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Application of all kinds of faking

Danmark, 12-18 January, 2014



EUROPEAN HANDBALL
FEDERATION



***Feint:
Sudden change of
direction of movement
with or without ball***

- First time, about *feints*, I was talking before more then 30 years during one IHF seminar,
- Since then a lot things has changed, we have much more knowledge and ideas about feints but it's *more theoretical* then we can see something of that during the game.

What are the reasons?

- Coaches have not enough information
- Excessive using of power then technique during feints....

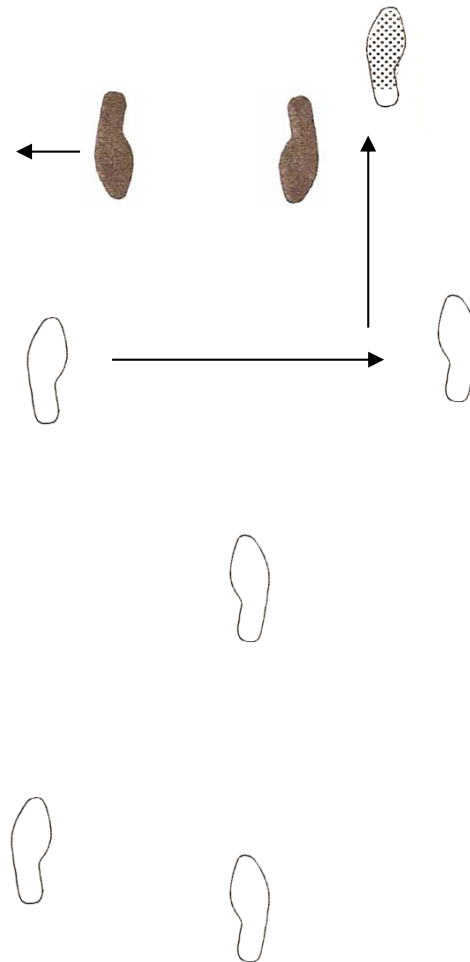
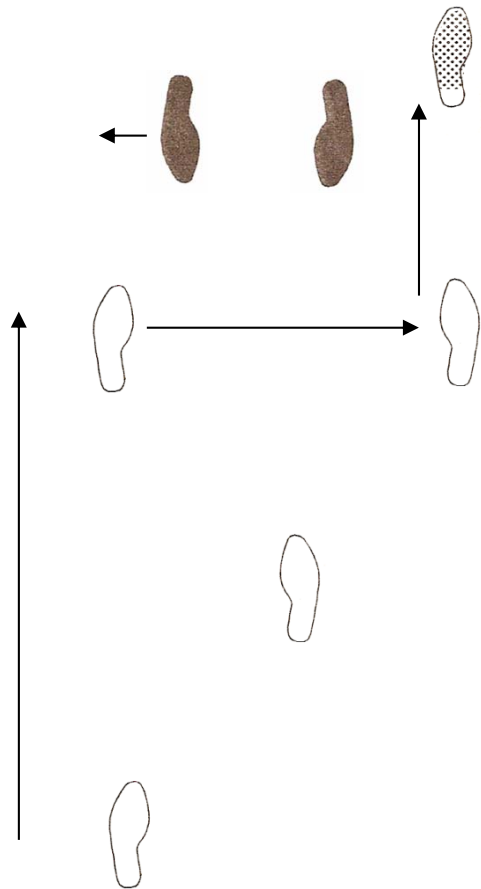


- Too early departure players abroad, before the end of their handball education (“handball school”)....
- Frequent changes of players and coaches in clubs, any serious and longer plan is not possible,
- During this seminar I was talking about technique and methodical procedure of teaching *four*, in this moment, known feints: *single feint* (in the both side), *double feint* (in the both side), *feint “false shot”* and *rotation (turn) feint*.

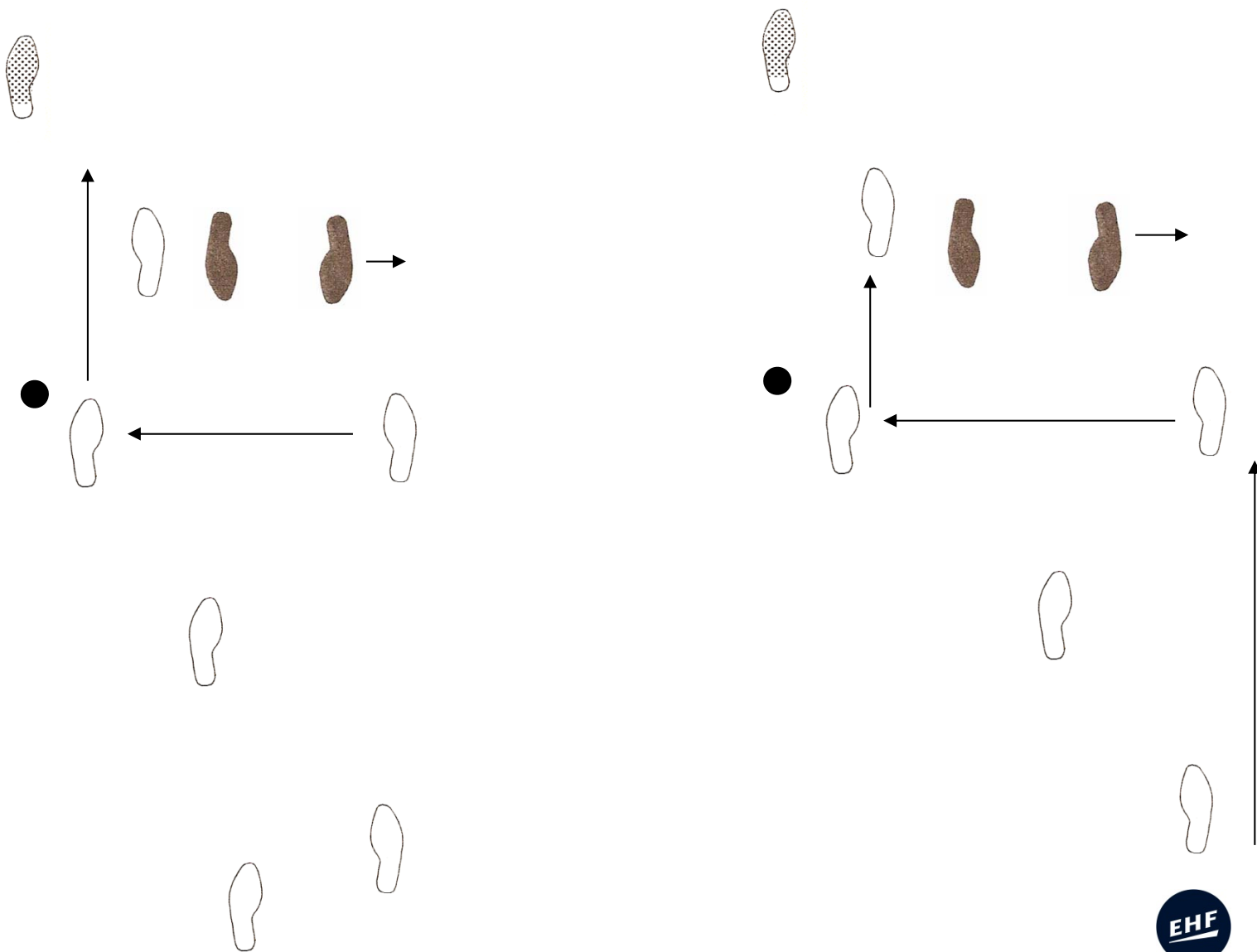
- To day there are, minimum, 4 more (new) feints with about 20 variants and many possibilities for their combinations.
- About all of this will be discussed today .
- The oldest and best known feint is *single feint*.
- If one player knows any feint it's, the most often, *single feint* what is possible to do in the both side (“stronger” and “weaker” side).



Single feint in “stronger” side



Single feint in “weaker” side

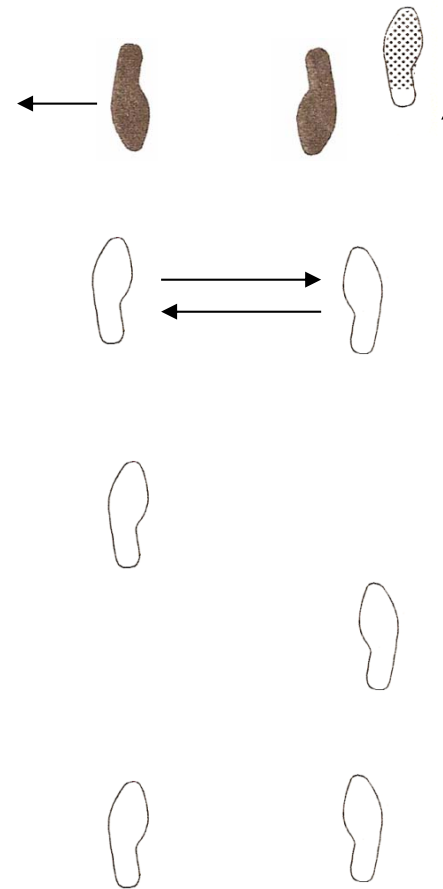
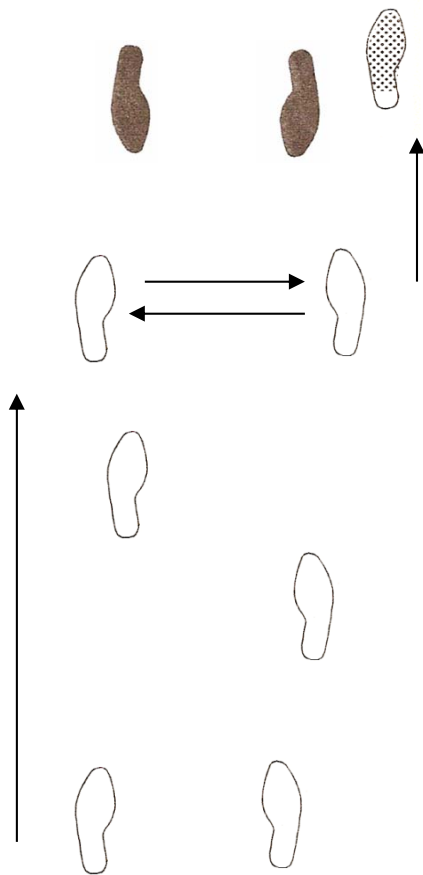


- But single feint has some tactical imperfections:
First one: If back player knows (excellent) single feint only in one side (usually it's "stronger" side) it's very easy for defense player to stop him because he knows where attack player will go and before feint.
- *Second one:* During single feint player has to keep ball and he is limited with 3 steps. It means if defense player is very aggressive (13-14 m) after excellent feint back player can't shoot, he can only pass the ball.

