

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

REGAIN THE PLAYING BALL WITH REGULAR TOOLS

Marko Šibila



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- Handball is a very complex sport and many factors influence a final result.
- Many times „small“ things which are not fully in focus of players and coaches decide about the successfulness in certain game situation.
- Situations where players gain and regain the ball with the allowed means are among the most characteristic actions which many times are underestimated.
- To few time on training is dedicated to this situations. And very small number of attractive exercises have been developed.
- Players should developed skills and habits which enable them to be more efficient in this situations.



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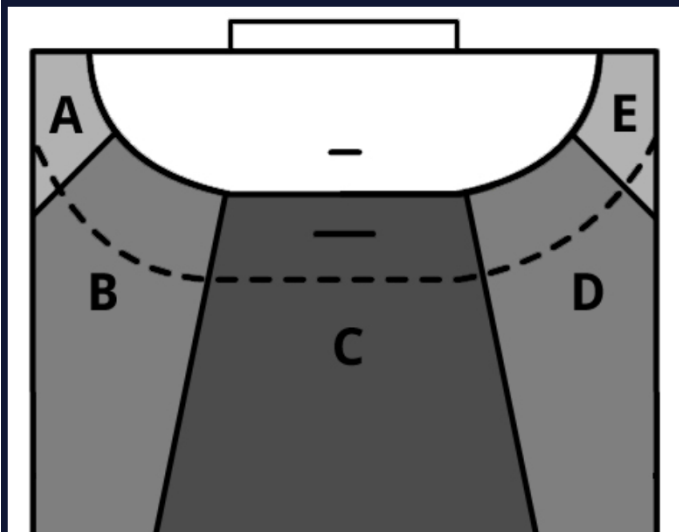
- Intercepting the ball,
- Stilling the ball while dribbling or just bouncing the ball,
- Blocking the ball and fighting for rebounder,
- Rebound from goalkeeper or goal.



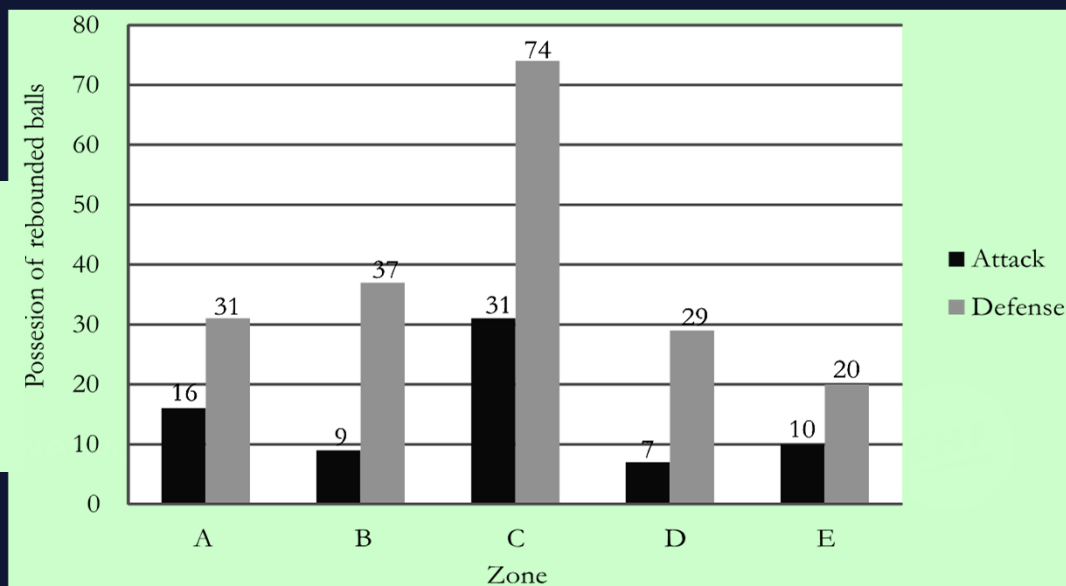
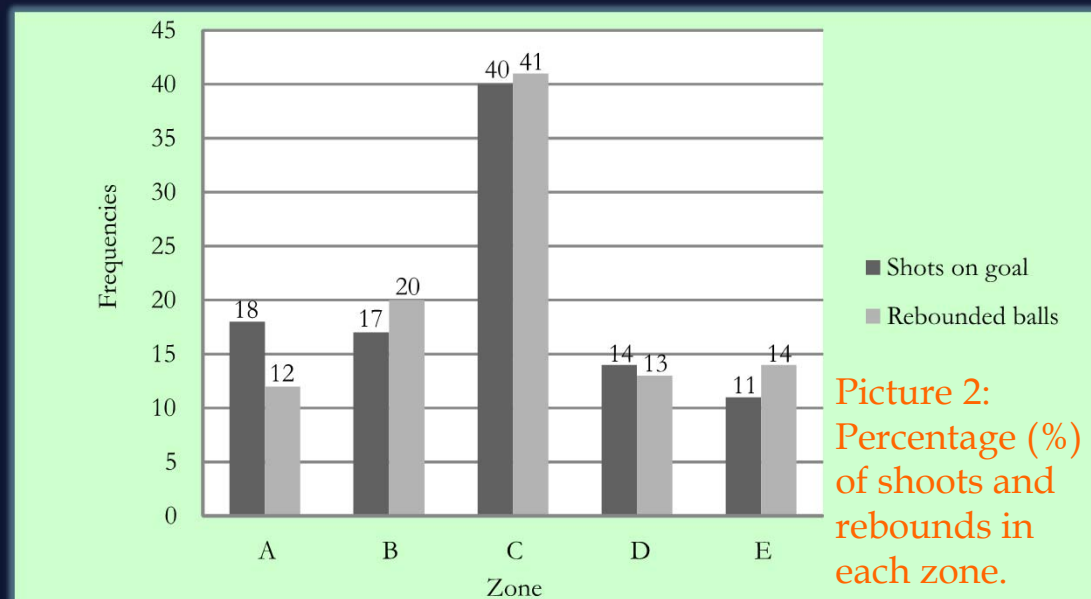
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- Research concerning rebounds after the shoot toward goal was done: Burger, A., Rogulj, N., Foretić, N. & M. Čavala: ANALYSIS OF REBAUNDS IN HANDBALL MATCH.
- 15 handball matches of man Croatian national team were analysed (WCh Tunis 2005 and ECh Austria 2010).



