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***A call for
more
variety in
feinting***

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EUROPEAN HANDBALL
FEDERATION



*Feint:
Sudden change of
direction of movement
with or without ball*



- Many, many years (to long) we can see *four, very* known feints: *single feint* (in the both side), *double feint* (in the both side), *feint “false shot”* and *rotation (turn) feint*.
- But, there are, minimum, 4 more (new) feints with about 20 variants and many possibilities for their combinations.
- These four (new) feints are known about 20 years and...nothing. Almost never we can see them. Why?
- Coaches have no courage or information.
- About these “new” feints we will talk during this seminar.

- Now it's time to remind us what is definition of word “feint”.

It's “*sudden change of direction of movement with or without ball*”

- It means if player during dribble suddenly change direction of dribble it's also one kind of feint – it's *dribbling feint*: something new in handball what we, still, don't use enough (while in basketball it's one of the basic elements).



- What is, what can be, quality of dribbling feint?
- For dribbling feint player can use both arms (and right and left) and for last step forward can be also and left and right leg. It means that we have 4 different solutions, what means more problems for defense player. These solutions are : *right arm : left leg; right arm : right leg; left arm : right leg* and *left arm : left leg*.



- Next characteristic or advantage is that player is not limited with 3 steps. After dribbling feint player still has possibility to use 3 steps for new feint or shot.



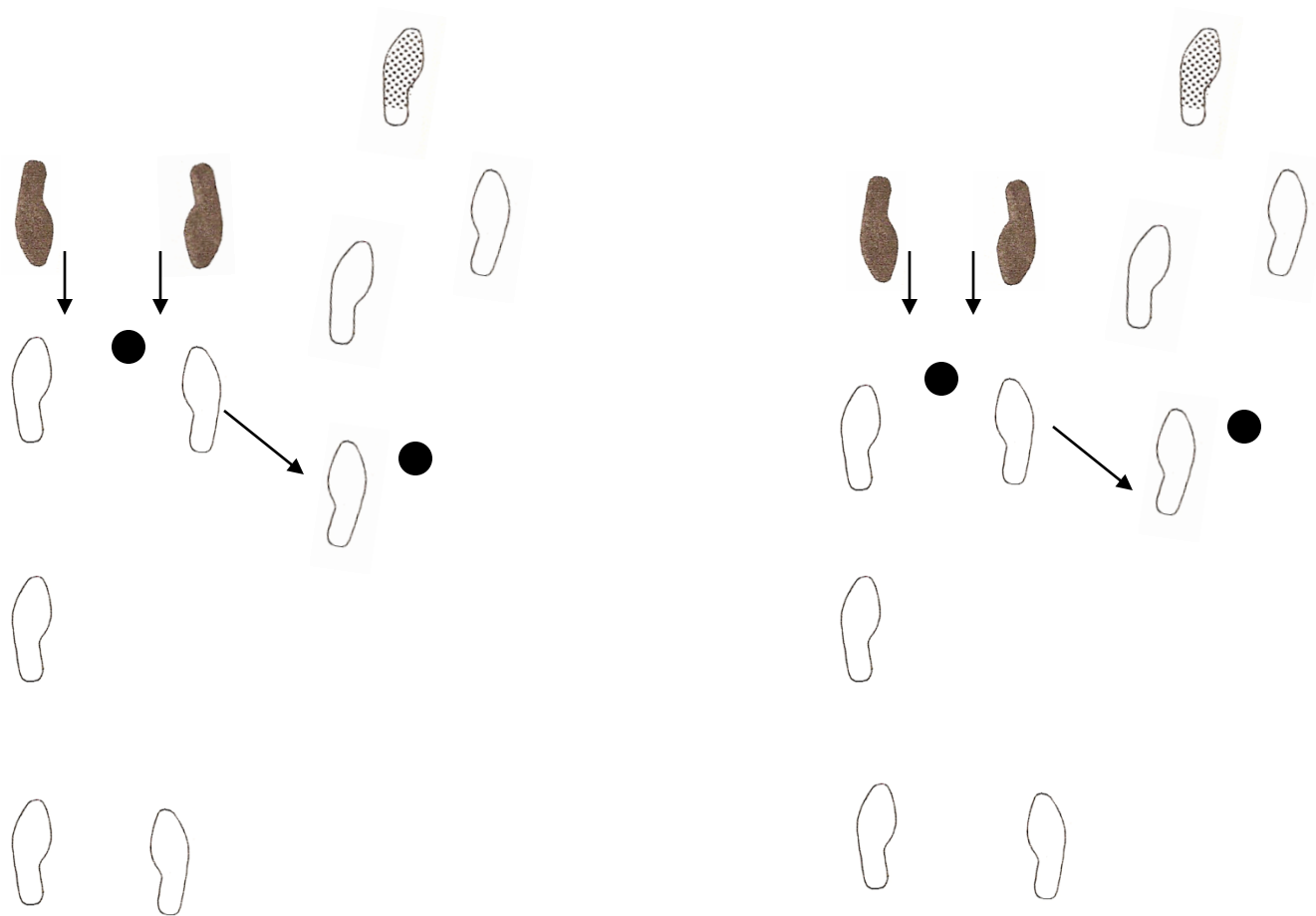
- Why we don't see this feint more often?
- For this feint is necessary high level of dribble and a lot of coaches still “see” that it's too much “basketball element” and they don't practice it enough.

- But, until we solve this “basketball complex” dribbling feint can be great exercise before next strictly handball element – *pass feint*.
- Solutions are same as at dribbling feint: *right arm : left leg; right arm : right leg; left arm : right leg* and *left arm : left leg*.



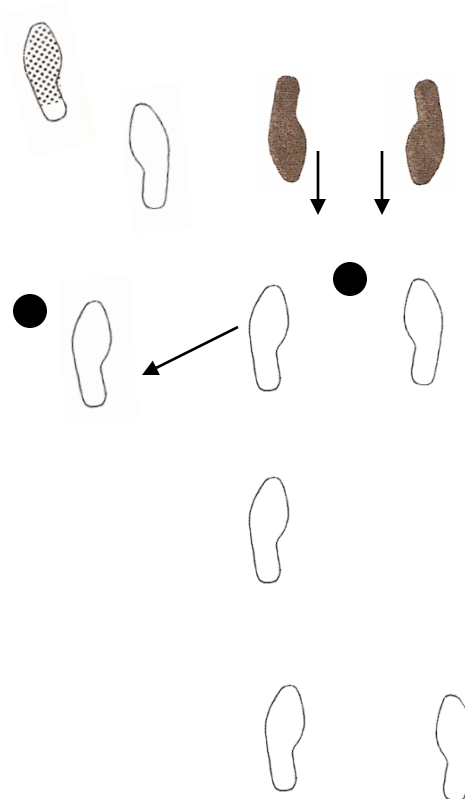
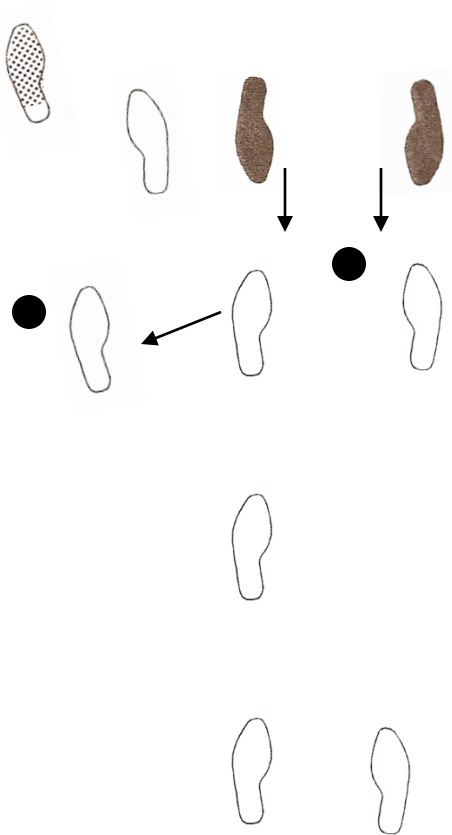
- Also with pass feint there is one new possibility. After first part of feint (pass) if there is no reaction of defense player, attack player can immediately continue on this side. It means 4 new solutions. *One feint – 8 (eight) solution.*
- At the end, we have two feints when attack player uses “zero step” in moment of receiving ball and with jump on the both legs comes in parallel position of defense player.
- These two feints are: “*jump feint*” with 2 solutions and “*overstep feint*” with 4 solutions.

