

Foreword

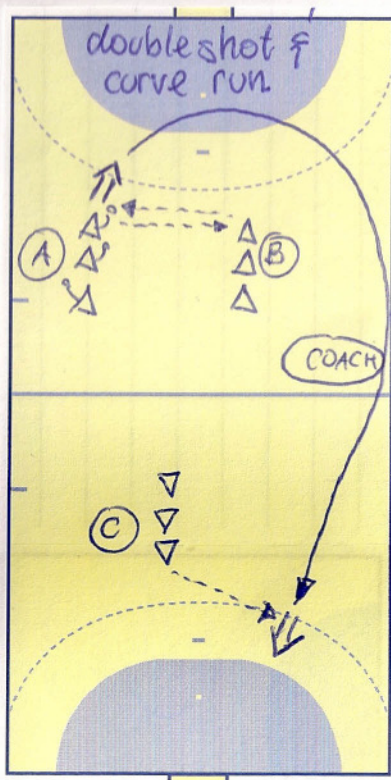
These exercises were chosen for topics like parallel thrust, crossing, pick & roll and special passes. All these themes have to do with **pass quality & timing**. When talking about persons, the author chose only the male forms (“he”, “his”, etc.): just for easier reading. The author does not want to discriminate females or anybody else.

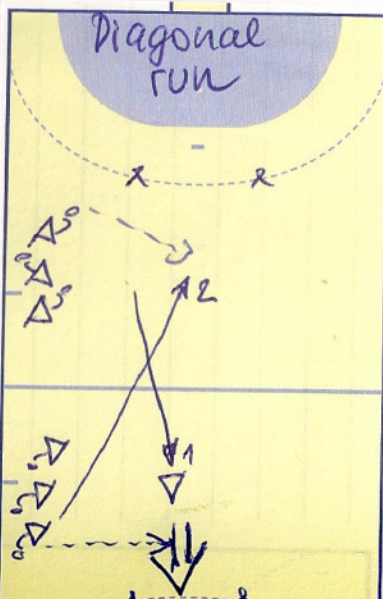
The exercises were chosen for the 2012 Youth Coaches’ Course in Hard, Austria. Please read the comment on **variations**. I strongly believe in this idea of training. Every exercise is described on one paper in two columns like this:

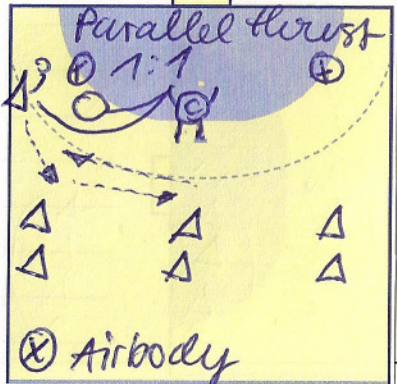
Name :: idea from :: focus	Description
First comes the name of the exercise :: I have used most of the exercises for many seasons. Even if I modified most exercises, I always write the name of the person who gave me the idea . :: The most important focus is always mentioned first . There are a lot of variations which offer further exercise tasks. I also mention all the important further tasks here. There is a simple sketch from the basic idea of the exercise.	<p>I always try to describe the exercise in an easy way in this column.</p> <p>Variations. I like working with variations. This is my idea of training: I always have one basic idea for every exercise with certain tasks. This is just the “base frame” for all further ideas. Sometimes it is necessary to change an exercise, because (1) it is too difficult or because (2) it is too easy (misjudgement of the individual level of the athletes): Therefore the coach has to watch and evaluate every single player during the exercise. Then changes for all players or for a group of players can be made (for example dribbling is allowed for beginners, etc.). Sometimes it is also necessary to change a prepared exercise because of external circumstances: (3) Suddenly your team has only got one half or even less space of the gym and you would have chosen a full court exercise. Or suddenly (4) there are only seven field players and you would need at least ten for a five on five drill. (5) Finally training with as many variations as possible keeps your athletes intellectually fit, avoids being bored and attracts their attention by bringing in something new as often as possible.</p> <p>Comments. Sometimes I add a few comments about further ideas.</p> <p>Airbody. Especially in this area I like to work with the airbody system. Therefore I sometimes mention the suggested position of the airbodies at the bottom of this column. If there are different possibilities for the use of airbodies, I always write the airbody position before the variation.</p>

Thanks to all the players and colleagues who helped me to develop all the variations of these exercises.

Name :: idea from :: focus	Description
<p>Double – shot & curve run :: Basic idea from Lastowitz Herbert :: Parallel thrust, Crossing, Back shots, Easy shots, Pass timing</p>	<p>There are three groups on the field. Group A with a ball, group B without a ball and group C with a ball. The first player of group A passes to the first player of group B, then comes a parallel pass back to group A and a shot outside the 9m line. After the shot, the player from group A runs on the other side behind the coach and gets a pass from the first player of group C and shoots in counter attack – mode.</p> <p>B takes the ball from A's shot and queues behind group A. A takes the ball and queues behind group C. C queues behind group B without a ball.</p> <p>Variations:</p> <ul style="list-style-type: none"> . other side: positions A & B are changed, and after the back shot the player runs the curve on the other side . crossing at the back position (A / B) . crossing on the other side with switched positions . crossing on the other side (C with the curve runner) on both sides . pass variations from C to the curve runner (longer passes, other moves before the pass, agility ladder...) <p>4 airbodies at the back position 2 airbodies on the other side as a shot alley</p>



