



# Rules + Tactics + 2 point goals

(based on a presentation by Tamas Neukum / EHF Lecturer)

Peter Fröschl

EHF Office

Szczyrk / POL 24 June 2016





## BH Rules

Compare: Rule Video

<http://activities.eurohandball.com/teaching-videos/beach-hb>

and

[http://cms.eurohandball.com/PortalData/1/Resources/1\\_ehf\\_main/11\\_downloadsregulations\\_forms/1\\_regulations/1\\_beach/Beach\\_Rules\\_short\\_version.pdf](http://cms.eurohandball.com/PortalData/1/Resources/1_ehf_main/11_downloadsregulations_forms/1_regulations/1_beach/Beach_Rules_short_version.pdf)





## Tactics

your idea - your philosophy - your motivation -  
your interest - your experiences

Follow on your own way!

BUT DON'T FORGET ADOPT TO YOUR PLAYERS'  
AND TEAM'S SKILLS!







## Start from scratch

Techniques + Physical abilities → Tactics

Without techniques and physical abilities tactics  
don't work!

DON'T FORGET TO ADOPT TACTICS TO YOUR  
PLAYERS' AND TEAM'S SKILLS!







## 4 phases of the game

- Defence
- Fast break
- Offence
- Quick retreat
- (Shoot out)







## Defence

### **Numerical inferiority**

- Anticipation

### **Aims of defence (vs. indoor)**

- to stop or interfere with the scoring of a 2-point goal
- to prevent the scoring of goal

