



EUROPEAN HANDBALL
FEDERATION

2013 EHF Youth Coaches' Course – Gdańsk Poland

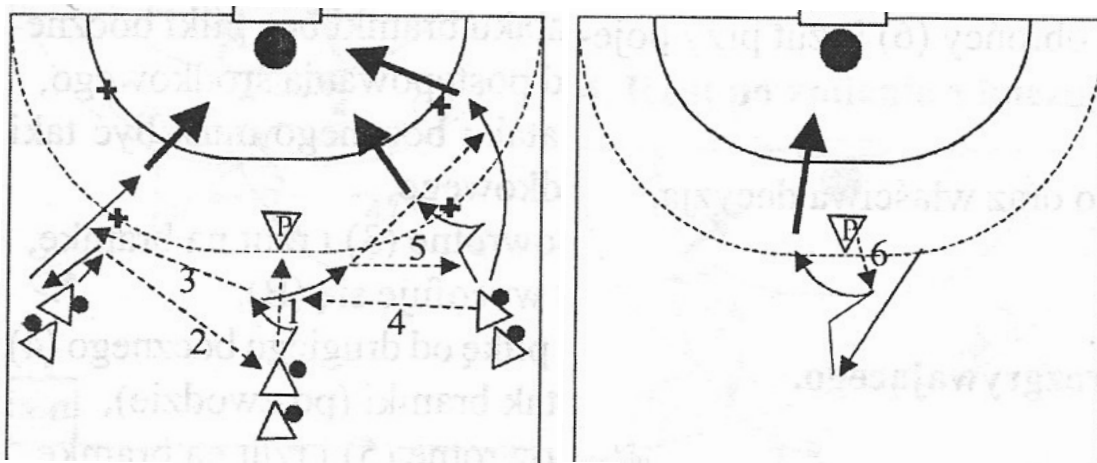
**Shot team training and the goalkeeper
training**

Wojciech Nowiński



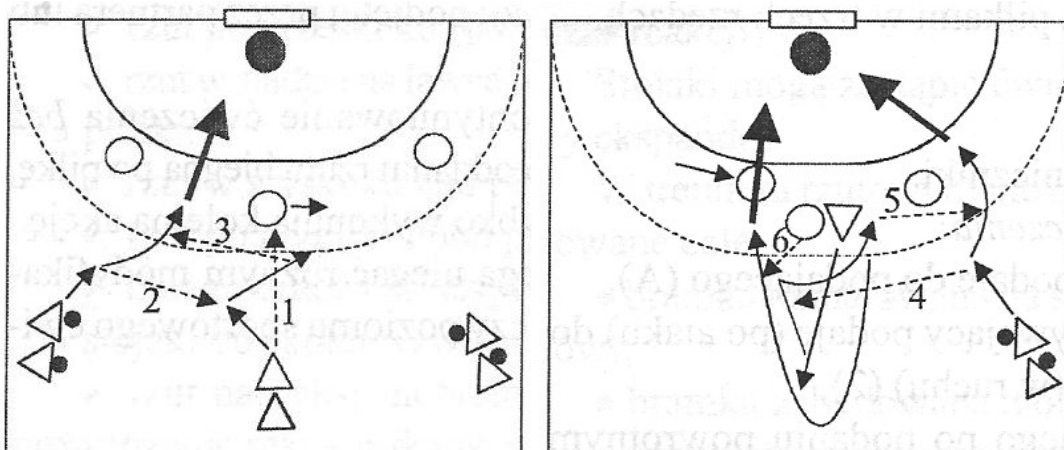
Shot team training and the goalkeeper training

