



EUROPEAN HANDBALL
FEDERATION

International trends of men advantage situations in offence

Preparation exercises:

1. 3 against 2: 3 back court players against 2 defenders

- CB transition without ball on the same side
- CB transition with ball on the opposite side
- LW, LB, LP: LW transition after his pass to the LB transition on the second pivot position

2. 4 against 3: LW, LB, LP, RB against 3 defenders

- LW transition on the opposite side with the ball
- LP, LB, CB, RB: piston movement in the direction of outside of the defenders, LP is on the opposite side

3. 5 against 4: The attacker team without LP

- CB transition without the ball on the same side
- CB transition with the ball on the opposite side

4. 6 against 5 exercises:

- 1A: CB transition without ball on the same side, LP is on the opposite side between the second and the third defenders
- B: CB transition with the ball on the opposite side and plays the ball back to the Back court player LP is on the other side
- 2A: Piston movement in the direction of the outside of their own defenders. One of the wing player begins the movement LP is on the opposite side.
- B: The same, just the LP is in the middle position on the 6m line.
- 3 : LB and CB change their positions with each other without ball, LP makes a block, shooting from CB position or passing to the LP
- 4 : CB crosses LP, the ball comes back to the LP. LP makes an attacker block against the centre defender, a piston movement from the left side to the right side

5. 6 against 4: Like the point nr. 4.1

6. 7 against 6: To play with 2 fixed LPs on both sides