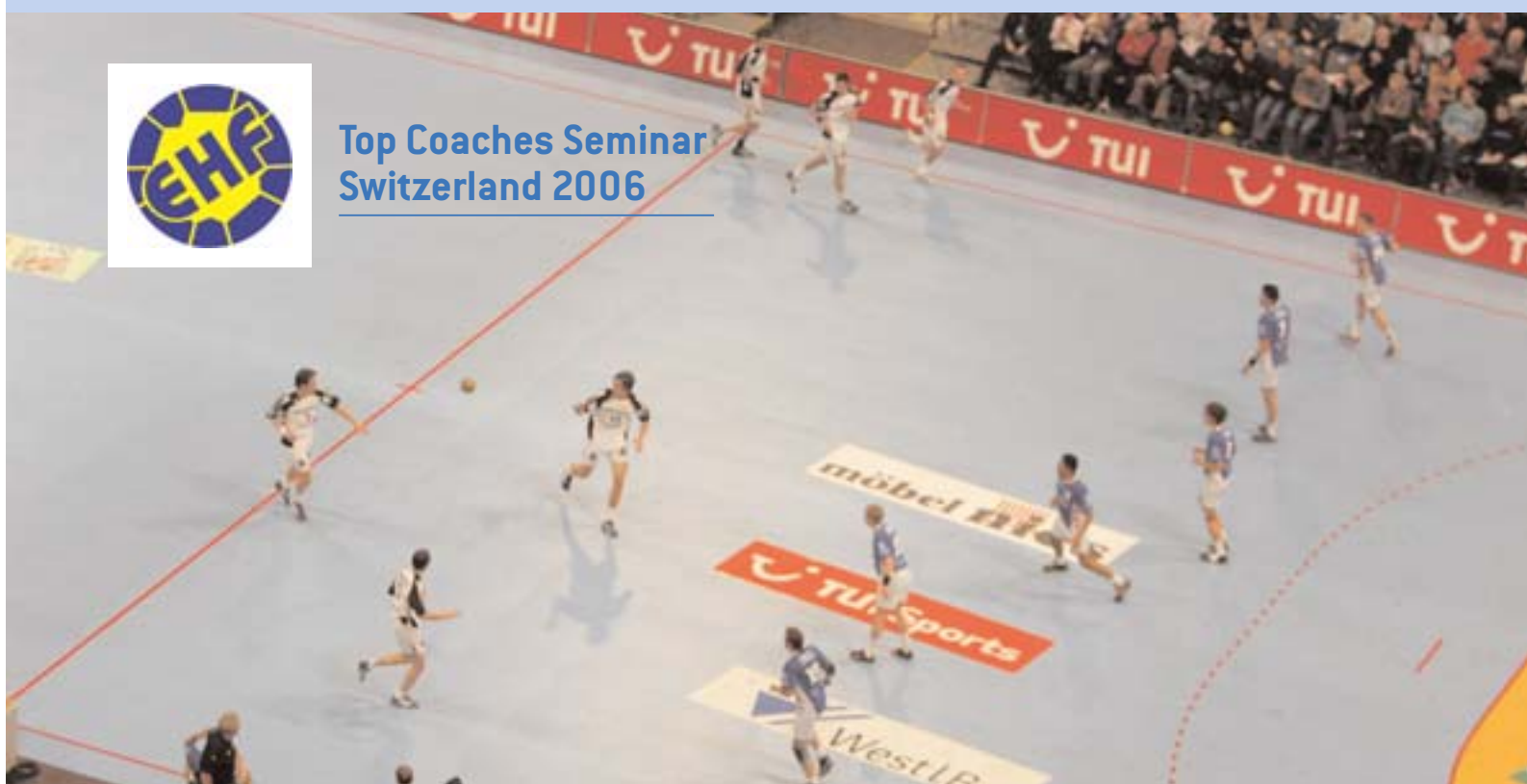




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Training (90 Minutes):

High Speed Handball Training and Development in the area of performance

By Noka Serdarusic



Warm-Up (30 Minutes)

1. Run in two groups with two balls (5 Minutes)

● ORGANISATION

- Form pairs. Each player has a ball
- Each player moves freely around the hall

► PROCESS

At the same time the partners pass the balls to each other

▲ VARIATION

Partners play the ball to each other, the player throws his ball high and catches it, back passes his own ball and catches it, before passing to his partner

▲ EXTENSION

The two groups are playing now with only one ball: passes to the goal area line and an in-flight/Kempa conclusion to the empty goal. The passer (to the in-flight/Kempa) implements at the same time two cycles and two forward rolls.