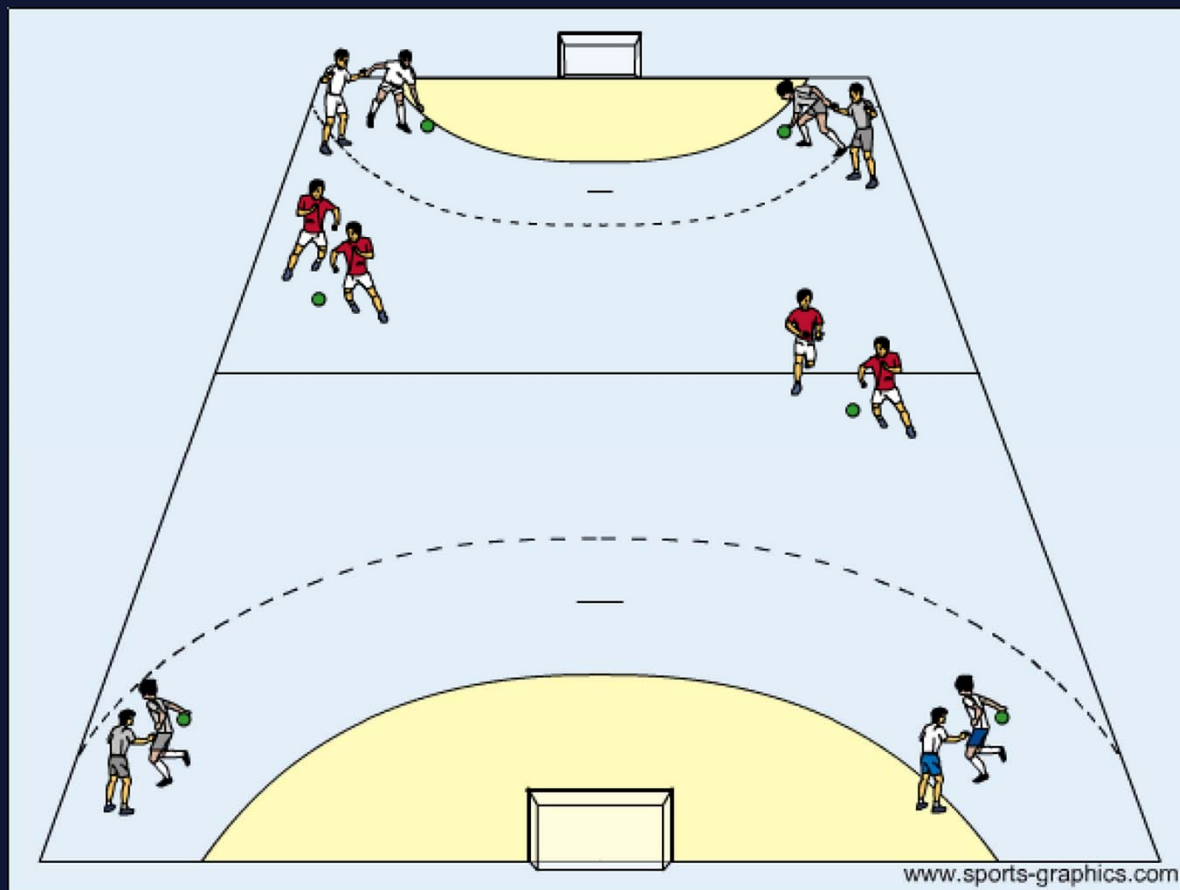
Picture 1. Zones of rebounds.



