

2016 EHF "Rinck" Convention Open Master Coach and Licensing Course

COOPERATION BETWEEN 2 AND 3 DEFENSE PLAYERS

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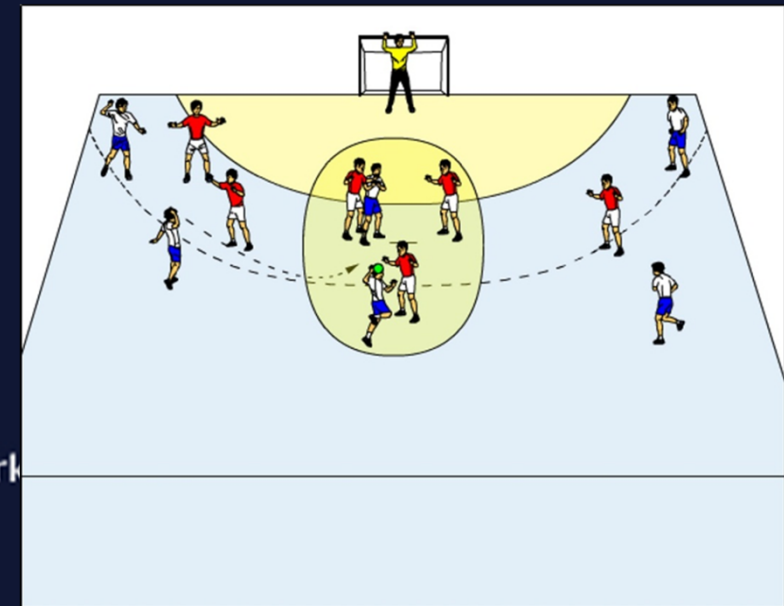
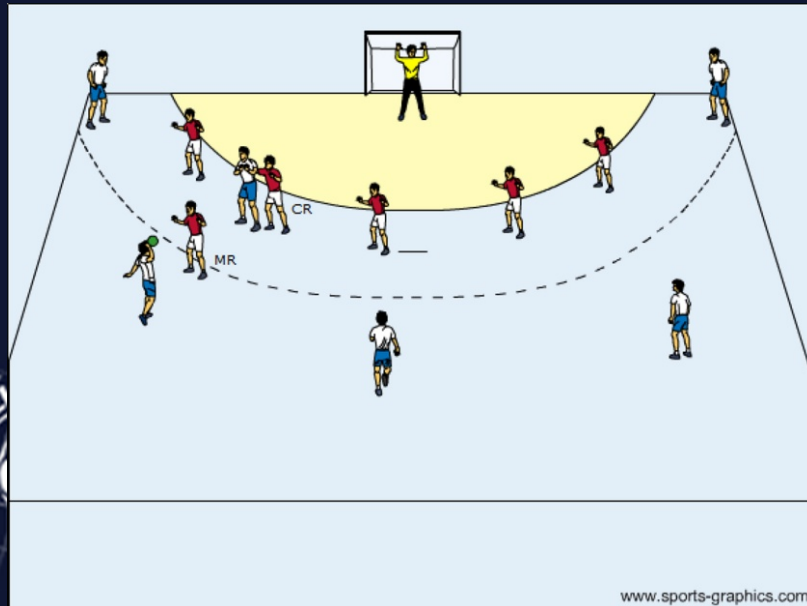
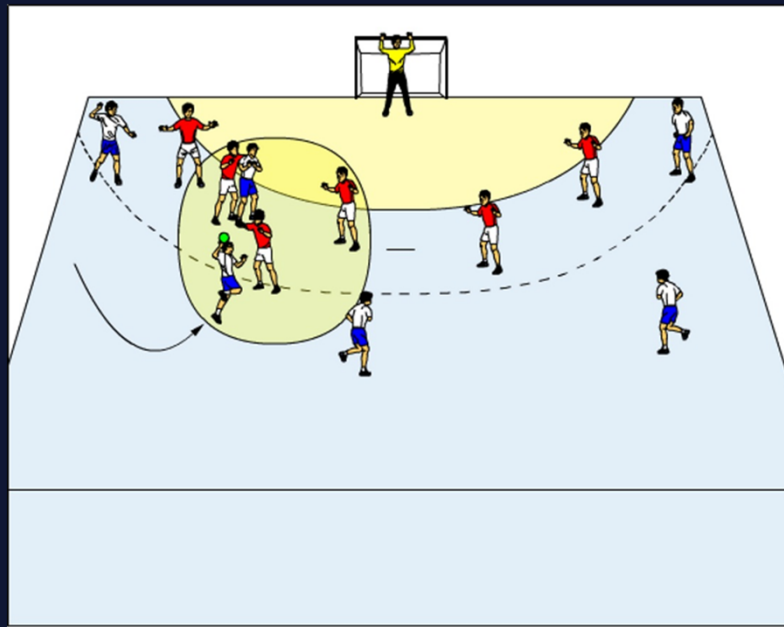
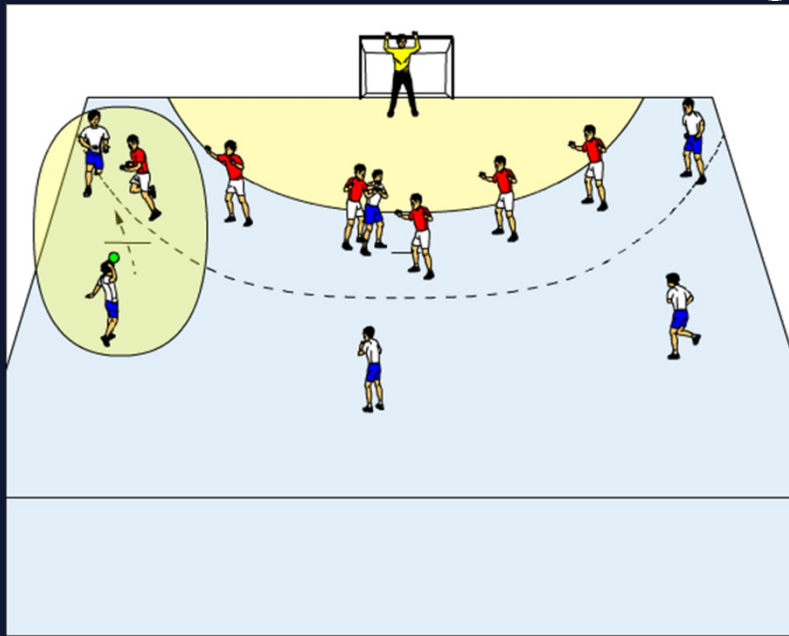
- Beside good team tactic, in every zone defence, group tactic of 2 or 3 players (defenders) is very important or decisive for efficiency of defence.
- Collaboration among the defenders should be well defined and prepared by appropriate training (appropriate methodical approach).
- First we should isolate the key situations in every defence and than prepare exercises where we should follow basic didactical rules.
- Some basic situations in 6:0 defence will be presented together with certain methodical approach.