Name :: idea from :: focus	Description
<p>Diagonal run :: Basic idea from Lastowitz Herbert :: Parallel thrust, Crossing, Passing to the line player, timing, evaluating situations</p> 	<p>The players queue behind the left back position of one half and behind the right back position of the other half always facing "their" goal. A running player comes from the other half, after facing the goal a pass to the running player is needed. After the pass the player runs to the other side. The runner should get the ball in the area of the airbody alley on 9m at the middle position. After the shot the player queues behind the other queue. So there is always one pass in every half.</p> <p>Variations:</p> <ul style="list-style-type: none"> . There is an additional left back on the one side and an additional right back on the other side. The idea is always to shoot after two passes: left back – new middle – right back on one side; right back – new middle – left back on the other side. The middle player queues behind the shot – position. The shooter queues behind the other line. . There is an additional back on every side and an additional wing player. The ball goes like this: left back – middle – right back – right wing. Every player changes to the position to which he passed. . Instead of the wing position there is a line player waiting at the central position at the 7m line. The right back passes to the line player who moves from the 7m line outside. . The new middle player passes to the right back player who passes to the left wing, who shoots. . The new middle player crosses with the back player. . The new middle player crosses with the wing player, the wing player passes to the inside moving back player who shoots (long crossing). . For big groups: There are players on all positions. The new middle player chooses the player who has to shoot and takes over the new position. Every shooter has to queue behind the line.

Name :: idea from :: focus	Description
<p>Parallel thrust One on one :: Idea from Thomas Engler :: Parallel thrust, Back pass, 1:1, differentiation by the coach</p> 	<p>The coach stands in the middle of the court, the wing players on both sides have got balls. It always starts like this: left wing – left back – middle back – left back: He goes 1 on 1 against the former left wing after having chosen a position in the sideline area.</p> <p>After having passed the left wing runs to the coach, touches his arm and goes back immediately to defend against the back player.</p> <p>The field players are split into two groups: wing players and back players. They always change positions within their group.</p> <p>The nice idea from Thomas Engler comes now: The coach has always got a differentiation possibility by leaving the wing player more or less time: he can go back when a fast player runs, he can come closer if a slow player comes. So the coach can always watch the passes and so he decides which intervention he wants to choose. The timing is very important here: It always starts from the left and the from the right position.</p>

Name :: idea from :: focus	Description
<p>Cross behind the coach :: Basic idea from Bert Bouwer: EHF seminar 2004 in CZE: He used this exercise to develop an offensive defense system: Great stuff! :: Parallel thrust, Crossing with the ball, Crossing without the ball, Pick and roll</p>	<p>One player starts with a ball and one starts without a ball. Both start from the sideline & 9m line crossing at the same time. The one with the ball dribbles two times and passes to the coach, the other one runs into the same direction without the ball, they cross behind the coach without a ball or with the ball, if the coach decides to pass earlier. Now the coach decides who gets the ball. This person passes (parallel thrust) to the other player without any dribbling, the other player shoots. That is the basic idea of the exercise.</p> <p>Variations:</p> <ul style="list-style-type: none"> . The coach can modify the distance to the players depending on the skills of the players. . The coach can pass later or earlier depending on the skills of the players. Time factor! . After the crossing behind the coach, the players get a pass and cross (steep crossing) in front of the coach. The back player shoots outside 9m and the other player stands in front of the airbody. The coach helps the players with orientation. . The same idea, but the back player passes back to the line player. . The same idea but the coach decides and calls "Go!" or "Pass!" . Then the players decide. . Two offensive airbodies: Then another player enters the exercise: A line player always starts from the middle and tries to block at the right position at the airbodies. Then the shooter is the next line player and the line player pairs up with the remaining player. Like this the pairs can be mixed up. . Two airbodies as border of a middle corridor: 4 play: One pair with a ball stand on the outside, the defender on 6m, the offensive player with the ball on 9m. On the other side the defender stands on 6m and the offensive player without a ball stands on 9m. On the command of the coach all four players start: the offensive players cross behind the back of the coach, the defenders move along the 6m line into the middle. Then they play two on two. First the defenders follow "their" offensive players and defend him inside the middle corridor. Afterwards they switch side and positions. . Then there is the same idea, the only difference is, that the defenders meet in the middle of the 6m line and stay on "their" side after a high five contact. Like this they always have a new opponent. . Then comes an additional line player who has to block a defender. It can be played without or with high five after the sidesteps movement.



My favourite exercises: Parallel thrust :: Crossing :: Pick & Roll :: “Special” passes :: July 2012 EC :: www.coach-filz.com

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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 as the Headcoach of the Austrian National Female Team “1994” in the Czech Republic (U17, 2011); Two times EYOF – participant as AUT – assistant coach in Belgrade (SRB, 2007) and AUT – headcoach in Trabzon (TUR, 2011). Two times European Open participant as AUT – assistant coach (2008) and AUT – headcoach (2012) both tournaments played in Gothenburg (SWE).

Current Jobs (06/2012). Lower Secondary School teacher, Headcoach and head of the handball department Leistungsmodell St. Pölten (boys under 18), Headcoach of the Austrian National Female Team 1994, Lecturer for teacher training, Lecturer for Austrian handball trainers, EHF Lecturer, Freelancer www.coach-filz.com.