### **Order of defence**

- to prevent the easiest way of scoring a goal
- substitution
- general defence







## Aim of defence

### Aim of defence (vs. indoor)

#### 1. to stop or interfere with the scoring of a 2-point goal

- goalkeeper direct goal
- specialist
- inflight or spin shot
- 6 m penalty

#### 2. to prevent scoring a goal

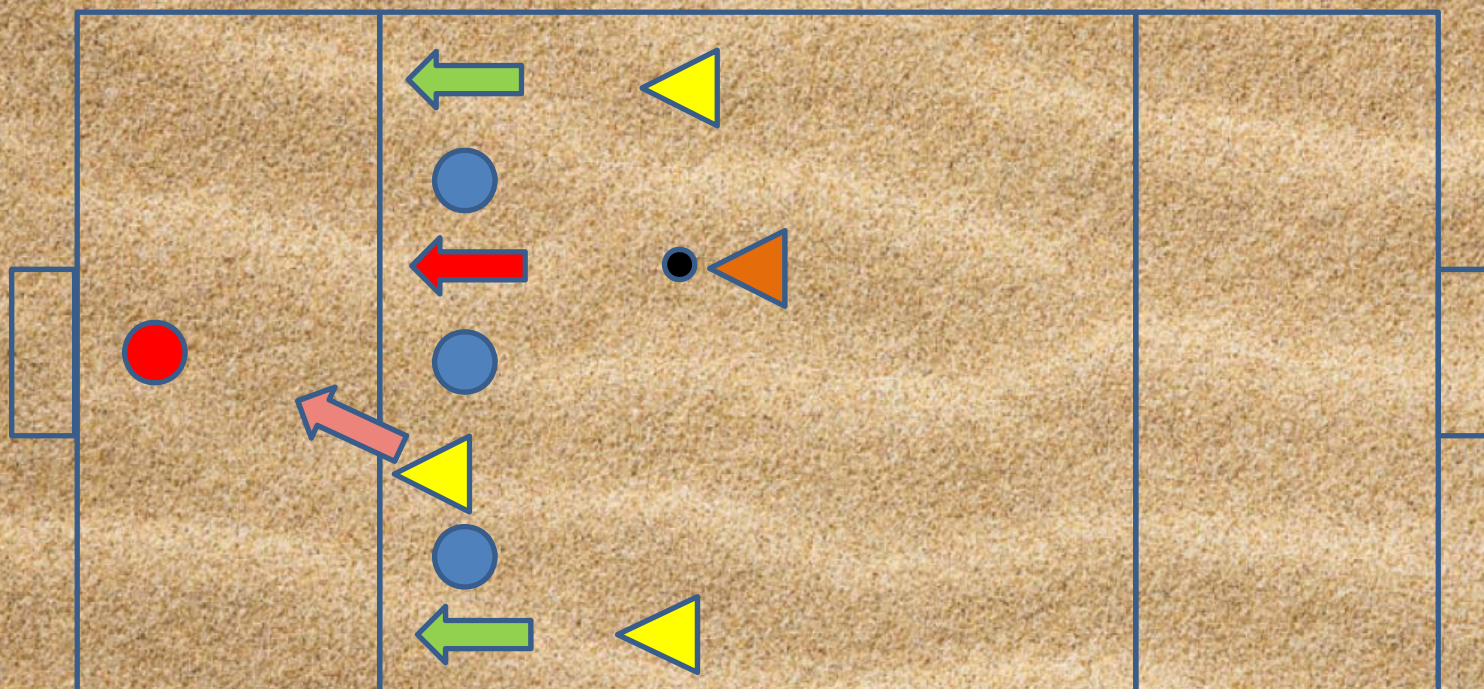
- defence







## Threat order – view of scoring 2 points

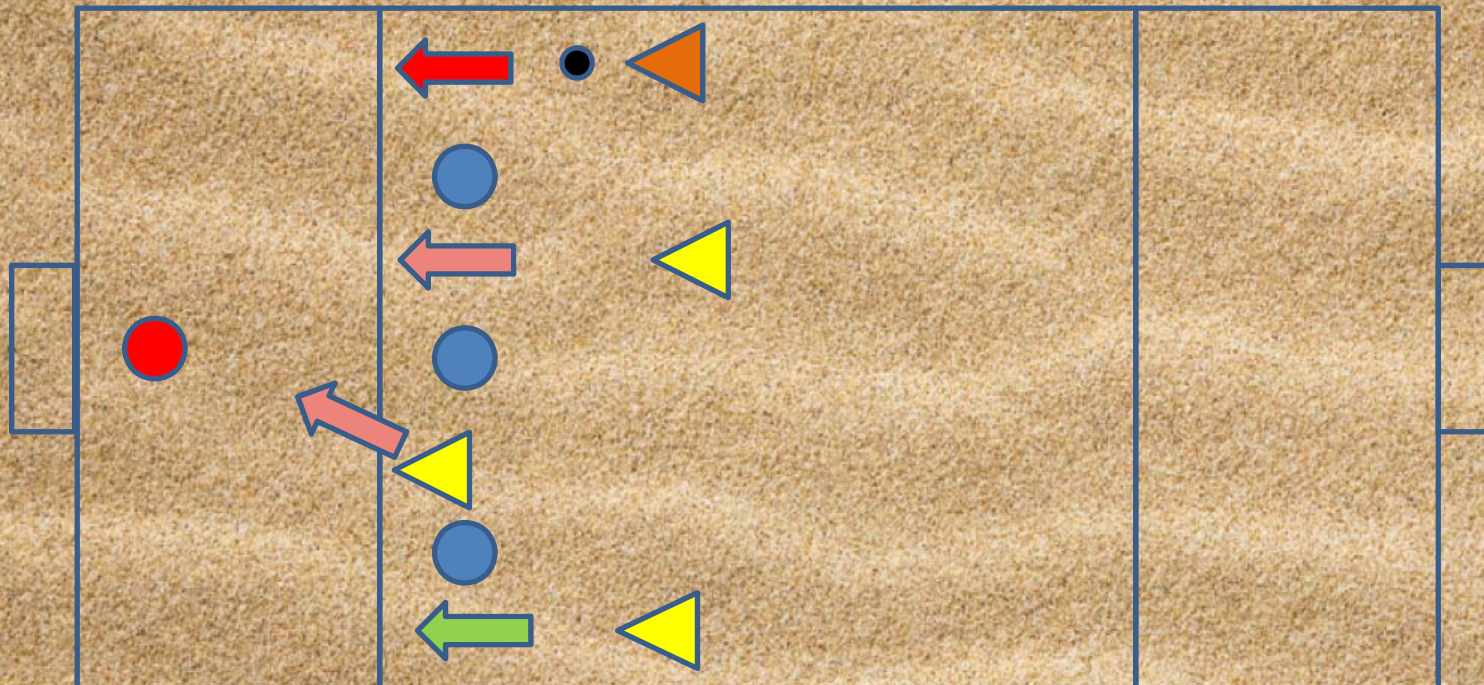






# Beach Handball

## Threat order – view of scoring 2 points







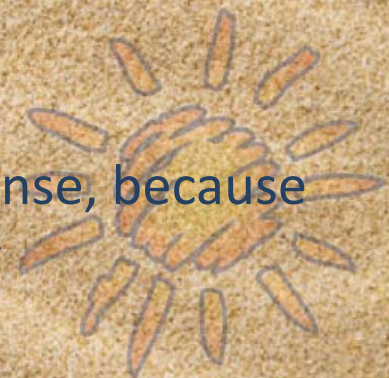
# Beach Handball

## Basic defence strategy

- to play 3 against 4
- there is one attacker (specialist) who can score 2 points with any kind of shots
- the main aim is to try to stop the scoring of a 2- point goals

**The basic positions and movements depend on the specialist, pivot and the ball positions.**

- to force the offence into 1 against 1 situations
- 3 against 4 situations require more legwork for the defense, because they are at a disadvantage and cannot defend as closely







## Basic defence strategy

### Teaching basic defence strategy:

- Special defence techniques to block spin shot (diving block)
- Create different situation anticipations
- Create different situations to attend threat order
- Create different situations for traps







## Fast break

- Goalkeeper direct goal
- Individual fast break
- Extended fast break
- Complete fast break

