



Presentation for the 2012 EHF Top Coaches' Seminar

Practice Unit I

Th, 19. Jan. 2012, 15.45 – 17.00

I. Defense systems used in general: Zone Defense 3:2:1

→ Video Presentation and Introduction (compare **Attachment 1**)

3:2:1 Standard defence:

Everyone controls his space/ Blocks entrance attempts (6-9m Tabuzone)/1:1 = defend on side of the throwing hand, defensive positioning, undo blocks offensively / aggressive = offensive block against throwing arm / tactical fouls = frontal „embedding in concrete“ / Win tackles against 3:3 offense to the exterior side/ win tackles in 4:2 to the interior side / body contact also against players not possessing the ball/ Front center = battering ram against center und 2.libero, Back center = Pivot + Helping (2.libero), Half left / Half right: choice behavior, Far left / far right: offensive-aggressive

1. Basic Moves

- 2x6 Defence Moves (warm-up)
- 6x One on One (Assault/Holding the Opponent/Tackling)

2. Group tactical means against

- Block by the Line player (going over the Block)
- Crossing by Back players (switch)

3. Team Tactical Means against

- lost One on One (Helping)
- changed offensive system from 3:3 to 4:2/2:4 (still 3:2:1 defense)

4. Offensive Tactical Means against 3:2:1

Attachment 1:

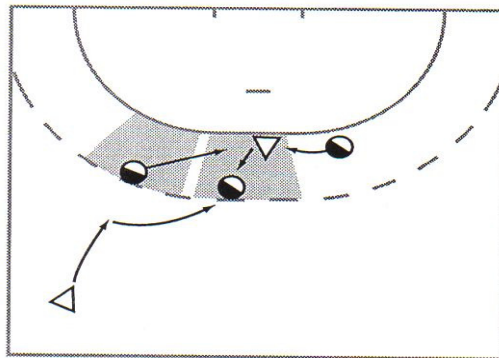
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GRUNDREGELN FÜR DAS ABWEHRSPIEL (RAUMDECKUNG)

1 gegen 1-Abwehr

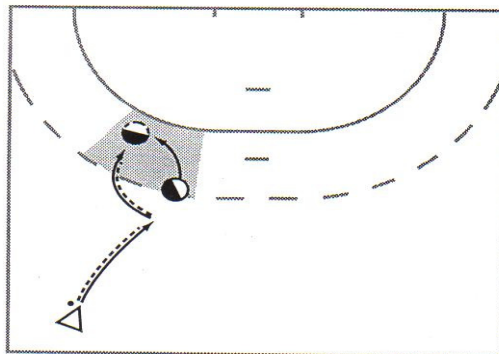
Verhalten im Raum

- Jeder Spieler hat einen Sektor, in dem er offensiv agieren darf.
- Der Gegner wird nicht offensiv in einen anderen Sektor begleitet.
- Defensiv darf und muß man andere Sektoren betreten (aushelfen).



1 gegen 1-Abwehr

- Den Angreifer immer vor sich haben (Zweikampf).
- Die Hände sind Distanzhalter und Stoßdämpfer.
- Nur kurzer Körperkontakt.
- Flexibel im eigenen Abwehrraum agieren:
 - Zurücksinken und Blocken
 - Stürmerfoul provozieren
 - Täuschungen anwenden



Mit dem Gegner spielen!



DHB-Rahmentrainingskonzeption

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