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2. Passing accuracy and -speed with decision making (8-10 Minutes)

● ORGANISATION

- The players organise themselves into 4 groups (A-D) in each corner of the playing fields.
- Respectively the first player in each group has a ball

► PROCESS

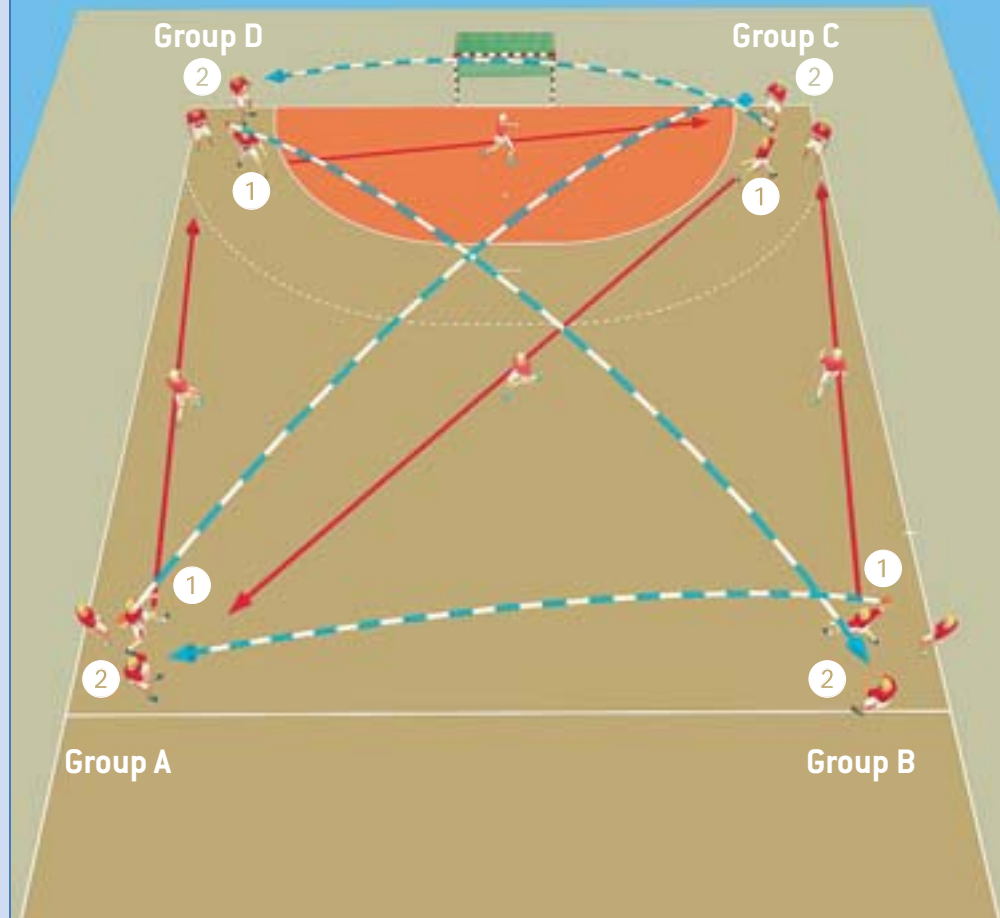
The first in the group plays the ball to the second in the other group. He has now the task of running to and placing himself in one of the other groups that has not played. It is not allowed to exchange place and the ball within the same group. There must always be the same amount of players in each group.

► TASKS

Before the time begins the players must decide who passes and who runs where. On the whistle they must begin. Gradually shorten the arrangement time, by leaving smaller intervals between each whistle, until the teams have no more time to confer with each other.

▲ VARIATION

Forbid the players to run to the left or to the right, change the playing area dimensions



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3. Passing accuracy and -speed in a counterattack with decision making (5 Minutes)

● ORGANISATION

- Two teams of 8 players with 3 or 4 balls distribute themselves on the goal area line.
- All players will be given a number from 1-8 without order.