- Next feint, was *double feint*, also in the both side. Unfortunately, to day this feint almost use nobody. I don't know when I saw this feint last time and I don't practice this feint with players.
- Reason are *referees*.
If player use double feint for referees it's always –
4 steps.
- Let's show that *it's not truth*
- and it's pity that we can't use this nice element.



Double feint in “stronger” side

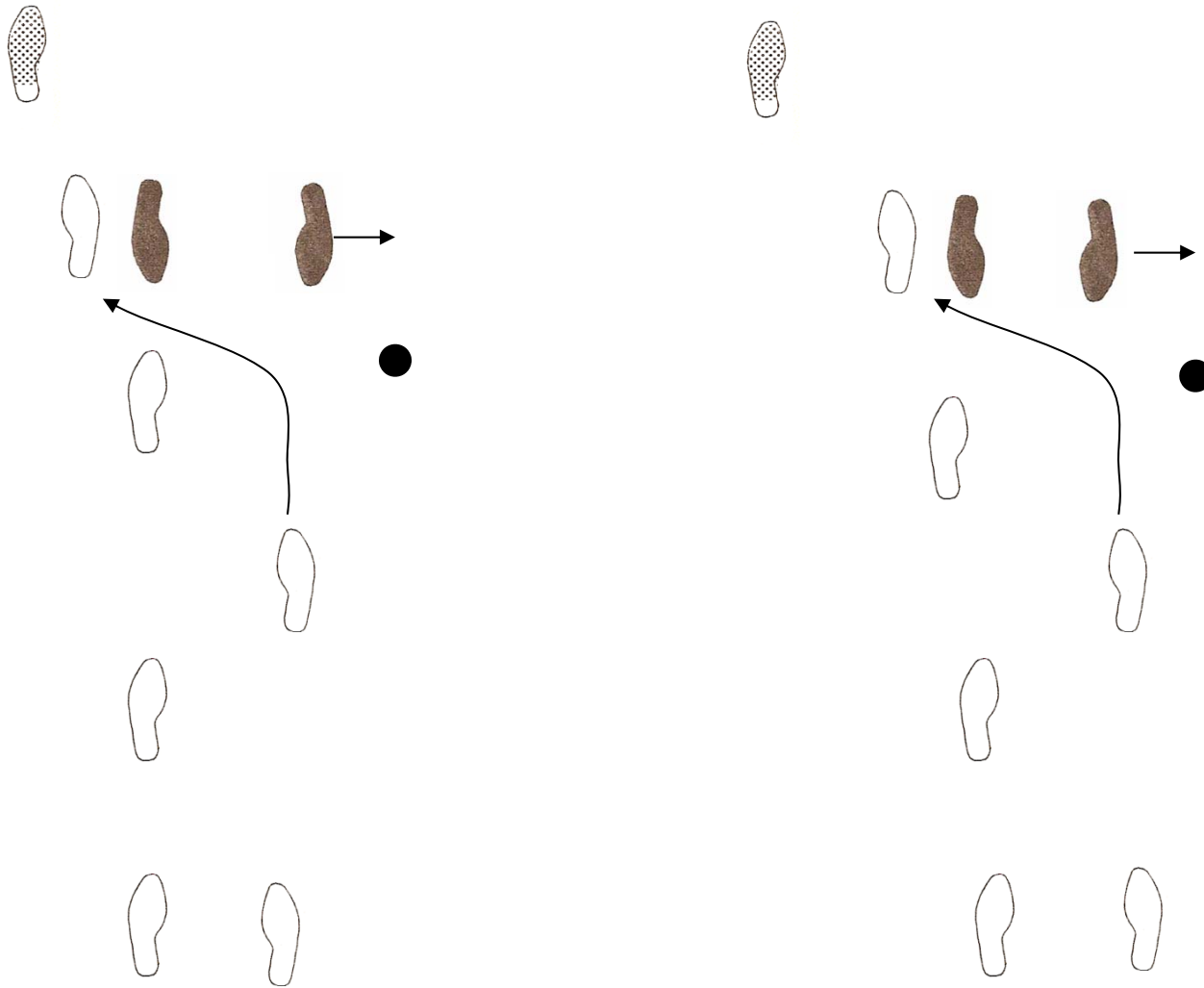


Double feint in “weaker” side

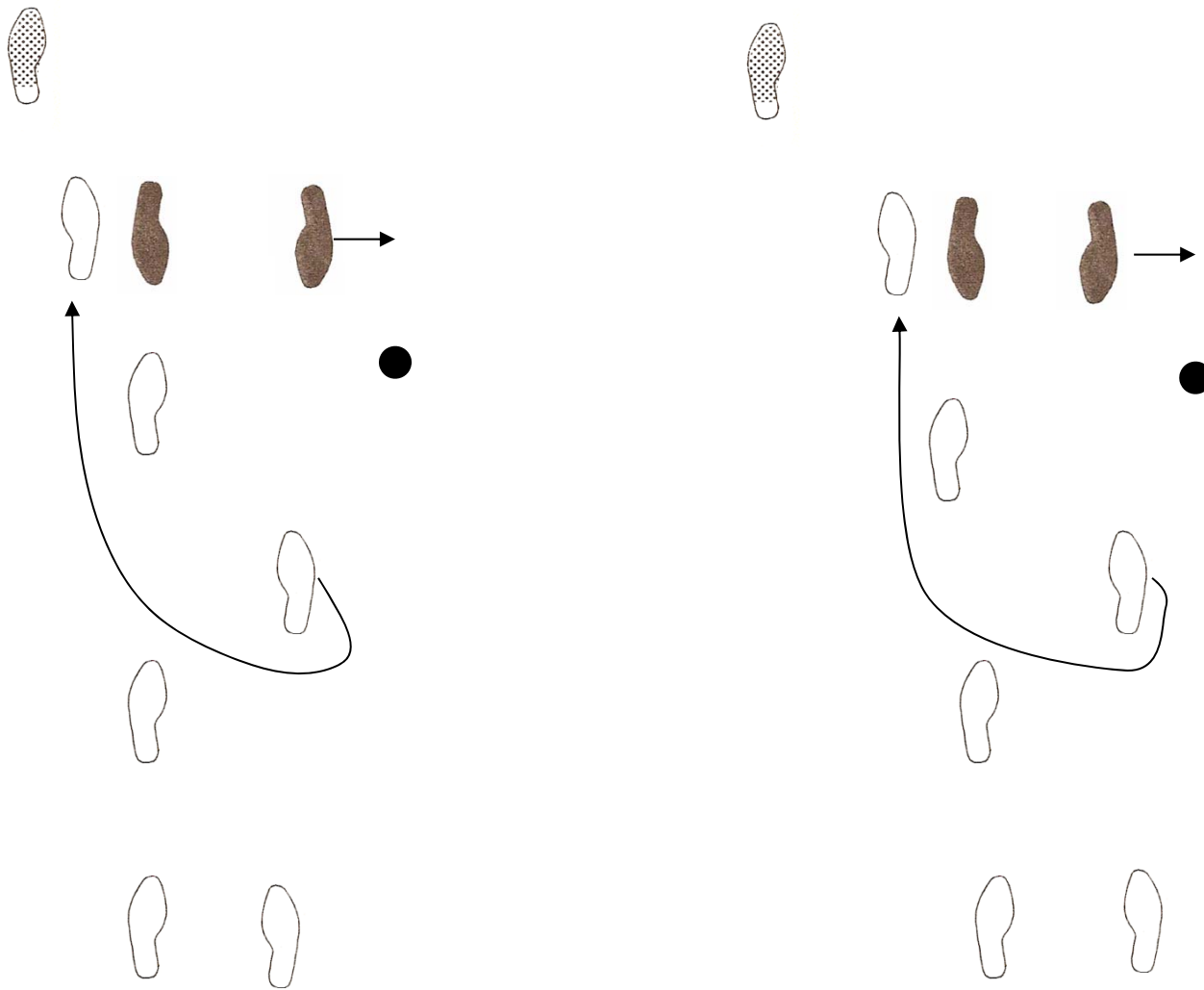


- After these feints appear two new feints: *feint “false shot”* and *rotation (turn) feint* where first part of feint (preparatory phase) is technique of floor shot.
- While single feint is “dangerous” only in one side these two feints are “dangerous” in the both side of defense player. Attack player can shoot beside left side of defense player or to continue dribble by the right side of defense player.

Feint “false shot”



Rotation (turn) feint



- These two feints gave us one new tactical option: possibility of making “small combinations” what means different combinations *shot: shot; shot : dribble....*
- Now it's time to remind us what is definition of word “feint”.

It's “*sudden change of direction of movement with or without ball*”

- It means if player during dribble suddenly change direction of dribble it's also one kind of feint – it's *dribbling feint*: something new in handball what we, still, don't use enough (while in basketball it's one of the basic elements).



- What is, what can be, quality of dribbling feint?
- For dribbling feint player can use both arms (and right and left) and for last step forward can be also and left and right leg. It means that we have 4 different solutions, what means more problems for defense player. These solutions are : *right arm : left leg; right arm : right leg; left arm : right leg* and *left arm : left leg*.



- Next characteristic or advantage is that player is not limited with 3 steps. After dribbling feint player still has possibility to use 3 steps for new feint or shot.