“Jump feint” is possible to use in the both sides



“Jump feint” on the right side

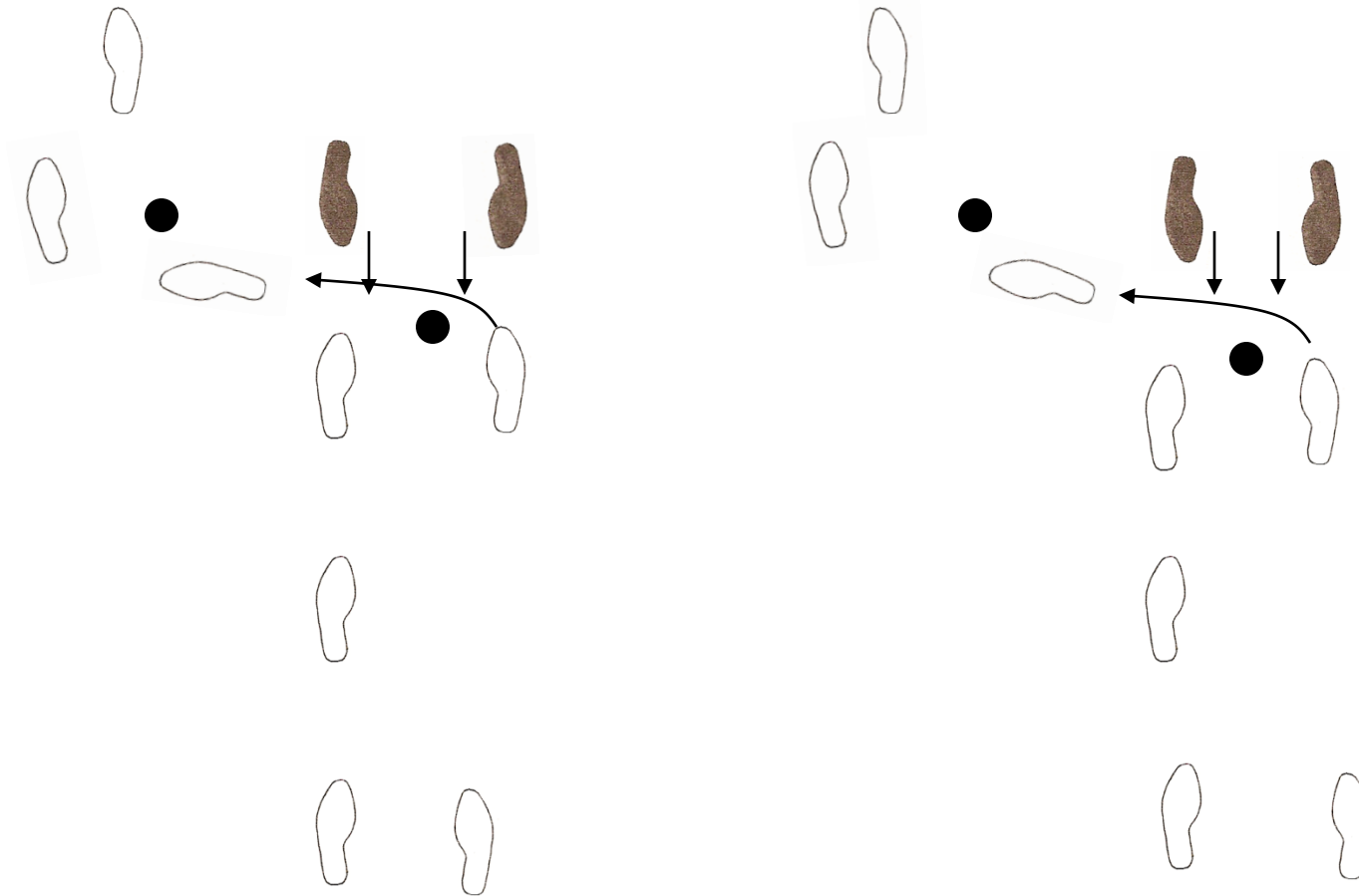




“Jump feint” on the left side

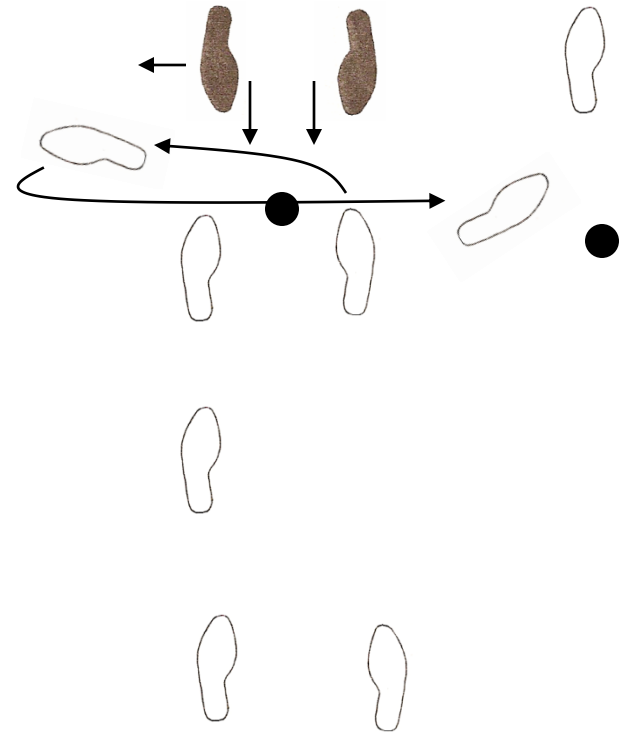
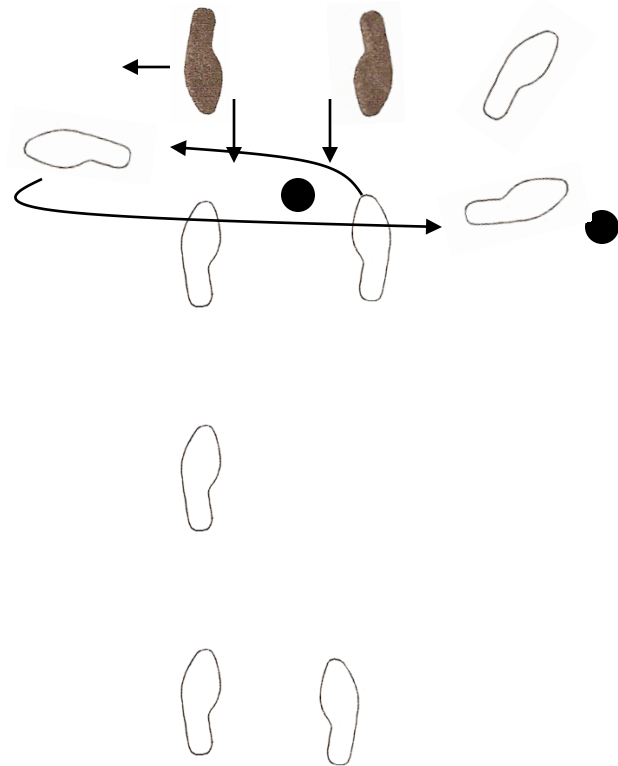