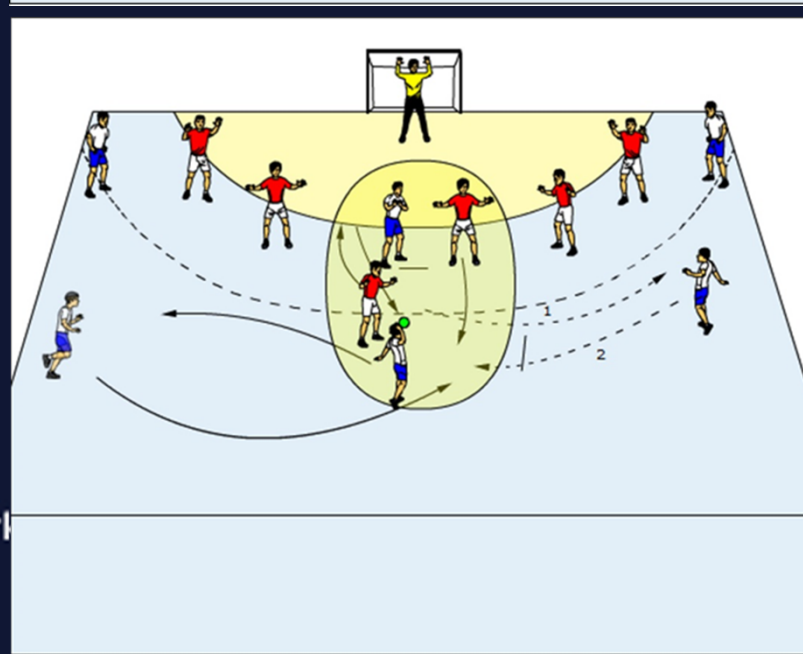
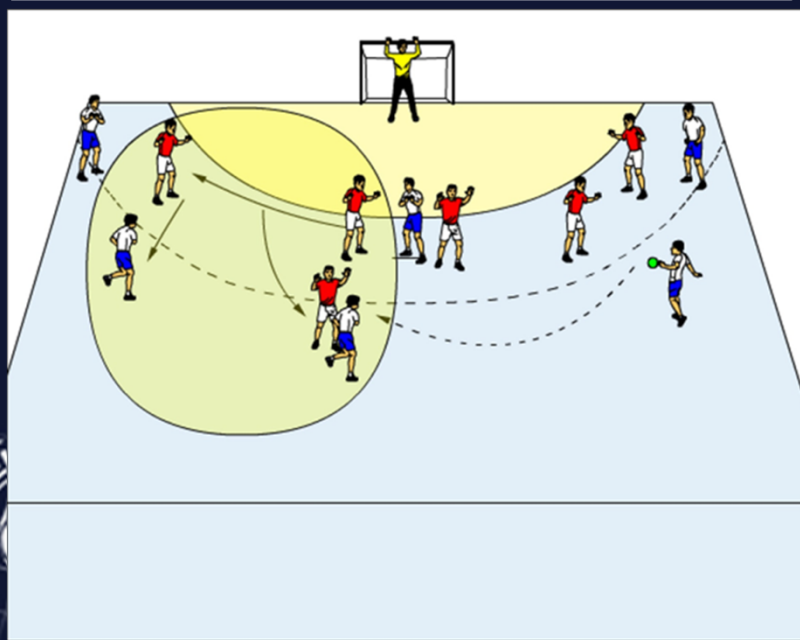
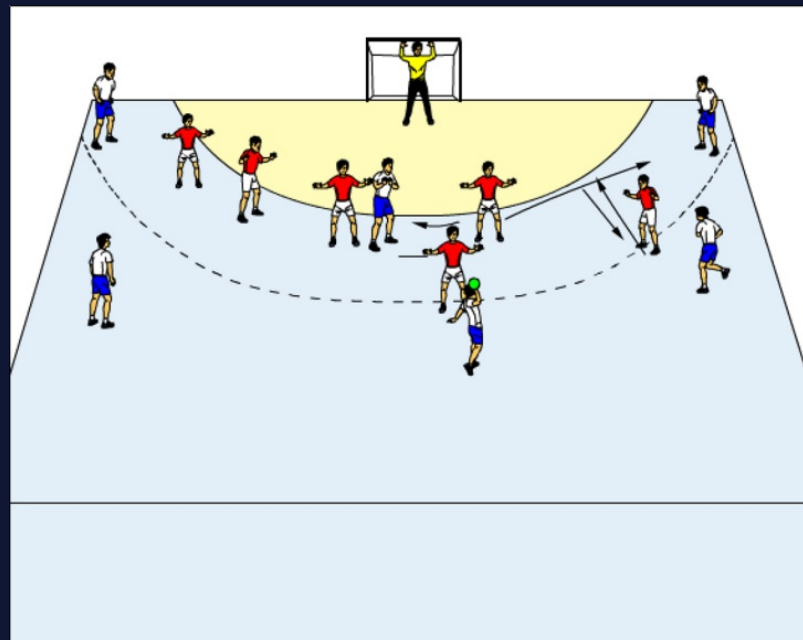
