



**Beach
Handball**

BEACH HANDBALL

Mateja Brezić

EHF Lecturer

Greece, 28. May - 01. June 2014.



**Beach
Handball**

BEACH HANDBALL

- Defense systems
- Offense systems
- Substitution strategies
- Innovative 2 pointer





Beach Handball



DEFENSE SYSTEMS

- In Beach Handball defense is always situation with one player less
- The most common way to play the defense is 3:0 defense system
- In that way the space can be covered best
- The Way defense is played depends on the opposing team and the quality of players





Beach Handball

DEFENSE SYSTEMS

- 3:0 system
- 2:1 system
- 1:2 system
- Pressing (Man to Man marking)



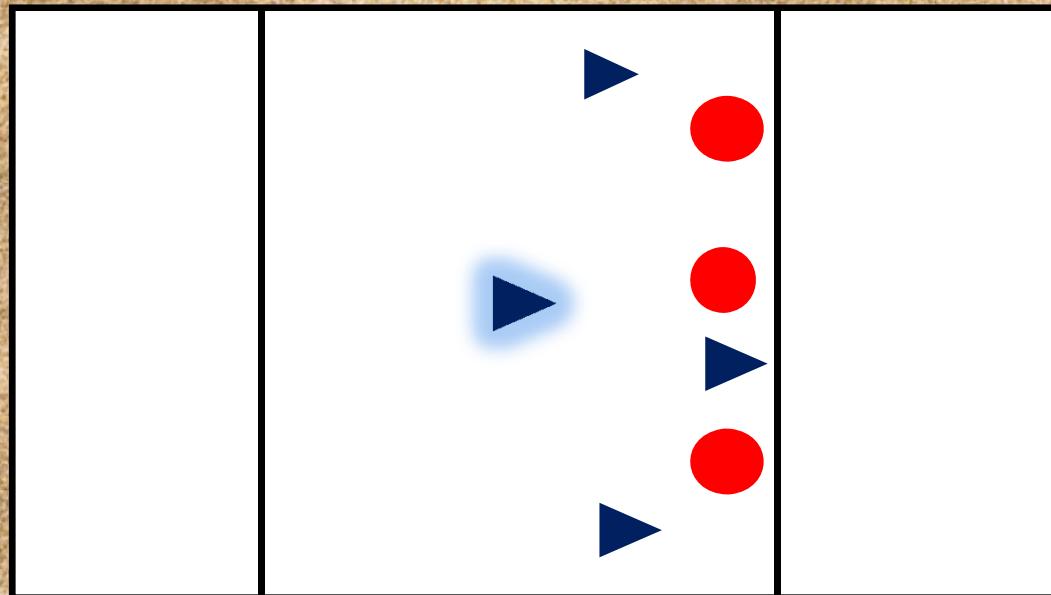


**Beach
Handball**

DEFENSE SYSTEMS

- ✓ Classical 3:0 system
- All players on 6m line

Graphic



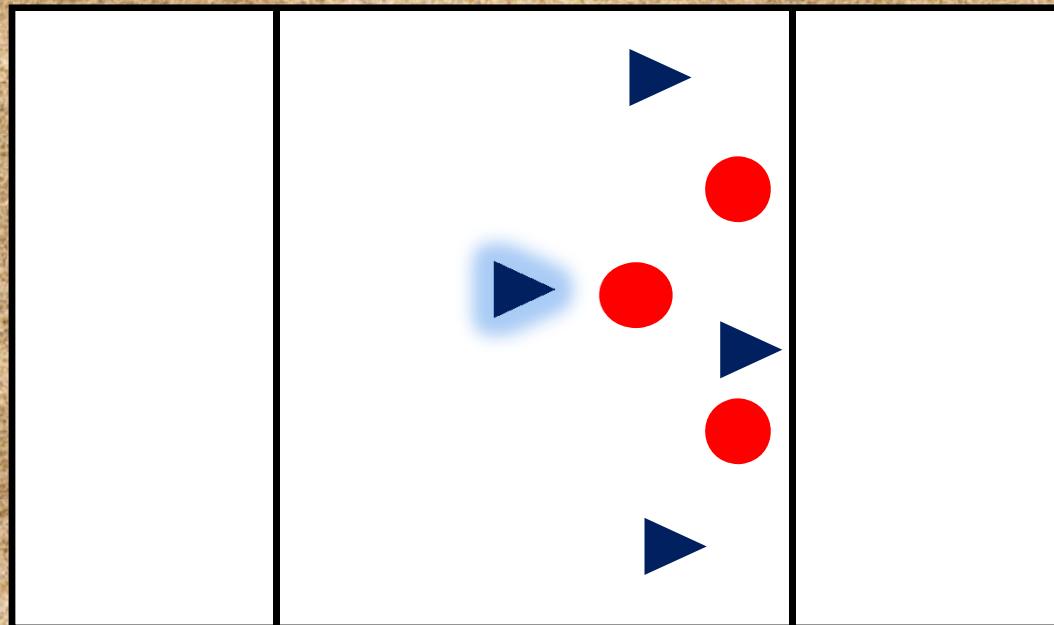


**Beach
Handball**

DEFENSE SYSTEMS

- ✓ 2:1 defense system
- Two players on 6m line – one in front of them

Graphic



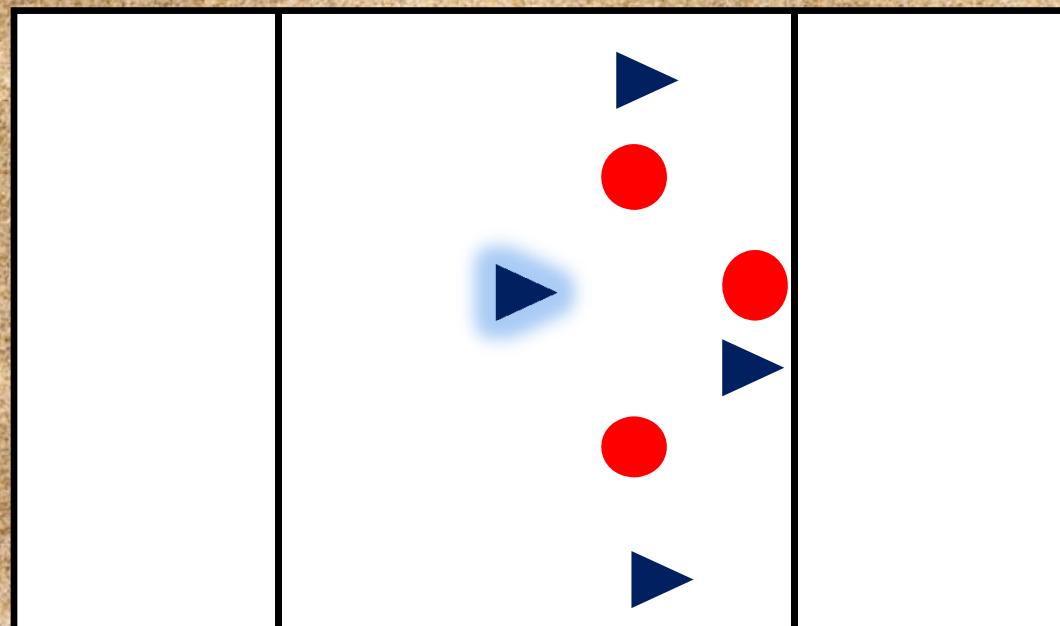


**Beach
Handball**

DEFENSE SYSTEMS

- ✓ 1:2 defense system
- One players on 6m line – two in front of him

Graphic