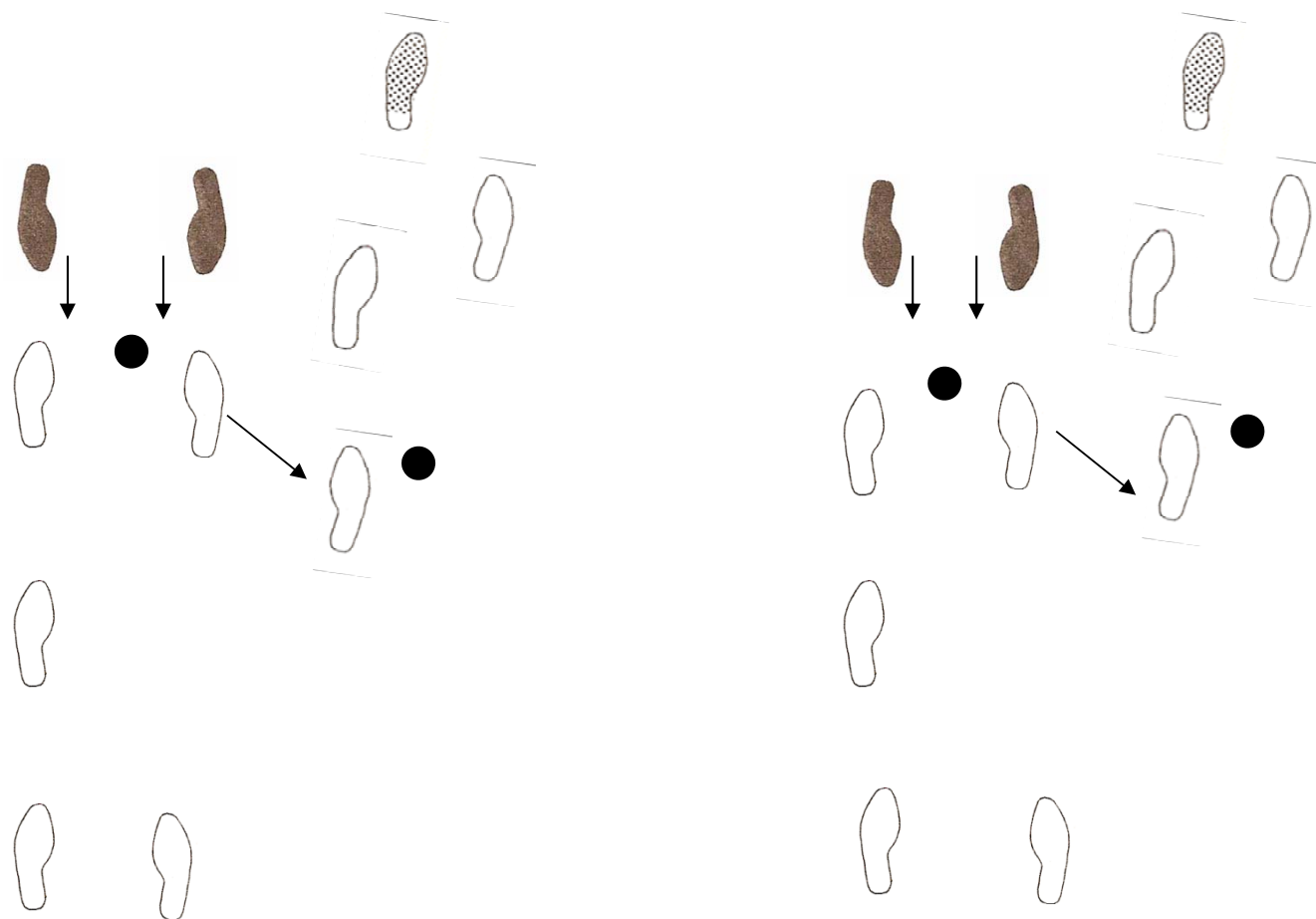
- Why we don't see this feint more often?
- For this feint is necessary high level of dribble and a lot of coaches still “see” that it's too much “basketball element” and they don't practice it enough.

- But, until we solve this “basketball complex” dribbling feint can be great exercise before next strictly handball element – *pass feint*.
- Solutions are same as at dribbling feint: *right arm : left leg; right arm : right leg; left arm : right leg* and *left arm : left leg*.



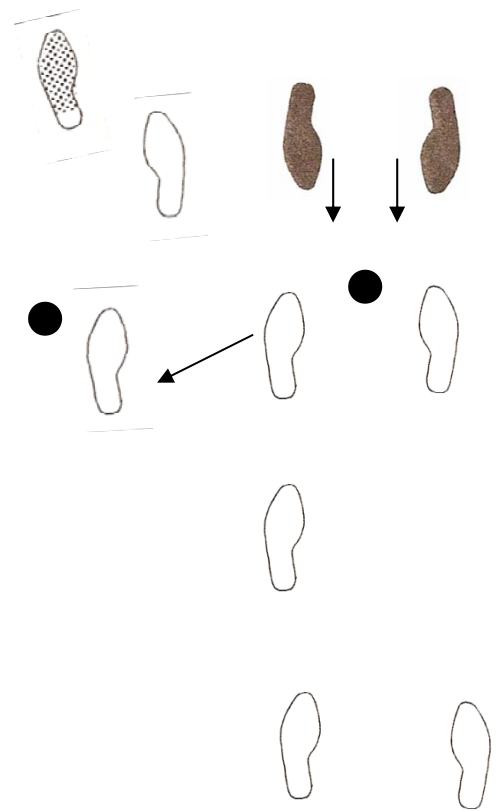
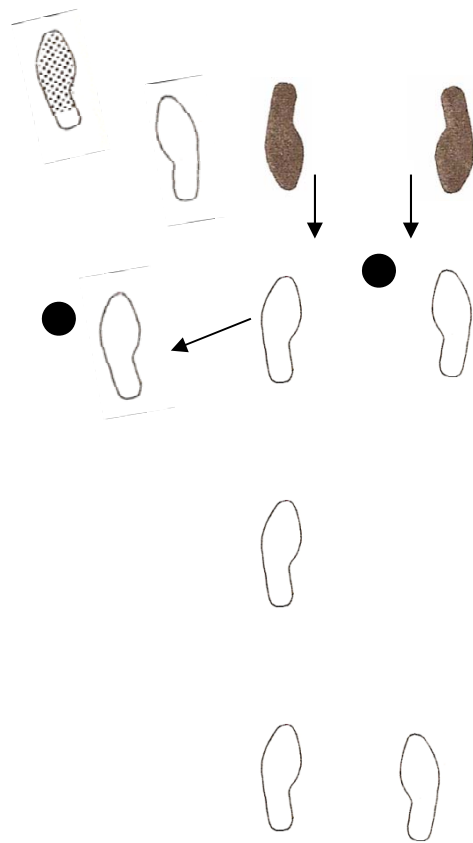
- Also with pass feint there is one new possibility. After first part of feint (pass) if there is no reaction of defense player, attack player can immediately continue on this side. It means 4 new solutions. ***One feint – 8 (eight) solution.***
- At the end, we have two feints when attack player use “zero step” in moment of receiving ball and with jump on the both legs comes in parallel position of defense player.
- These two feints are: “***jump feint***” with 2 solutions and “***overstep feint***” with 4 solutions.