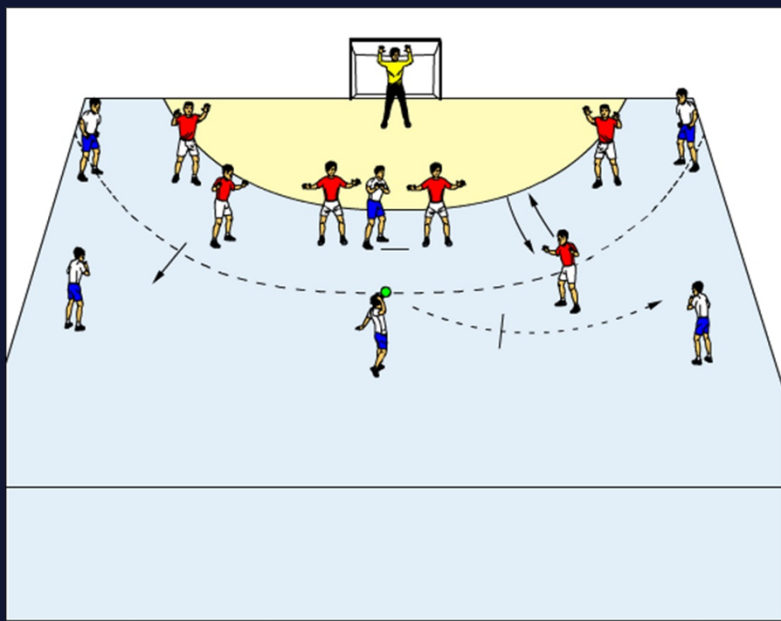
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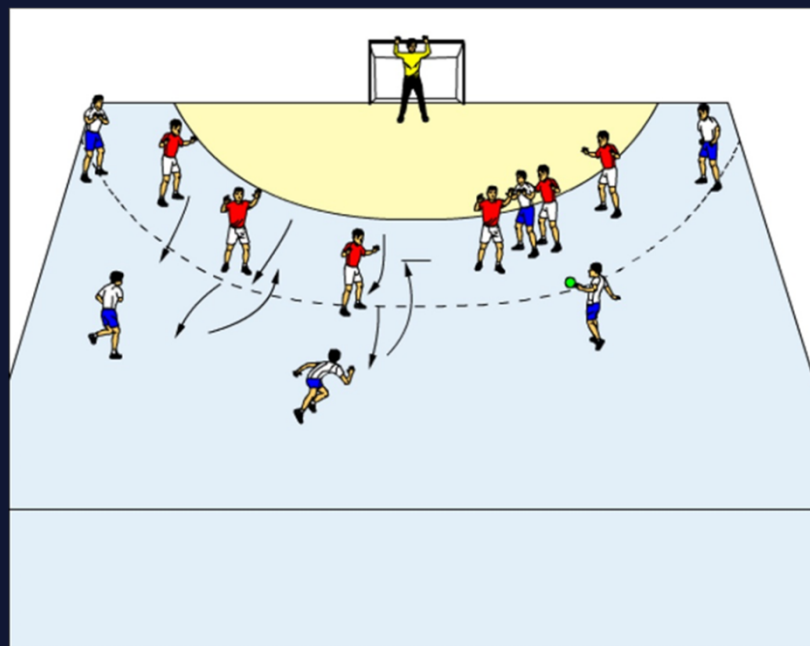