► PROCESS

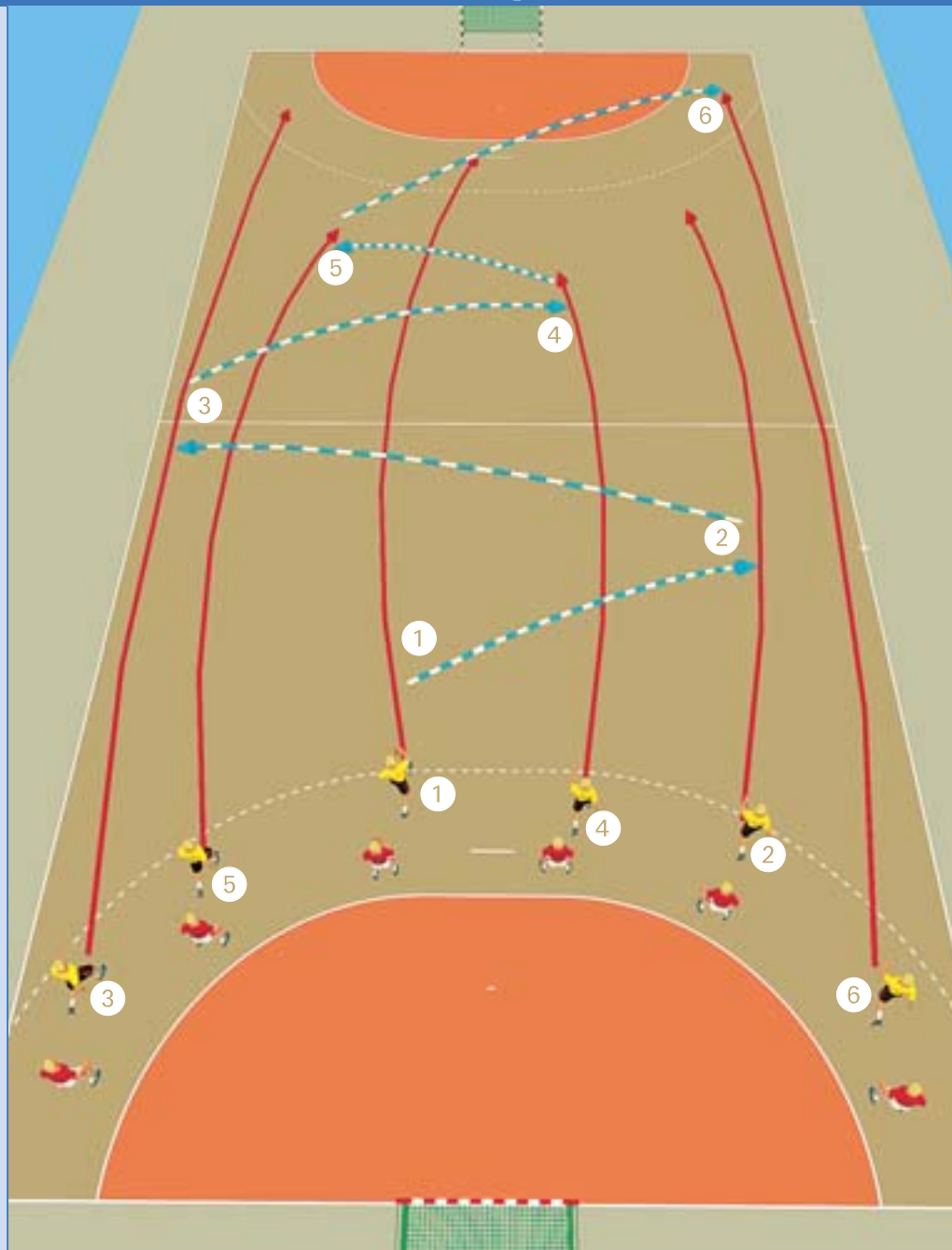
- The players run in a counterattack motion passing the ball to the higher number (8 passes to 1)

► TASKS

- Increase speed steadily
- Begin in a straight run, when optimum speed is reached the player slows down and then zigzag until he reaches the end of the court
- With a concept

▲ VARIATIONS

- Change the dimension of the playing area
- Put defending players into action
- Change the order of the numbers



4. Handball exercise with tactics – 6 against 6 (5 Minutes)

● ORGANISATION

On the handball court they play 6 against 6 according to the handball rules

► PROCESS

The player not in contact with the ball should try and gain possession of the ball in a way that affects the player in possession. If they manage to do this then they must place the ball on the floor and they receive a penalty point. When the players reach a high number of penalty points, then they must complete a special task.



▲ TIPS

- When this exercise is carried out during the warm-up, to reduce the risk of injury, certain advice is given – i. e.:
- Use both hands to throw the ball into the goal or with the “wrong hand”.
 - Play without the goal keeper and throw the ball in a certain place in the goal
 - The achievement is to improve the speed (seriously – to decide – to improvise), and movement without the ball.



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5. Goalkeeper Throws (6 Minutes)

● ORGANISATION

- The box containing the balls are placed near the centre line
- All players are given a ball
- The players then split into two groups

► PROCESS

Upper illustration: The first player of the left group (A) pushes towards the centre goes dangerously close to the goal feints a goal attempt and throws to the first player of the right group (B). Goal is scored by default.

Lower illustration: The second player (C) from the right group pushes towards the goal and feints a throw dangerously close to the goal and instead throws to the first player of the left group (A), who in the meantime has put himself in position to run freely.

The diagram shows the direction of the action. After an attempt at goal, the other players in the group follow on.