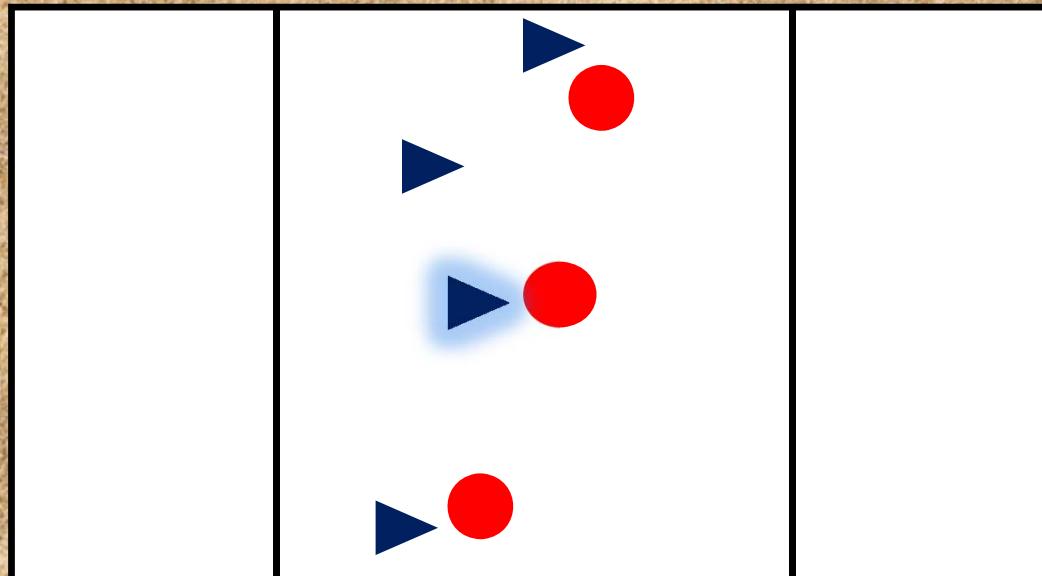


Beach Handball

DEFENSE SYSTEMS

- ✓ Pressing (Man to Man marking)
- 3 defensive players defending Man to Man covering the entire or middle of the playground

Graphic





Beach Handball



DEFENSE SYSTEMS

✓ Exercises (improving leg speed)

- Play 1:1

- Play 2:1

- Play 4:2

- Exercises specific defensive movements

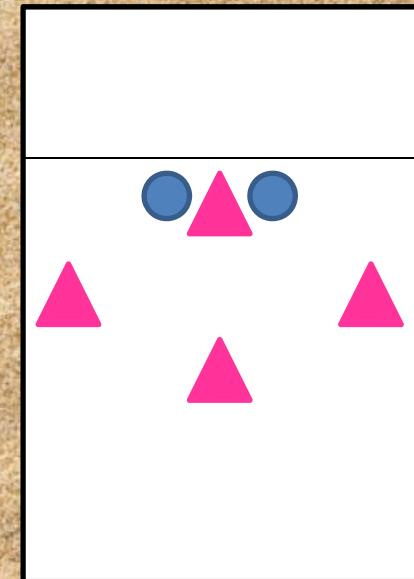
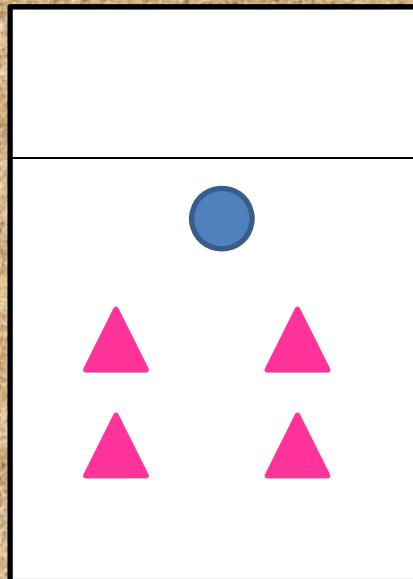
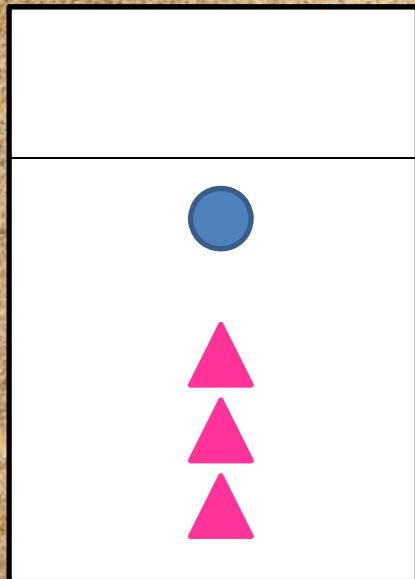




**Beach
Handball**

DEFENSE SYSTEMS

✓ Exercises (improvement legs speed)