Basic situation in 6:0 zone defence – group tactic is (2 and 3 players) exposed.



Situations with anticipation – defenders try to disturb attack activities.

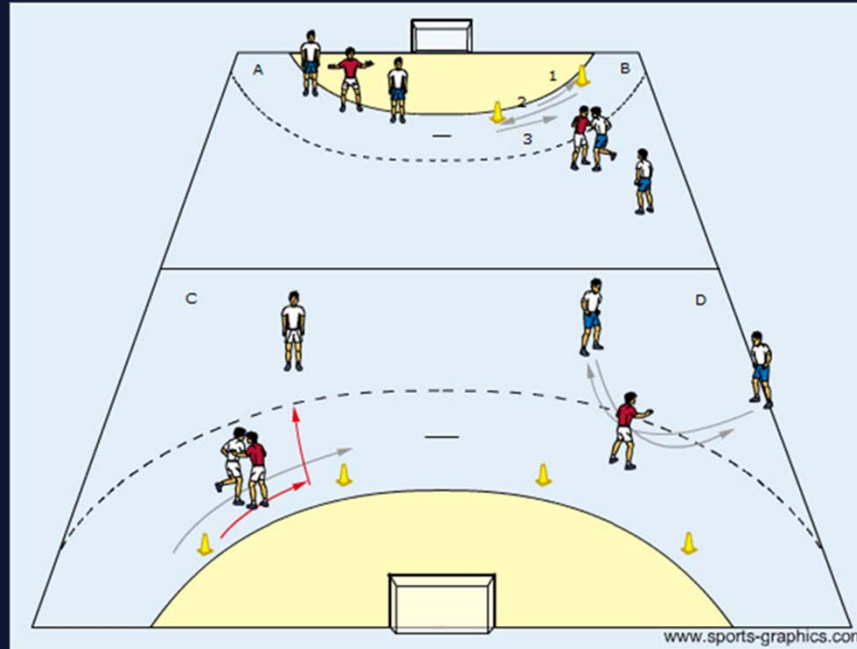




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Basic exercises where defenders train their main technical and tactical elements and group tactic collaboration