Picture 3: Number of rebounds cached by defenders or attackers in each zone.



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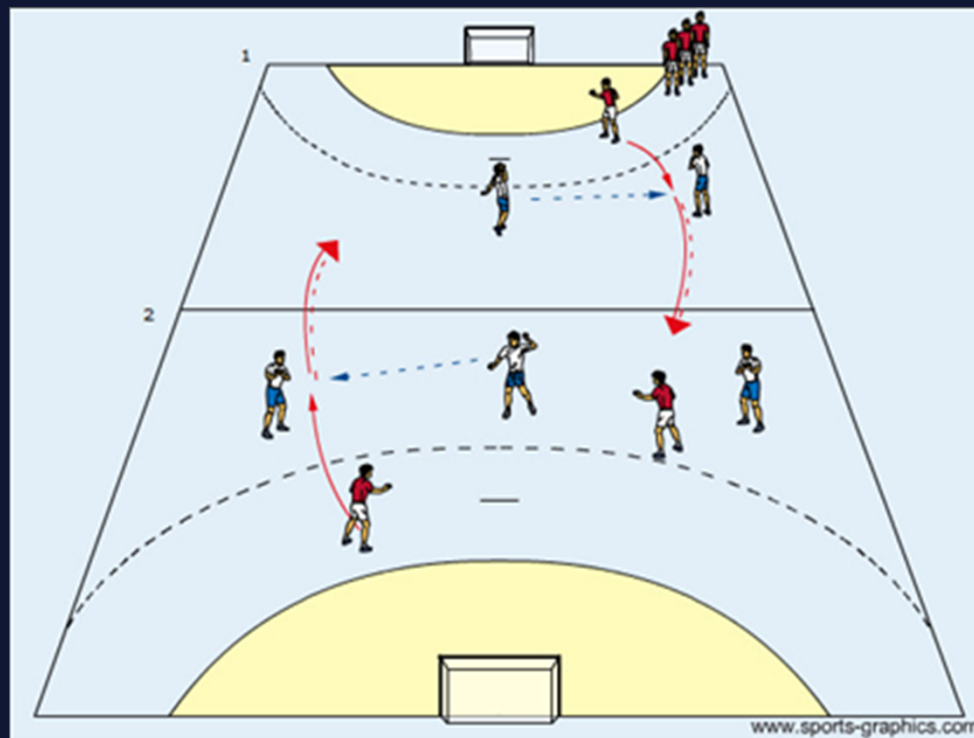


- Exercises in pairs
- - taking of the ball during dribbling,
- - and the various fights for the ball – on the ground and in a jump.