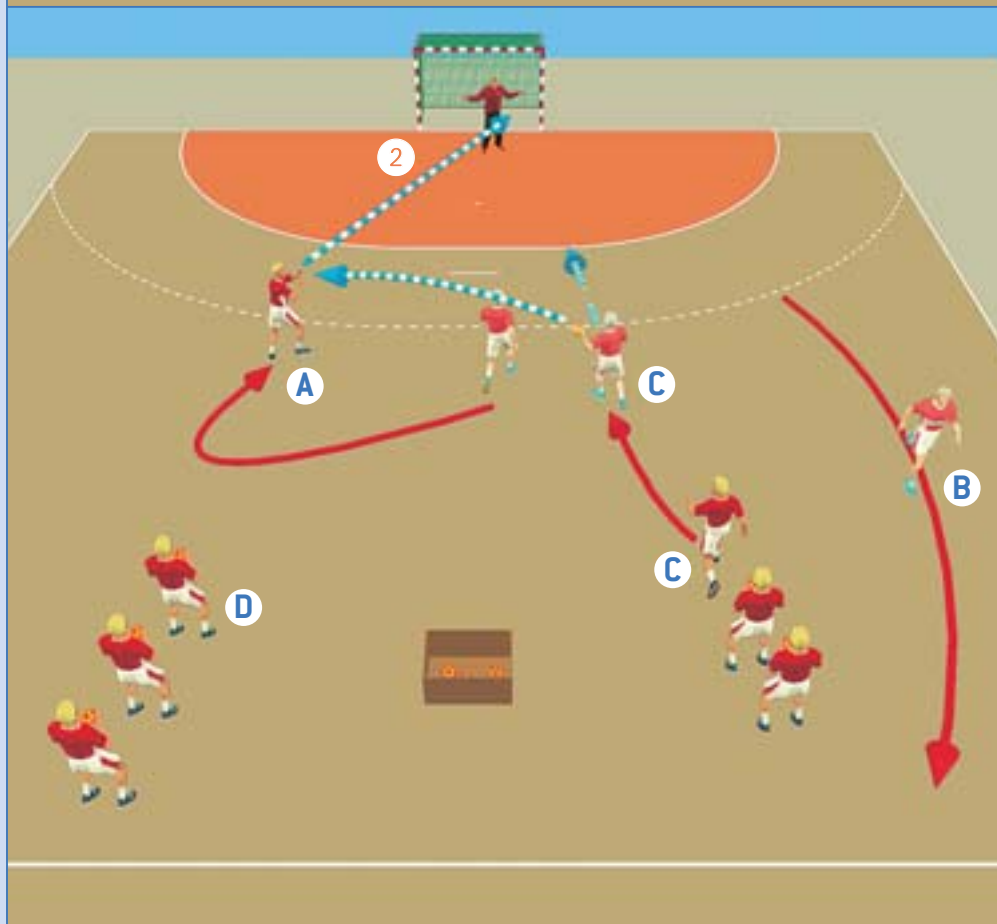
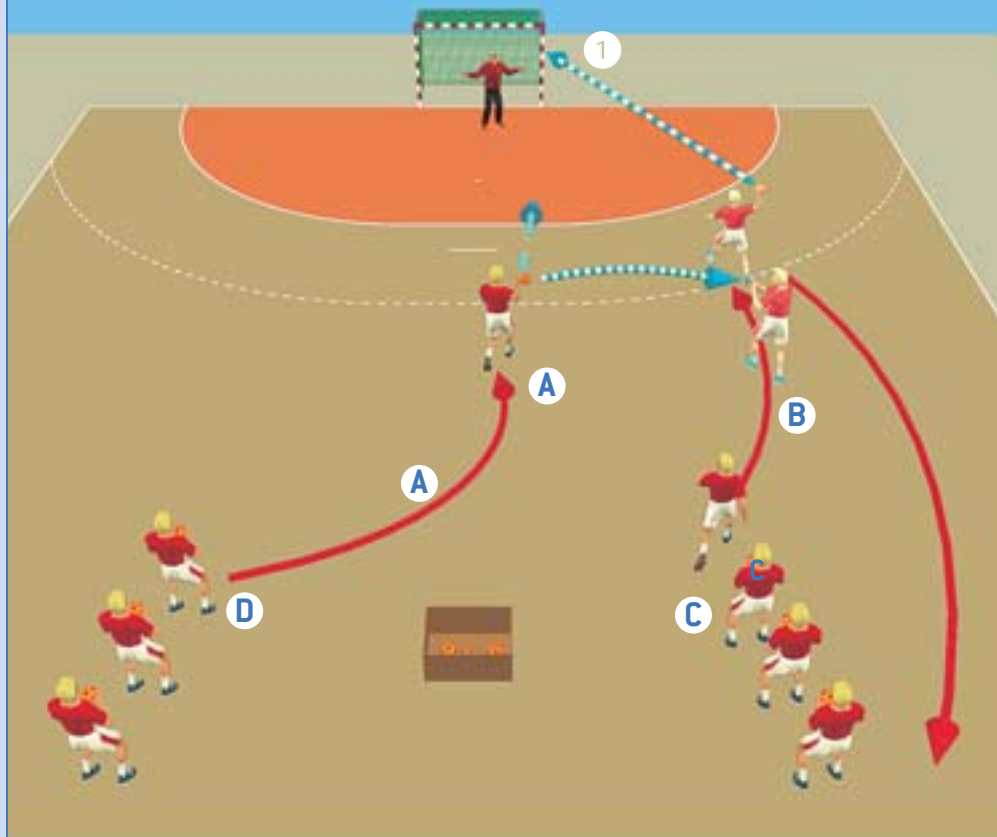
► WURFVORGABEN

Two series for each goalkeeper:

- Short-high
- Flat
- Medium-high

▲ CORRECTIONS

- When a deceptive goal attempt fails
- Dynamic withdrawal, run to the rear from the sides to line up for the next attempt



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Basic exercises (approx. 25 Minutes)

1. Counterattack shadow run (8 - 10 Minutes)

● ORGANISATION

Player 1 stands on the 6m line with a ball (AL); player 2 – without ball- on the 9m line (AR).

