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Title: Collaboration between wing and back players in Handball

Introduction

Cooperation between the wings and back players in handball can be very rich. Above all, it is cooperation in terms of:

Passing the ball from the piston movements:

- in the wide position towards corner of the pitch,
- or toward the centre;

Creating opportunities for the shot:

- from wing position,
- from back position,
- from the pivot position after transition actions of the wings.

Some basic possibilities will be presented which should be the main repertoire of every wing – back collaboration. Of course it can be upgraded or supplement at any time depends on the knowledge and skills of players.

Warming-up exercises:

Exercise Nr. 1: Passing the ball form piston movements between wings and back players. Different kind of movements before passing and receiving the ball. Backs change their positions, wings remain on their initial position.

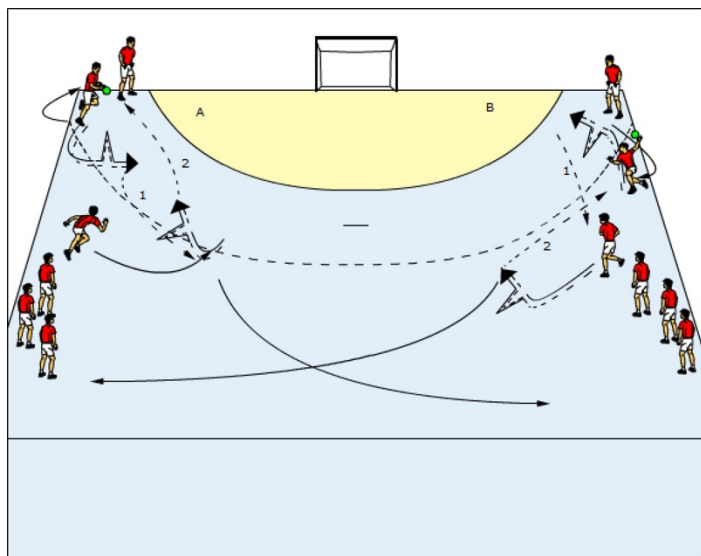


Figure 1: Two wing players and on LW and RW positions. Back players create queues on the LB and RB positions. Basic piston movements and passes between wings and backs. Piston movements with once bounce of the ball and changing directions of movements.

Exercise Nr. 2: Same position of the players as in the previous exercise. Two defenders stand on the OL and OR positions. In the first variant (A) defender perform so called “cutting” the wing player in the moment when back would like to make a pass toward wing. When wing player receive the ball he try to make a different actions (piston movements and feints) to gain the tactical correct position and to perform a shot or pass to back player.

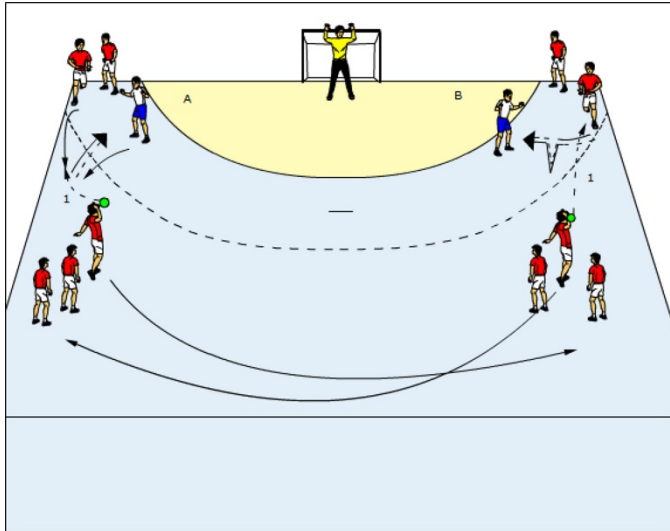


Figure 2: Wide range of collaboration possibilities between wings and backs.

Exercise Nr. 3: On each wing and back position are placed two players. They perform passes from piston movement and return passes. Exercise is carried out alternately left and right – LW – LB – CB – LB – LW – RW As a variant CB after return pass to back players perform a transition on wing position.