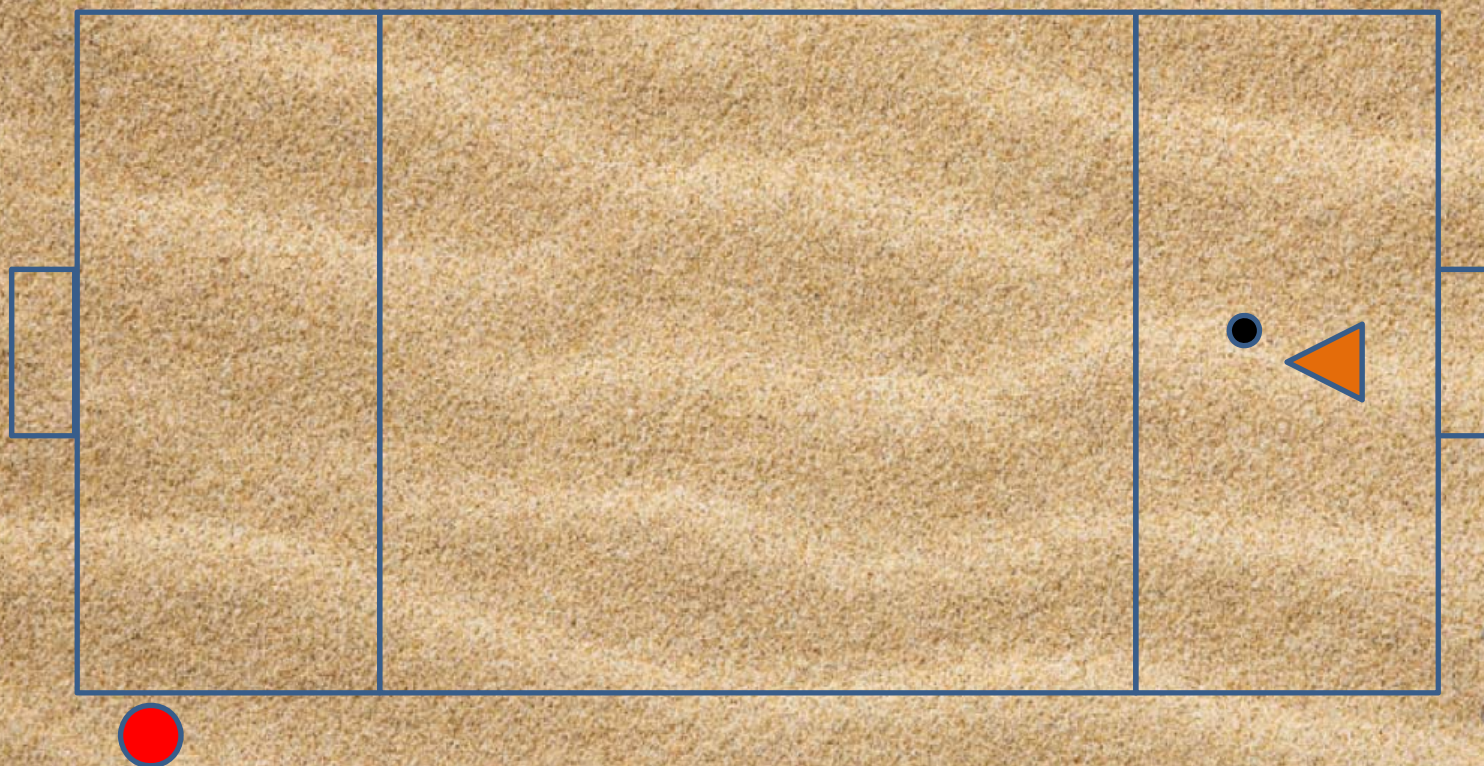






## Fast break

Goalkeeper direct goal

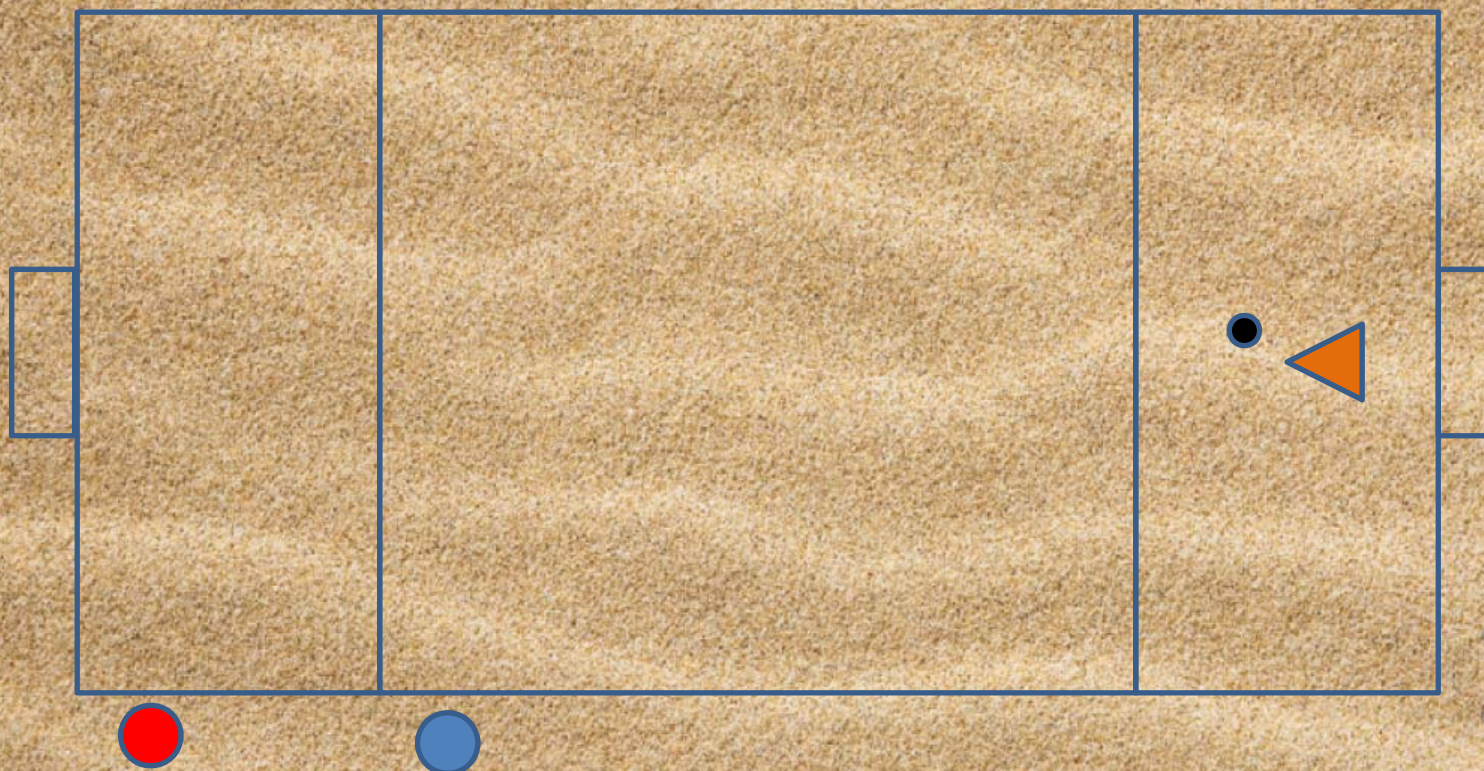






## Fast break

Individual fast break

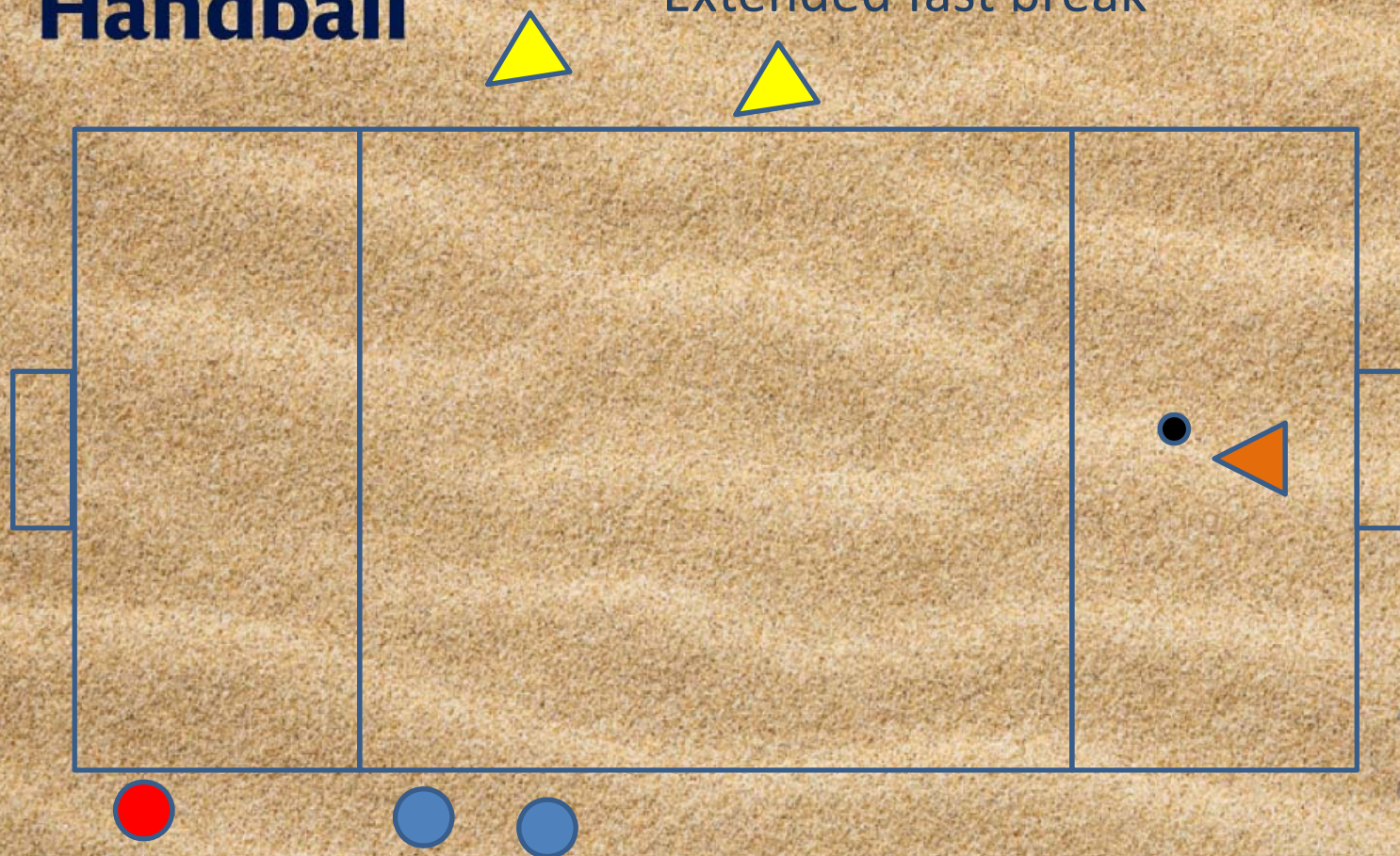






## Fast break

Extended fast break

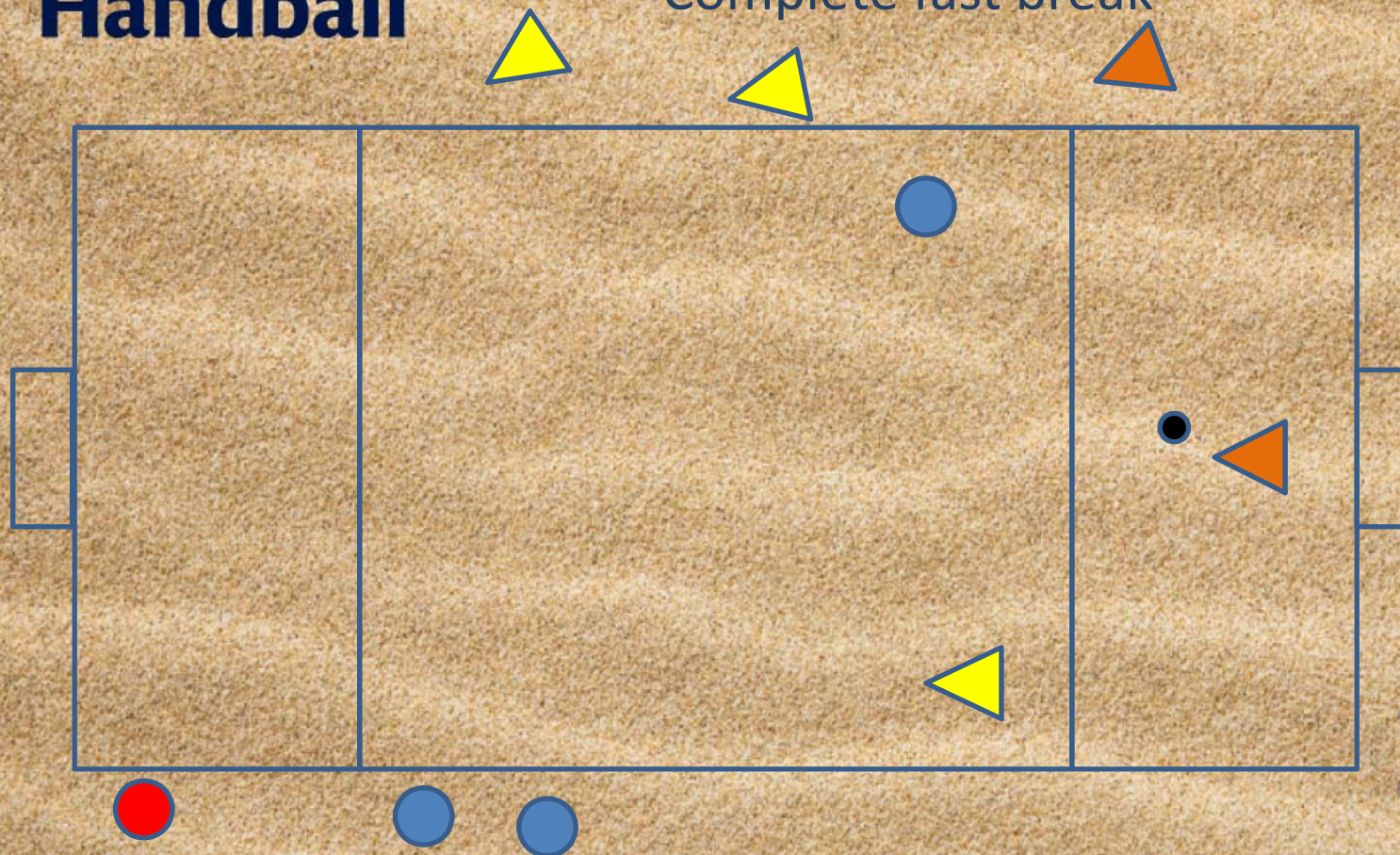






## Fast break

Complete fast break