► PROCESS

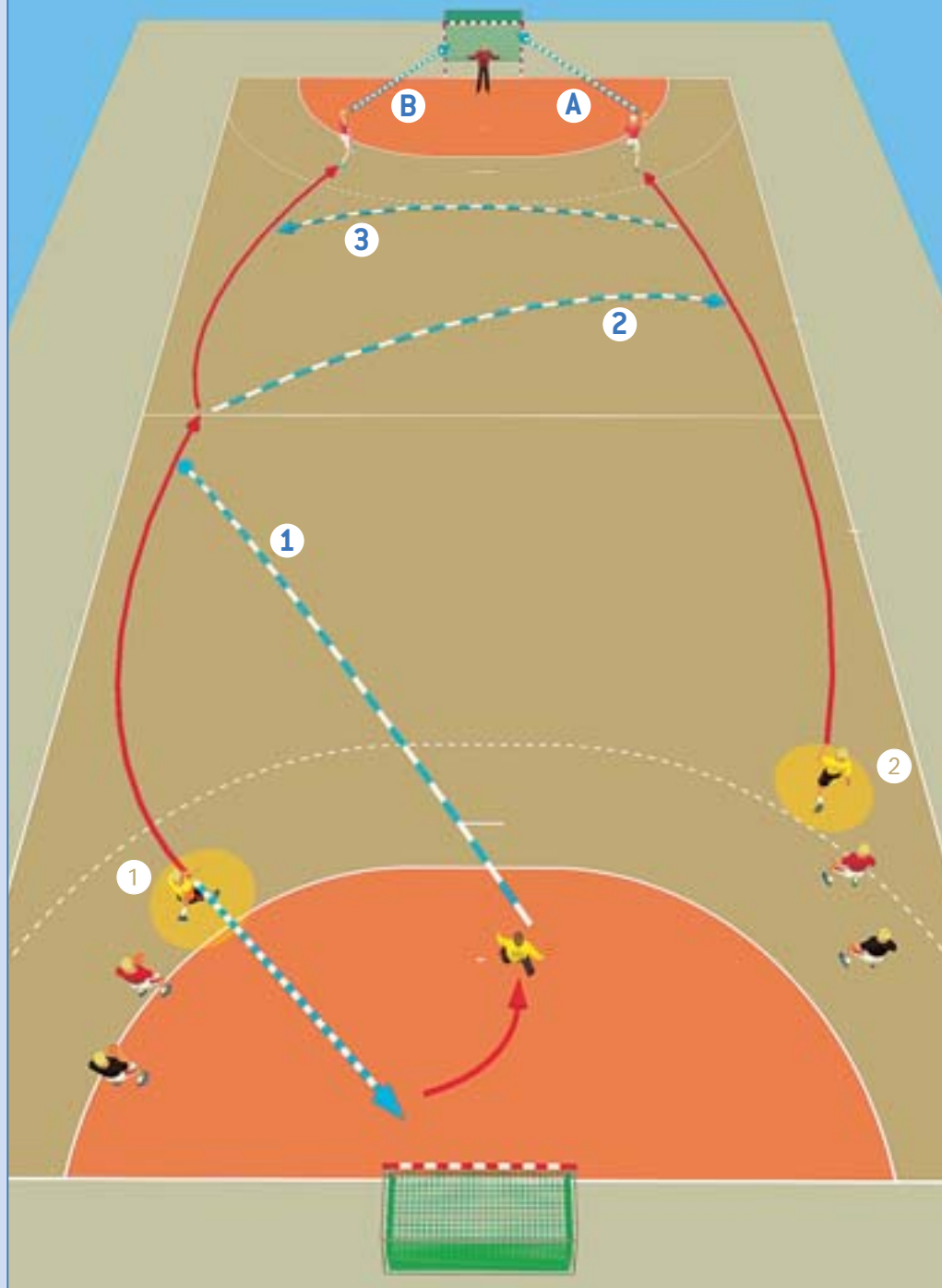
Player one plays throws to the goalkeeper and in full sprint receives the ball back from the keeper and then:

A – Passes to player 2, who attempts to score

B – Passes to player 2, who send a pass back to player 1 who attempts to score

▲ IMPORTANT

The ball must be passed and received during a high sprint. Directly after the ball is received, it is to be passed diagonally.



Refreshment pause (2 Minutes)



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2. Counterattack shadow run (8 - 10 Minutes)

● ORGANISATION

Put the players into pairs and giving each pair a ball. One plays offence, the other plays defence

