



EUROPEAN HANDBALL
FEDERATION

The Quick Retreat: Transition in defence

1: Shooting-fast break-quick retreat

- 1 against 1
- 2 against 2
- 3 against 3
- 4 against 4

2. Fast Throw

After a goal the opponent team attempts a fast throw with a cross on the centre

3. On one side two defenders against 3 attackers (LW, LB, CB)

After the transition of CB one of the shoots at the goal. After the shot the two defenders become attackers and make a fast break. The two attackers who did not shoot at the goal, run back to defend.

4. 3 against 3 on the centre position of the goal area.

After finishing the action they change their roles and make a fast break and quick retreat.

5. On both halves of the court 3 against 3

After loosing the ball, the defenders try to take the ball across the middle line, passing the ball to the attackers to the opposite side, who continue the same action.

- A, without dribbling
- B, with dribbling

6. Fast break-Shooting- Quick retreat

Fast break with shooting and quick retreat, each in 6 second in serie.

7. Transition from wing position and shooting.

One player stays near the middle line, after the shot the goal keeper tries to give a long pass to him and the wing player after his shot turns back immediately and tries to catch the pass of the goal keeper.

8. 6 against 6: Quick retreat with special tasks for the defenders