Beach Handball

OFFENSE SYSTEMS

- ✓ Permanent 4:3 situation (4 attack players against 3 defensive players)
- ✓ Great opportunity for attractive and spectacular moves and goals





Beach Handball

OFFENSE SYSTEMS



- **3:1 system**
- **4:0 system**
- **2:2 system**
- **Fastbreaks**



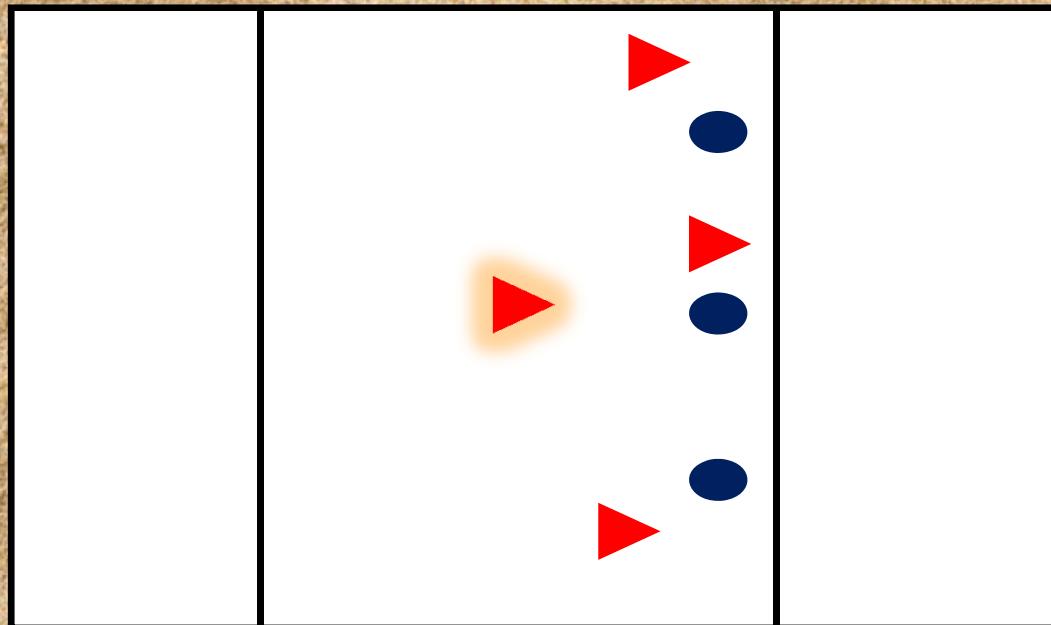


**Beach
Handball**

OFFENSE SYSTEMS

✓ 3:1 offense systems

Graphic



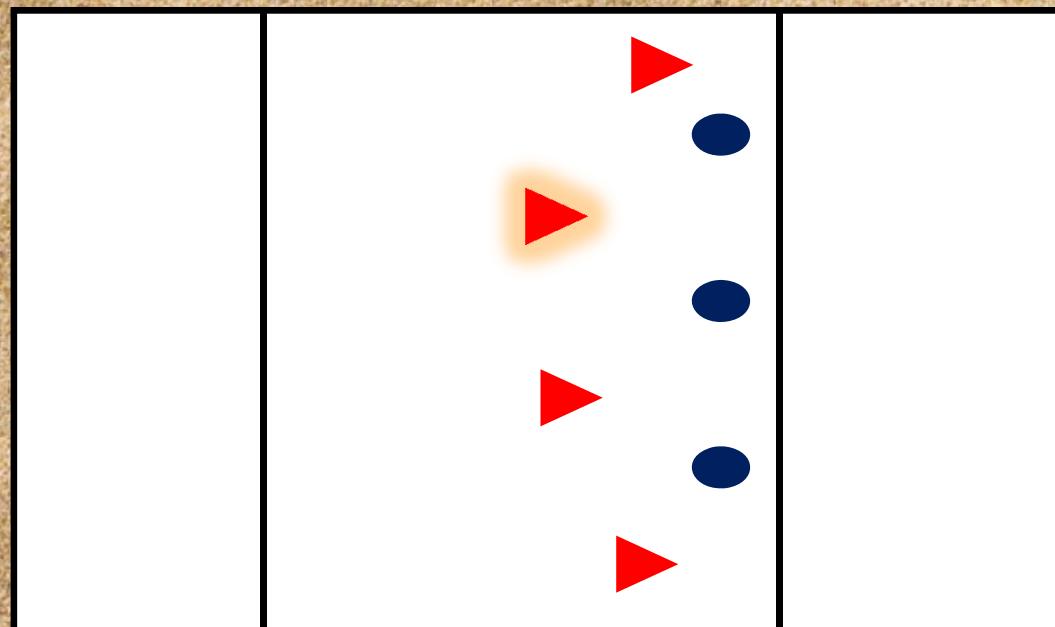


**Beach
Handball**

OFFENSE SYSTEMS

✓ 4:0 offense systems

Graphic



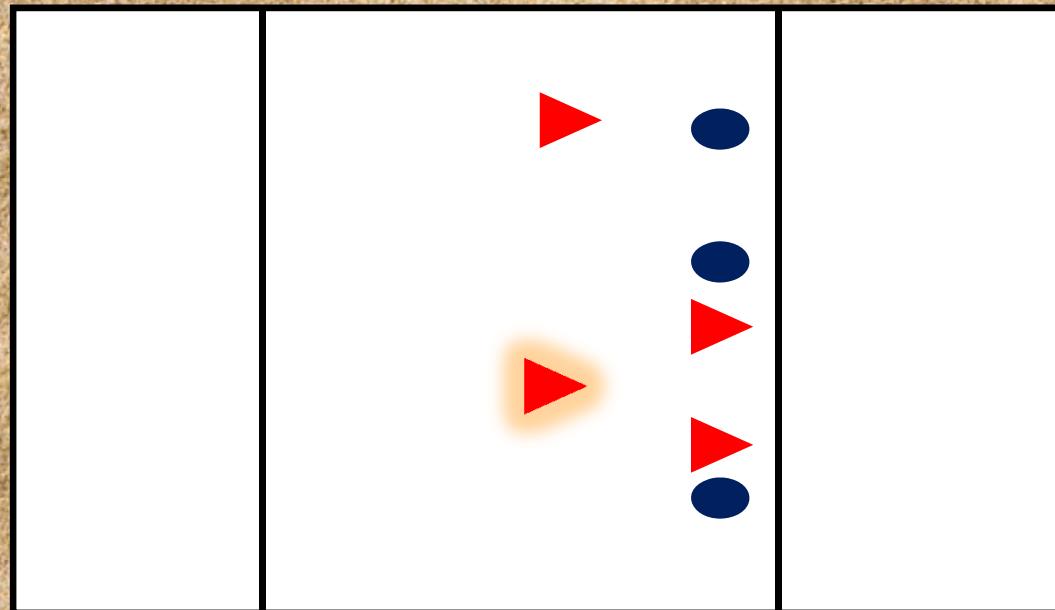


**Beach
Handball**

OFFENSE SYSTEMS