1. Shot after double pass – without feint and with body and ball feint the back players

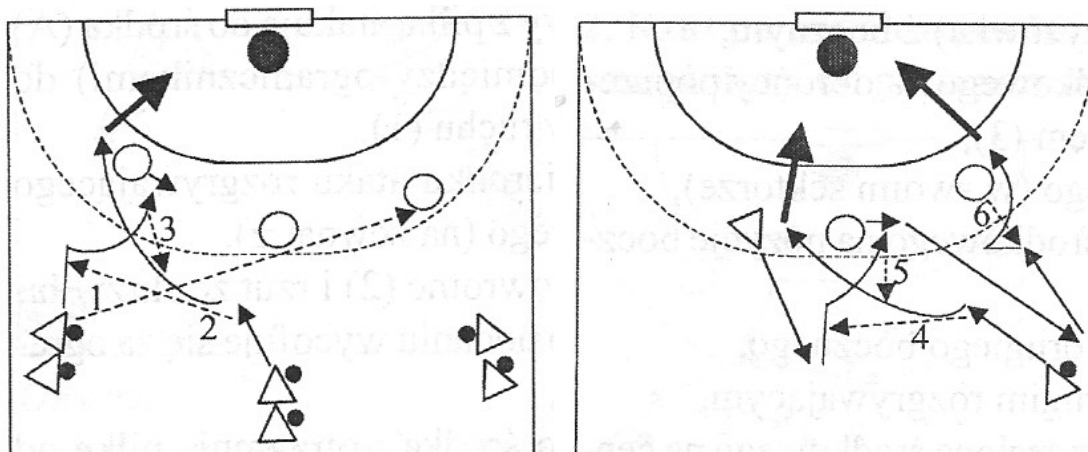


Coach determines the direction of shots (short corner or long corner)

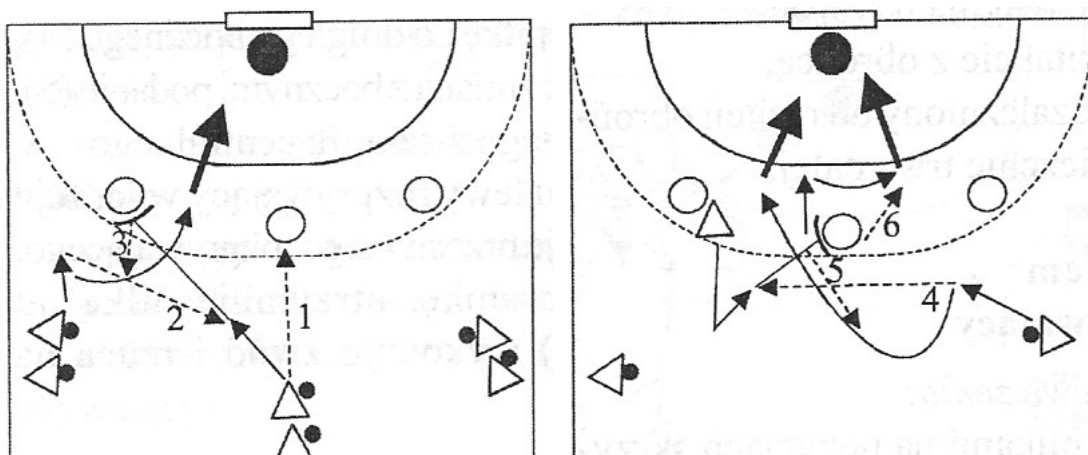
2. Shot after interaction between two back players



