

Beach Handball Coaches' Course LEVEL 2

OFFENSIVE SYSTEMS ANALISYS

Tamás Neukum

EHF Beach Handball Lecturer

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START FROM BASIC

Techniques + Physical abilities

➡ TACTICS

Without techniques and physical abilities tactics
do not work!

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



CREATE YOUR OWN STRATEGY

COACH



CREATE A FRAME



CREATE YOUR OWN STARTEGY

**PLAYERS
(OUR ARTISTS)**



...REALIZED THE PICTURE





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Aim of offence (vs. indoor)

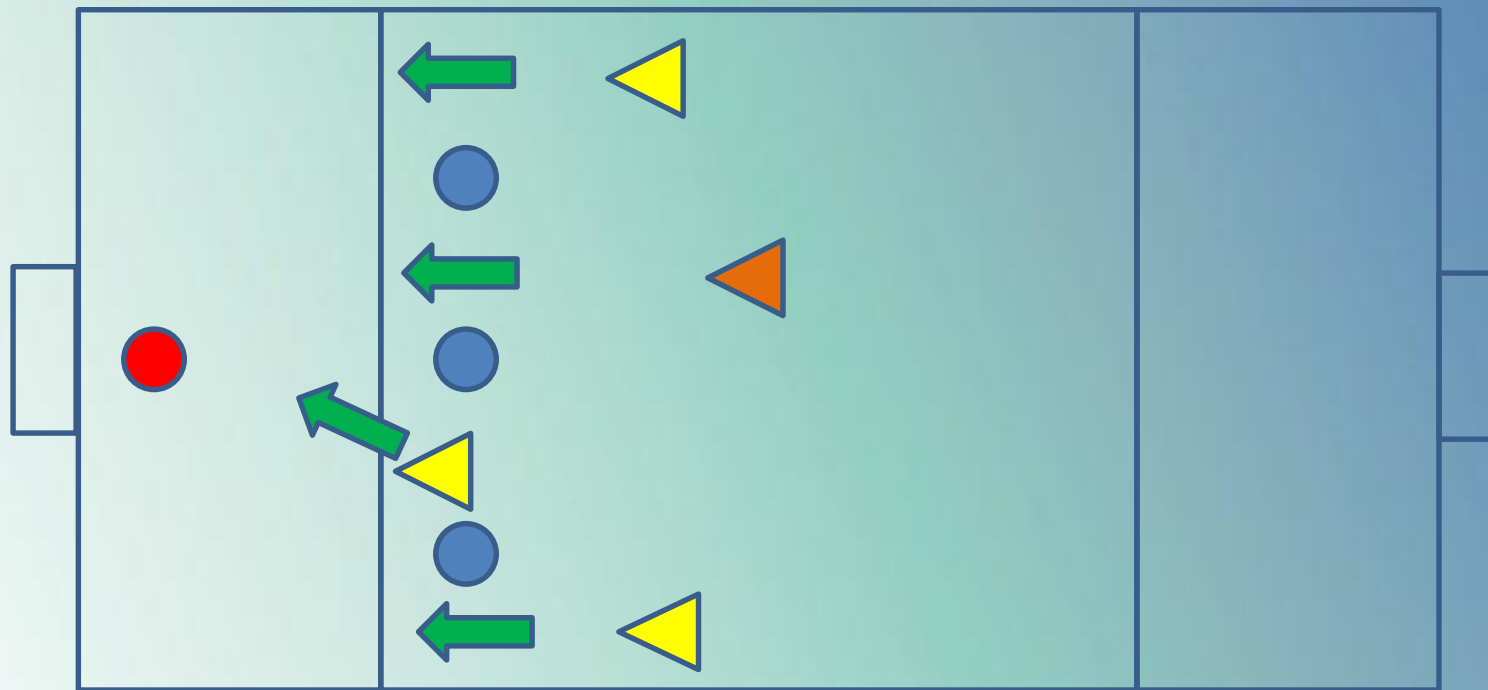
1. scoring of a 2-point goal

- goalkeeper direct goal
- specialist
- inflight or spin shot

2. scoring of goal

- depends on strategy

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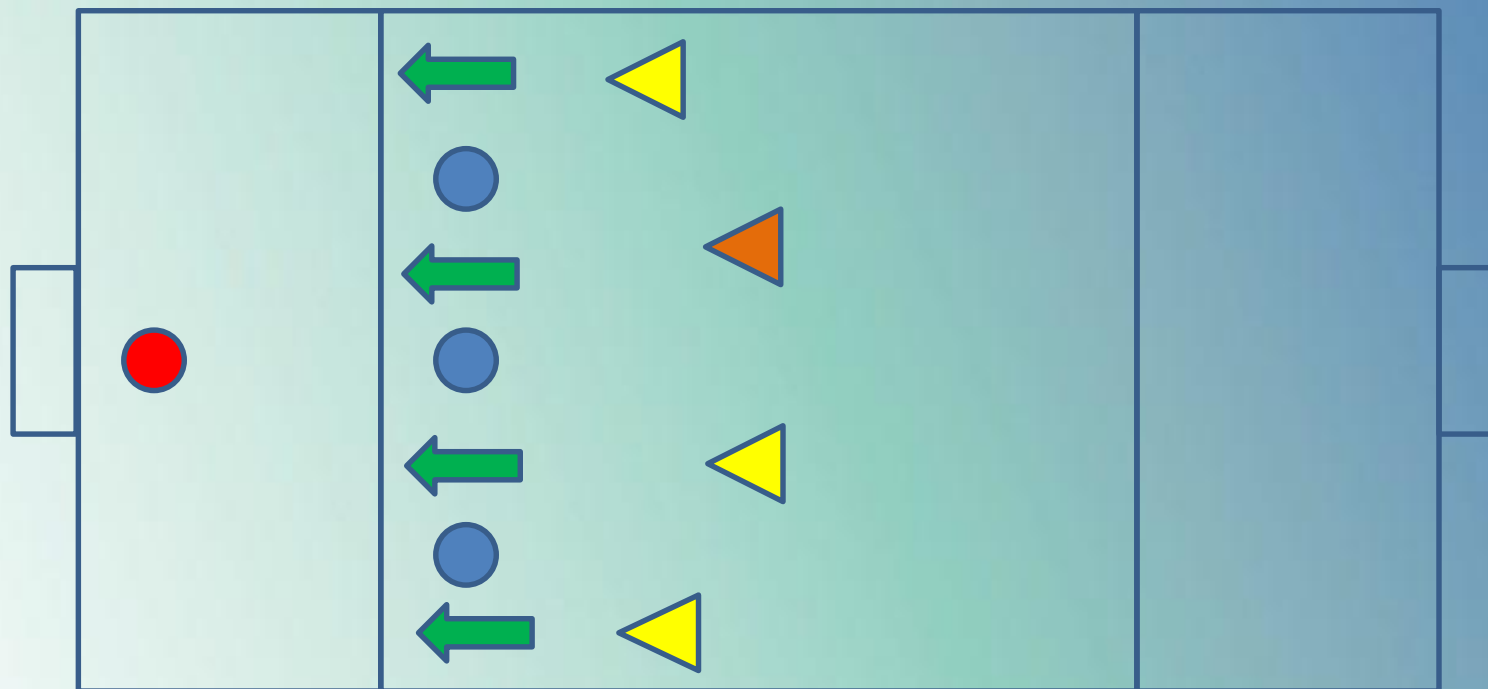


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Requirements of individual skills:

- specialist
- line player
- wing players

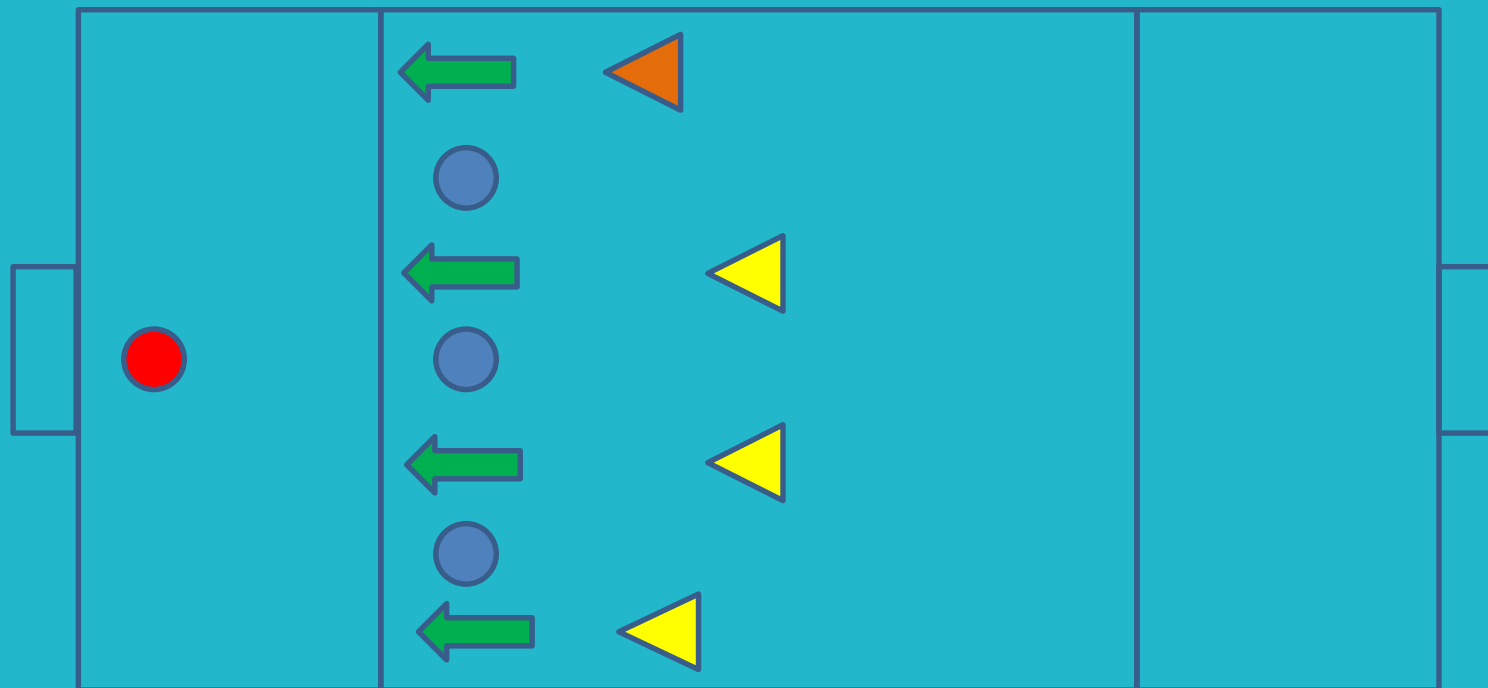
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