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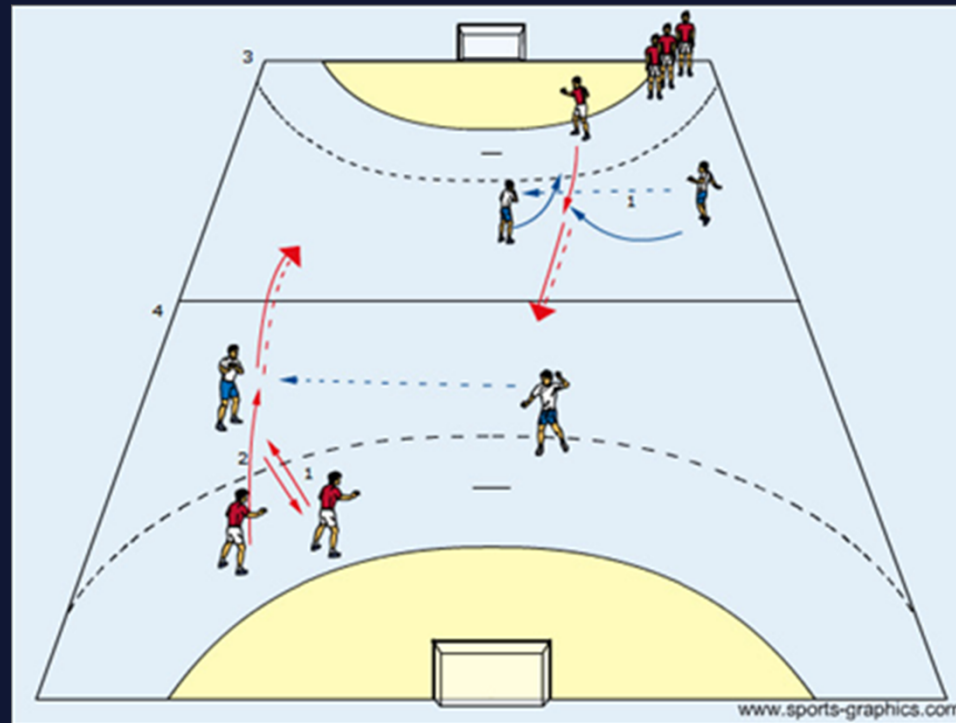
Intercepting the ball:

1. Players in a row try to intercept the pass between CB and RB (timing).
2. In situation 2 one more back player and mid-defender are added. First pass is falls, second pass is performed on the opposite side - interception of the second pass. Both defenders in CA.



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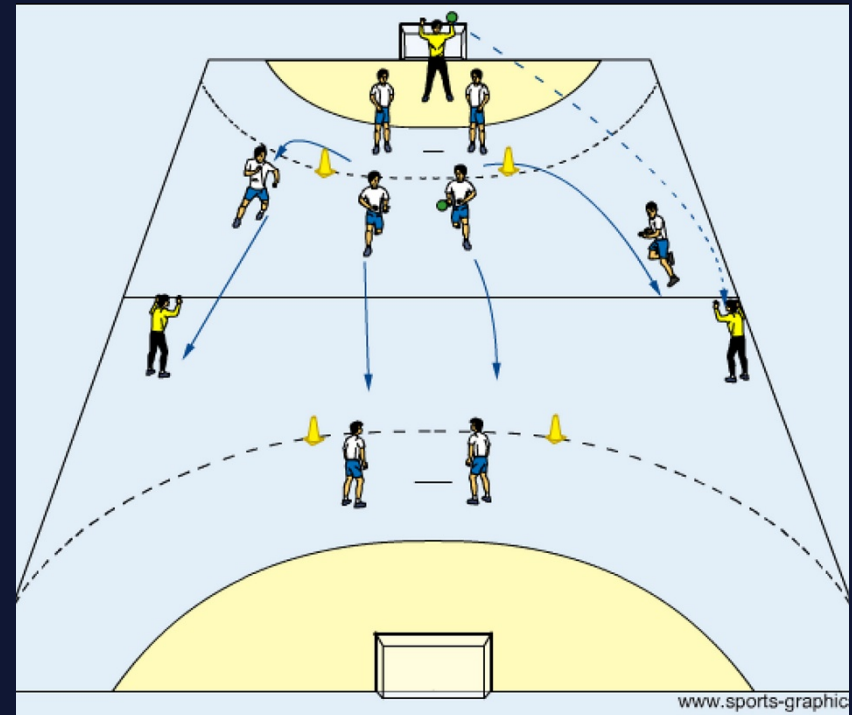
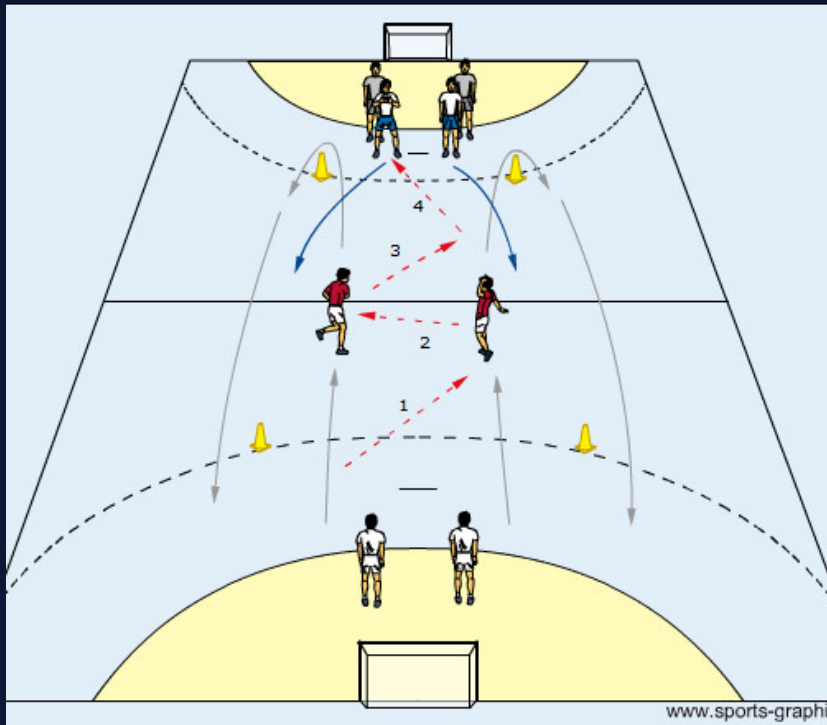
3. Intercepting the pass during crossing (CB + RB (LB)).

