



Coaching beachhandball, as I see it !

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My background

- Have never played beachhandball
- Have played indoor handball, 10 years in the Norwegian top division
- Have worked as a professional indoor handball coach in 18 years
- Have coached the Norwegian women beachhandball team in 15 years
- I am a teacher in sport and norwegian





Individual offensive play

Technical skills - 360

1. Making the spin
 - Before you leave the ground
 - Axis through the body
 - Figure skater, concentrate the mass
 - The head leads the movement
2. Able to do 360
 - Easier with two feet jump
 - On training, try more than 360
 - Get more power, use more time



Individual offensive play

Technical skills - 360

3. Able to jump in different directions

- Difficult to set the block
- Make the defense player unsure
- Provoke defensive fouls, fair play ?

4. Able to do passes

- To specialist
- To lineplayer
- To opposite player



Individual offensive play

Technical skills - 360

5. Make sure it really is 360, in all jumps
 - Beachhandball for younger players

6. To increase your opportunity to score a goal versus the possibility to be blocked



Individual offensive play

Technical skills - inflights

Two different passes

1. Lob / bow pass

- The receiving player can wait for the ball
- Will often jump on two feet

2. Straight / "indoor handball" pass

- Need more interaction between two players
- Will often jump on one foot



Individual offensive play

Technical skills - Special technics

- Fake passes



Individual defense play

Technical skills against 360

1. Press
 - give the attacking player minimal space
 - cooperate with a second defense player
2. Provoking offensive fouls
3. Preparing for block
 - how close to the attacker
 - jumpdirection
 - Cooperate with the goalie



Individual defense play

Technical skills against inflights

1. Press

- Disturb the last pass
- Provoke bad passes
- Steal the ball

2. Difficult to jump after the ball



Individual defense play

Tactical skills

1. Experience, "read" the game
2. Decide as a defensive player
3. Let the "weakest link" take the shot. Fair play ????
4. You can't defend 12 meters with 3 players



Specific goalkeeper skills

1. Cooperate with the defense player
2. "see the ball", the shooter has shorter time with ball under control
3. Change mode quickly
4. Prepare the next action
5. "The sand is your friend"
6. Be well prepared



Shoot-out

- An important part of the game
- Practice for all situations
- Repeat many times
- Expect the unexpected
- Angle of the pass
- Goalkeeper outside 6 m area



Defensive tactics

1. You can't defend 12 meters with 3 players, what to do ?
2. 3:0, 2:1, one against one all over the court ???

Discuss !

Find solutions !



Groups

1. Annelies, Piotr, Adrian
2. Ard, Marta, Ionut
3. Karolina, Jip, Ayhan



Defensive tactics

Principles:

1. To press the shots away from central position (wider out / longer distance)
2. To disturb the shooter with a block or other possibilities
3. To disturb the team so they make mistakes



Offensive tactics

1. How to create the best possibility to make a two-pointer ?

Discuss !

Find solutions !



Substitution strategies / counterattacks

Discuss !

Find good solutions !



Game evaluation

Describe offensive, defensive and counterattack system from the different teams.