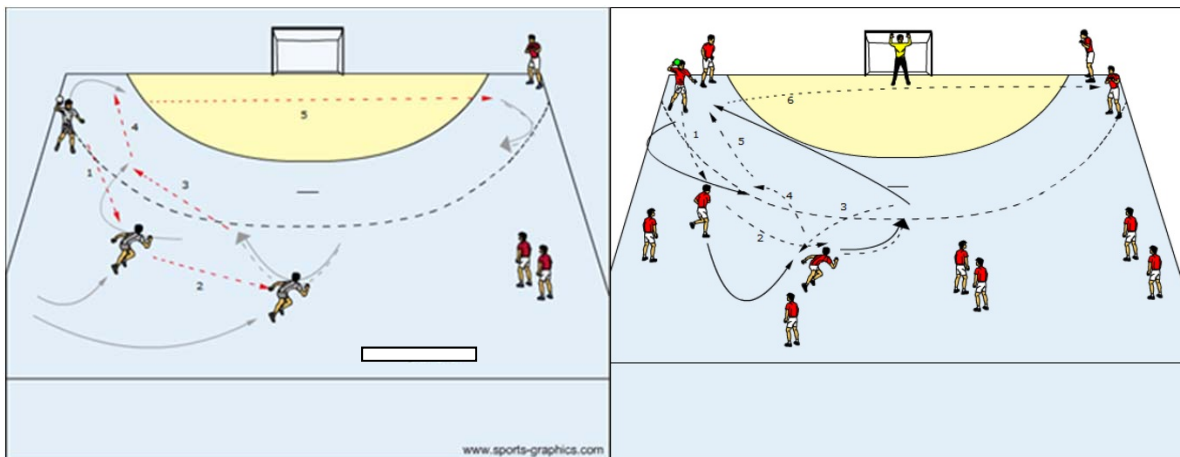


Figure 3: Cooperation among Wings (LW and RW) and backs (LB, CB and RB).

Exercise Nr. 4: Players are placed on wing (LW an RW) positions and on the back (LB and RB) positions. Both wings have a ball and they pass the ball simultaneously to back players. They make a piston movement toward centre of the court and then change the direction of movement (just with the shot fake) with one bounce of the ball. Wings run-in along the

goalkeeper's area and receive the pass from the opposite back player. With a pass to next wing player exercise continues.

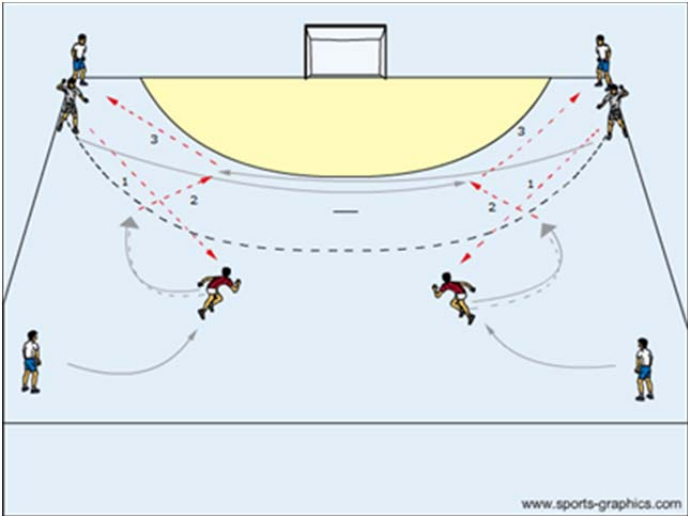


Figure 4: Collaboration among backs and wings with additional tasks.

Team tactical combinations with an emphasis on collaboration between backs and wings.

Example 1: Crossing between CB and LW (RW) (P is placed between MR and CR defender). After this initial tactical action different variants of continuation could be executed. As an example may be mentioned pass LW – LB and then cross with RB (or pass to RB in wide position and then immediate pass to RW who can perform a shot).

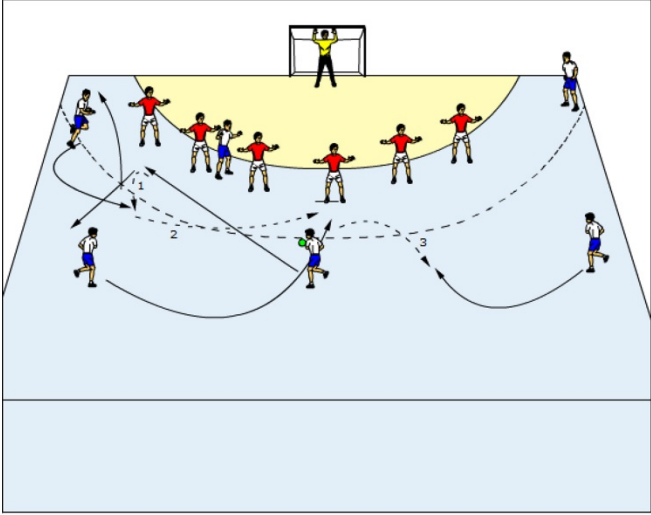


Figure 5: Crossing between CB and LW (RW) (P is placed between MR and CR defender).

Example 2: Change of the position between LB and CB while LB passes the ball to LW. CB starts he's action after he receive the ball form LW. CB has many possibilities for continuation. On the Figure 6 the situation after pass between SZ and LB (who is now on the centre position) is shown.

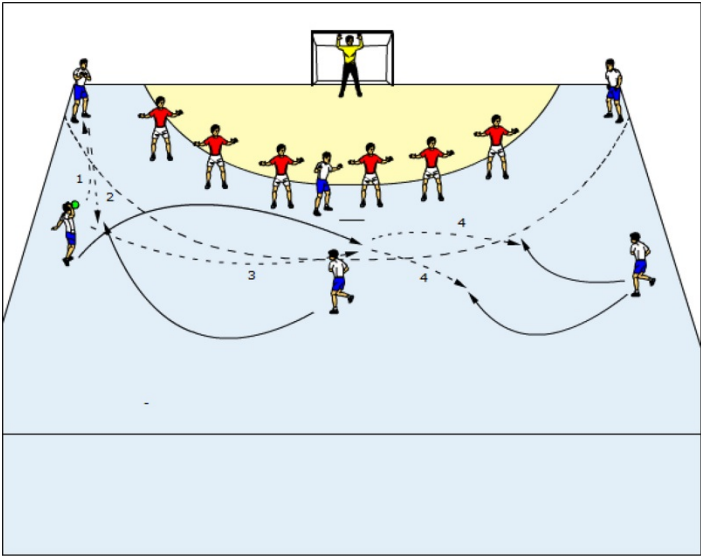


Figure 6: Change of the position between LB and CB while LB passes the ball to LW.

