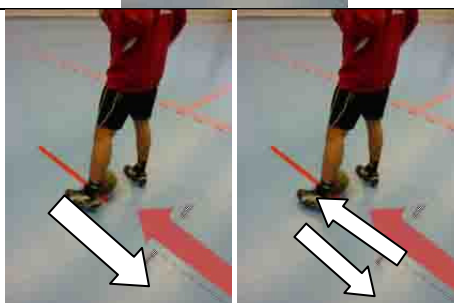


Inside. The athlete touches the ball with the inside of the left and right foot, moves forwards and avoids touching the ground unless touching the ball with small steps.








The athlete touches the ball with the inside of the left and right foot and moves backwards in the same style.

Whistle = change of direction





<p>Run around. The athlete plays the ball with the inside of one foot and attempts to run around the ball clockwise. The athlete has to stop the ball with the sole.</p>		<p>Then the athlete plays the ball with the inside of one foot and attempts to run around the ball anticlockwise. Again the athlete has to stop the ball with the sole.</p> <p>Whistle = change into the other direction</p>
<p>Telemark. The athlete plays the ball with one foot, waits for about a second, runs after the ball and stops it with the knee without touching the ground with any other part of the body (telemark style taken from ski jumping). Next time the athlete stops the ball with the other knee.</p>		
<p>Elbow. The athlete plays the ball with one hand, waits for about half a second, runs after the ball and stops it with the elbow without touching the ground with any other part of the body. Next time the athlete stops the ball with the other knee.</p>		
<p>Variation. For example combine the „Run around“ exercise with the “Telemark“ stop for skilled athletes.</p>		
<p>WARM UP # 2</p>		
<p>SPECIFIC WARM UP (ONE BALL FOR EVERY ATHLETE)</p>		
<p>Mobilisation circle. Every athlete shows one exercise for specific warm up for 10 – 15 seconds, the other athletes copy the moves. Moves can be shown with or without a ball.</p>		
<p>WARM UP # 3</p>		
<p>PASSING DRILLS :: PASSING IN PAIRS</p>		
<p>Intro. The athletes face each other, the passing distance is about four to five metres but can be varied. The players move forwards and backwards with small steps.</p>		
<p>Possible variations:</p> <ul style="list-style-type: none"> :: double handed passes: over the head, chest passes, rugby passes (picture), etc. :: single handed passes: direct, indirect passes, etc. :: passes in combination with additional exercises: jumps, press ups, etc. 		



4 variations. The passing distance is still about four to five metres and the players move forwards and backwards with small steps.

(1) The athlete starts passing with the left hand and the left foot is in the front. (2) Then he/ she passes with the left hand and the right foot is in the front (no picture). (3) Then the athlete passes with the right hand and the left foot is in the front. (4) Now the athlete passes with the right hand and the right foot is in the front. Then it repeats.



Run around. The distance between the two athletes should be bigger now. The athlete starts dribbling around the other athlete until he is in the position from where he started before. He/ She passes the ball to the other athlete who has just started running towards the ball.



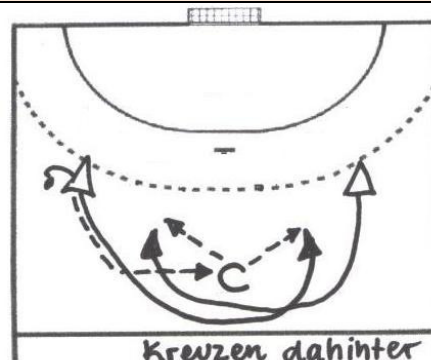
WORK OUT # 1 GOALKEEPER WARM UP (2 / 0)

There are pairs with one ball starting from the 9m line: one from the left sideline area, one from the right sideline area.

The coach faces the goal standing 11 to 15 metres away from the goal. The player with the ball dribbles the ball around the coach, the player without the ball runs around the coach without the ball.

They cross behind the coach and move in the direction of the goal.

- (1) Depending on the number of players, the exercise can be made on both halves of the court.
- (2) The passes to the coach can be made early or late: The coach decides who gets the ball.
- (3) The players have to cross or stay on "their" side depending on the command of the coach (eg "stay" or "cross")



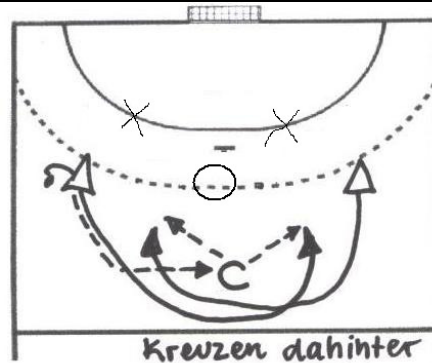


WORK OUT # 2 DECISION TRAINING (2 / 1)

There is a defensive player.