“Overstep feint” has four solutions

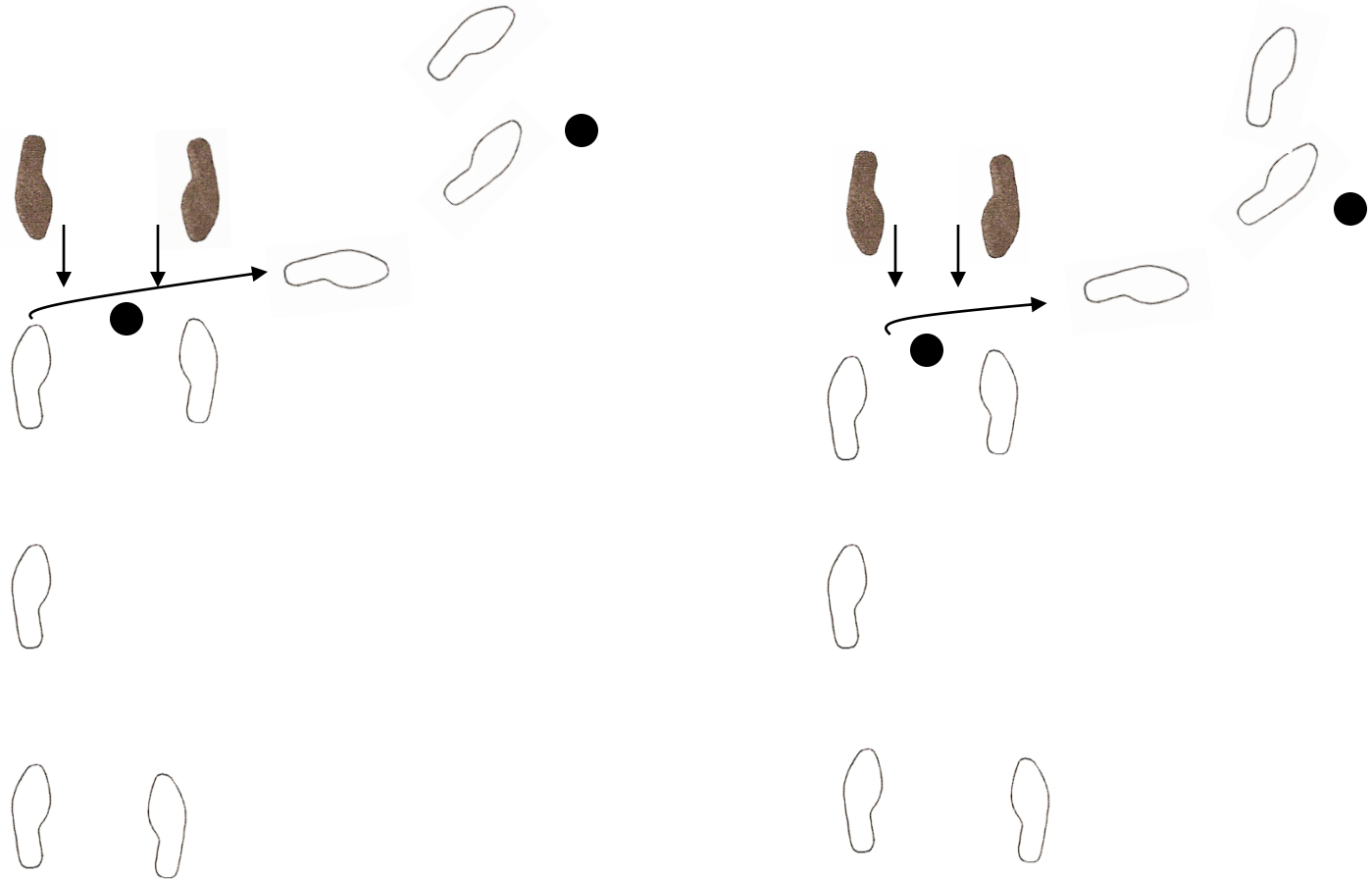


“Overstep feint” on the left side (without returning)

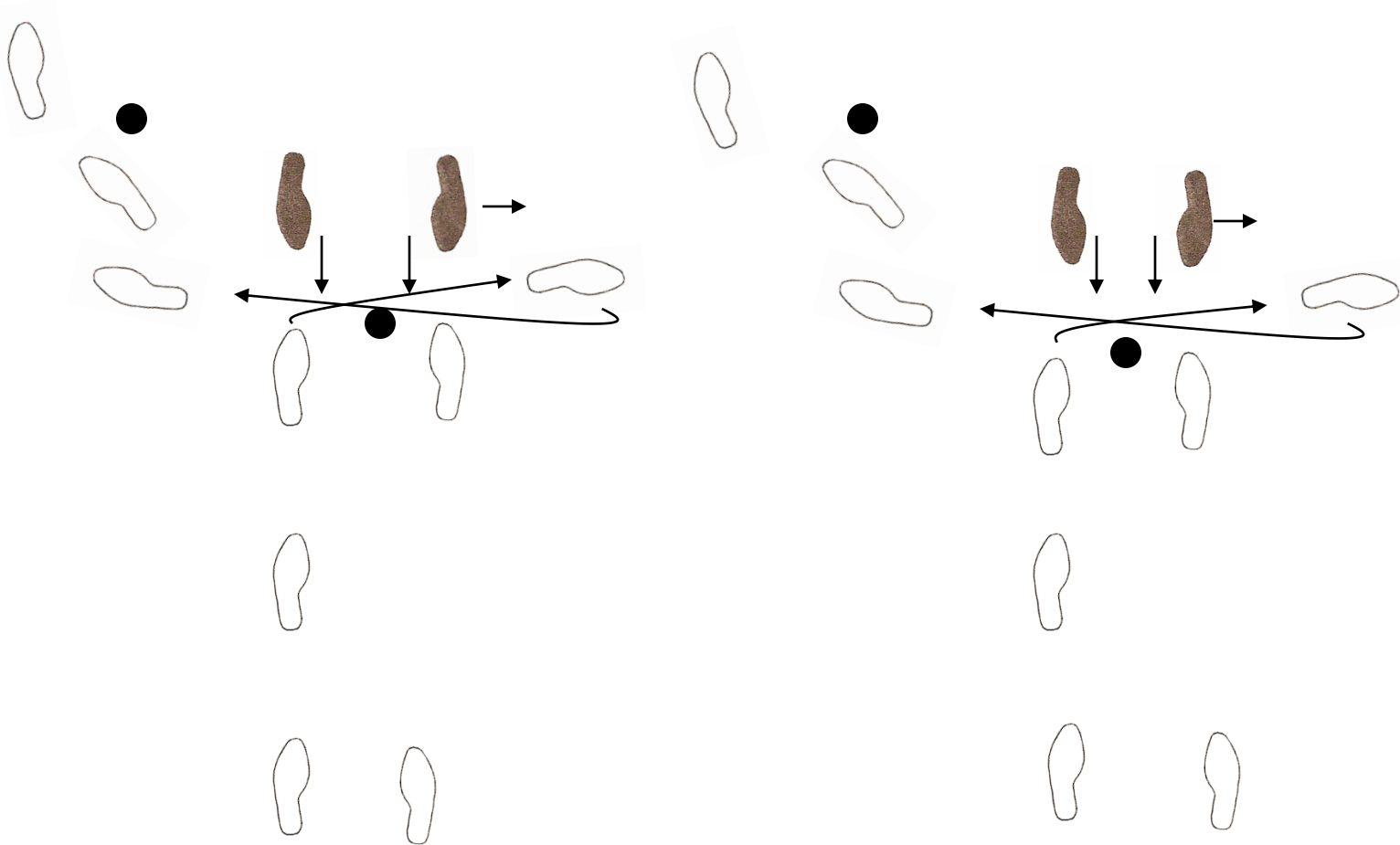
“Overstep feint” on the left side (with returning)



“Overstep feint” on the right side (without returning)



“Overstep feint” on the right side (with returning)



- These eight (“old” and “new”) feints with their variants, in my opinion, have to practice every player, it’s part of their *handball education*.
- *But, if you meet player with some special, maybe unusual, movements what can be his personal version of feint don’t stop him, don’t forbid him to use it, help him to practice it, to develop it, only Don’t learn the other player this kind of changing of movement direction (feint).*

- We were talking about “old” and “new” feints but *what is the best order of learning*.