## Offence

### Aim of offence (vs. indoor)

#### 1. scoring of a 2-point goal

- goalkeeper direct goal
- specialist
- inflight or spin shot
- 6 m penalty

#### 2. scoring of goal

- depends on strategy

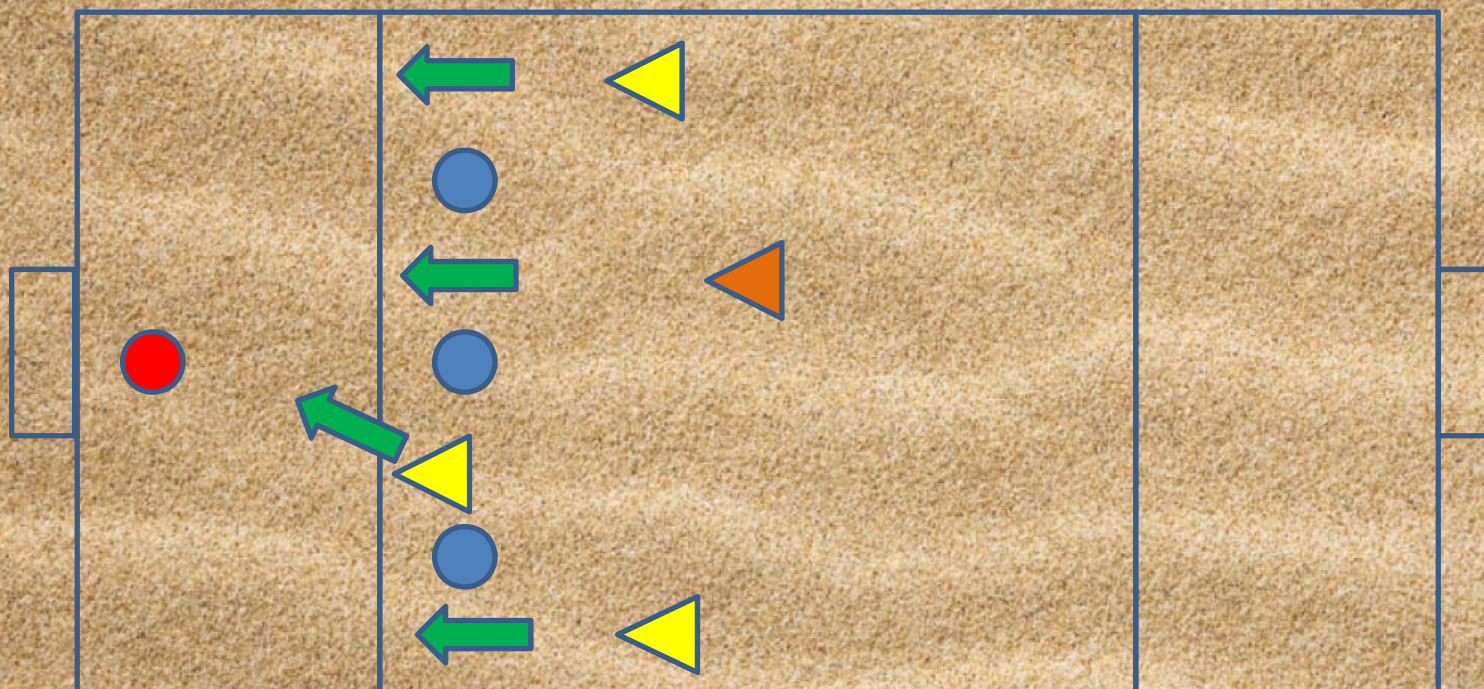






# Beach Handball

## Offence

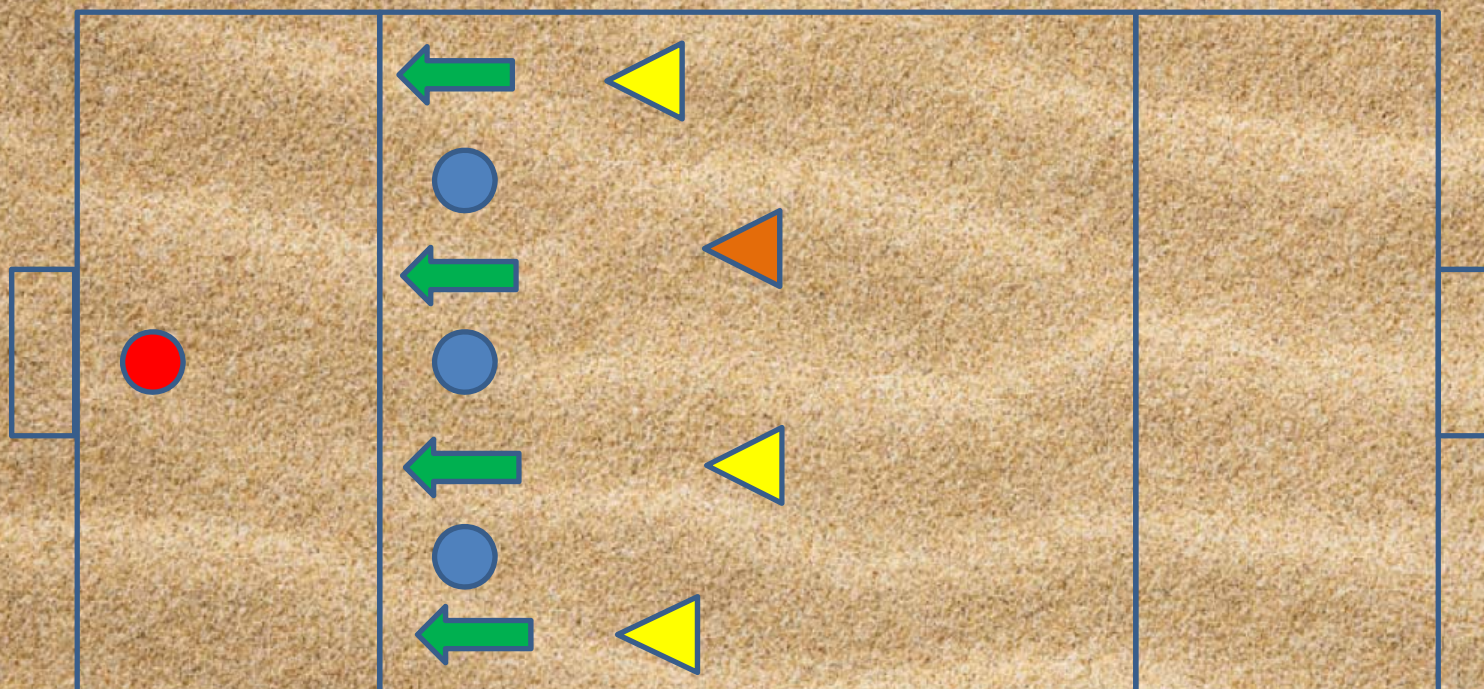