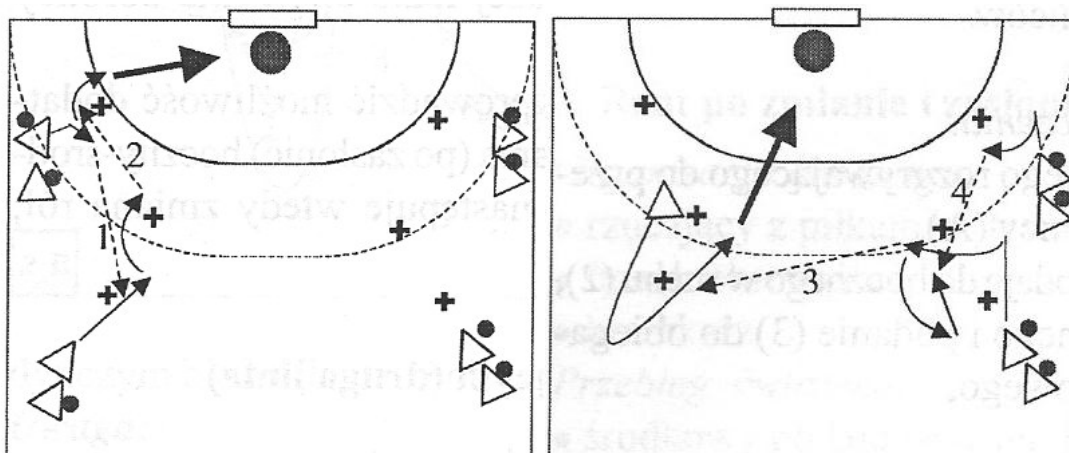
3. Shot after crossing the back players



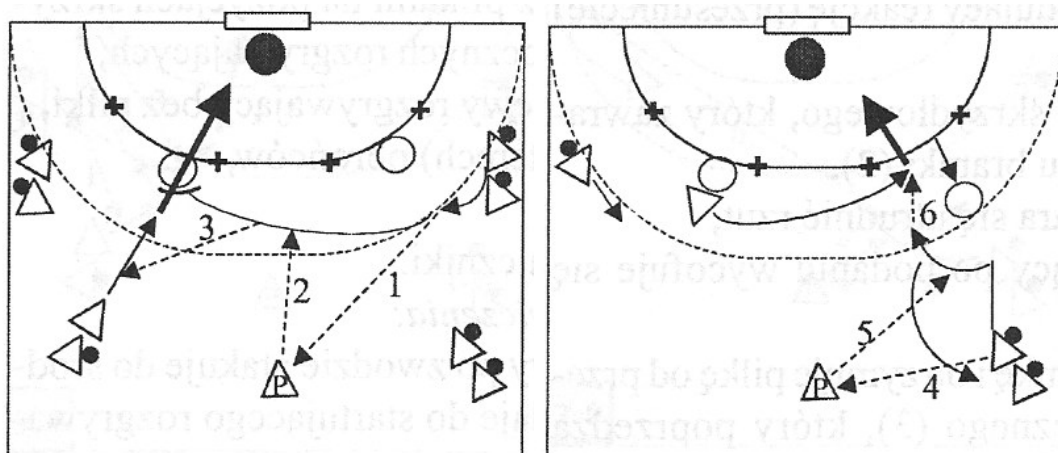
4. Shot after crossing the back players and screen (offensive block)



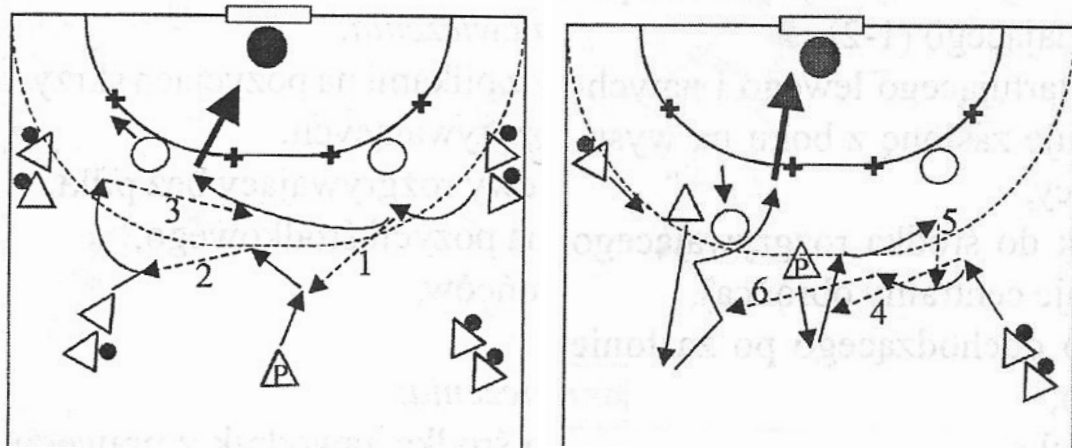
5. Shot of position after interaction – back-wing players, back-back players