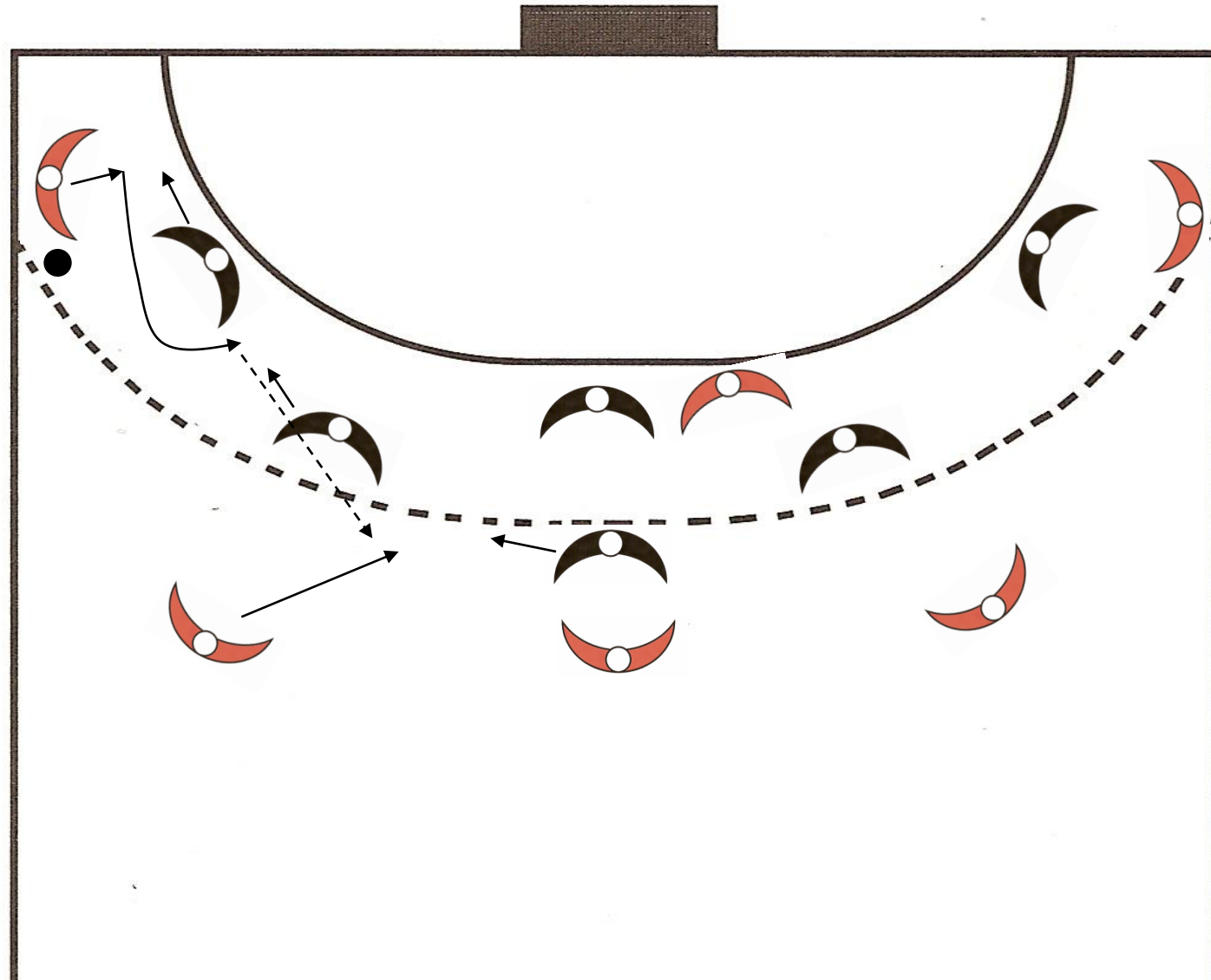
My suggestion is:

1. Dribbling feint	4 solutions	
2. Pass feint	4(8)	---
3-6. Single feint	2	---
Double feint (depend of referees)		
Jump feint	2	---
Overstep feint	4	---
7. False shot feint	1	---
8. Rotation (false) feint	1	---

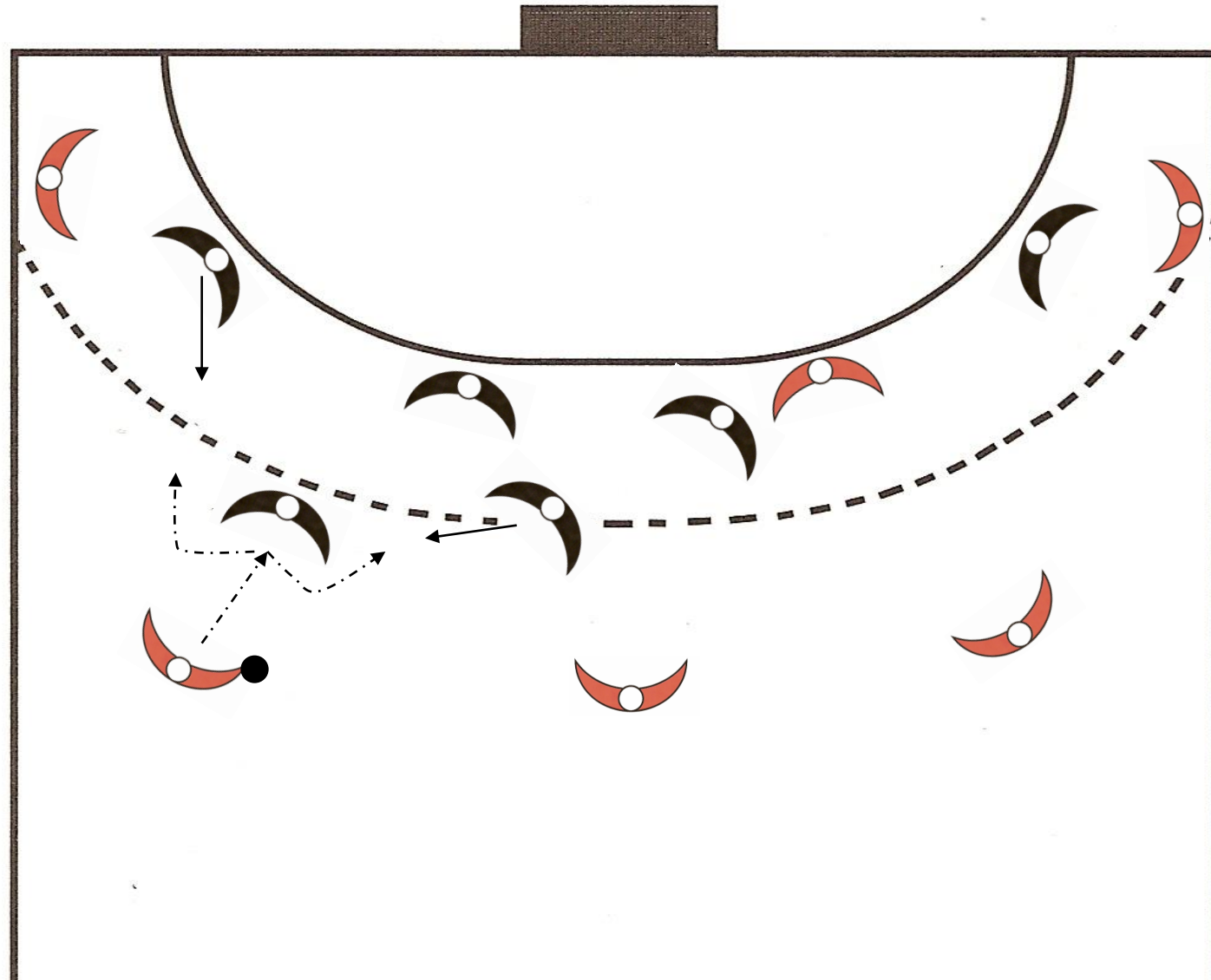
- Now we see what feints can give us, how great weapon in attack they can be in situation 1:1, how much feints can give contribution to development of handball.
- Can you imagine player who knows and can use these 8 feints with most of possible variants?
- Unfortunately, most of players use only 1; 2 maybe 3 feints without too many variants.
- What more we are getting? How we can use good quality of feints for better quality of handball?