# Beach Handball

## Offence

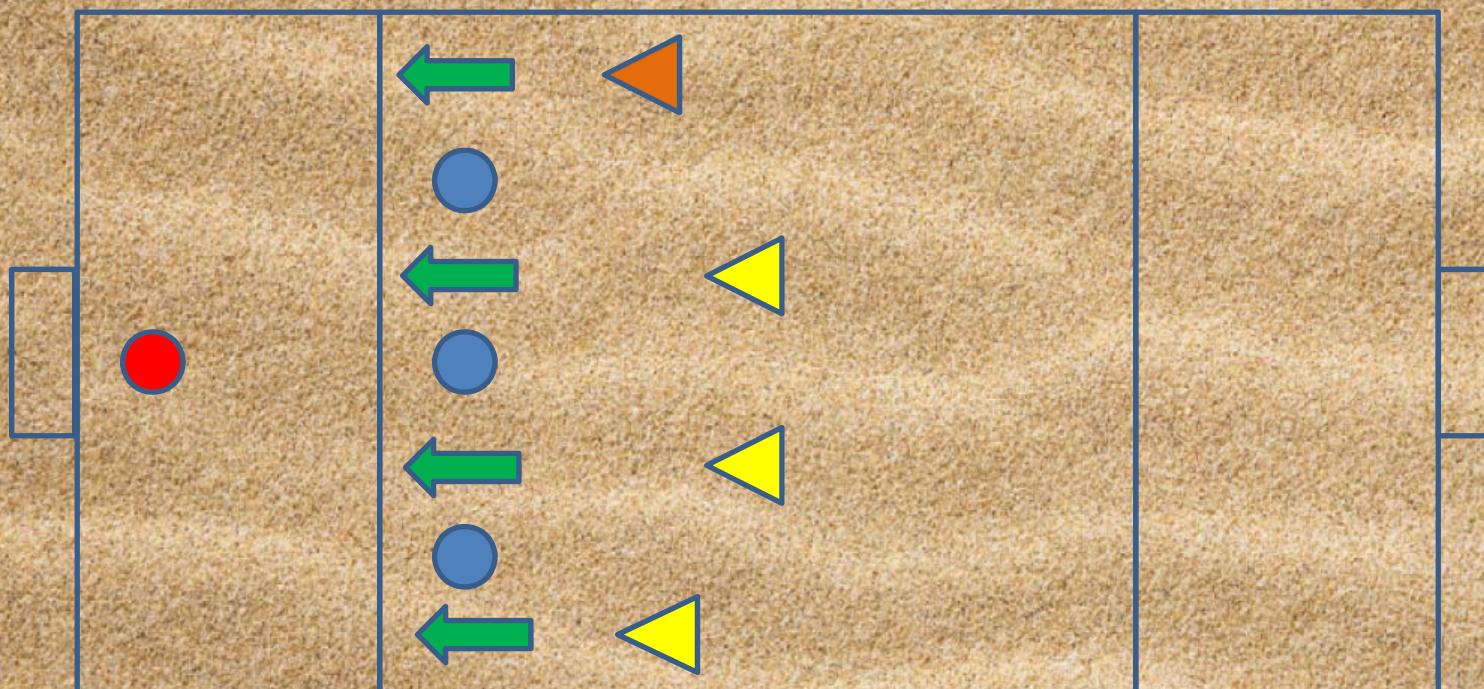






# Beach Handball

## Offence







# Beach Handball

## Offence

- The efficiency of the team strongly depends on the **movements without the ball**. (Permanent pressure for the defenders, speed before the shot.)
- **During all of the trainings** the coaches have to force the players to **learn the right movements** (direction and distance).
- The movements **require special physical stamina/endurance**, because to start and change direction with adequate speed is more difficult than on a firm surface.
- **Basic movements** are very important because they **prepare and define the opportunities for and the quality of the shots**.