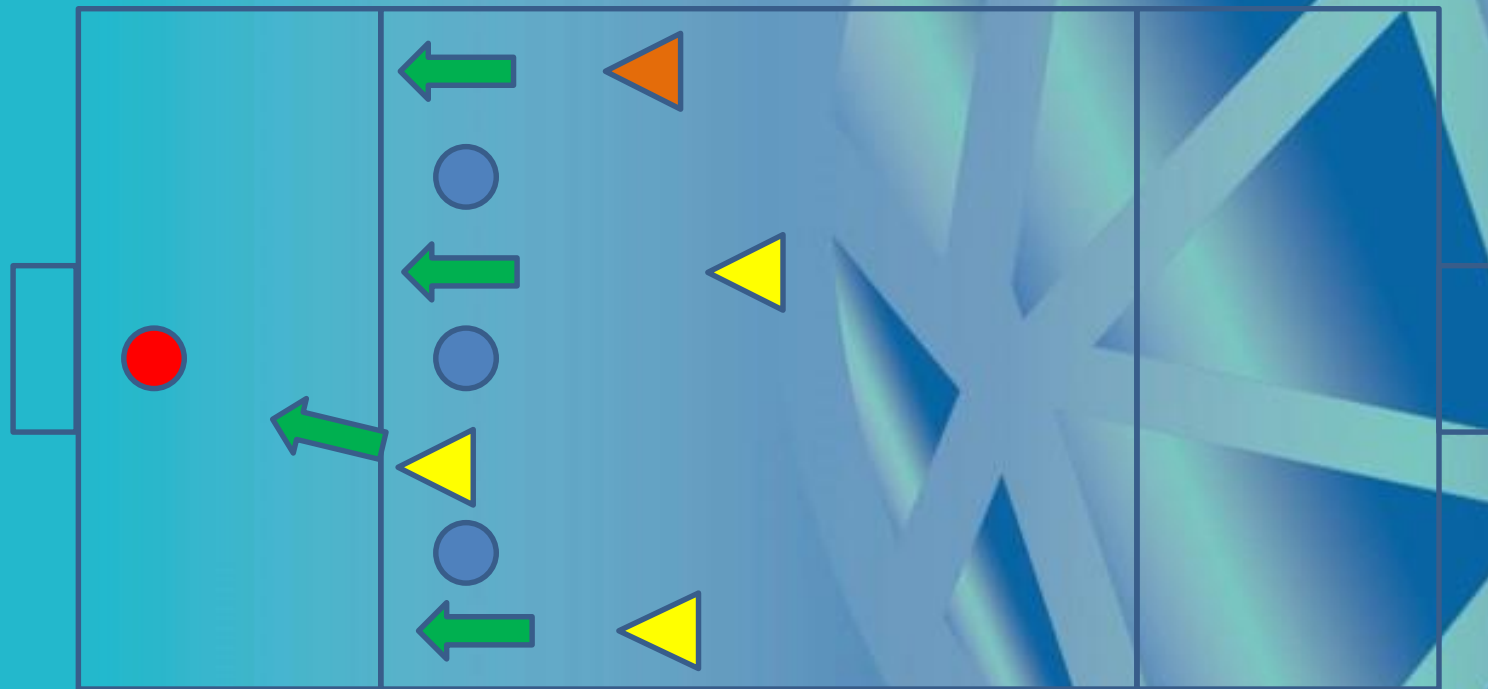
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Requirements of individual skills:

- specialist
- line player
- wing players

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Numerical superiority





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Numerical inferiority

- What we have to do for the advantages?
- How we can combine with the special Beach Handball rules?

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ONE POINTER



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- 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**.

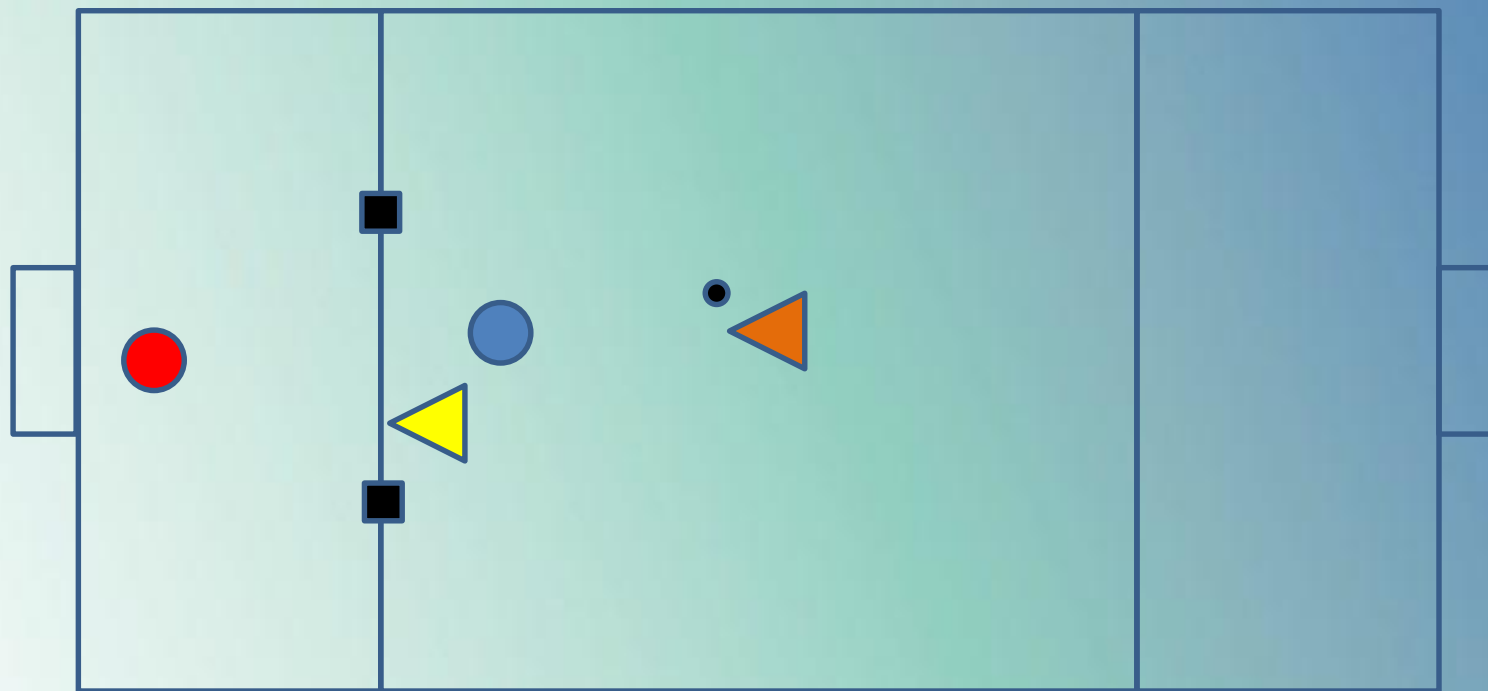


Teaching attack tactics:

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

DO YOU AGREE?

