



BEACH HANDBALL

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BASIC PLAYING SYSTEM

- History
- Philosophy
- Rules of the Game
- Techniques
- Tactics
- Compatibility with indoor handball
- Conclusion





Beach Handball



HISTORY

- Beach Handball is a sport that has appeared as an additional sport to indoor handball
- Aim: to stay in shape during the summer break
- 1st tournament San Antonio Beach, Ponza, Italy, 1992.
- 1st ECh Gaeta, Italy, 2000.
- International Beach Handball rules were established at the Congress in 1994. (Harleem, Nizozemska)
- Beach Handball is played on every continent: Africa, Asia, South America, Australia, Europe





BEACH HANDBALL TODAY

World and European competitions which include Beach Handball are:

- World Games
- World BH Championships
- European BH Championships
- European Youth BH Championships
- European BH Tour
- European BH Tour Finals (Masters)





PHILOSOPHY

- Fast, attractive, exciting game
- Based on the principles of “Fair Play”
- Attractive musical and dance program (cheerleading shows)
- Side events (promotion of host country, cultural and artistic program, players party)





PHILOSOPHY

- The Philosophy of Beach Handball is based on the principles of “Fair Play”
 - ✓ Respect the health and integrity of all participants
 - ✓ Respect the spirit and philosophy of the game
 - ✓ Respect the flow of the game, but never tolerate violation the Rules of the Game
 - ✓ Promote the spirit of true sportsmanship