Example 3: Wide crossing between LB (RB) and CB. As a continuation the different variants of could be executed:

- pass CB – LW and conclusion (shot) from wing position;
- crossing CB + LW;
- fake pass to LW who is in a wide position and then realisation of pass to LW when he's coming toward centre;
- immediate pass CB to LW who jump over the goalkeepers area.

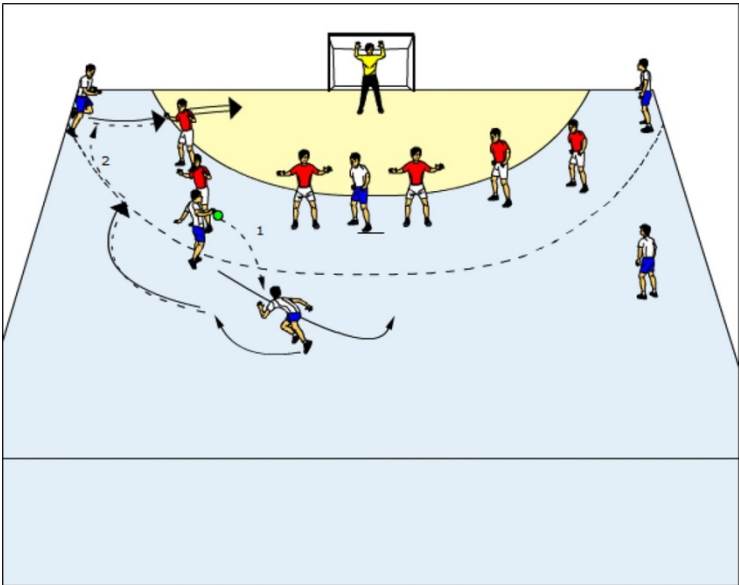


Figure 7: Wide crossing between LB (RB) and CB - the different variants of continuation.

Example 4: RB and RW perform a tactical crossing on a wide position. After the tactical crossing RW pass the ball to CB and return to his initial position. CB passes again to RB who returns the ball to CB. RW in the meantime perform run-in alongside the line (behind the defenders who are focused on the actions of back players). CB try to pass the ball to RW.

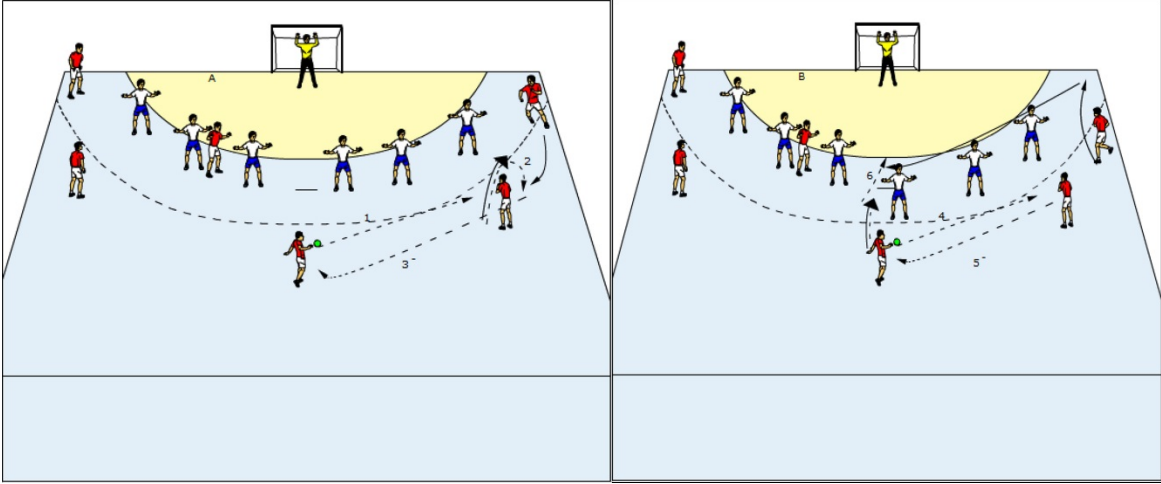


Figure 8: Tactical crossing between RB (LB) and RW (LW) and run-in from RW position.

Conclusion:

Cooperation between the wings and back attackers is often depleted due to poor knowledge of the possibilities offered by the game. Therefore, specific training which especially emphasizes the importance of cooperation between the wings and backs is necessary. In this way attacks is becoming more diverse and attractive.