✓ 2:2 offense systems

Graphic



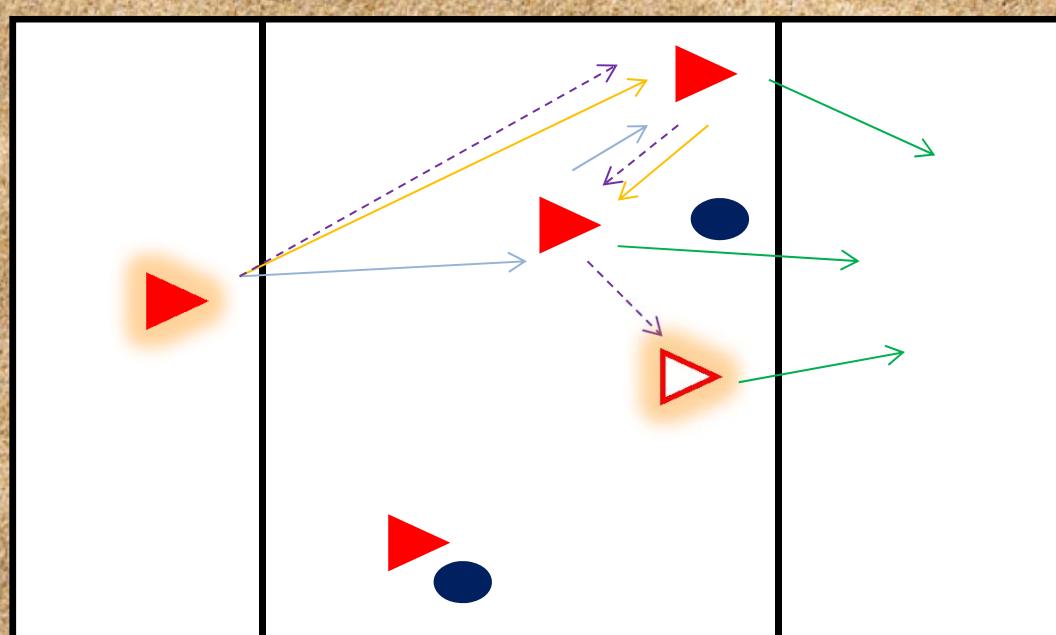


**Beach
Handball**

OFFENSE SYSTEMS

✓ Fastbreaks

Graphic





**Beach
Handball**

OFFENSE SYSTEMS

- ✓ Exercises involving:
 - Playing 2 to 1
 - Playing 3 to 2
 - Playing 4 to 3
 - Crossings
 - Changing positions
 - Return passes





**Beach
Handball**

SUBSTITUTION STRATEGIES

- ✓ Defensive players closest to the substitution area leave the field, two players come in attack
- ✓ 3 variants
 - 1st – pivot, 2nd – wing
 - 1st – wing, 2nd – pivot
 - Substitution during the pressing (Man to Man marking)