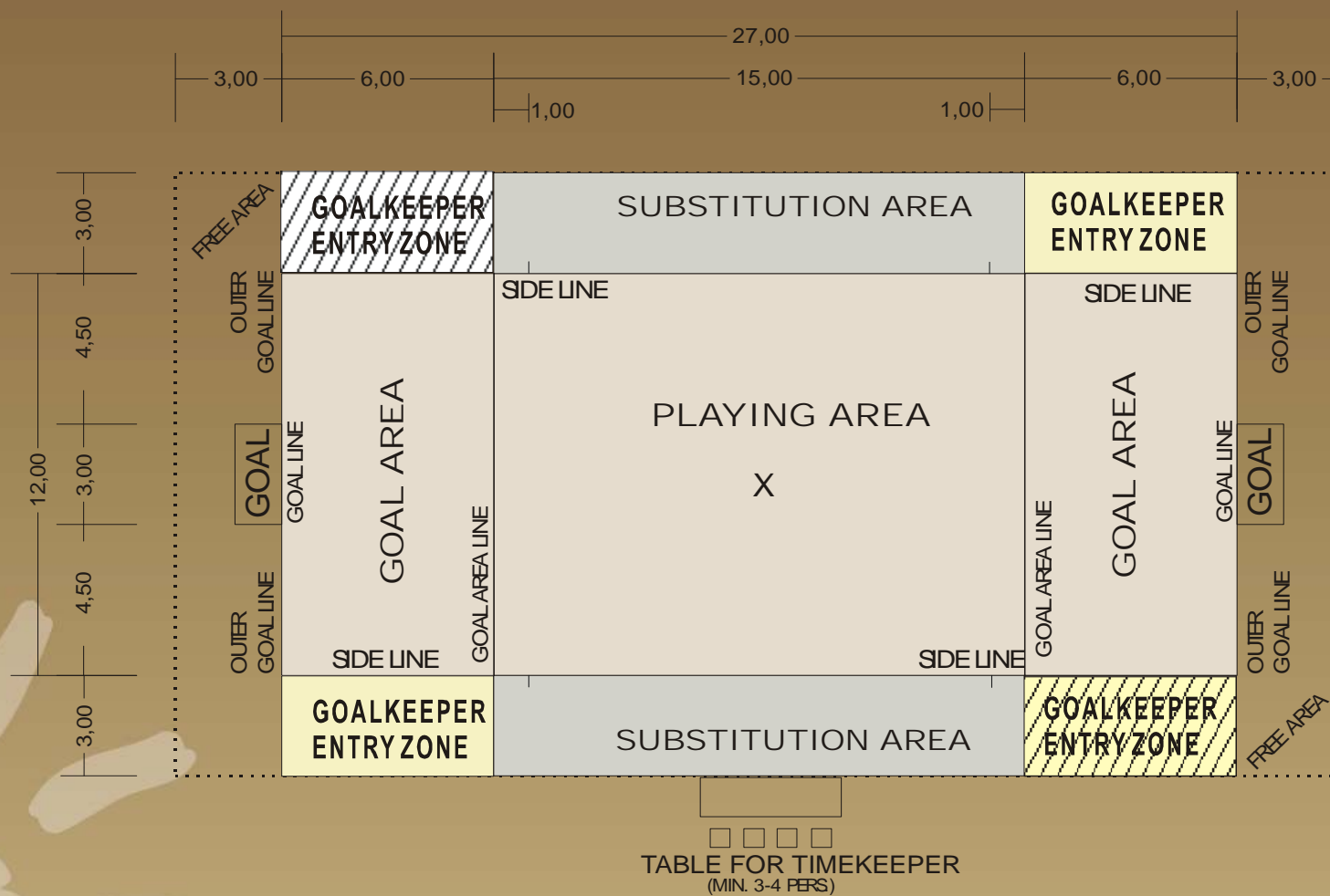
Beach Handball



RULES OF THE GAME

- A sand court, a non-slip rubber ball
- 8 players (3+1 goalkeeper, 4 substitutes)
- 2 x 10 minutes, each period needs a winner (golden goal, shoot out)
- Attractive/spectacular goals – 2 points (in-flight & spin shot goals, goal by goalkeeper, 6 m throw)







TECHNIQUES

✓ Beach Handball training methods improve a lot of technical requirements of indoor handball:

- Jumping strenght
- Speed endurance
- Falling techniques
- Speed reaction
- Game Review
- Passing and Throwing





TECHNIQUES

✓ Basic Techniques:

- Receiving the ball
- Keeping the ball
- Passing the ball
- Fakes
- Shots





TECHNIQUES

- ✓ Receiving the ball:
- Similar to indoor handball
- The only difference is receiving passes in-flight (with one hand)





TECHNIQUES

- ✓ Keeping the ball
- The same as in indoor handball
- The difference is the material of the ball (rubber ball)
- There is a danger of losing the ball during the spin shot or rainy weather

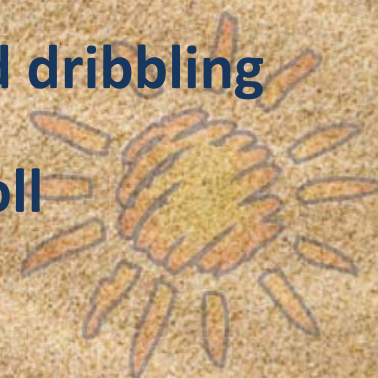




TECHNIQUES

✓ Passing the ball:

- The same as in indoor handball
- The only difference is to make passes to players who are taking in-flights shot
- No opportunity for bounce passes
- No opportunity for bouncing and dribbling
- You can put down the ball and roll





TECHNIQUES

✓ Fakes:

- Specialist – the same as in indoor handball
- Wingers – passing fakes
- Pivot – passing fakes
- Shoot out – shooting fakes





TECHNIQUES

✓ Shots:

- Specialist – the same as in indoor handball
- Wingers – in-flight shot or spin shot (jump from one or two legs)
- Pivot – in-flight shot or spin shot (jump from one or two legs)
- Goalkeeper – direct goal





TECHNIQUES

✓ Spin shot:

- Individual technique
- One leg jump
- Two legs jump
- Pay attention to position of legs
- Pay attention to defenders block





TECHNIQUES

✓ Spin shot:

▪ Exercise 1

▪ Without the defending player

• LW/RW passing to S

• LW/RW runs parallel to goal direction

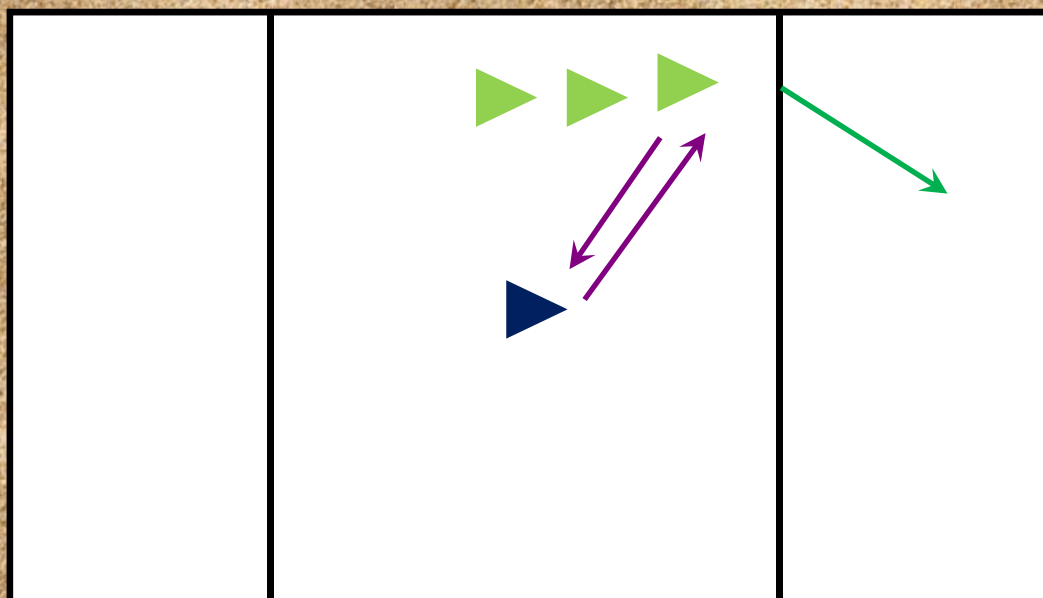
• S passes back to LW/RW





TECHNIQUES

- Graphic 1





TECHNIQUES

✓ Spin shot:

▪ Exercise 2

▪ With passive defending player

• LW/RW passing to S

• LW/RW runs parallel to goal direction

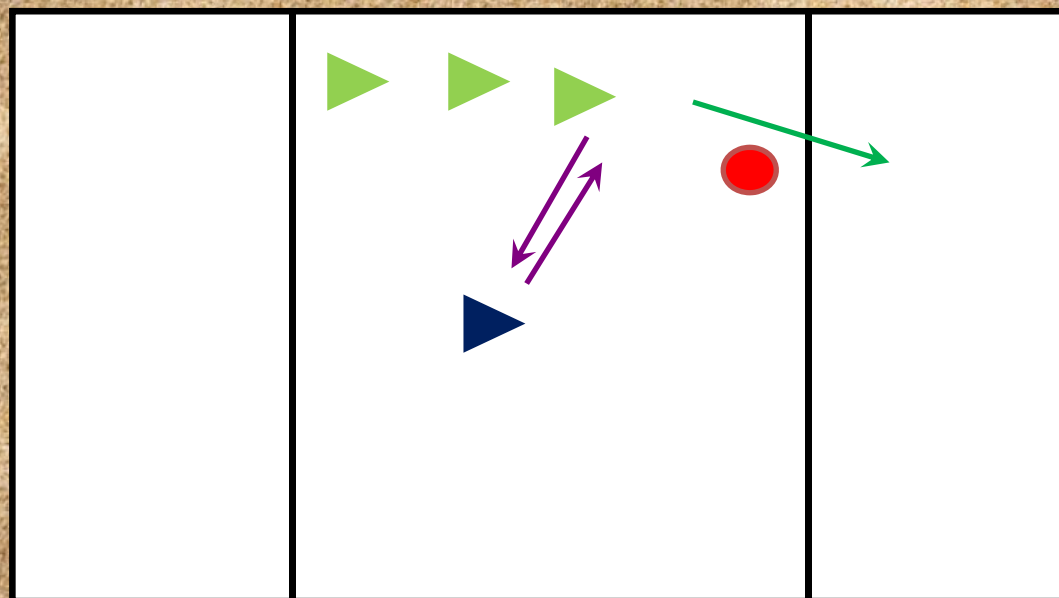
• S passes back to LW/RW





TECHNIQUES

- Graphic 2





TECHNIQUES

✓ Spin shot:

▪ Exercise 3

▪ With crossing

• LW on middle position

• S on wing position

• S passes to LW

• LW crosses with S

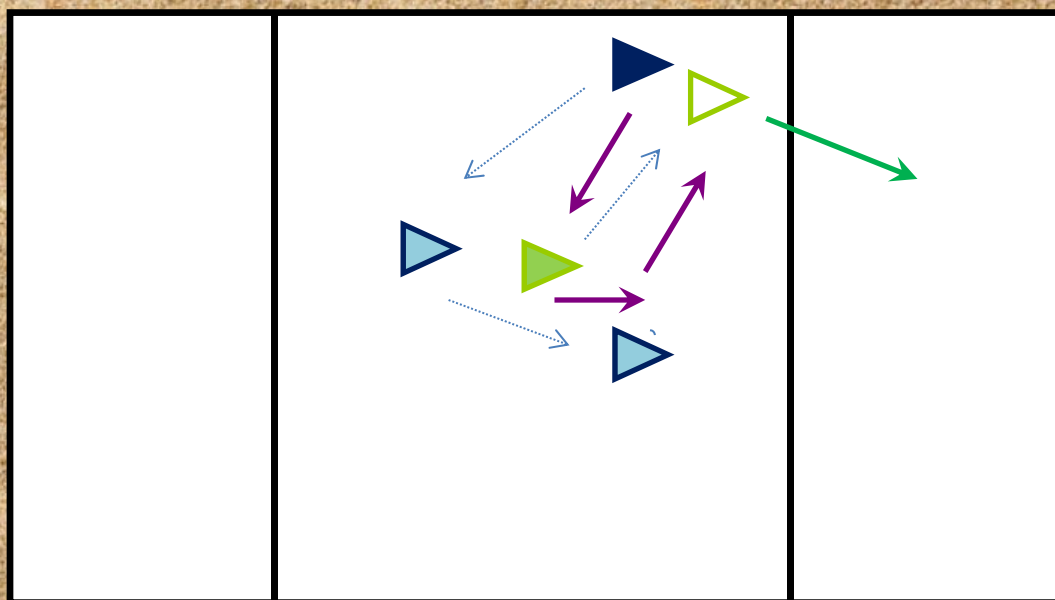
• S passes back to LW





TECHNIQUES

- Graphic 3





TECHNIQUES

✓ In-flight shot:

▪ Exercise 1

▪ Without the defending player

• LW passing to RW

• LW runs parallel a goal direction

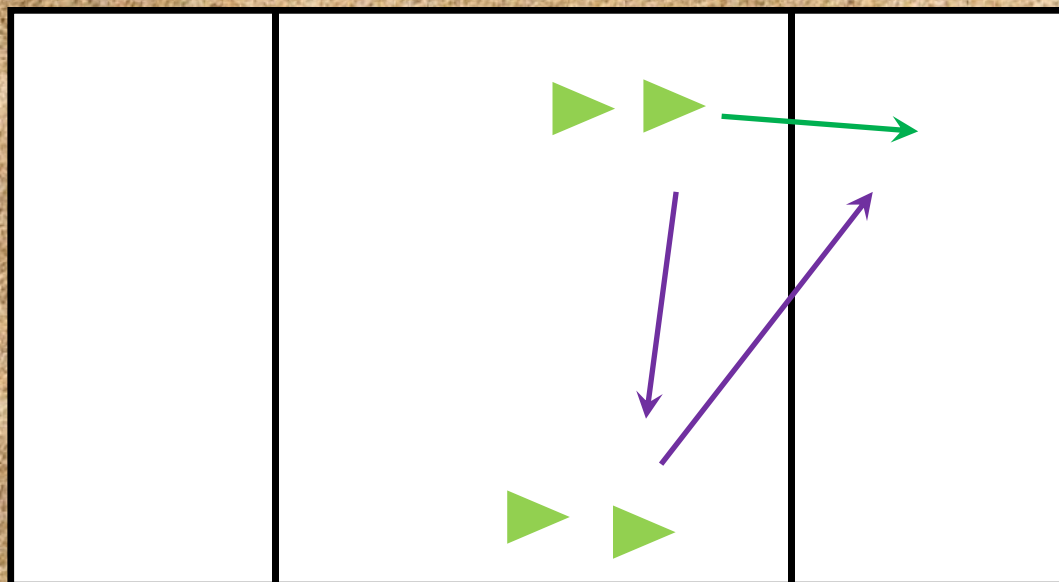
• RW plays the inflight pass to LW





TECHNIQUES

- Graphic 1





TECHNIQUES

✓ In-flight shot:

▪ Exercise 2

▪ With passive defending players

• LW passing to RW

• LW runs parallel a goal direction

• P is on line position

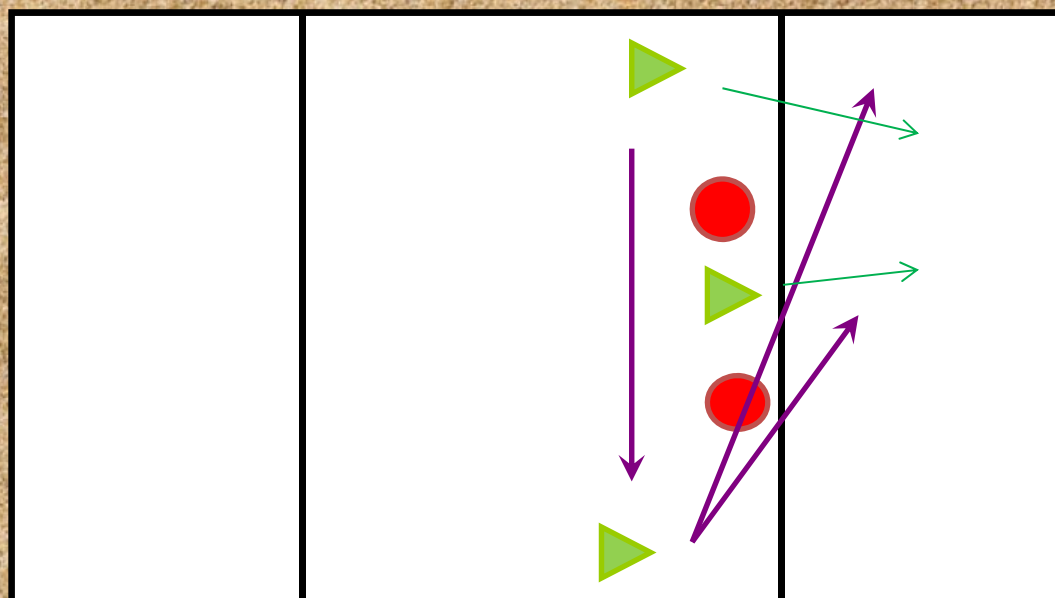
• RW plays the inflight pass to LW or P





TECHNIQUES

- Graphic 2





TECHNIQUES

✓ In-flight shot:

▪ Exercise 3

▪ With crossing

• LW passing to RW on middle position

• S on RW position

• RW crosses with S

• S runs parallel a goal direction

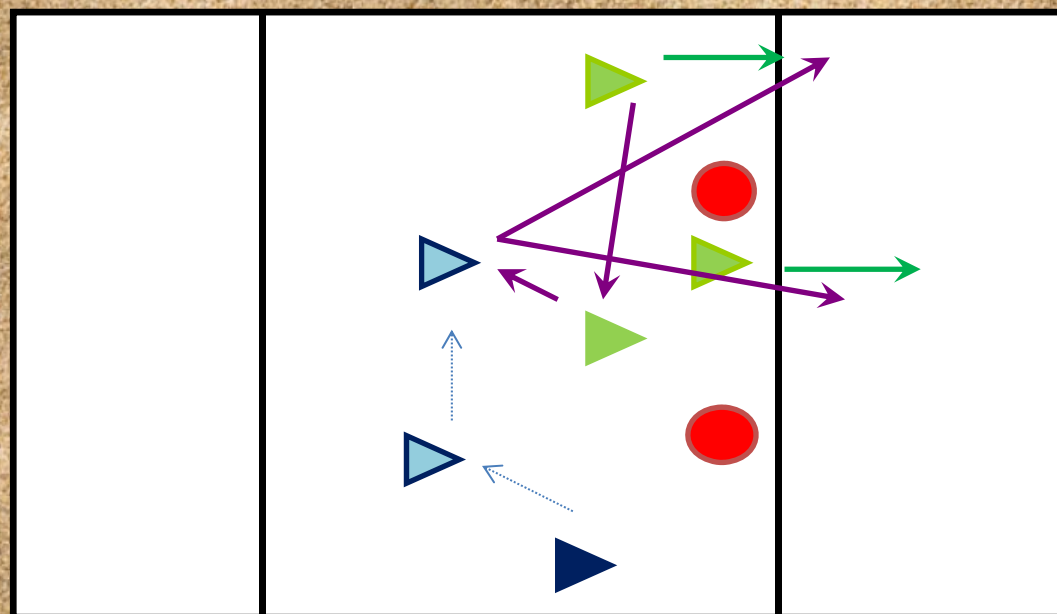
• S plays the inflight pass to LW or P





TECHNIQUES

- Graphic 3





TACTICS

- ✓ Because of the constant 4:3 situation, goals can be scored easily and quickly
- ✓ The basic tactics content:
 - Ability to orientate
 - Passing under time pressure
 - Spectatular throws
 - Changing the position
 - Quickly changing the direction





COMPATIBILITY WITH INDOOR HANDBALL

- ✓ Additional content in the process of preparing the players
- ✓ Development and improvement of certain segments of the game in defense
 - Development of agility, speed and specific endurance
 - Development of cooperation between the players
 - Development of players perception and concentration
 - Improvement of cooperation with the goalkeeper
 - Development accuracy and speed of reaction by goalkeeper





COMPATIBILITY WITH INDOOR HANDBALL

- ✓ Development and improvement of certain segments of the game in offens (attack)
- Playing 4:3 (one player extra)
- Quick transfer of the ball (impossibility of bouncing the ball)
- Development of cooperation between the players
- Improvement of the speed of ball passing
- Receiving the ball in motion
- Development of coordination



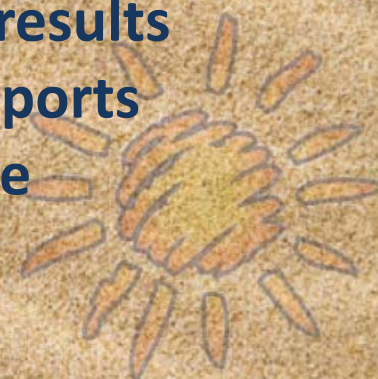


Beach Handball

CONCLUSION

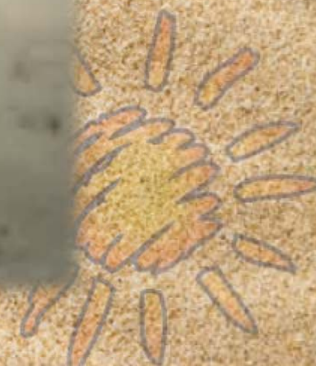
Beach Handball is not a threat to Handball, on the contrary, together they can achieve goals such as:

- ✓ Improvement of the quality of the game
- ✓ Improvement the technical-tactical skills
- ✓ Achieving better results
- ✓ Promoting both sports
- ✓ Enjoying the game





BEACH HANDBALL





THANK YOU



I LOVE THIS GAME!