4. Attacker (CB) perform a false pass since ML defender move out. Than ML return to line and OL goes out and intercept the ball.



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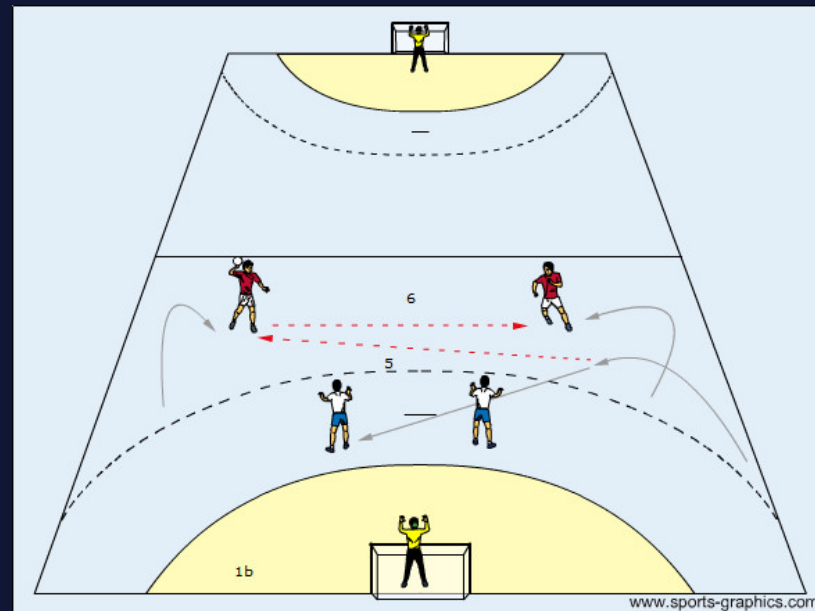
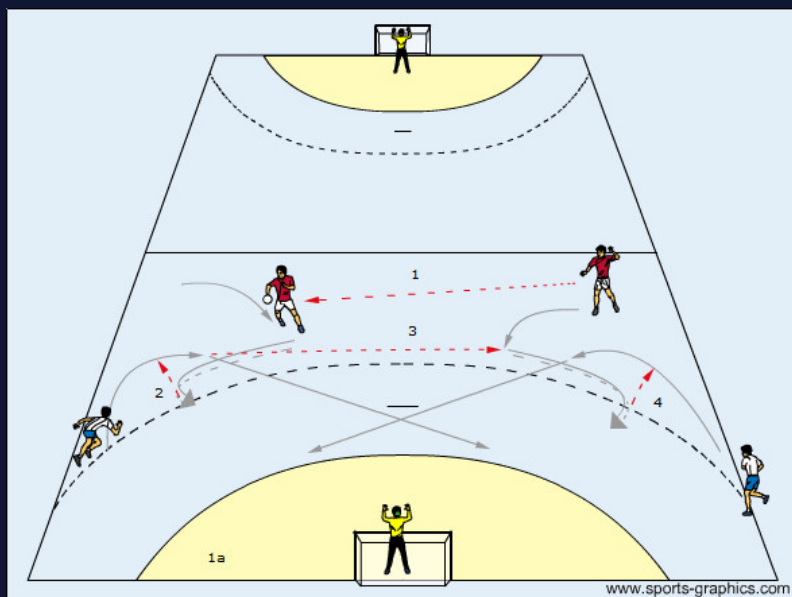