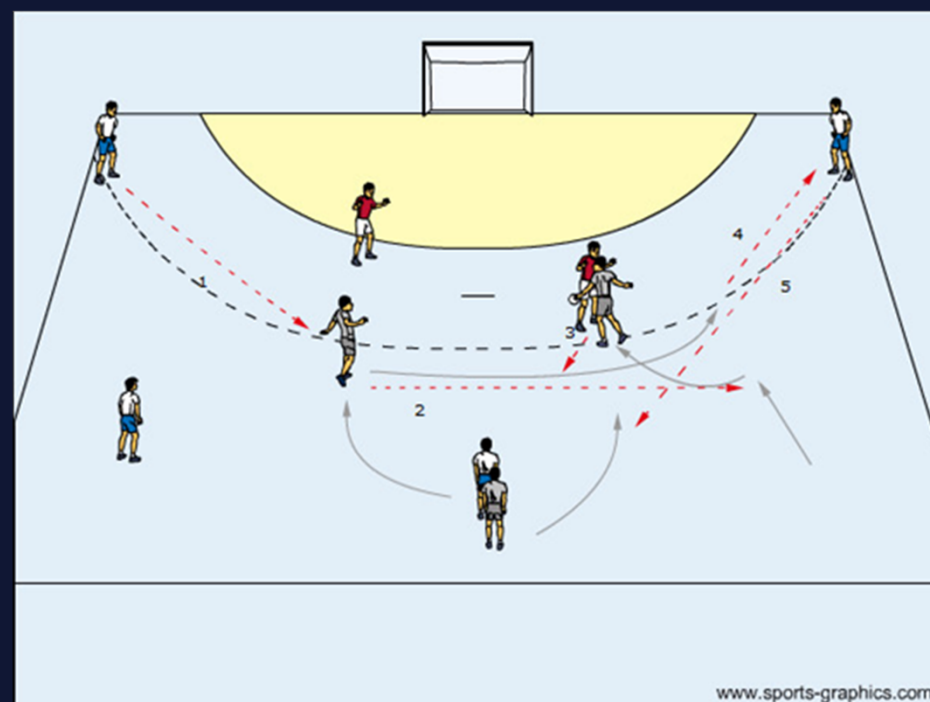
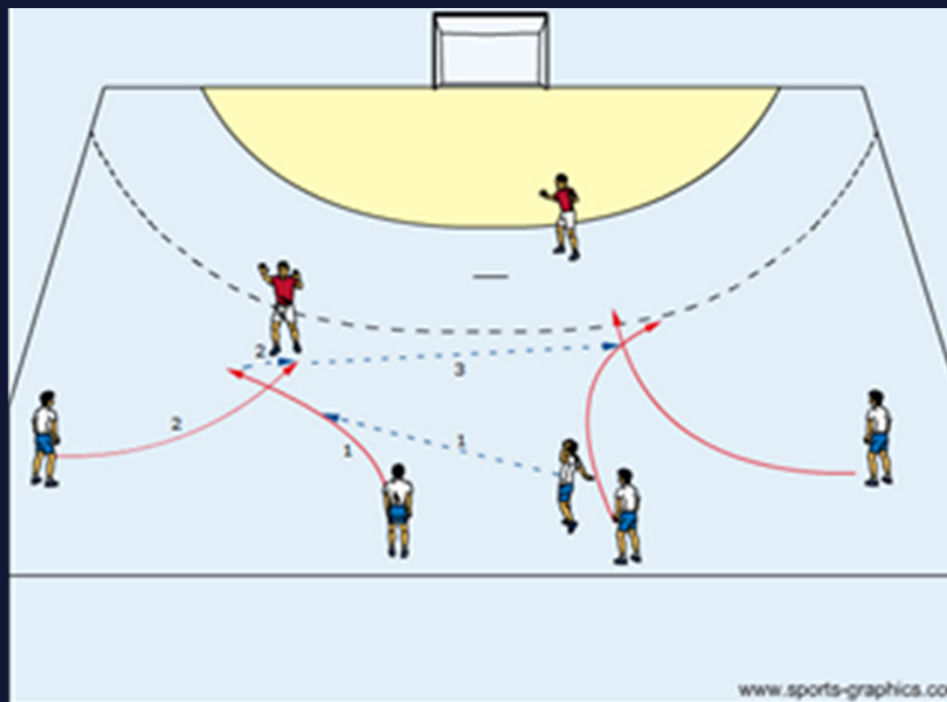
Exercises in group of three players:

- A. Lateral movements (parallel defensive stance).
- B. Side movements and stopping attacker – 1:1 without the ball (two attackers consecutive).
- C. Preventing run-in from wing position and stopping attacker 1:1
- D. Overtaking attackers in crossing.



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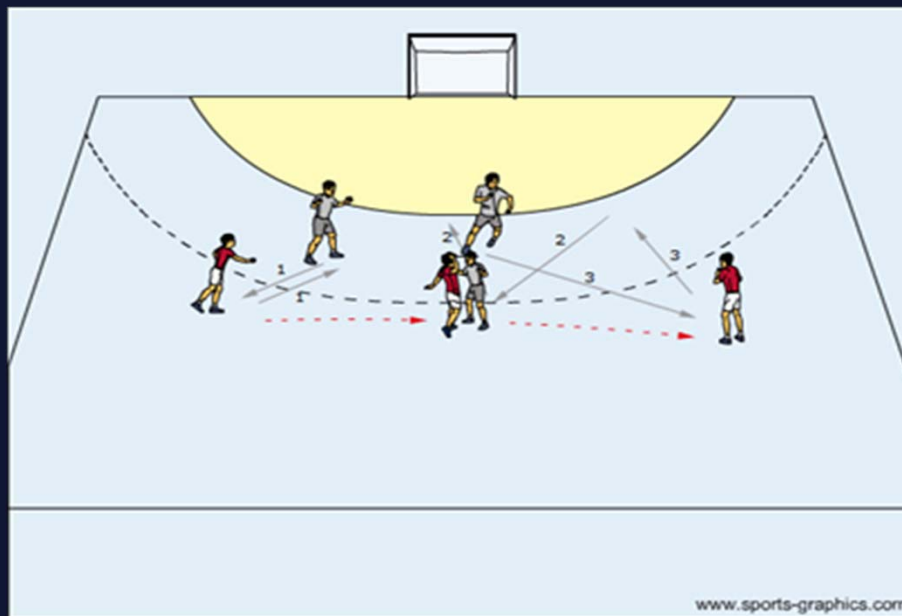
Stopping and overtaking attackers - two variants.