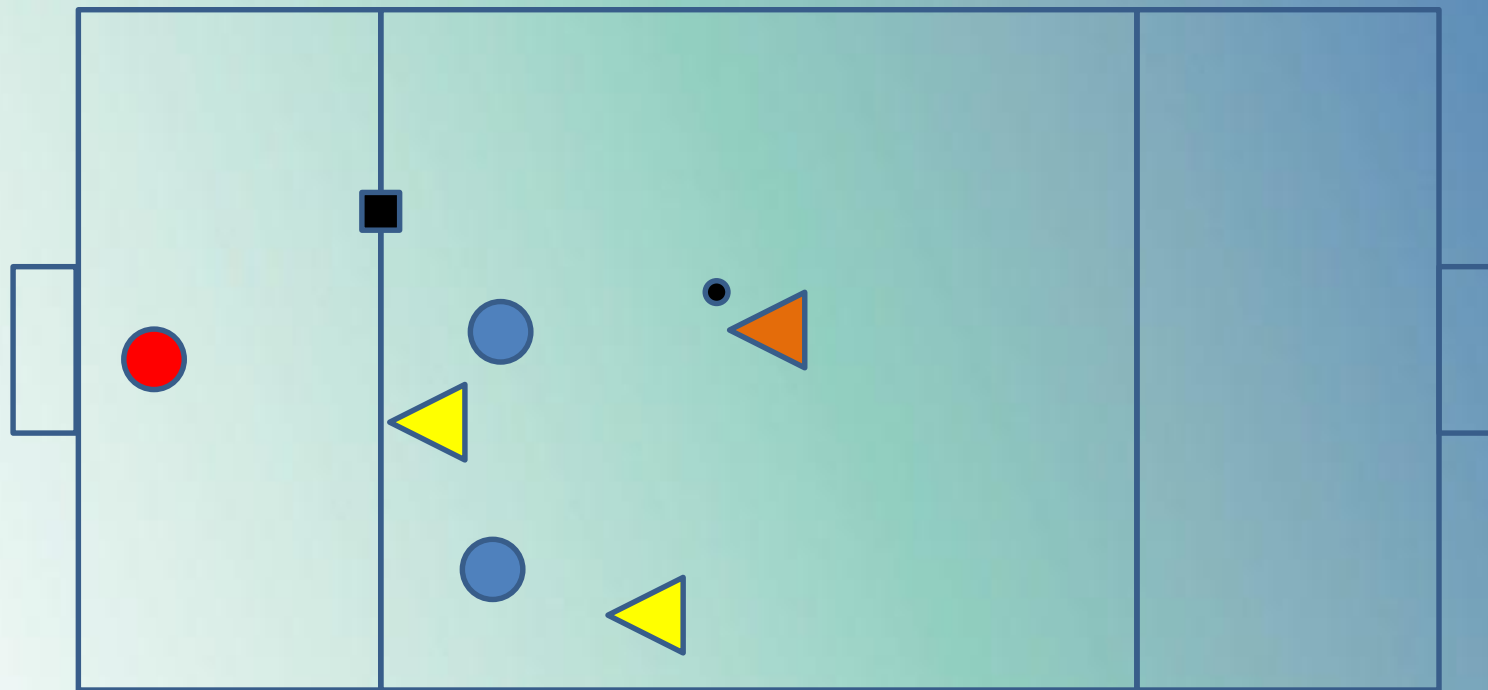
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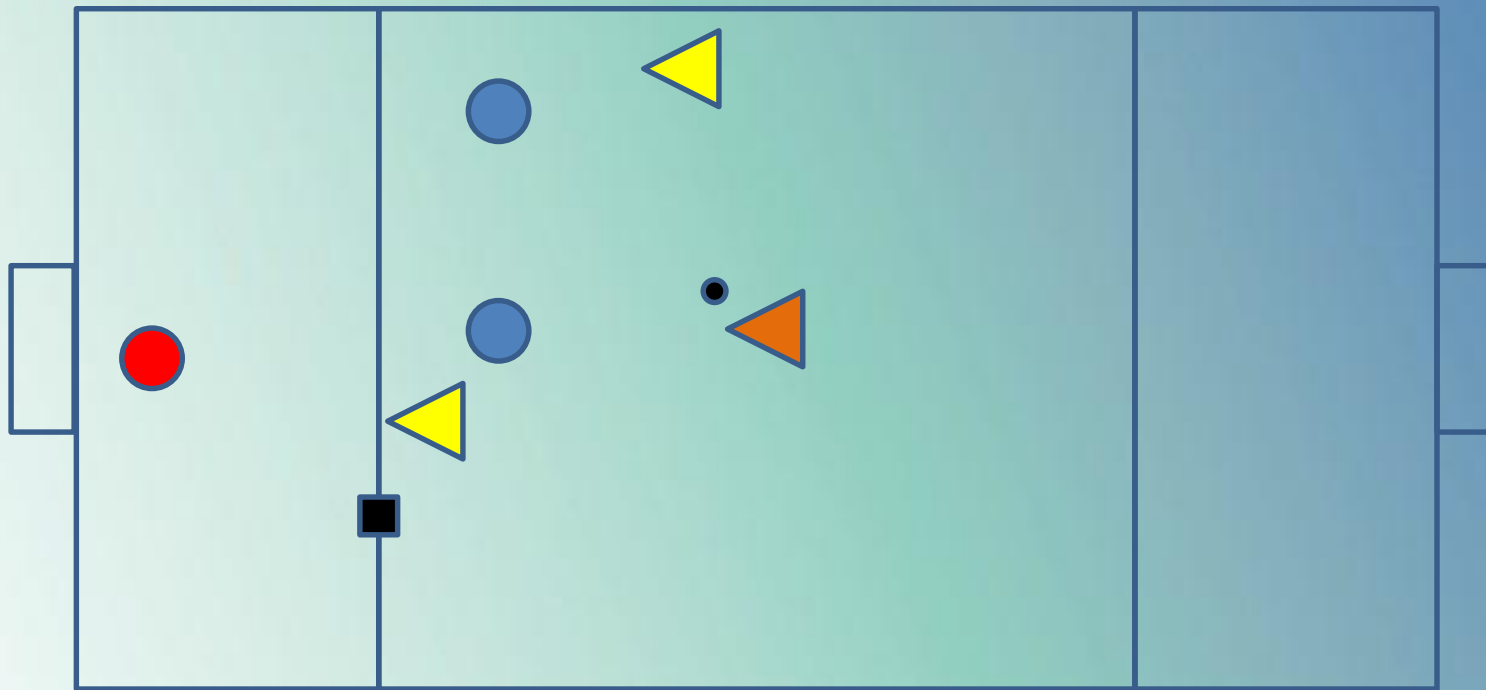
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I wish you „FUNTASTIC” Beach Handball