Passing the ball in pairs – principle of „Vulcan“. Return into defence with attempt to intercept the pass from goalkeeper (picture on the right).

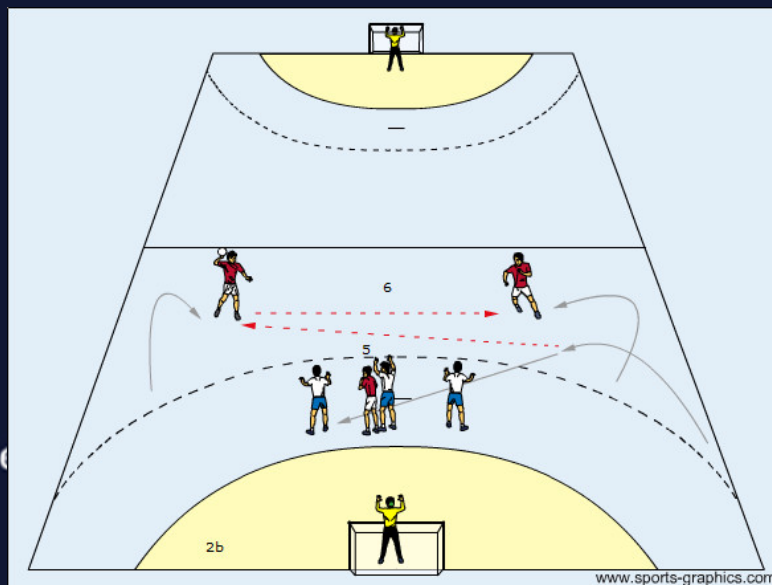
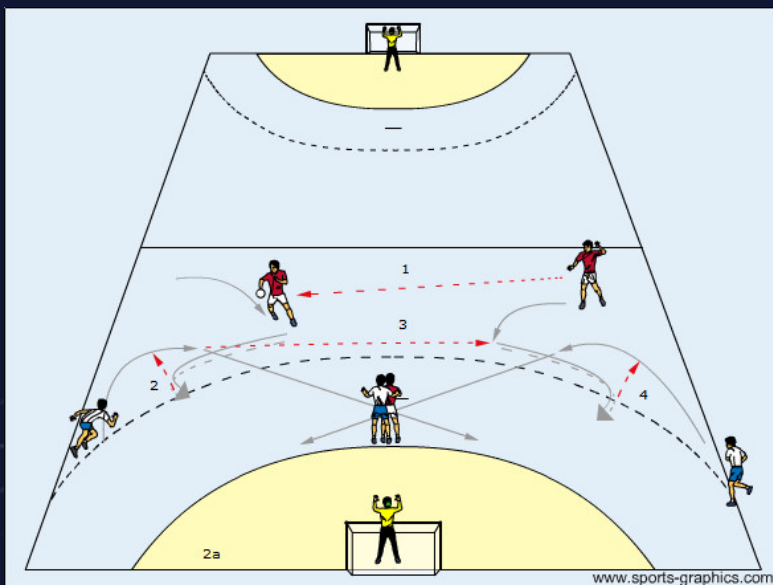


