

Presentation for the 2012 EHF Top Coaches' Seminar

Practice Unit V

Sa, 21. Jan. 2012, 10.45 – 12.00

V. Visions of future development in defense

Principle: Anticipation, Faking, Stealing the ball

Video Presentation and Introduction (HBW Balingen)

1. 3:2:1 System

a) two Line players between 2-3 and 4-5:

Steal right half defender & left half defender (**Illustration 6**).

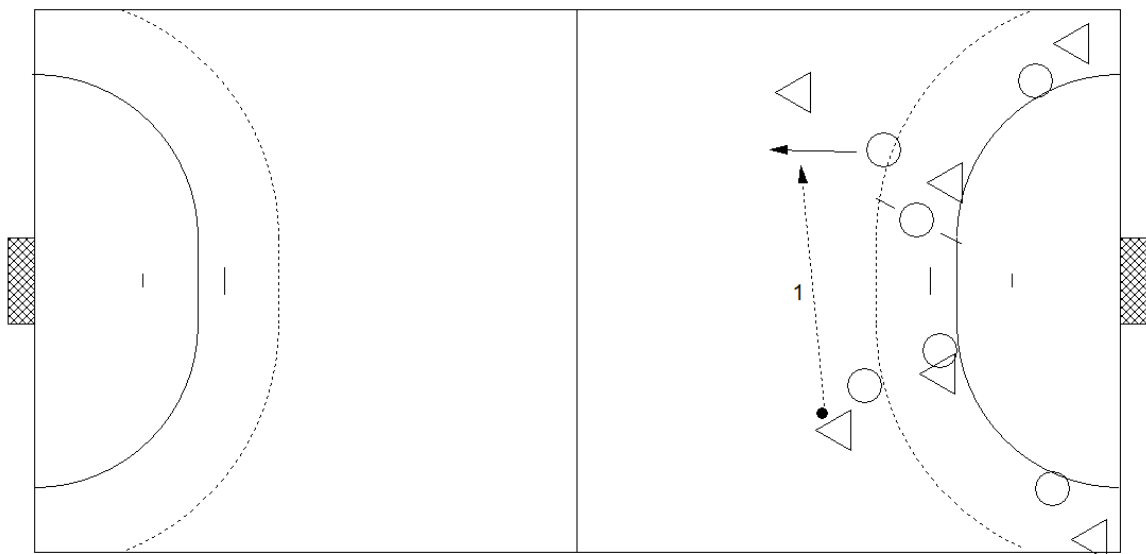


Illustration 6: 3:2:1 against 2 Pivots – Steal (HBW Balingen)

b) two Line players between 1-2 and 5-6:

Steal front center or left or right outside defender (**Illustration 7**)

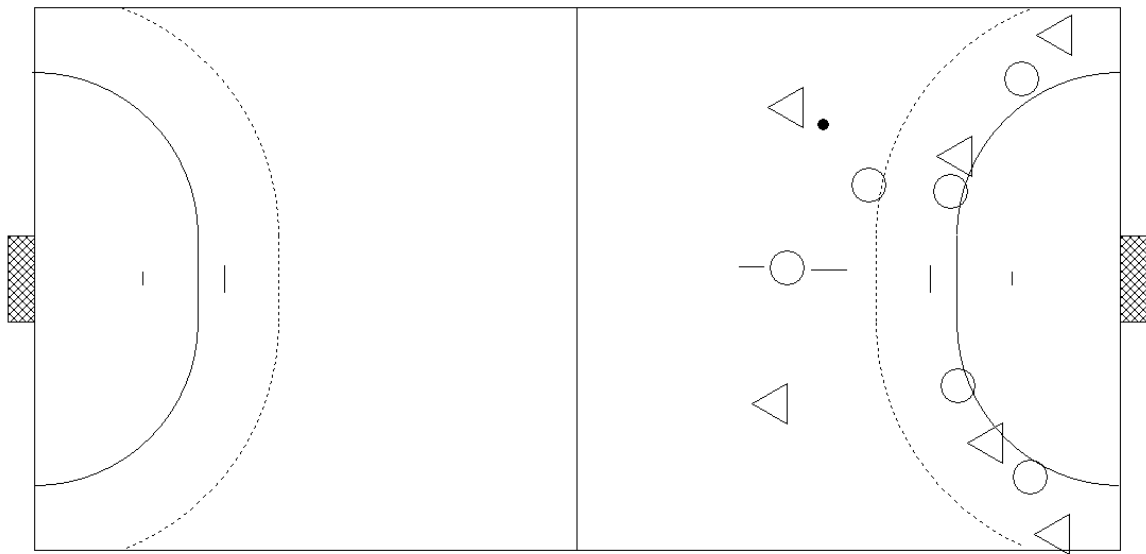


Illustration 7: 3:2:1 System against 2 Wide Pivots - Steal

c) Pressing Fake → **Skizze noch erstellen**

2. 5:1 System

a) Shooting Fake (**Illustration 8**).