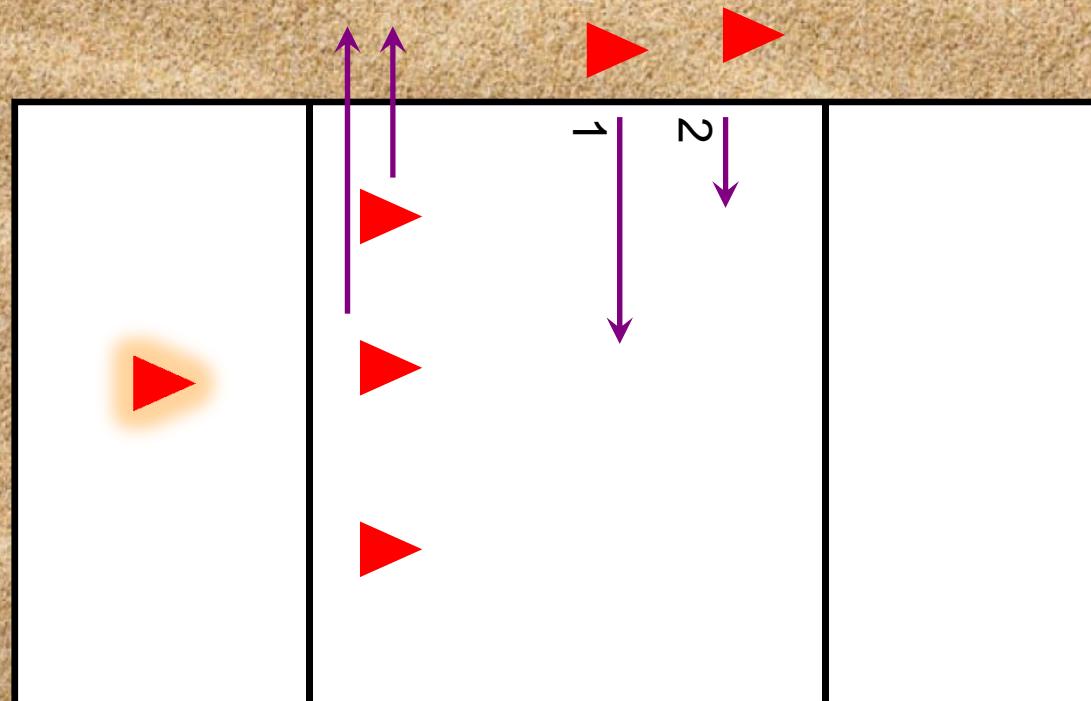




**Beach
Handball**

SUBSTITUTION STRATEGIES

Graphic

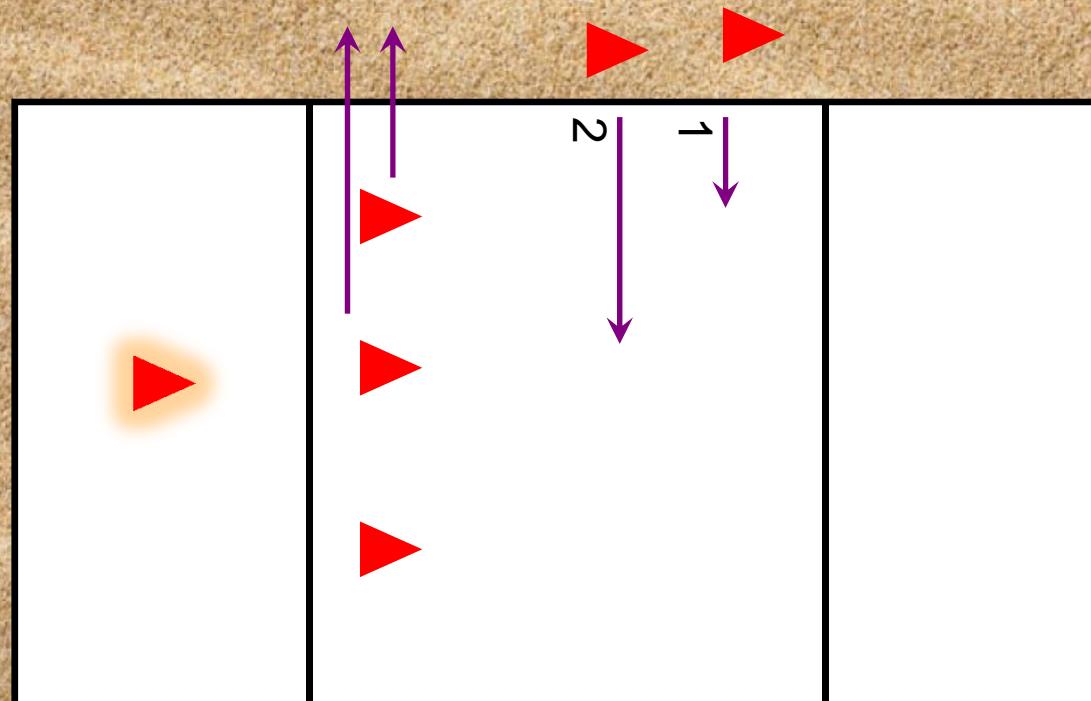




**Beach
Handball**

SUBSTITUTION STRATEGIES

Graphic

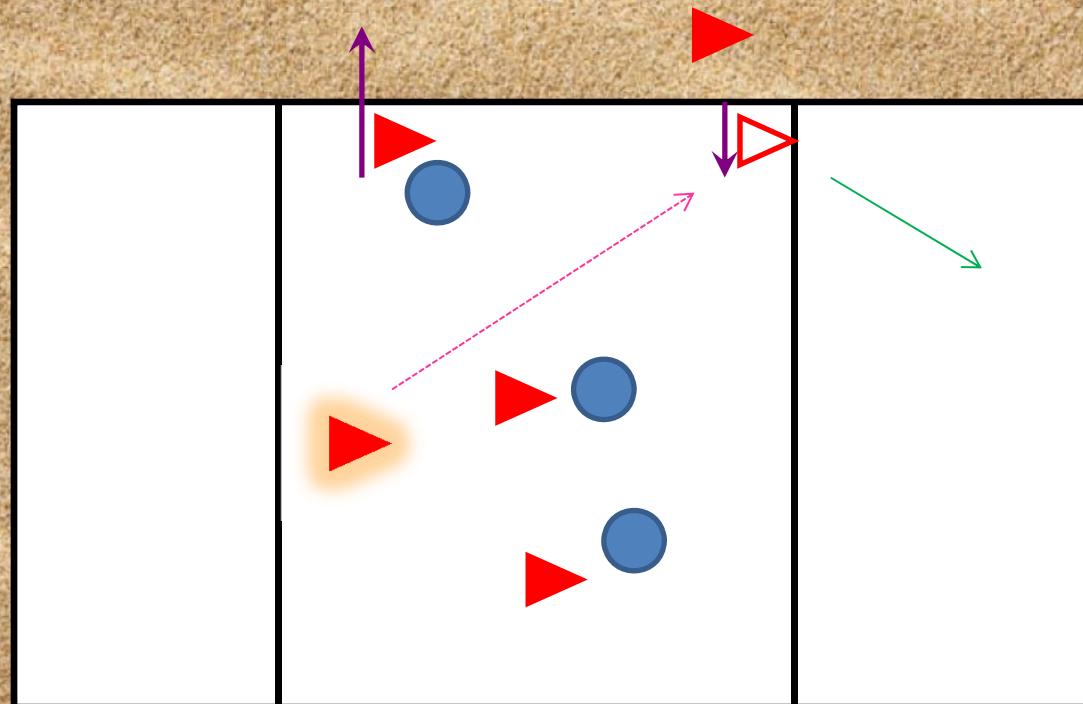




**Beach
Handball**

SUBSTITUTION STRATEGIES

Graphic





**Beach
Handball**