► PROCESS

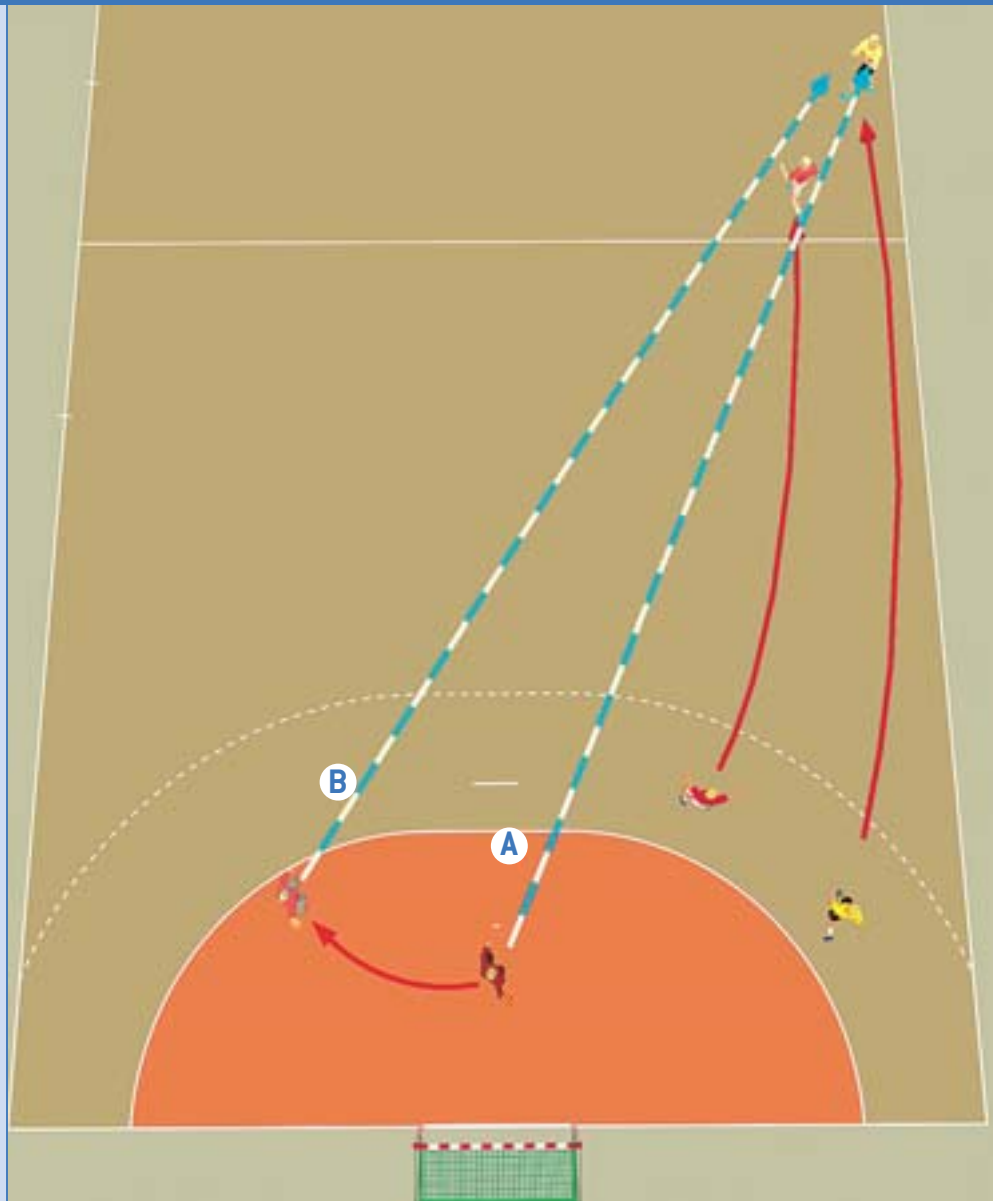
The attacker plays the ball towards the goal-keeper and runs the counterattack. The goalkeeper attempts a long pass. The defence player tries to prevent the attacker from receiving the ball.

▲ CORRECTIONS

- Open area movements of the goalkeeper (see illustration)
- The attacker tries to always keep a distance between himself and the defence player (approx. 2m) – not to run too close. Moving closer only when the ball has been received.
- The player defends in accordance with the regulations

▲ IMPORTANT

Frequently the attackers and defenders are equally quick and nearly at the same level. The goalkeeper must open the area, then with a movement to the side, in order to be able to play the long pass over the defender to the attacker.