## Offence

### Teaching attack tactics:

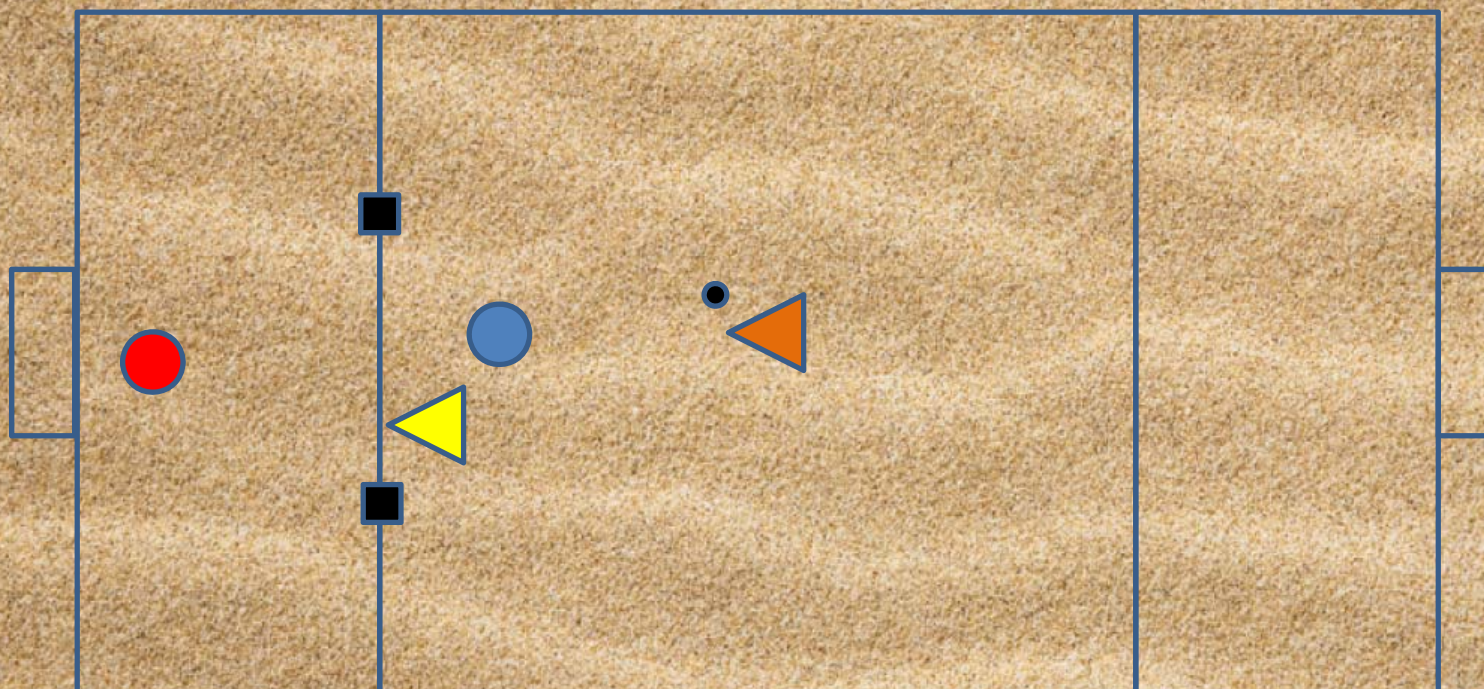
- 2 against 1 (focusing on decision maker)
- 3 against 2 (all alternatives)
- 4 against 3 (looking for all solutions with active defenders)