- Already known tactical action and solutions get new possibilities and variants.
- We will mention three major tactical units and try to explain contribution of good feint for better performance of any action.
- These three tactical units are:
 - “Surplus”,
 - Blockade, and
 - Double pass (with feint)

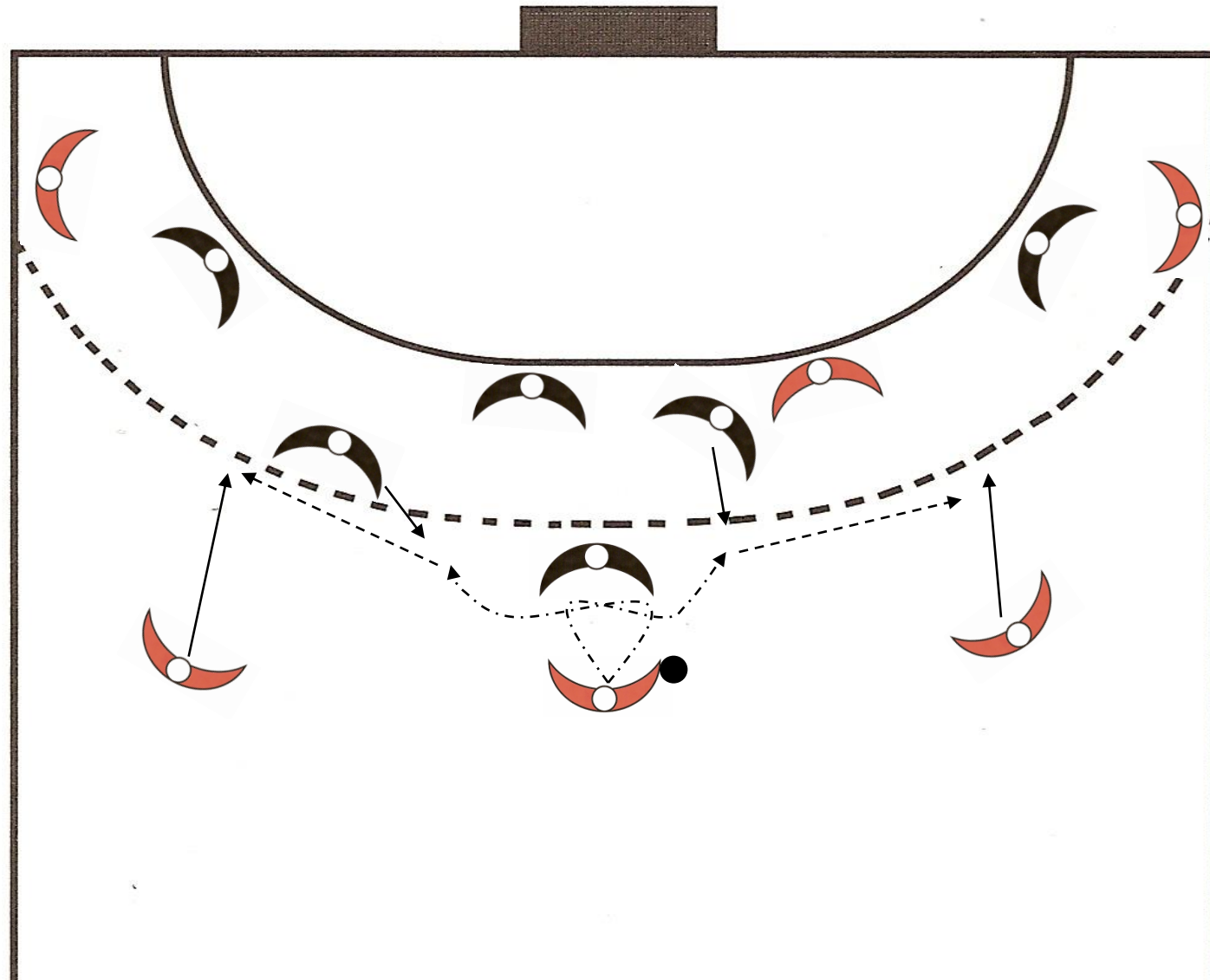
“Surplus” of wing



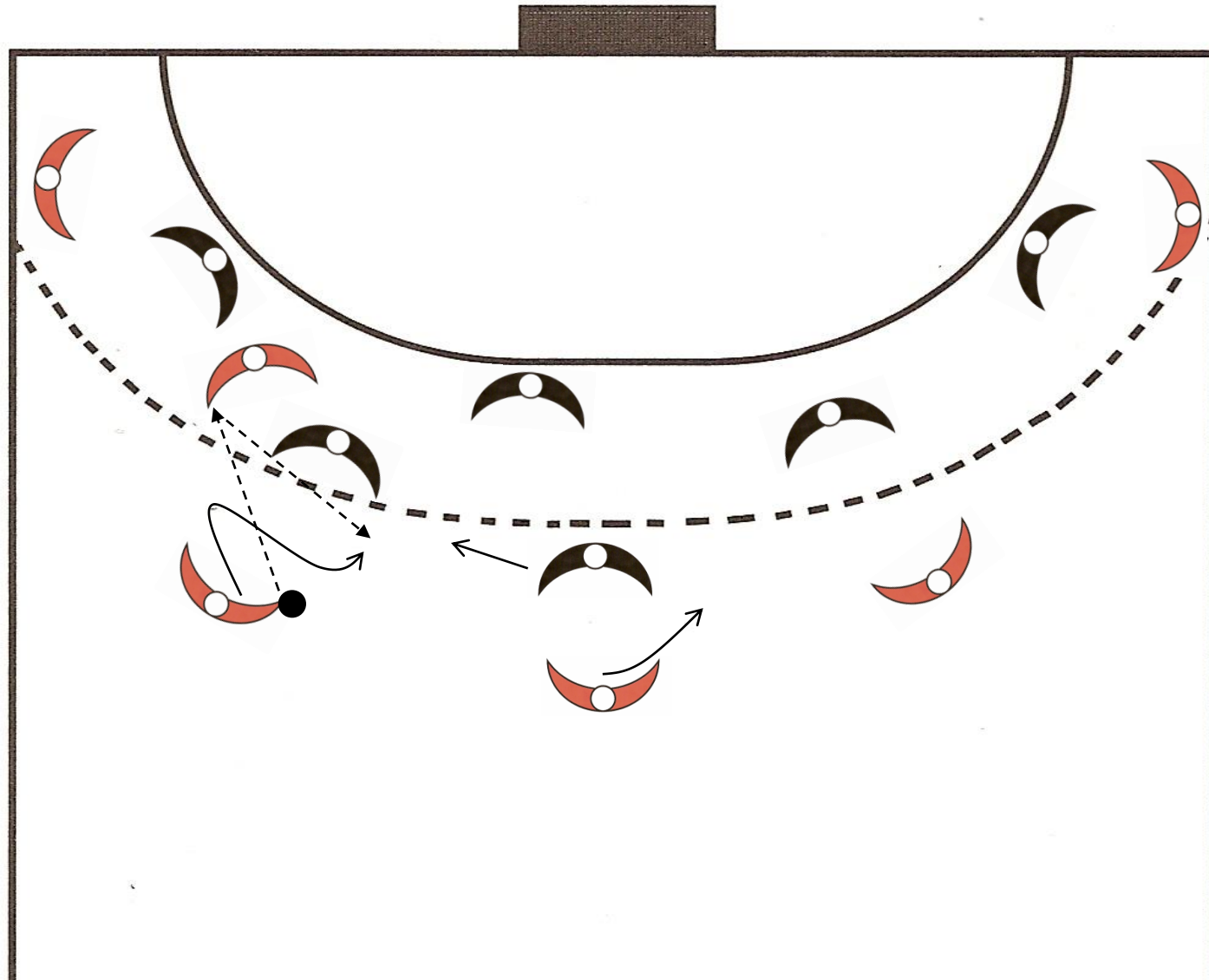
“Surplus” of back player



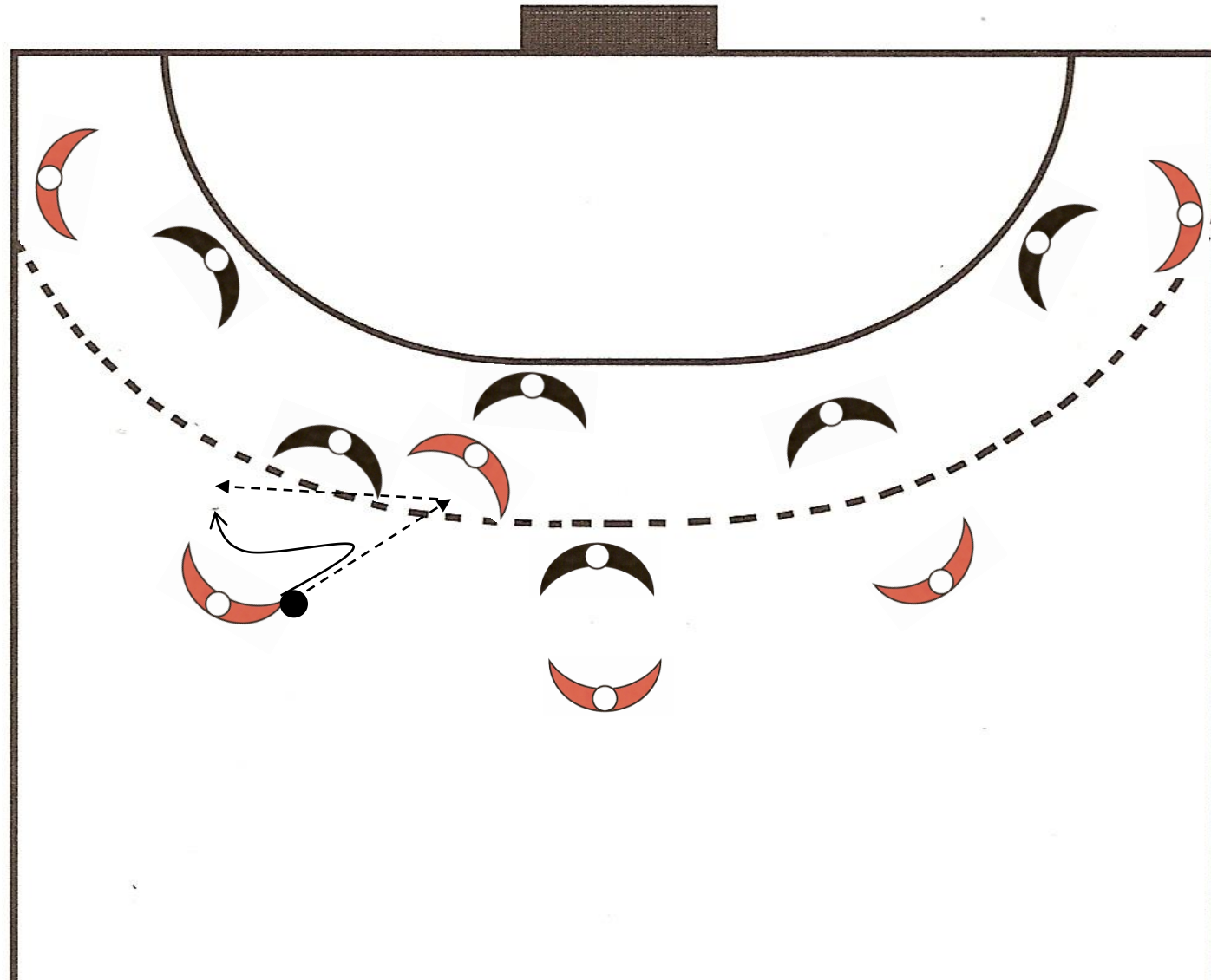
“Surplus” of middle back



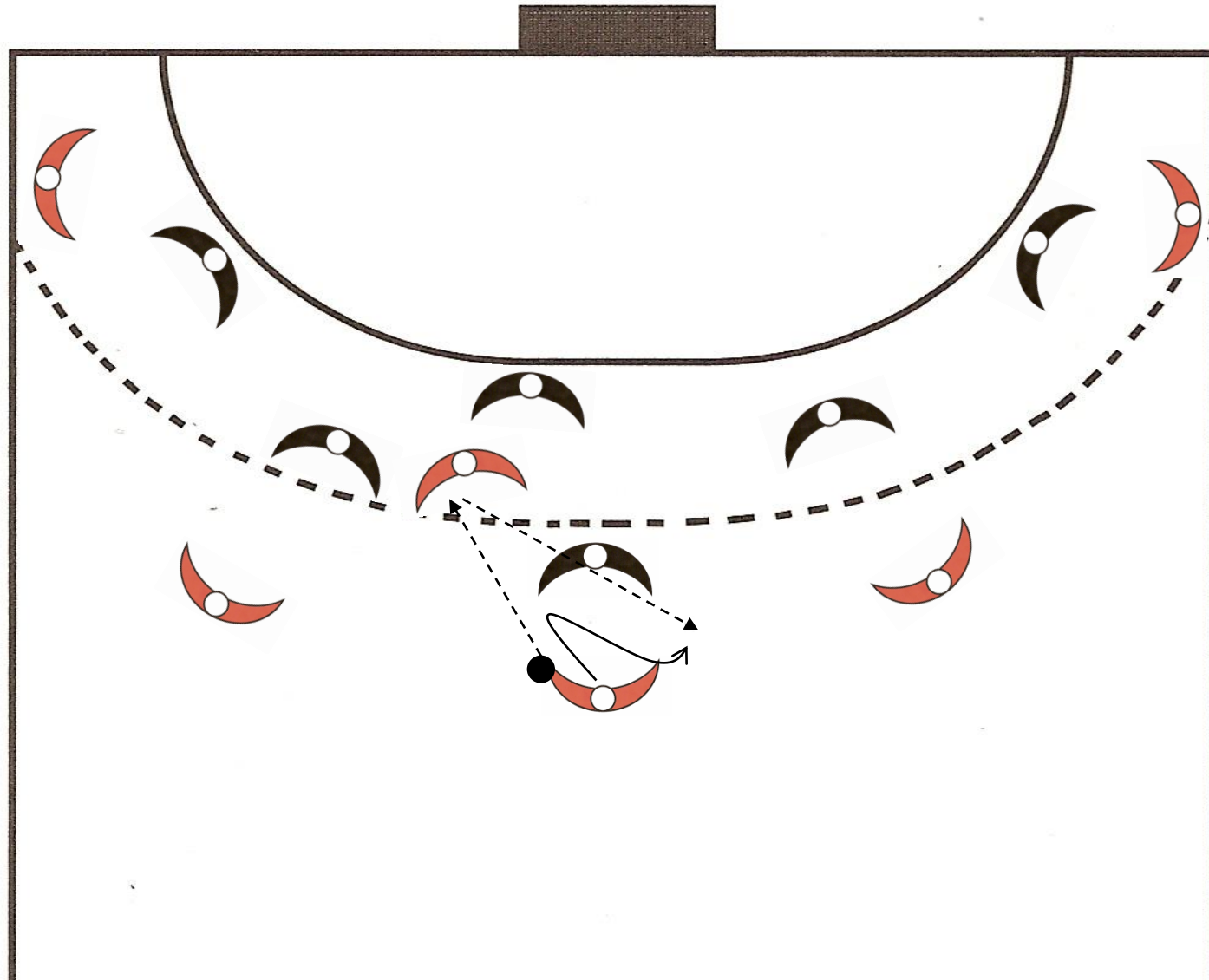
Double pass from out side of half player