“Jump feint” is possible to use in the both sides



“Jump feint” on the right side

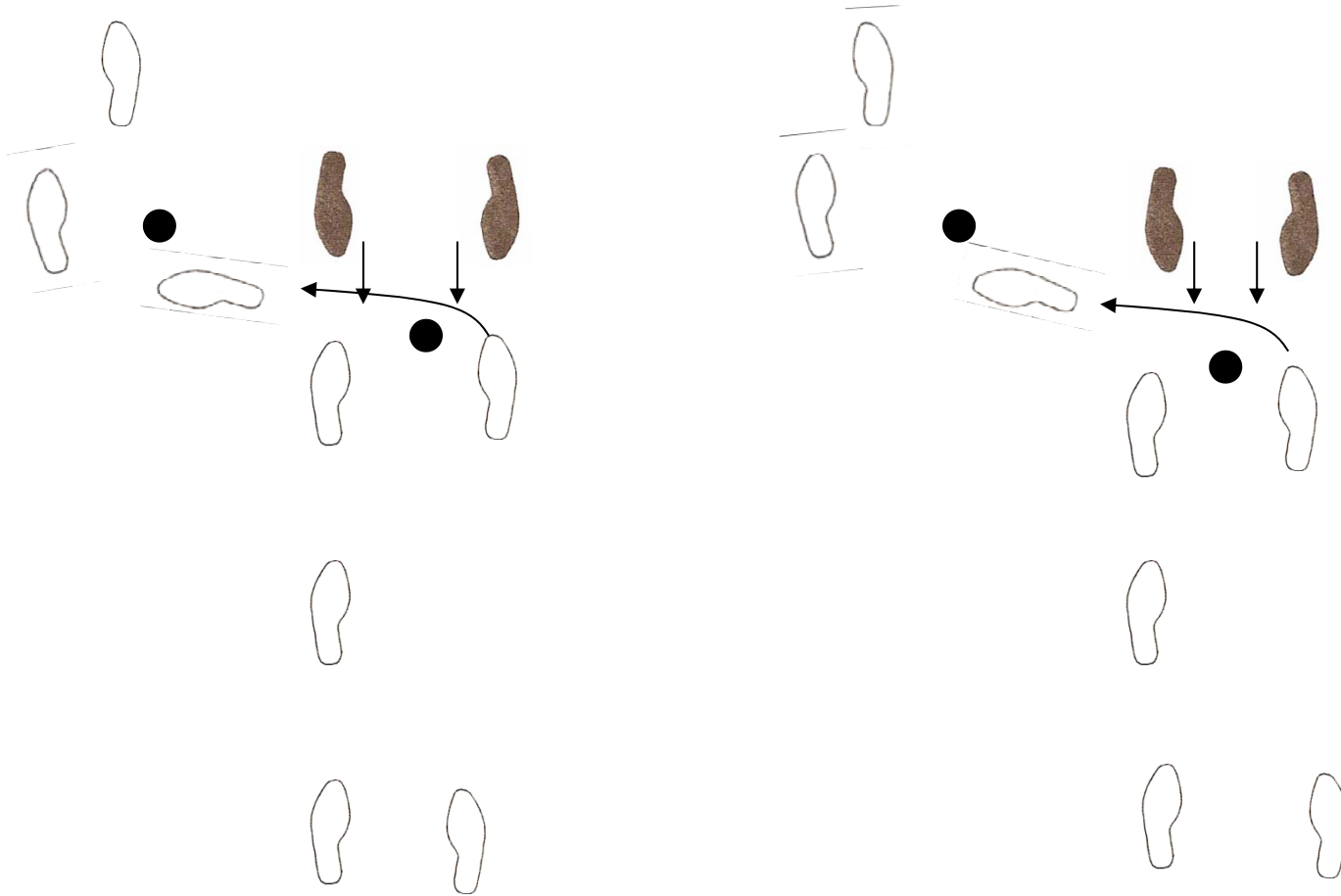




“Jump feint” on the left side

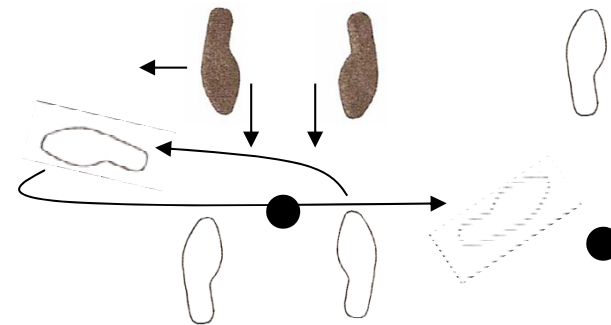
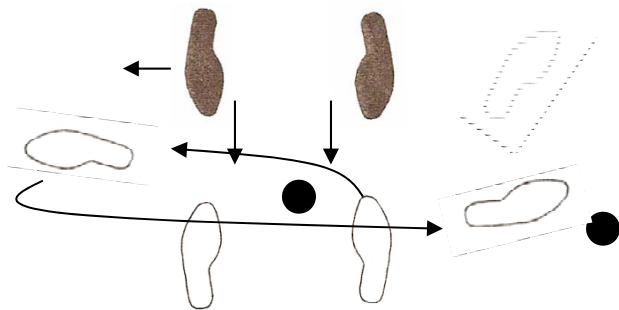


“Overstep feint” has four solutions

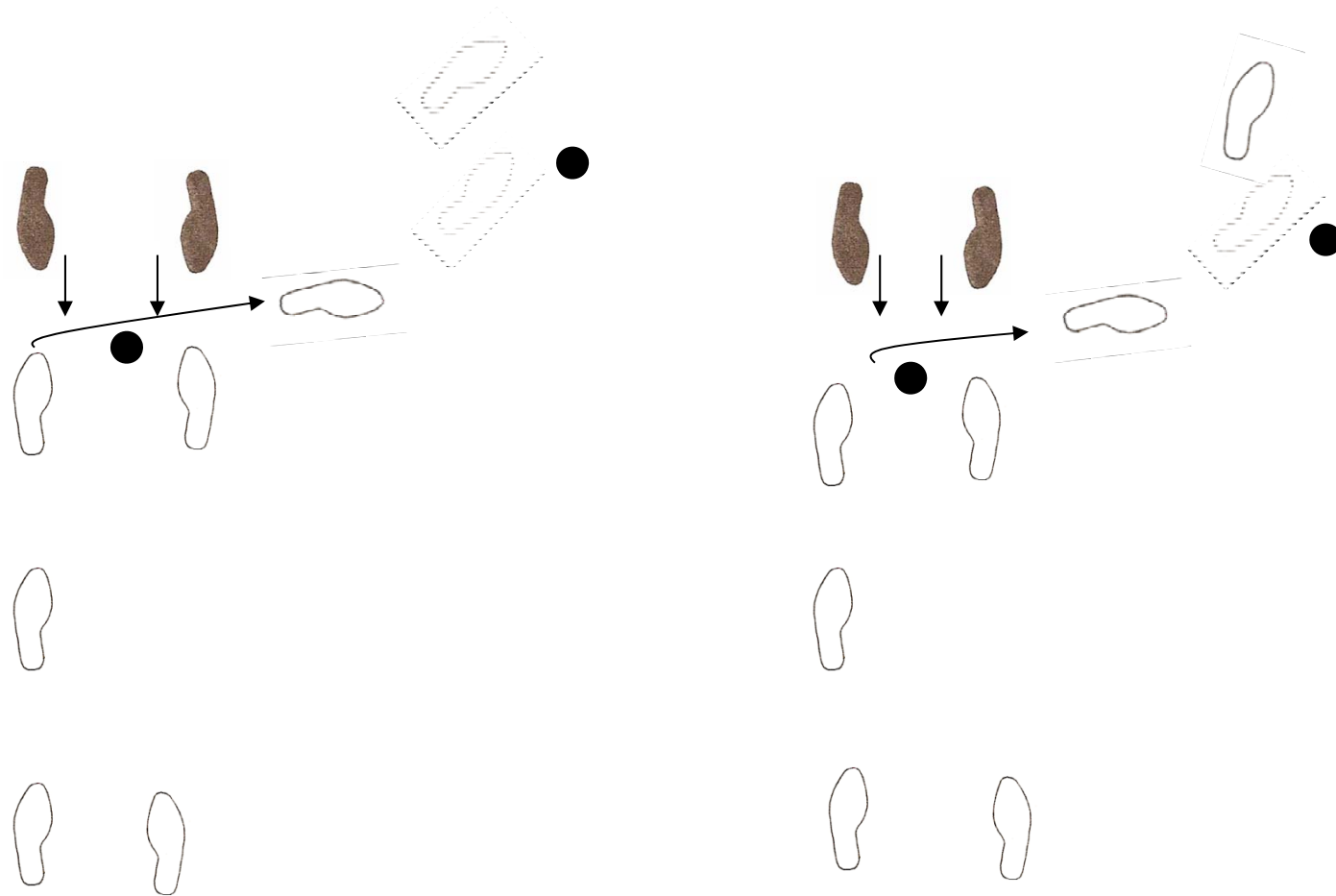


“Overstep feint” on the left side (without returning)

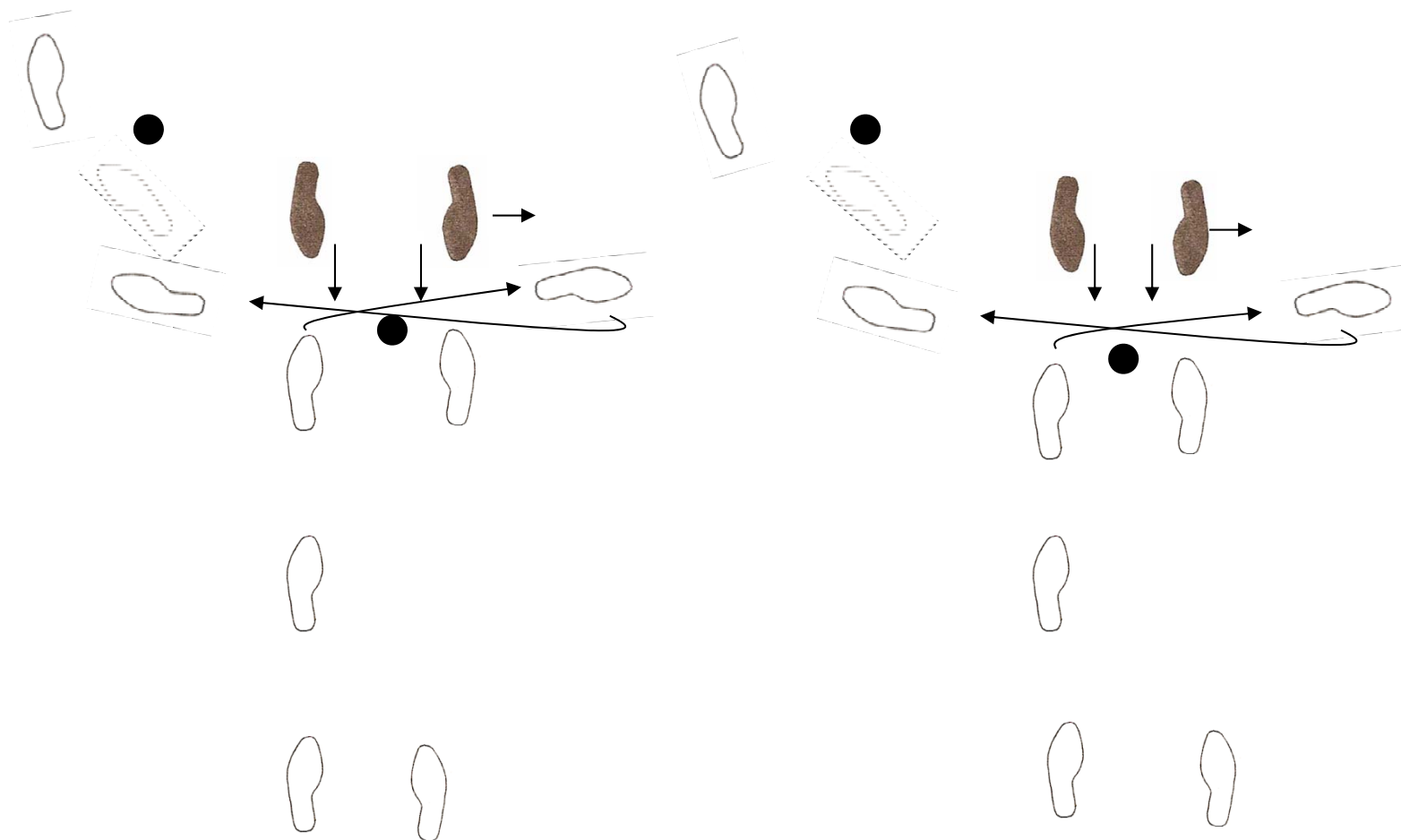
“Overstep feint” on the left side (with returning)



“Overstep feint” on the right side (without returning)



“Overstep feint” on the right side (with returning)



- These 8 (eight) feints with their variants, in my opinion, have to practice every player, it's part of their *handball education*.
- *But, if you meet player with some special, maybe unusual, movements what can be his personal version of feint don't stop him, don't forbid him to use it, help him to practice it, to develop it, only Don't learn the other player this kind of changing of movement direction (feint).*

- We were talking about “old” and “new” feints but *what is the best order of learning*.