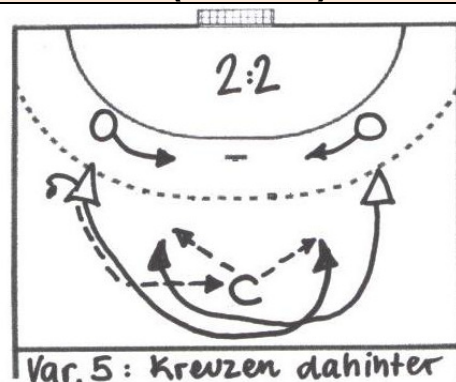
Variations.

- (1) The offensive players are allowed to do „everything“ (easy).
- (2) The offensive players are only allowed to shoot goals in the zone (between the x-marks) (medium).
- (3) The pairs are only allowed to dribble once after the ball comes back from the coach (difficult).
- (4) No dribbling is allowed after the ball comes back from the coach (very difficult).
- (5) Depending on the individual level of the players the coach can decide from variation 1 to 4, but he can reward the players with assist points.



WORK OUT # 3 HALF COURT EXERCISE (2 on 2)

There are pairs on the left and on the right position, the coach faces the goal standing 11 to 15 metres away from the goal. One pair starts from the right and one pair starts from the left. The players starting at the 6 metres line are the defensive players, the players starting at the 9 metres line are the offensive players. Only one offensive player needs the ball. One offensive player dribbles the ball around the coach, they cross behind the coach and move in the direction of the goal. Meanwhile the defensive players move to the center of the court on the 6m line with lateral moves. They play two on two. Whenever there is a problem, the attacking players are allowed to pass to the coach.



Variations.

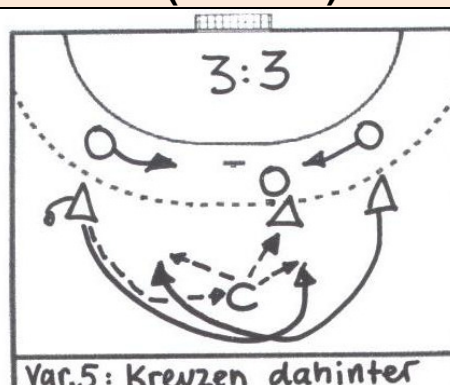
- (1) „The pairs stay together.“: It means that the defensive player follows „his“ offensive player. The coach could divide up the players into pairs of similar level to avoid mismatch situations.
- (2) „The pairs are changed.“: It means that the players move sideways until the 7m line, meet with a high 5 and move back to „their“ position. Now the offensive player has always a new situation, because the defensive players are always changed.



WORK OUT # 4 HALF COURT EXERCISE (3 on 3)

There is an additional pair: a center back and a line player: Then they play three on three.

If there are enough athletes, you can add more pairs creating a four on four, five on five or six on six situation.



COOL DOWN

Physical cool down, talking about the exercises.

LITERATURE

Filz, R. (2005). Bausteine für die offensive Deckung.

Filz, R. (2006). Handball: Aufwärmen und Koordination mit Ball.

Filz, R. (2011): My first course in Liverpool.

You can find more papers on www.coach-filz.com

Thanks to all pupils, players, coaches & teachers for working out hard while being papped.

;-) Have fun! roman.filz@gmx.at

Mag. Roman Filz (* 1972). **Player.** played for Union St. Pölten and ASKÖ Linz (Austria), 25 games for the Austrian Junior National Team, participated in the Junior World Championship (Egypt, 1993). **Education.** Diplomas for teaching English & Sports at Lower Secondary Schools, (Pädagogische Akademie Krems, 1996), Mag. phil. in education, psychology and special education (University of Vienna, 2002), Licence "A" Austrian Handball Federation (2003), Teacher Training Diploma (Pädagogische Akademie Feldkirch, 2004), Licence "B" German Handball Federation (2009). **Coaching.** Lots of medals and titles as a youth headcoach of club and school teams (men) in Austria (Union St. Pölten, SHS St. Pölten, A1 Bregenz Handball, SHS Vorkloster) and Germany (Eintracht Hildesheim, Handballförderzentrum Hildesheim/ Elze), Qualification for the European Championships as an Assistant Coach of the Austrian National Female Team 1990 in Slovakia (U17, 2007) and Hungary (U19, 2009) and a lot of structural work, Qualification for the European Championships In the Czech Republic (2011) as a Headcoach of the Austrian National Female Team 1994. **Current Jobs** (05/2011). Lower Secondary School teacher, Headcoach of the Austrian National Female Team 1994, Lecturer for teacher training, Lecturer for Austrian handball trainers, EHF Lecturer.