SUBSTITUTION STRATEGIES

- ✓ Exercise
- One defensive player
- Two players in attack, playing 2 to 1
- After the shot is taken, defensive player leaves the court
- In attack one player comes in
- Goalkeeper passes the ball to the player in attack

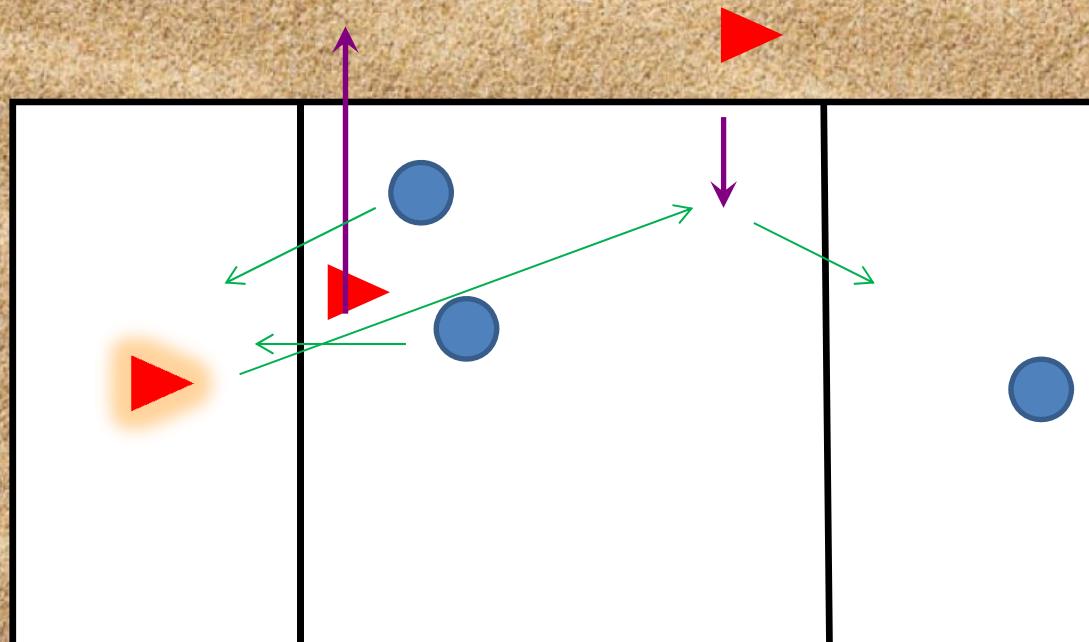




**Beach
Handball**

SUBSTITUTION STRATEGIES

Exercise





**Beach
Handball**



INNOVATIVE 2 POINTER

✓ Discussion

• 2 points awarded:

• Spin shot

• In-flight

• Specialist (Goalkeeper)

• 6m throw

• Are there any other spectacular shots that could be awarded with 2 points?

• Suggestions...





**Beach
Handball**

THANK YOU



I LOVE THIS GAME!