My suggestion is:

- | | | |
|-----------------------------------|-------------|-----|
| 1. Dribbling feint | 4 solutions | |
| 2. Pass feint | 4(8) | --- |
| 3-6. Single feint | 2 | --- |
| Double feint (depend of referees) | | |
| Jump feint | 2 | --- |
| Overstep feint | 4 | --- |
| 7. False shot feint | 1 | --- |
| 8. Rotation (false) feint | 1 | --- |



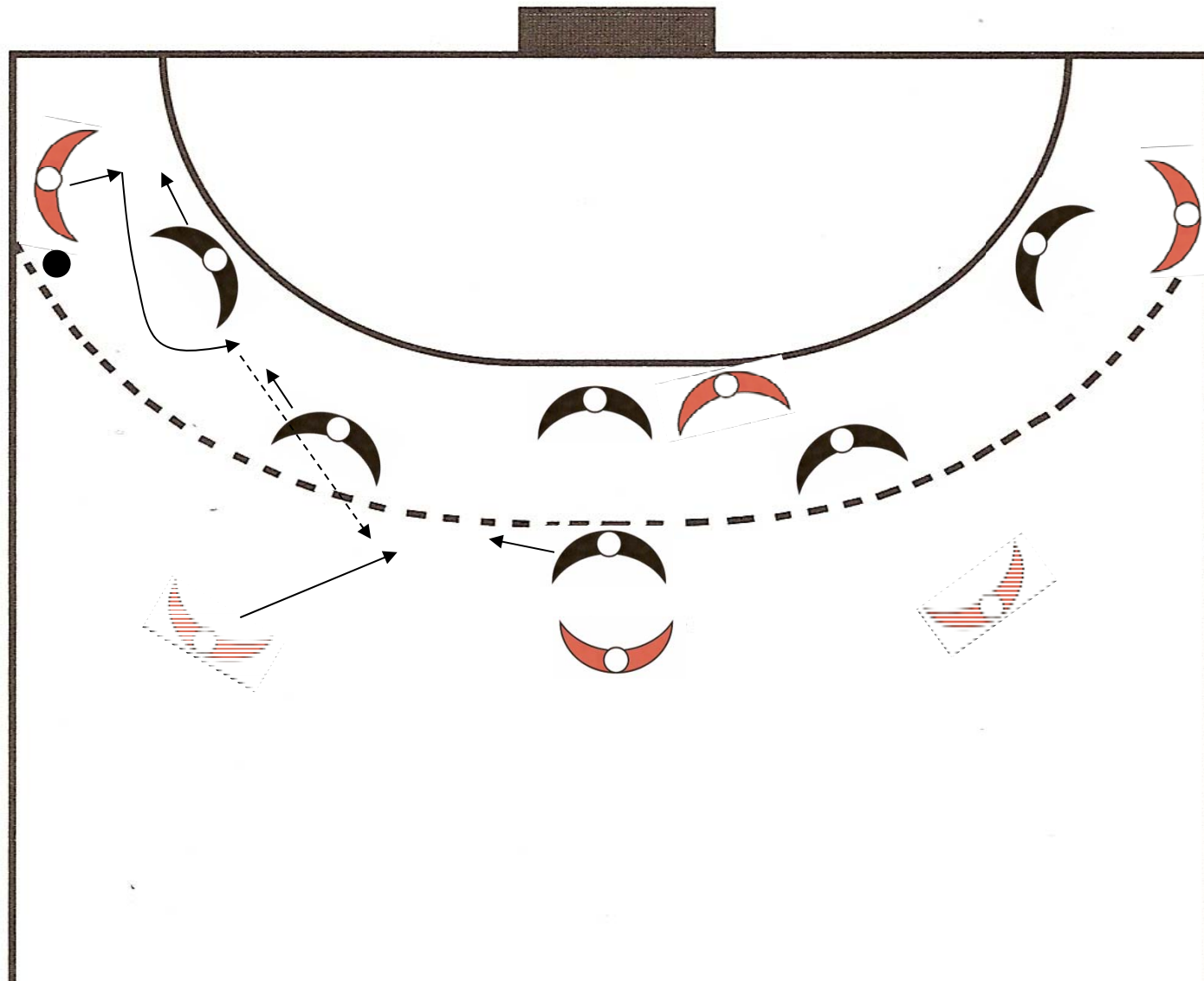
- Now we see what feints can give us, how great weapon in attack they can be in situation 1:1, how much feints can give contribution to development of handball.
- Can you imagine player who knows and can use these 8 feints with most of possible variants?
- Unfortunately, most of players use only 1; 2 maybe 3 feints without too many variants.
- What more we are getting? How we can use good quality of feints for better quality of handball?



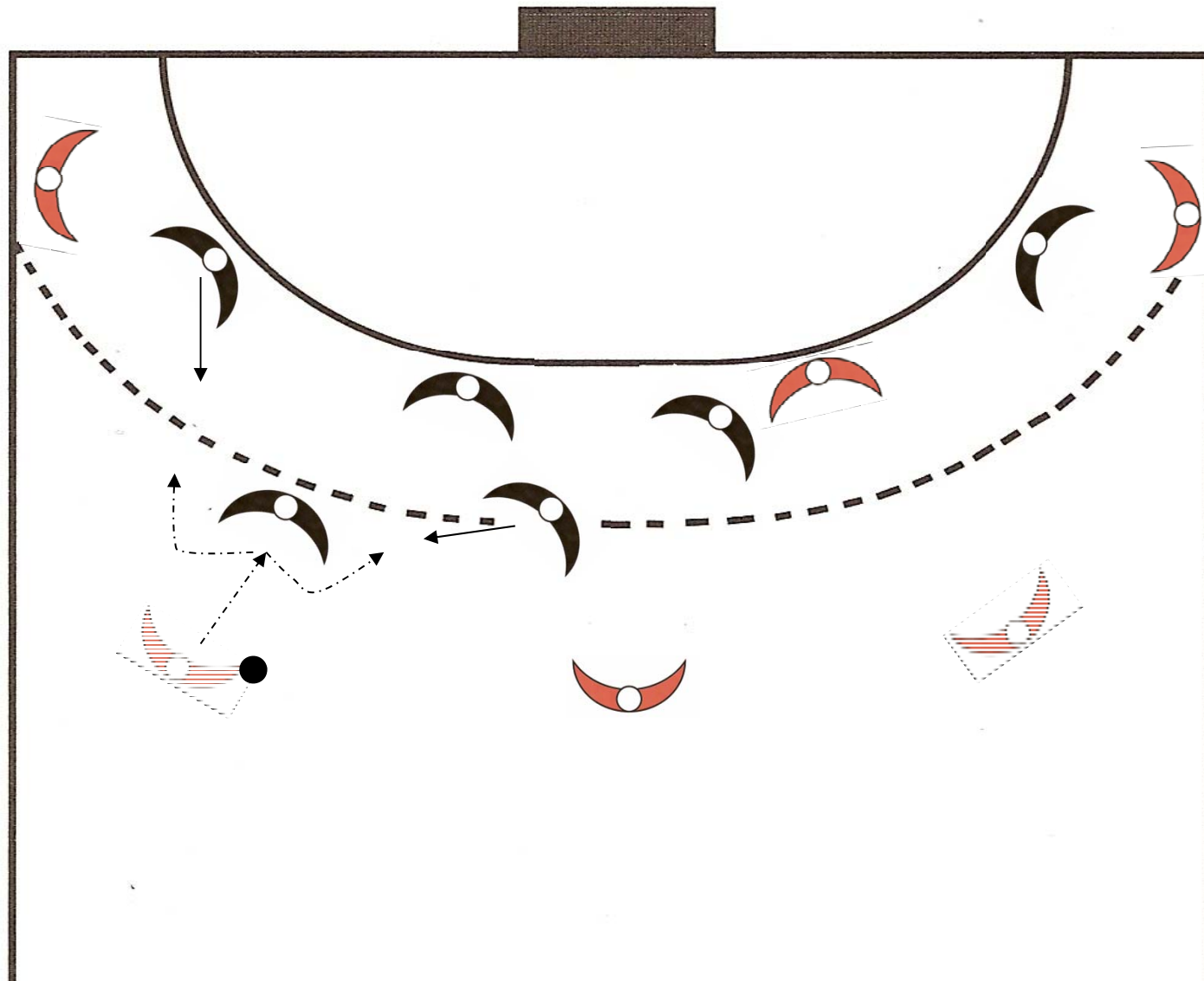
- ✓ We get much more opportunities to create “small combinations” combining different variations dribble and feint.
- This is a wonderful opportunity for creativity and coach and player.
- ✓ Understanding between the players will be at higher level because player who needs to receive the ball has to know what player with ball knows, can do, what is his idea and he has to find the best opportunity for current situation.