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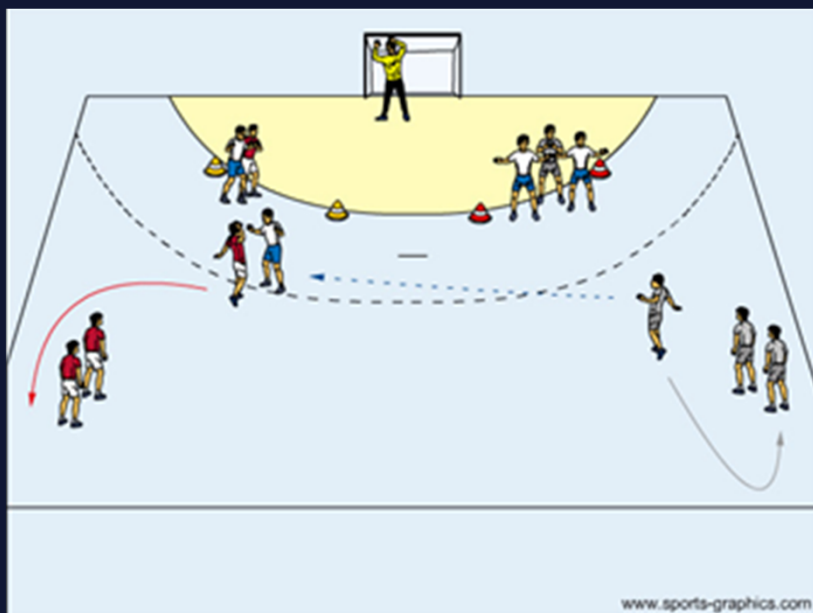


Exercises where defenders approach to attackers in an unusual way – they skip their own attacker and try to stop next one. Attackers just pass the ball among them in a regular way.



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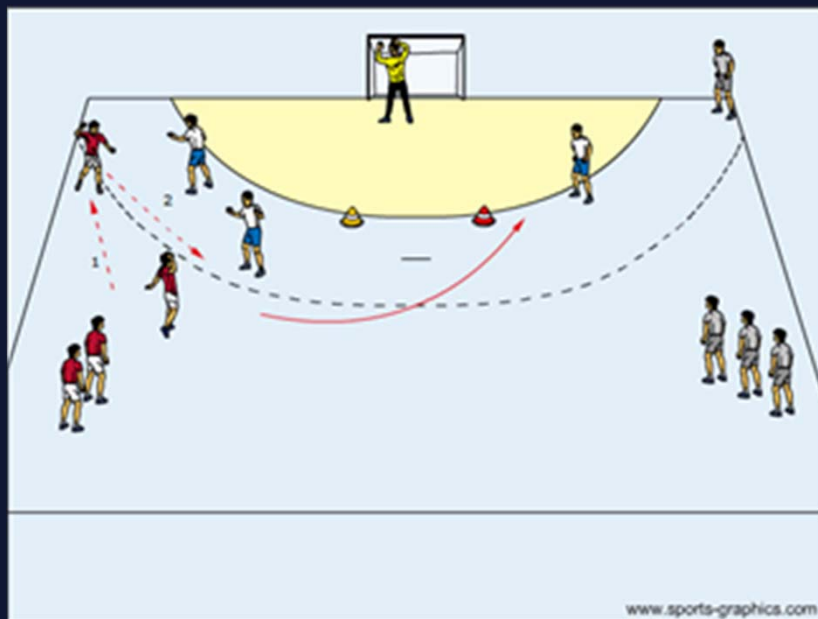


Game 2:2 – ML (MR) and CL (CR) versus LB (RB) and P.

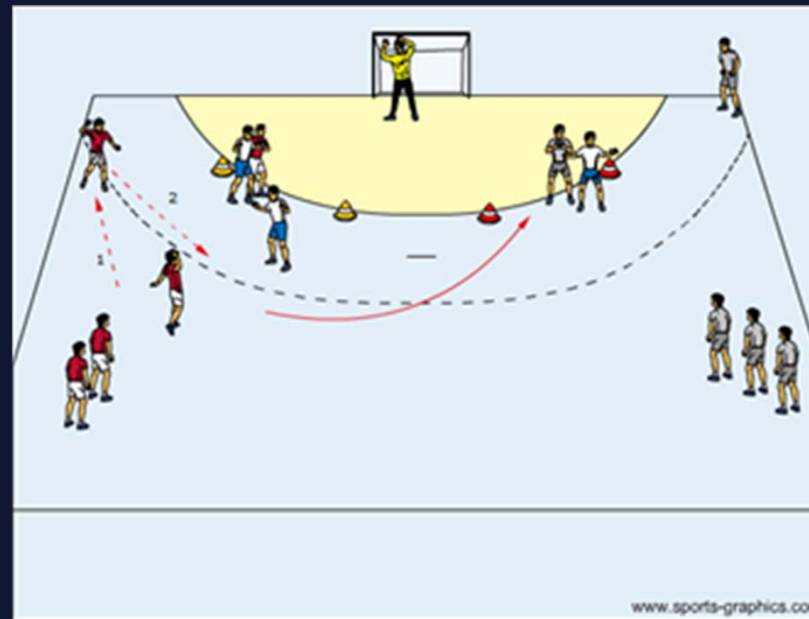


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Game 2:2 – ML (MR) and OL (OR) versus LB (RB) and LW (RW).