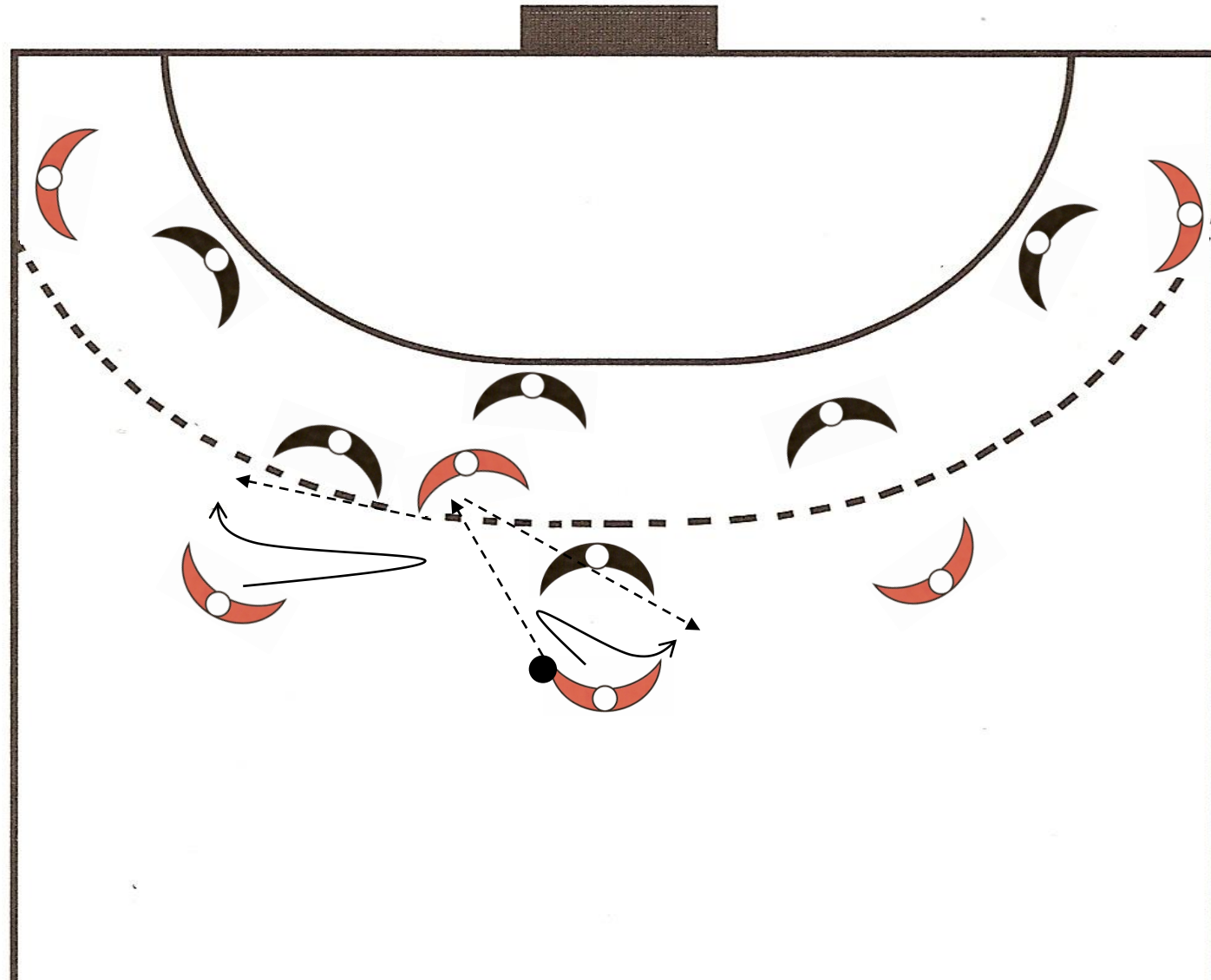
Double pass between half player and front centre



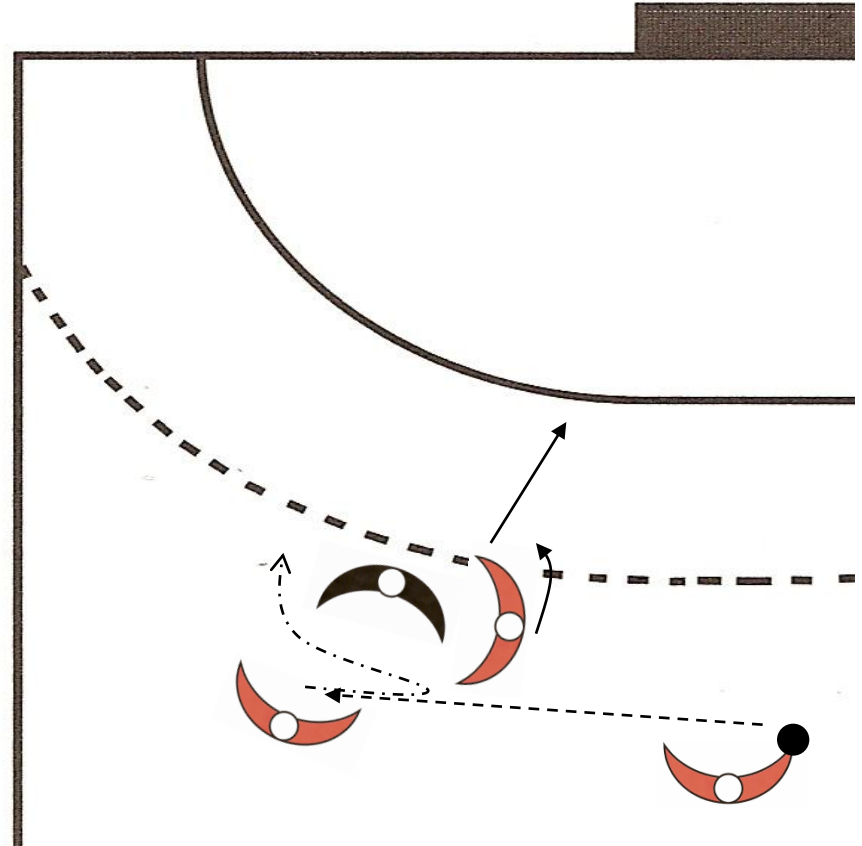
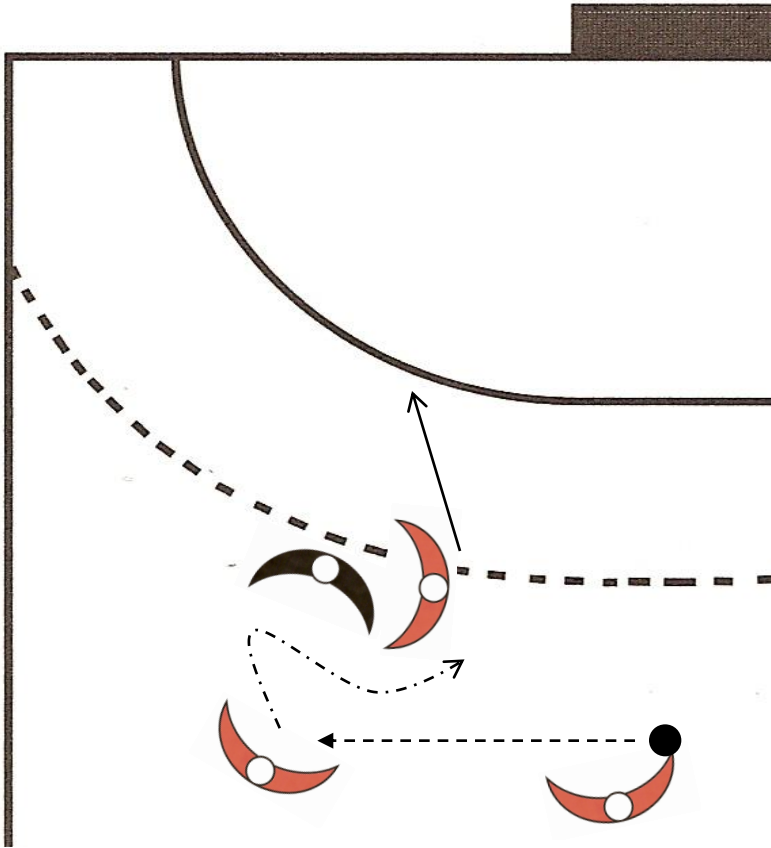
Double pass from middle back