- Already known tactical action and solutions get new possibilities and variants.
- We will mention three major tactical units and try to explain contribution of good feint for better performance of any action.
- These three tactical units are:
 - “Surplus”,
 - Blockade, and
 - Double pass (with feint)

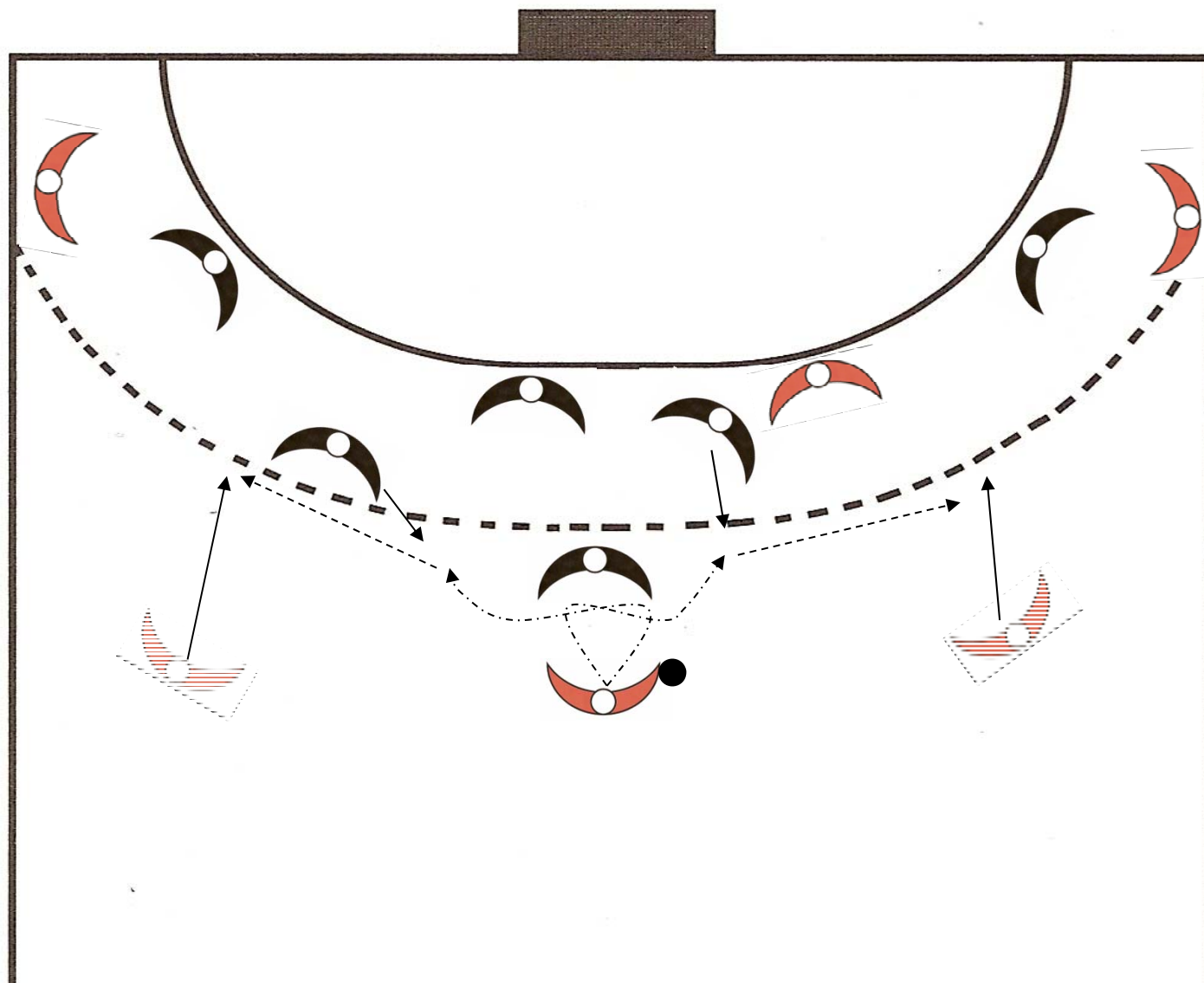