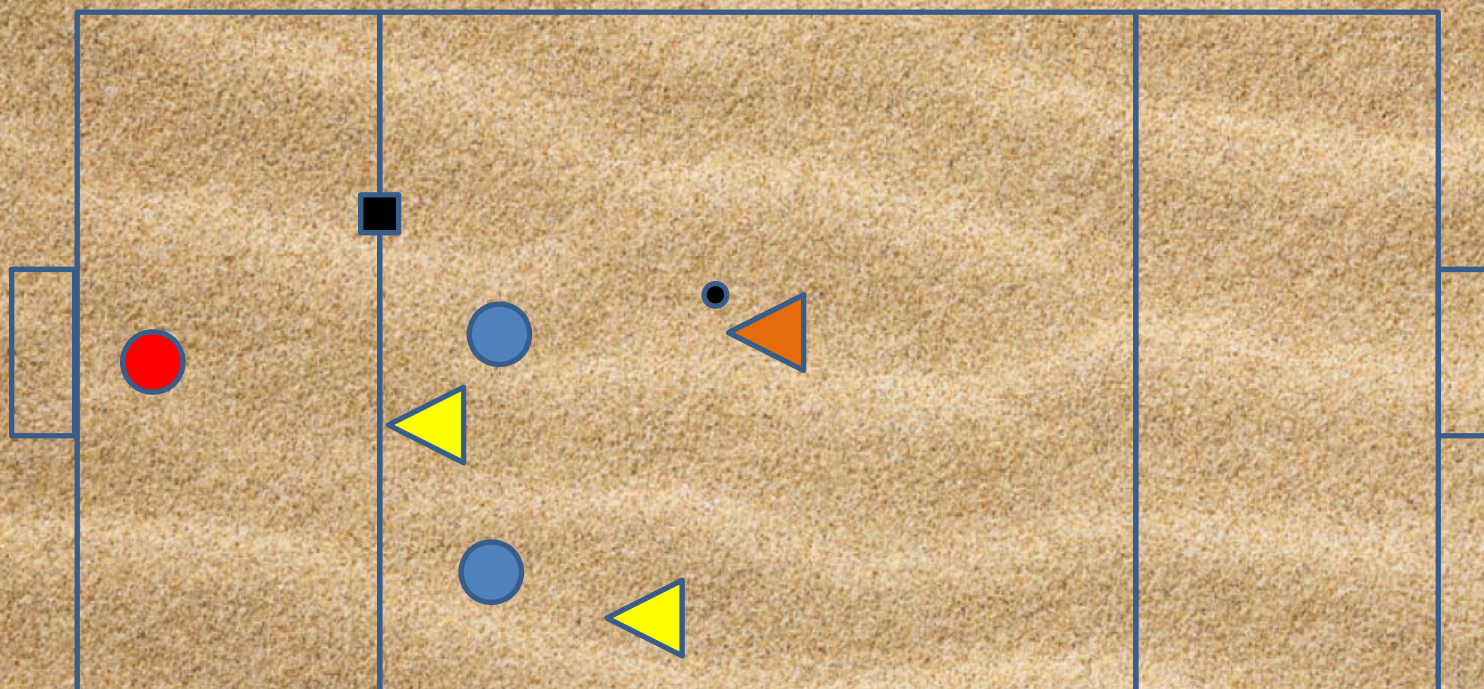
## Offence







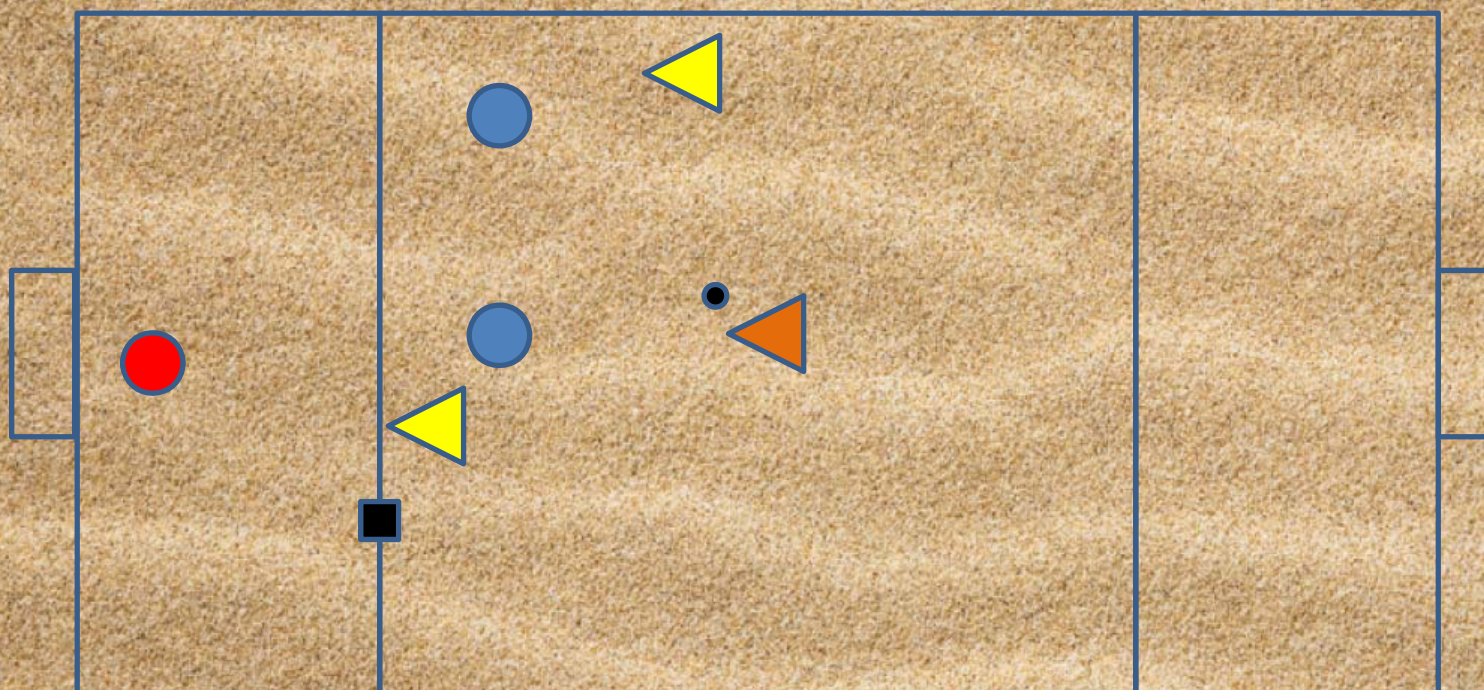
## Offence







## Offence







# Beach Handball

## Quick retreat

### Order of quick retreat:

- Prevent goalkeeper direct goal
- Substitute as fast as possible
- Prevent any kind of fast break







## Shoot out

### Part of Beach Handball game

- Create a personal strategy
- Build up team strategy
- Work out goalkeeper tactics for all possibilities







## Special Shots

### Compare: Special Shots

<http://activities.eurohandball.com/teaching-videos/beach-hb#>







## Correct Spin-Shots

Goal



Beach  
Handball



Right-handed  
players



Left- and right-  
handed players



Left-handed  
players



Left-handed  
players may  
start as seen in  
the photo



Right-handed  
players may  
start as seen in  
the photo

Pay attention!





I wish you „FUNTASTIC” Beach Handball