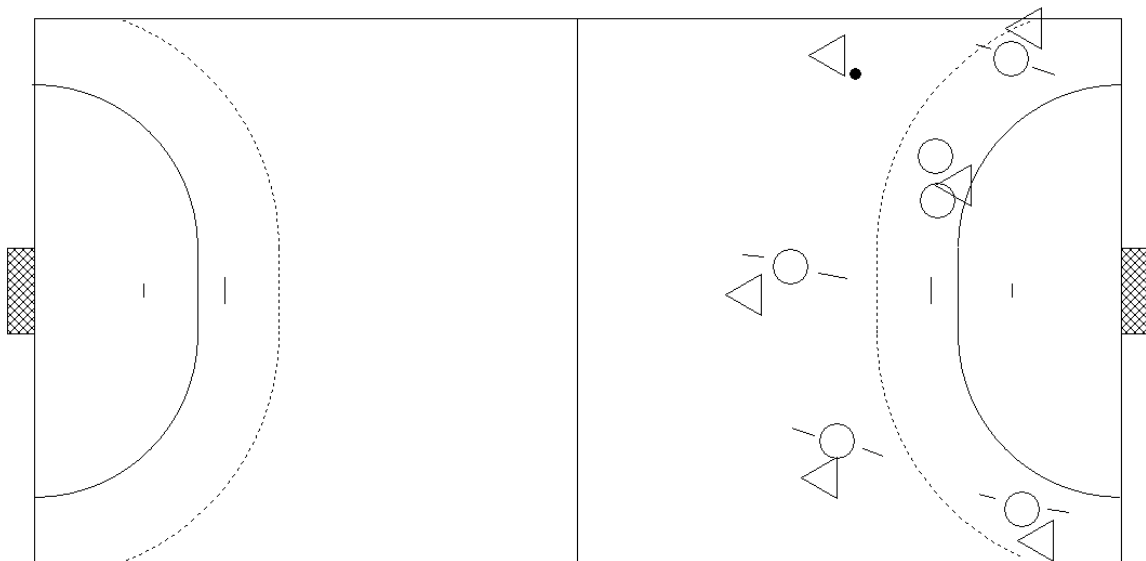


Illustration 8: Shooting Fake in 5:1

b) two Line players:

Steal front center or left or right outside defender

3. 6:0 System

Antizipation from defence position 5 and 6, when the Ball is on the Position of the Left Back and Line player is on Position 1-2, 2-3 or 3-4 (**Illustration 9**).

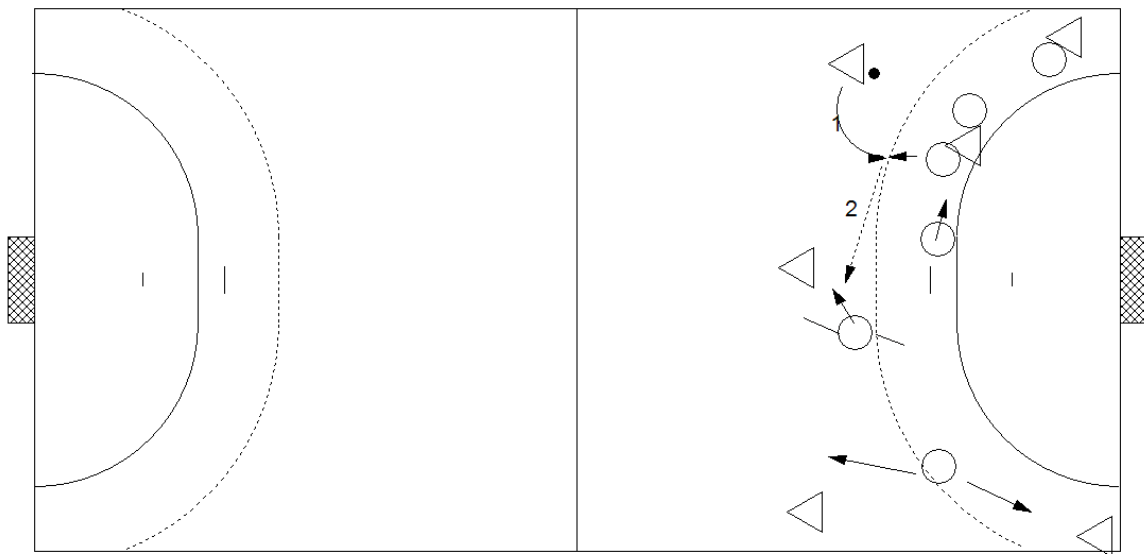


Illustration 9: 6:0 System – Antizipation/ Steal