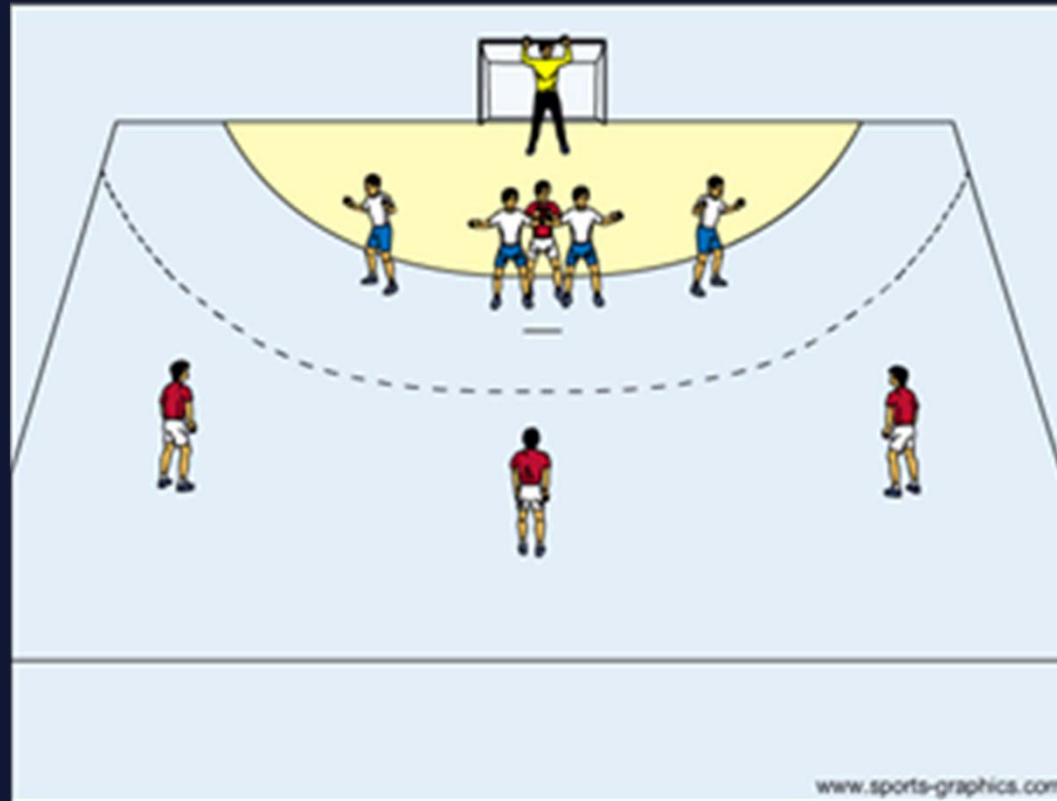


Game 3:3 – ML (MR) and CL (CR) versus LB (RB), P and LW (RW).



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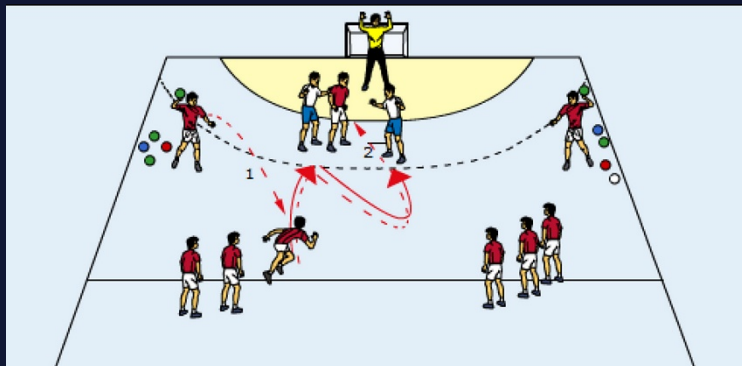
Game 1:1, 2:2 and 4:4:

- a. First - LB and RB 1:1 vs. MR and ML defenders,
- b. Second - CB and P vs. CR and CL 2:2,
- c. Third - all players together – different actions.