“Surplus” of wing



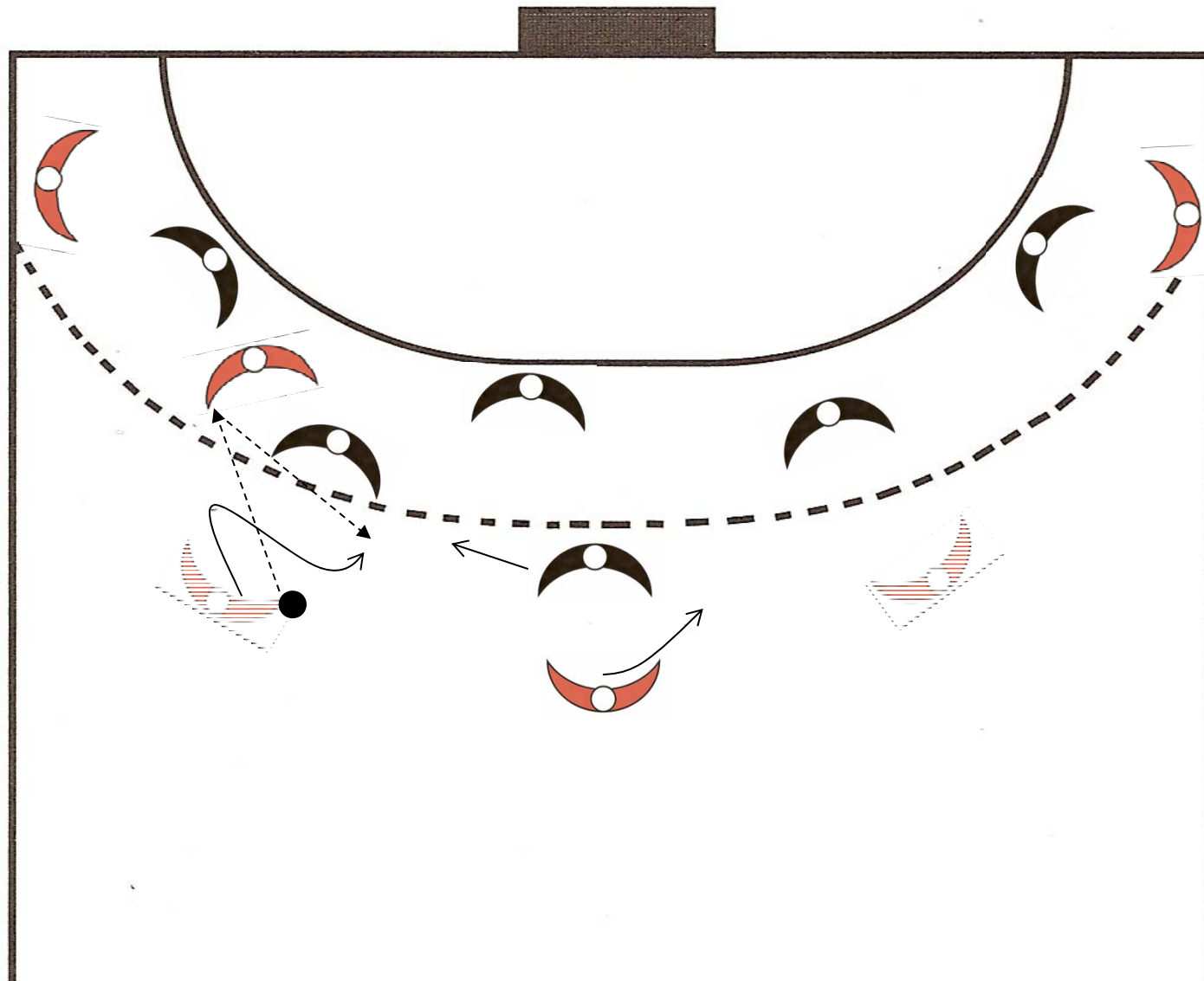
“Surplus” of back player



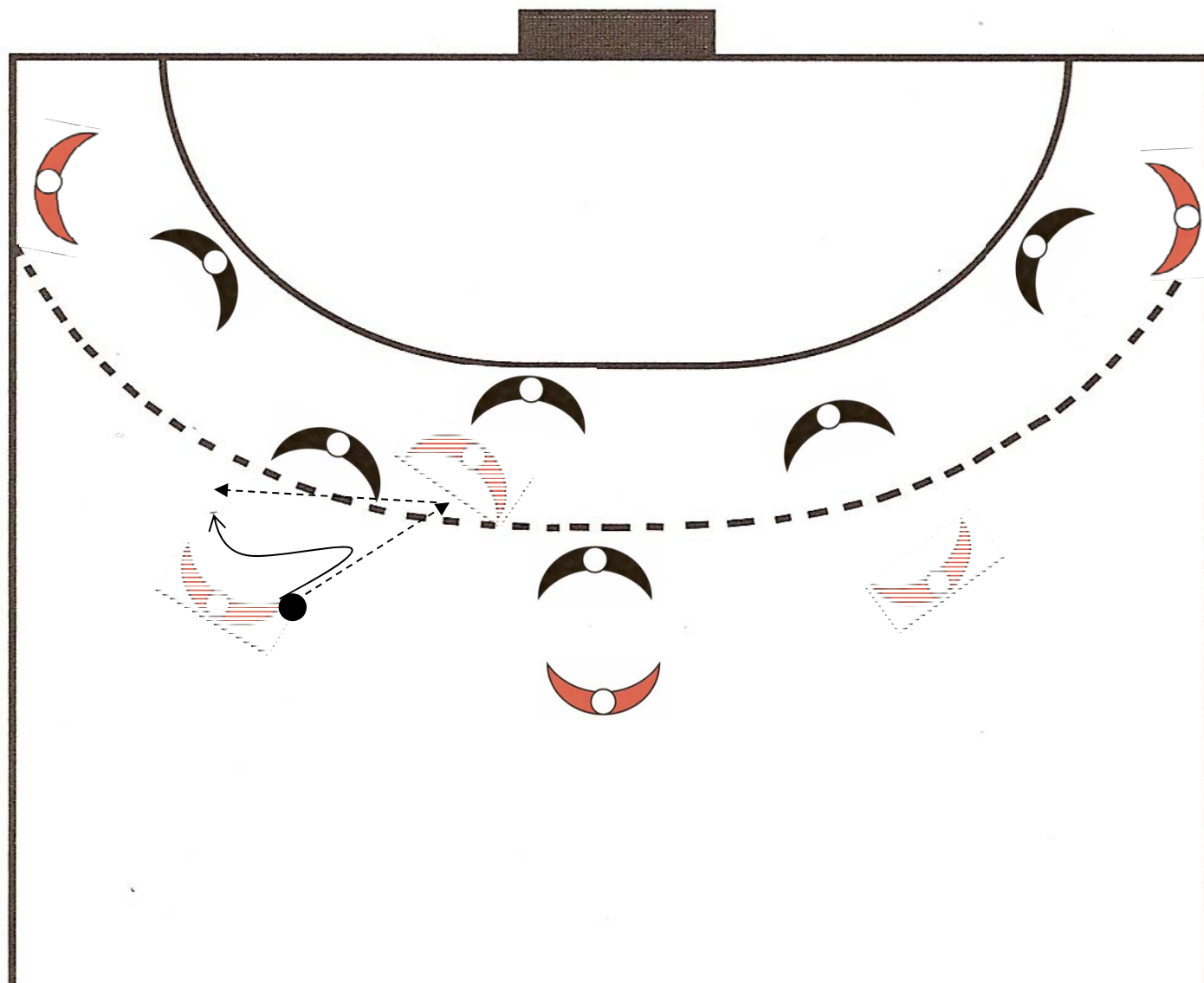
“Surplus” of middle back



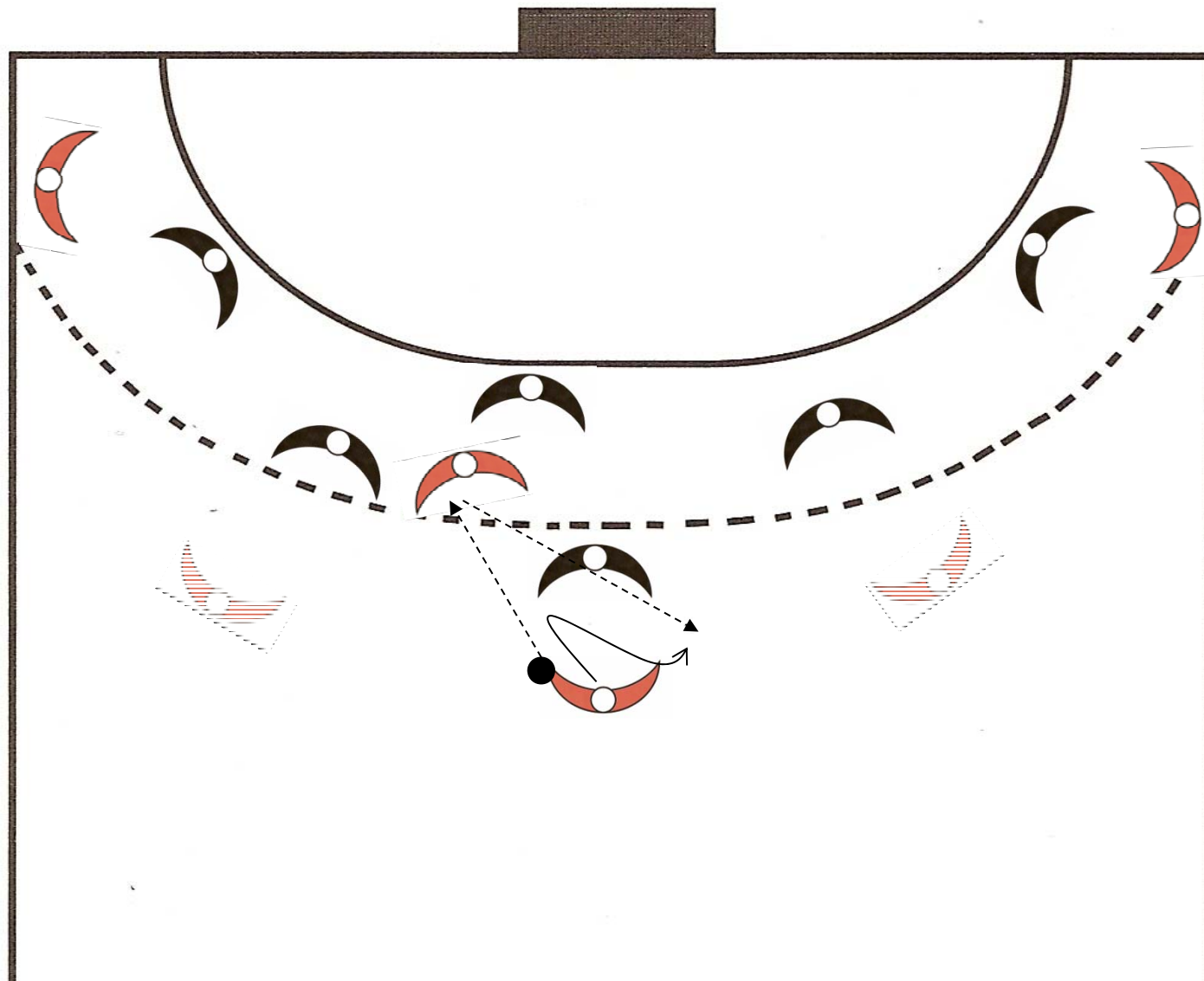
Double pass from out side of half player



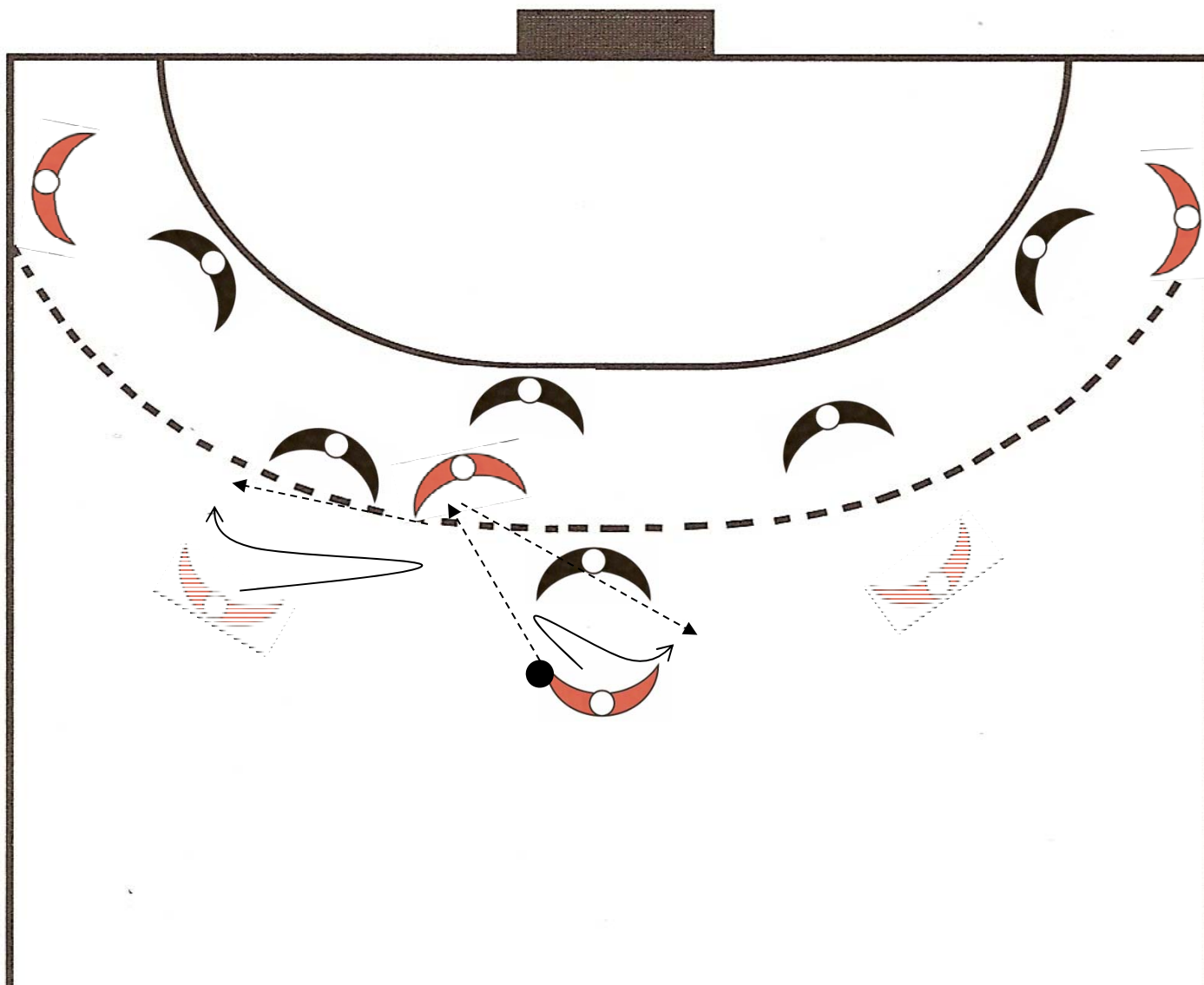
Double pass between half player and front centre