Goalkeeper perspective A



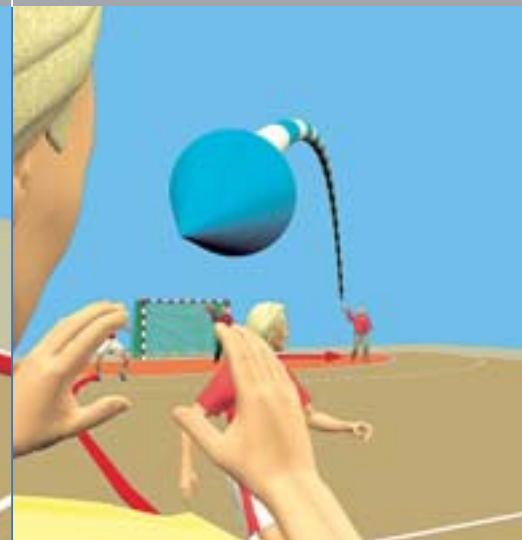
Favourable passing angle

Goalkeeper perspective B



Less favourable passing angle

Receiver perspective



Pass from goalkeeper position B

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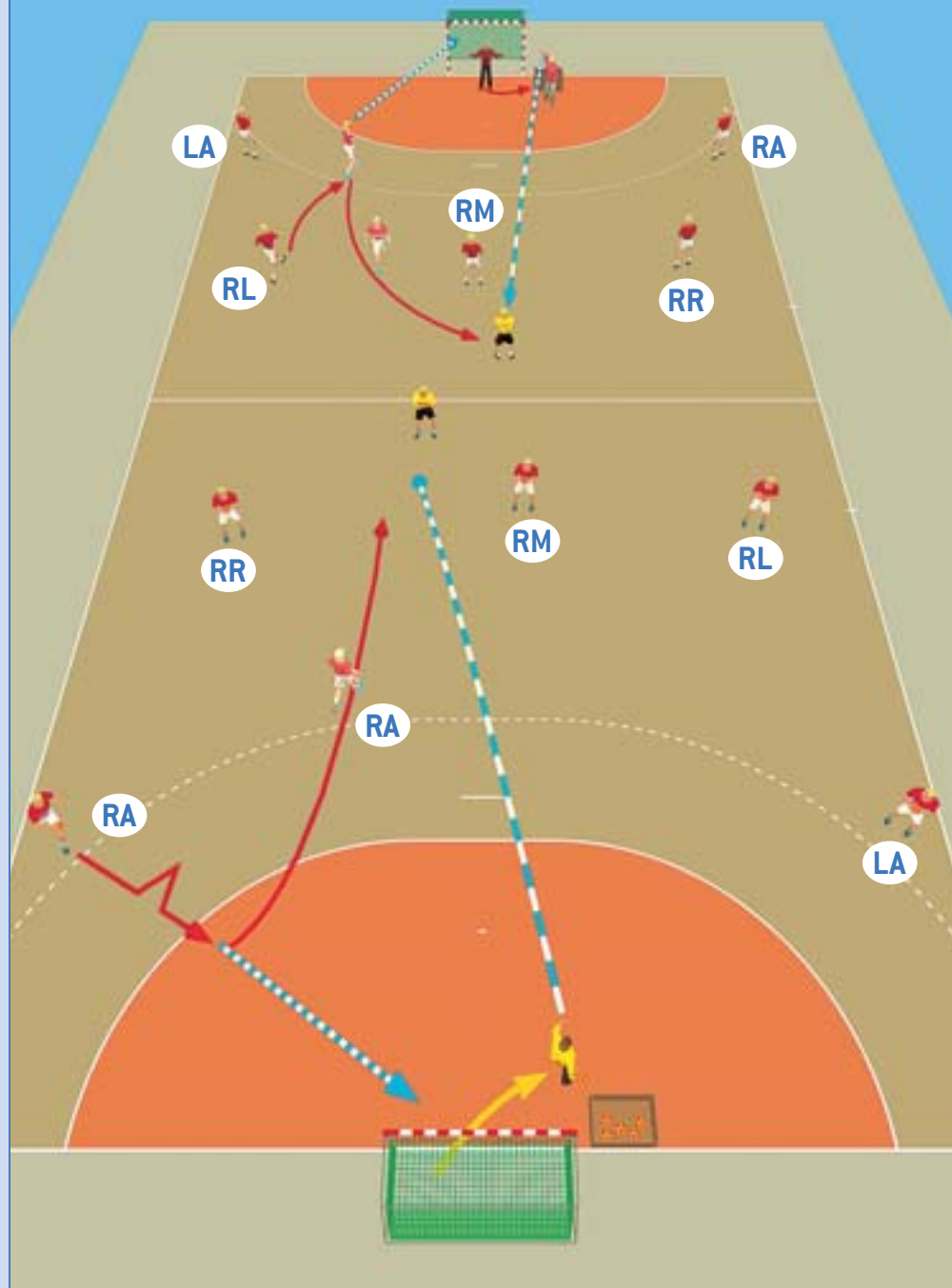
3. Prevent counterattack after a goal throw (6 - 8 Minutes)

● ORGANISATION

Players with a ball are placed in front of both goals, back and side positions. The trainer or two other players (interceptors) stand near the centre line in preparation.

► PROCESS

The player throws towards the goal and must immediately after the attempt, by a quick switch to defence, try to prevent the goalkeeper passing to the interceptor. The players start in their respective defence positions. The Trainer/interceptor varies their position depending upon the position, which the thrower in the defence must take, so that he (the interceptor) is always standing in the way.