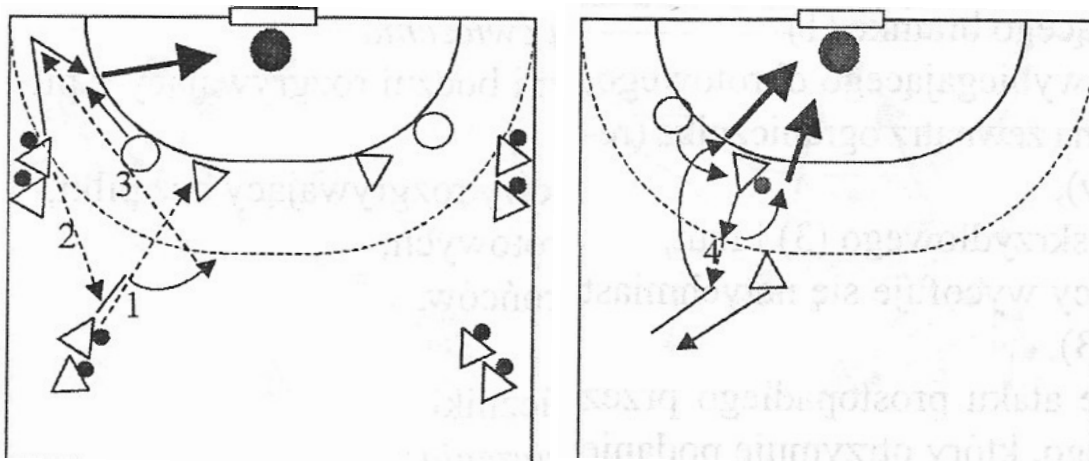
6. Shot after the run to the center, screen and turn back the wing player



7. Shot the wing player after the run and the back player in a situation one to one

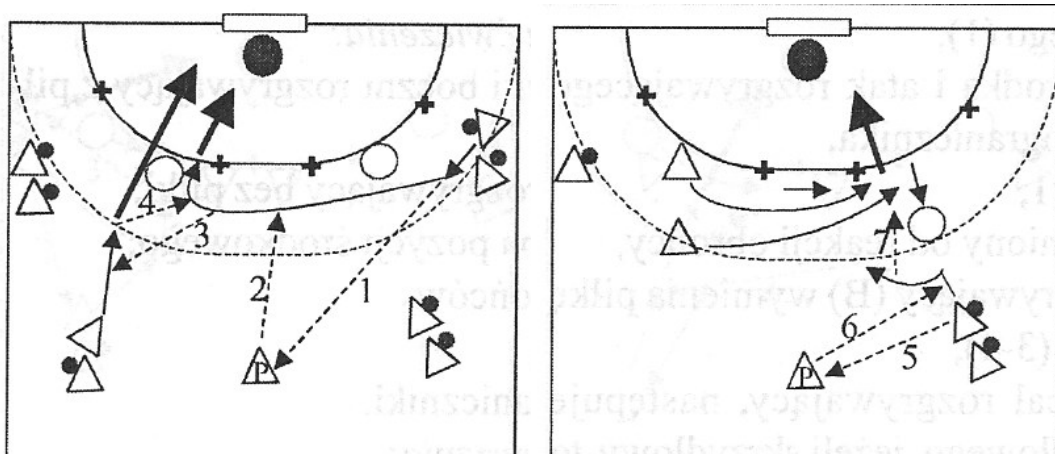


8. Return the ball to the wing (jump pass) and shot the wing player and shot in a situation 2x1 (back player and pivot x one defender)



9. Shot in a situation 2x1 (back player and wing player x one defender)

Shot after turn back (the wing or the back players)



10. Shot in a situation 3x2 and shot the first line player after turn back