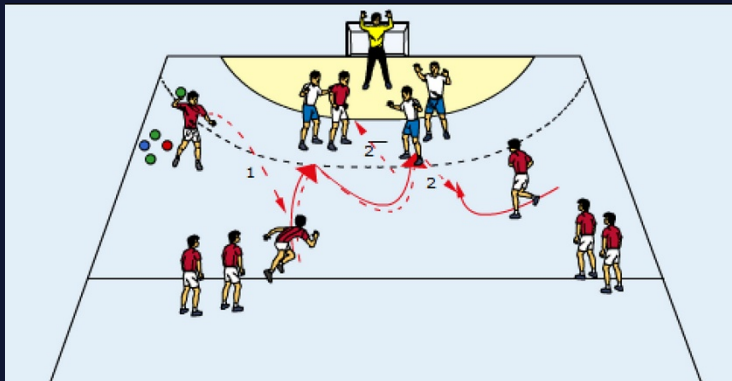


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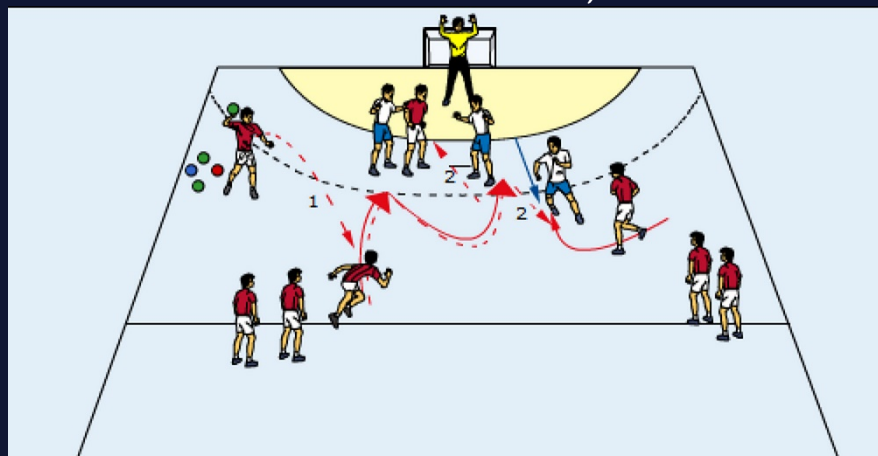




Resolving situations in a game 2:2 – both central defenders versus CB and P.



Resolving situations in a game 3:3 – both central defenders and ML versus CB, RB and P.

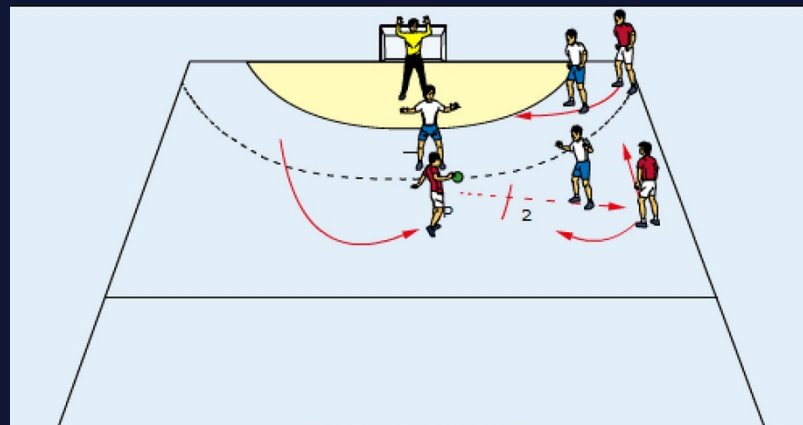
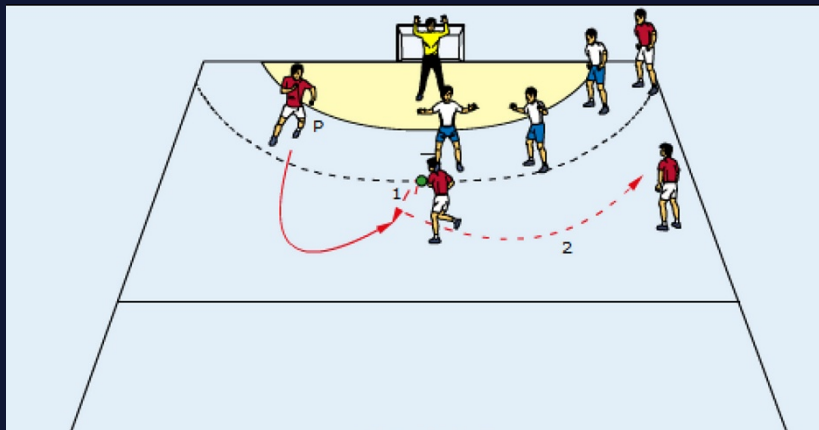


Resolving situations in a game 3:3 – ML act offensive versus RB.



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3 vs. 3 after cross between CB and P – ML try to prevent pass between P and RB.



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Thank you very much for
your attention!



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