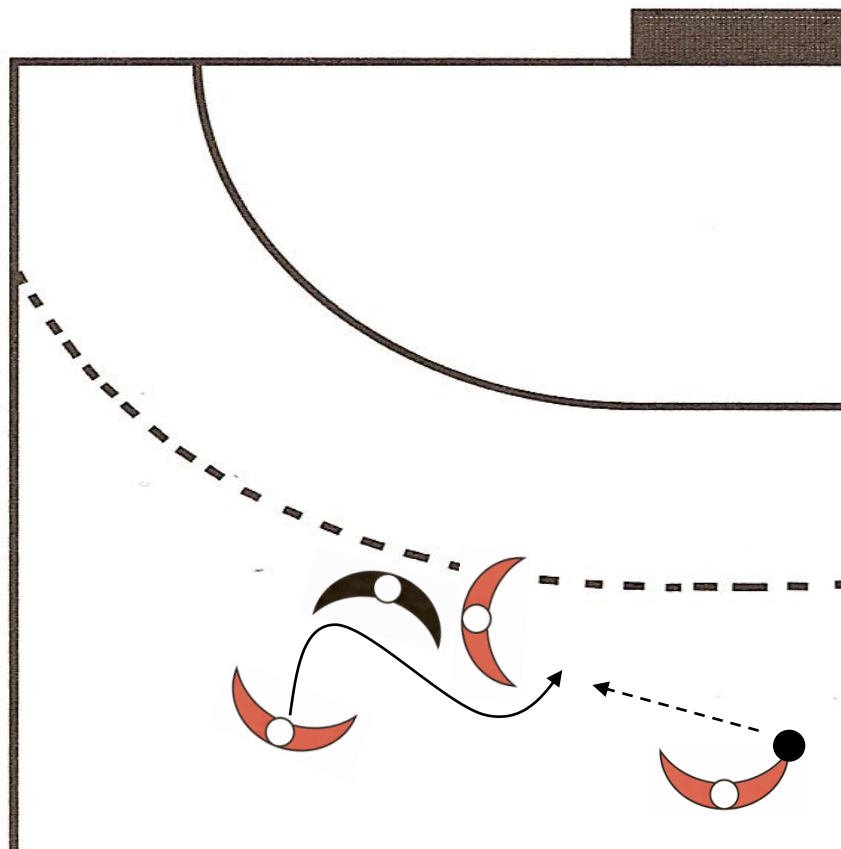
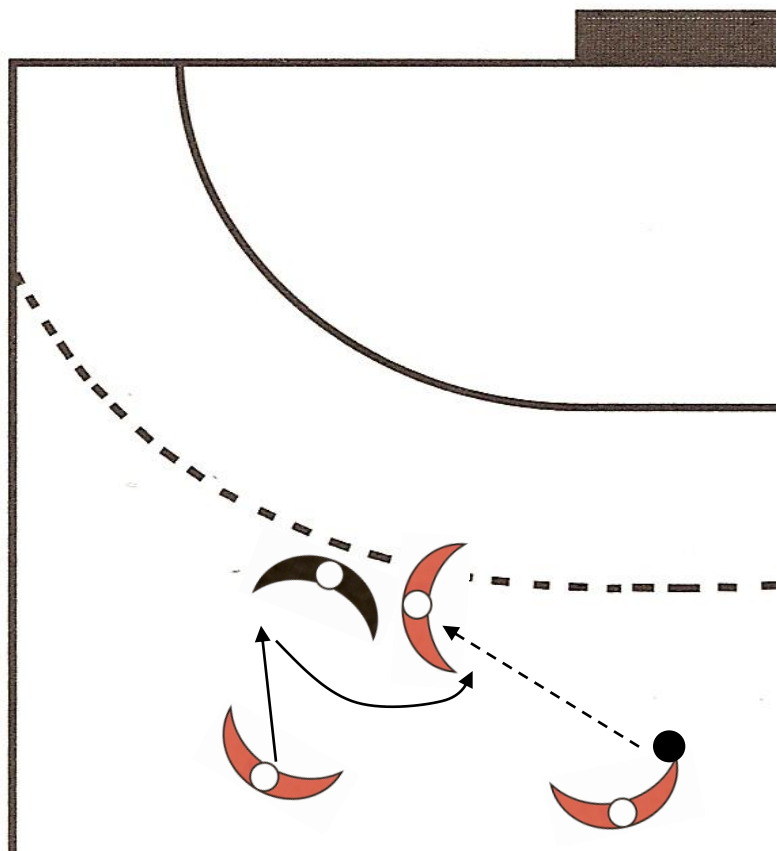
Double pass with two back players and pivot



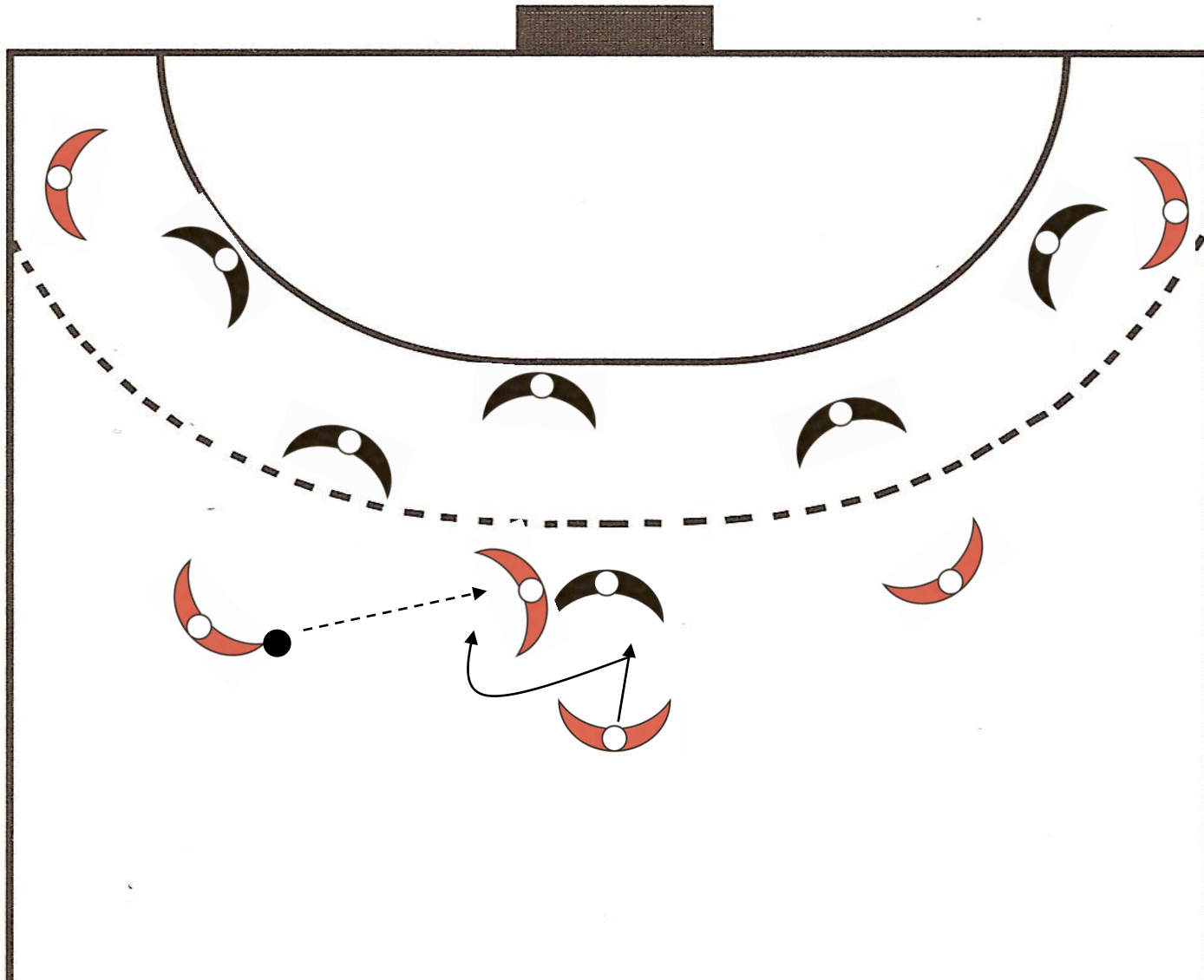
Vertical blockade for back player



Blockade when the ball is in diagonal



Blockade for middle back



Blockade for middle back