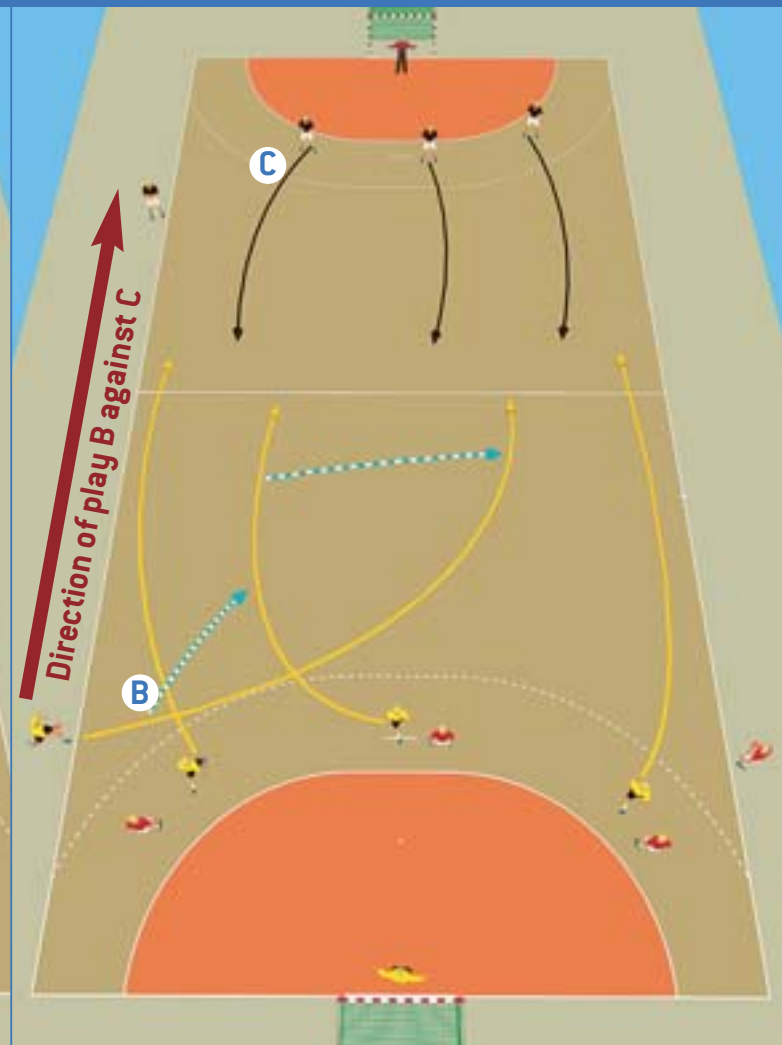
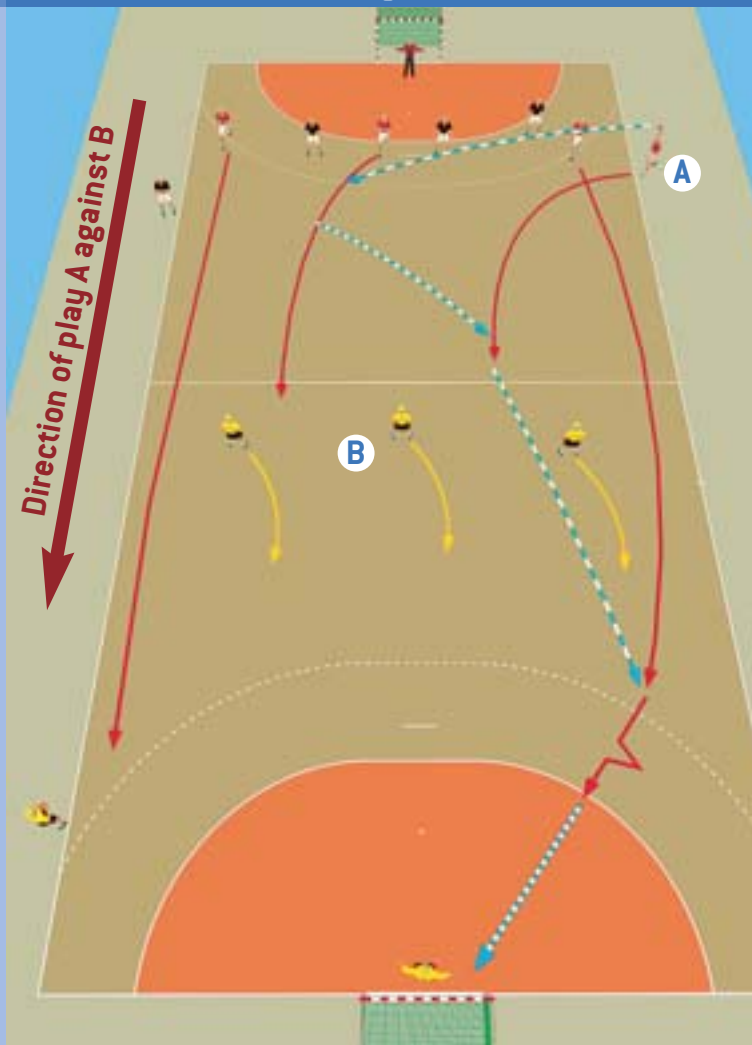




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Basic Games (approx. 25 minutes)

1. Tactical Games – 4 against 3 (10-12 Minutes)



● ORGANISATION

There are 3 teams each with 4 players

► PROCESS

Team A (Red) attacks in the majority from the counterattack across the court against Team B (Yellow). The 4th player from the yellow team stands ready near the court with a ball; to join his team after the Red team have played out their first counterattack action (left illustration). Then Team B in their majority immediately attacks Team C (Black – right illustration), who receives 2m behind the centre line. After, Team Black attacks Team Red again. The Team loses possession of the ball, as soon as the one in possession is touched or a goal throw is taken.

▲ VARIATIONS

- Play without bouncing or jogging
- 4 against 4
- 5 against 5
- Running back in different defence formations



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2. 6 against 6 in different counterattack situations (10-12 Minutes)

● ORGANISATION

Both teams stand ready at the goal with a ball

▶ PROCESS

When the trainer gives the signal, the attacker throws the ball towards the goal and pulls back into defence. Under attack the defender tries to score a goal with a "quick centre".



▶ TASKS

- The attackers must move from a "quick centre" by sprinting to be successful
- The attackers must play out the counterattack from the "quick centre"

▲ VARIATIONS

- With changes in the positions (attack/defence)
- Without bouncing, etc.

Conclusion (15 - 20 Minutes)

Endgame – 6 against 6 (10-12 Minutes)

HANDBALL USING 2 GOALS

First playing the "quick centre" then totally without a mid throw-off.

Cool-Down (5 - 10 Minutes)

Running without shoes in the hall

Always keep in mind that: "People learn best, what they find enjoyable."