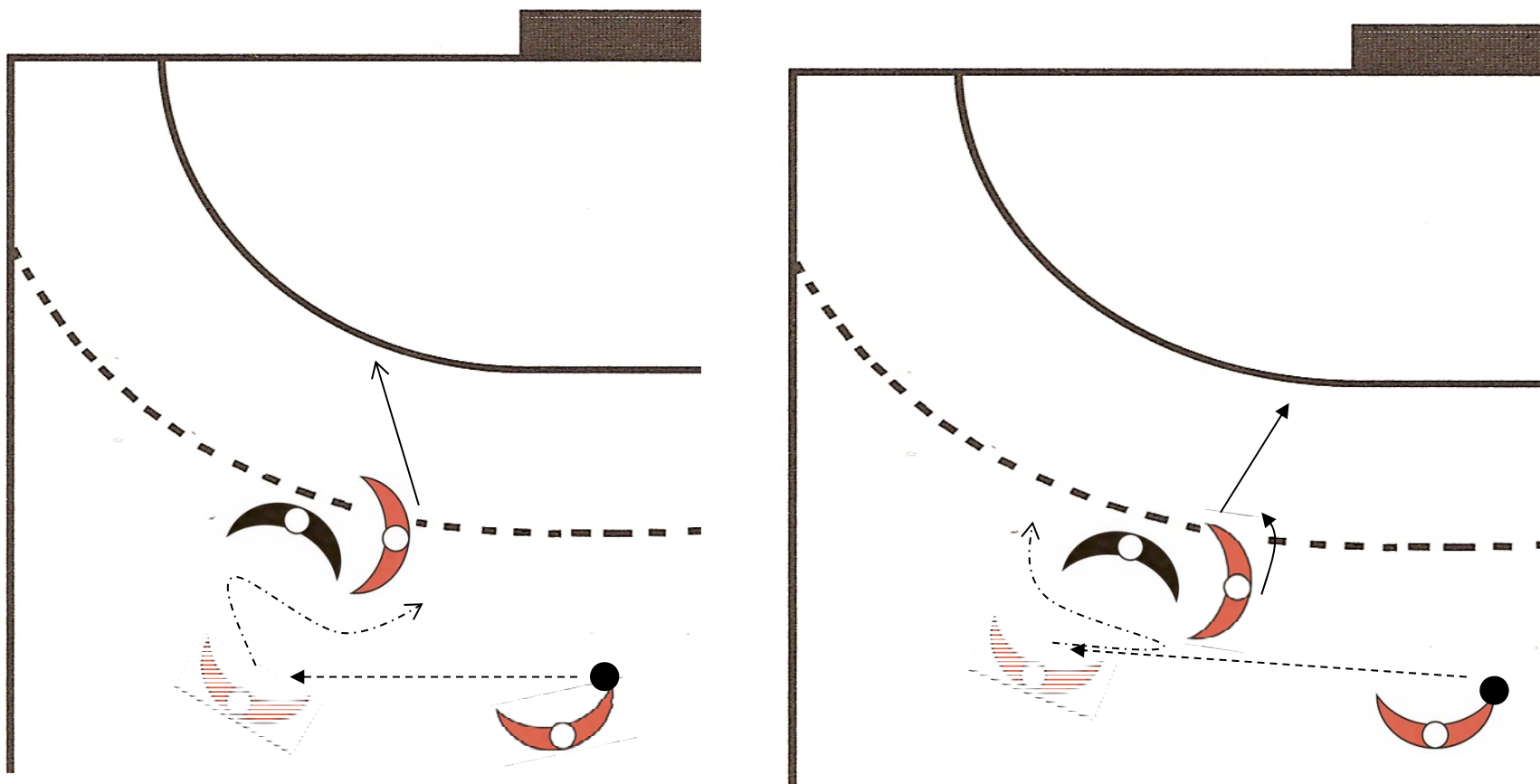
Double pass from middle back



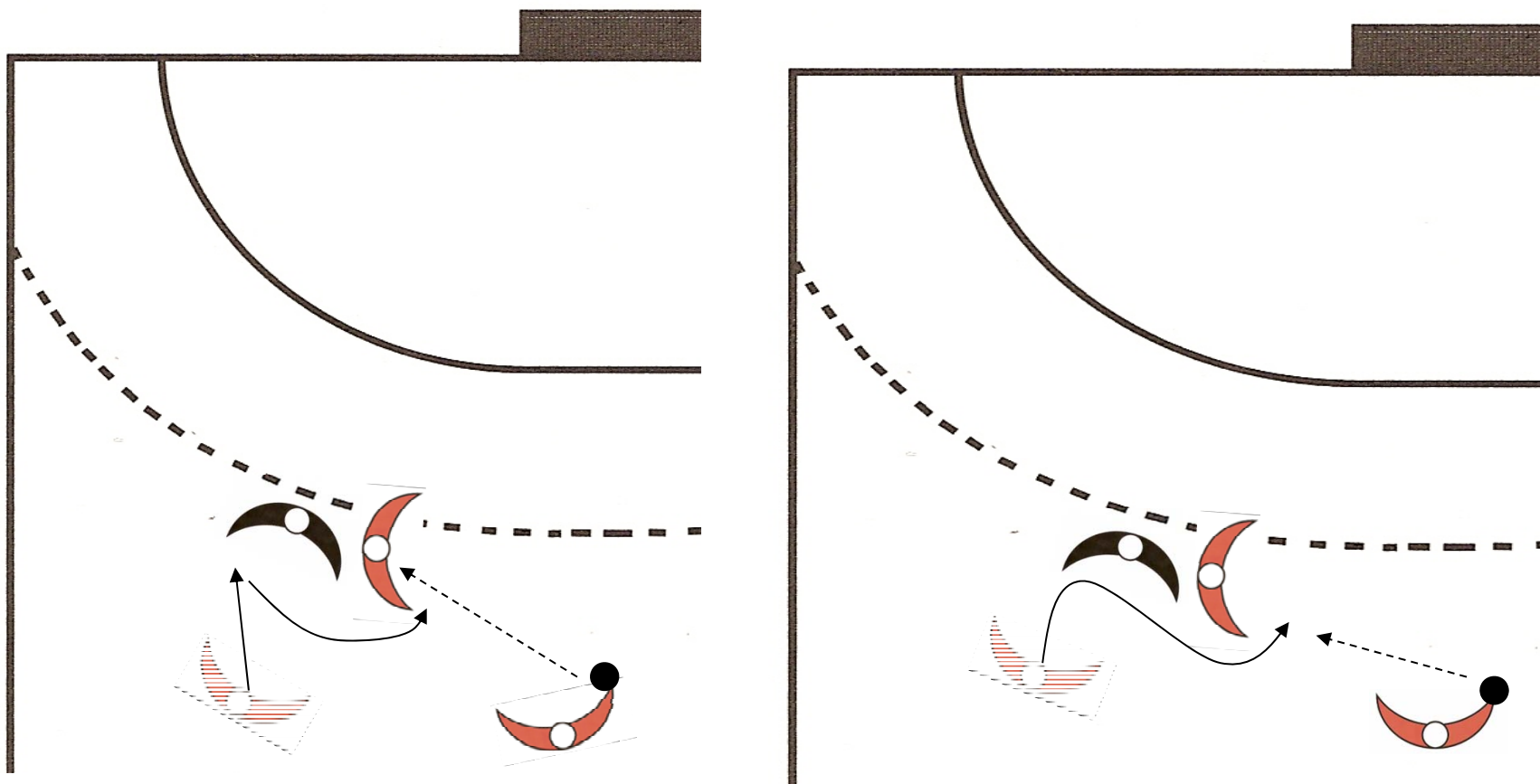
Double pass with two back players and pivot



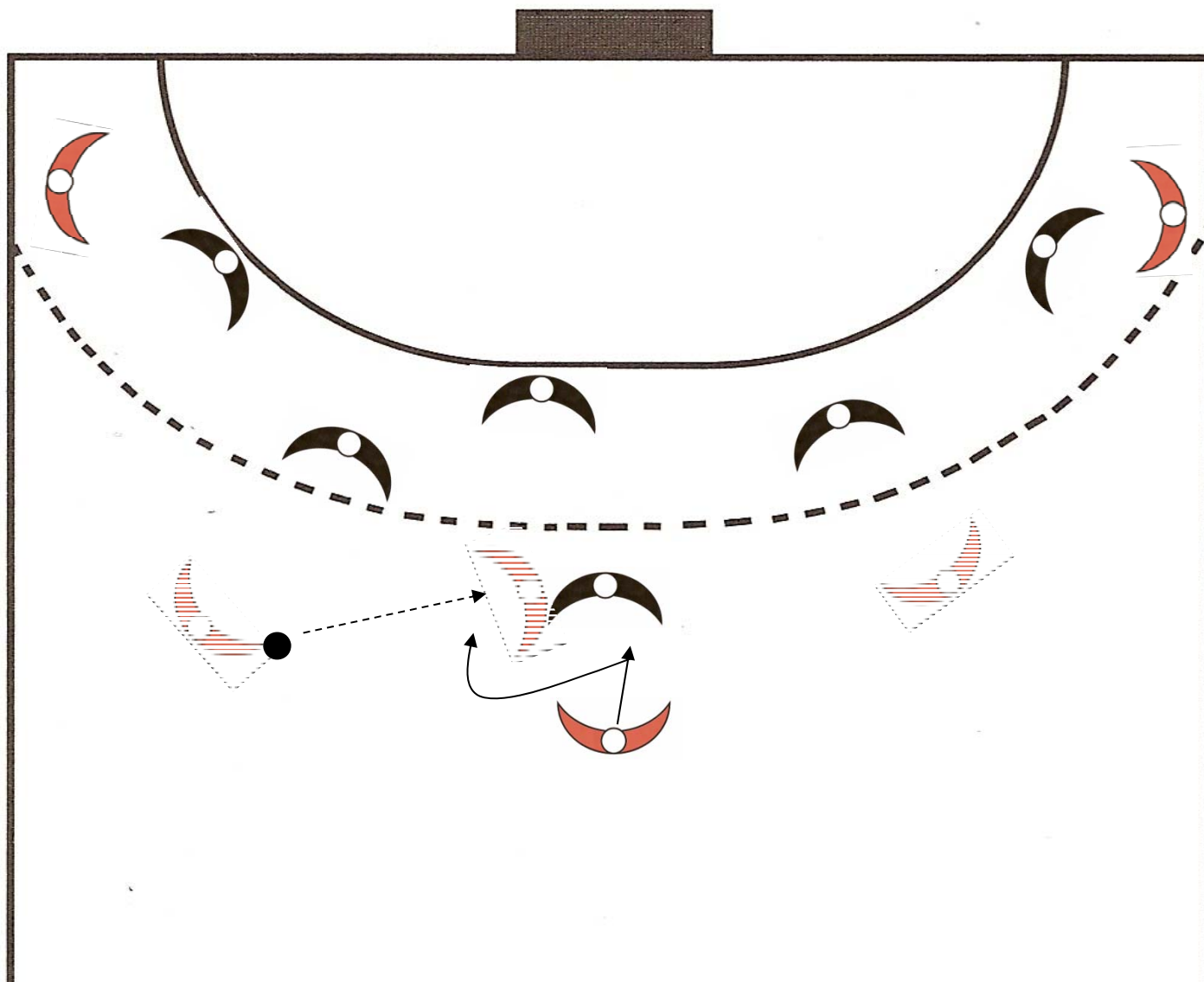
Vertical blockade for back player



Blockade when the ball is in diagonal



Blockade for middle back



Blockade for middle back