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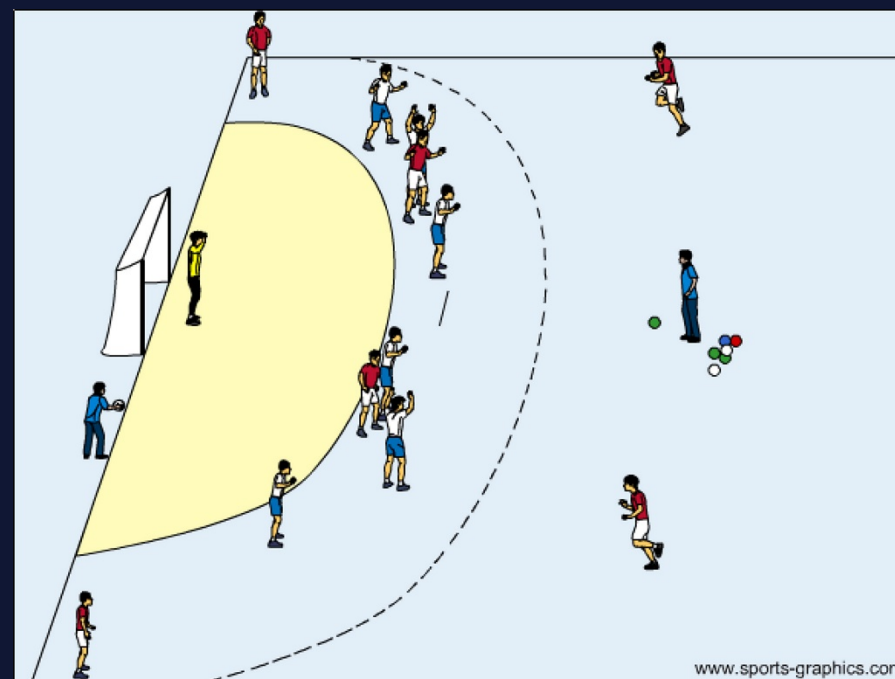
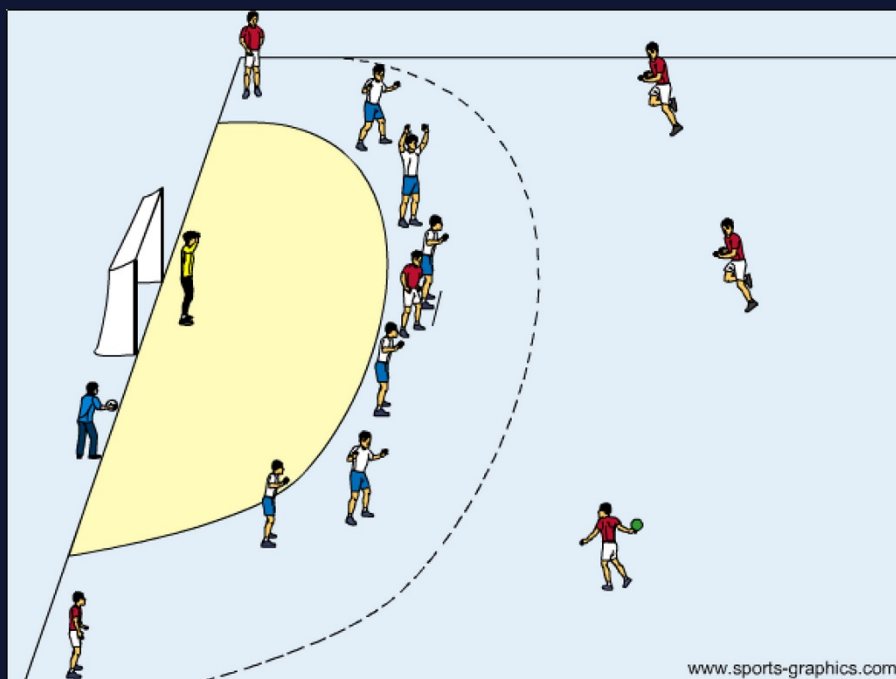


Attack activities all four players, than 2 vs. 2 and fight for rebounded ball – CA. In a variant (see below) one more defender (CH) and attacker (P) are included.



Exercises 6 vs. 6:

- different shoots to goal (different positions) and fight for rebounders.
- coach perform different kind of throws (or kicks) to the goal, thus create different situations where players fight for the rebounders (picture one the right).



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Thank you very much for
your attention!



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Marko Šibila