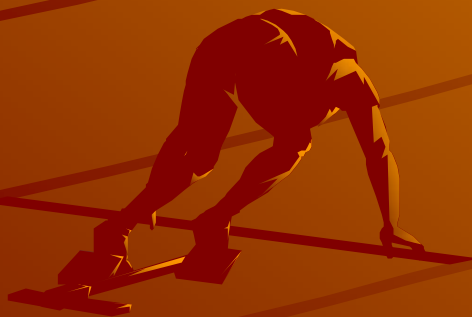




DEVELOPMENT OF FAST ATTACKS FROM VARIOUS DEFENCE SYSTEMS





- ✦ As the percentage of goals from fast attacks is ever increasing, a development of this type of attack from various defence systems has become an important part of handball.
- ✦ Rapid development of the fast attack game in the recent years has happened due to the fact that fast attack is the easiest and quickest way to reach a good goal-scoring position.



- ✦ Fast attack should become a starting point for every attack in modern handball.
- ✦ Fast attack can begin from the intercepted ball, after a free-throw, side-throw, referee's throw-in or goalkeepers-throw which occur as a result of different mistakes of the attackers, after a blocked shot or a ball won and after a successful goalkeeper's defence.



✦ In the recent years, a so-called “extended fast attack” has developed as an intermediary phase between the fast attack and the attack against the set zone or combined defence formation.

✦ As a result of rule changes, related to the first throw-in, fast attack occurs also after the received goal.

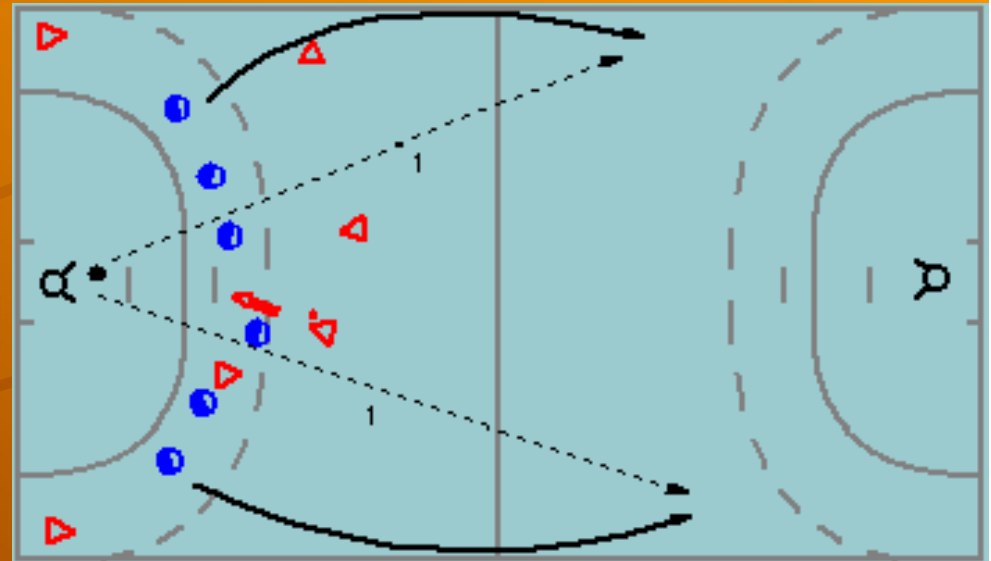


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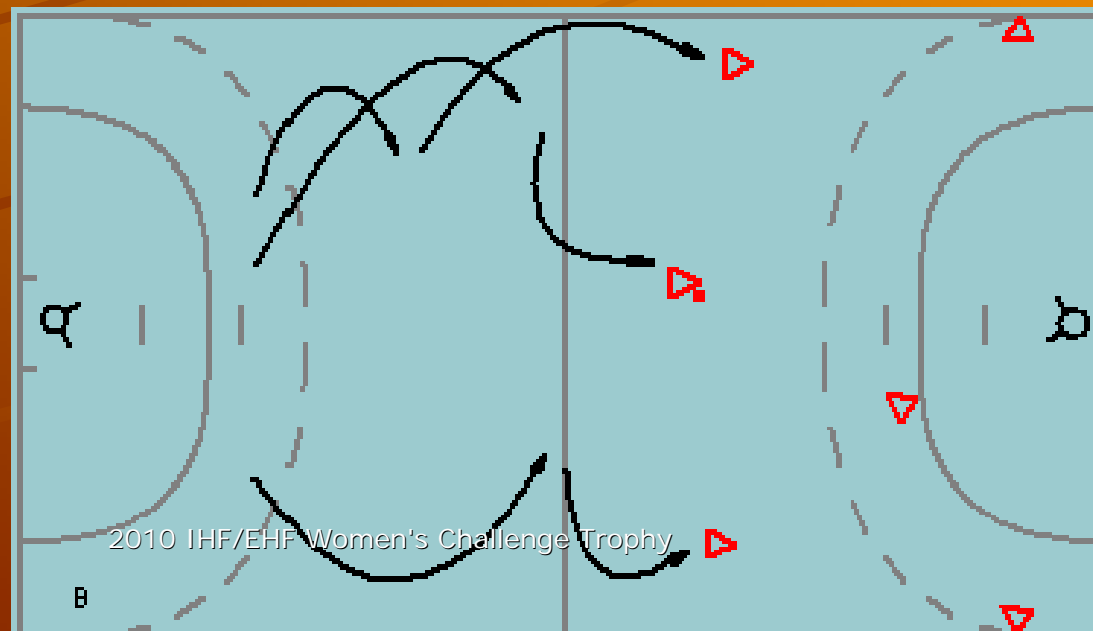
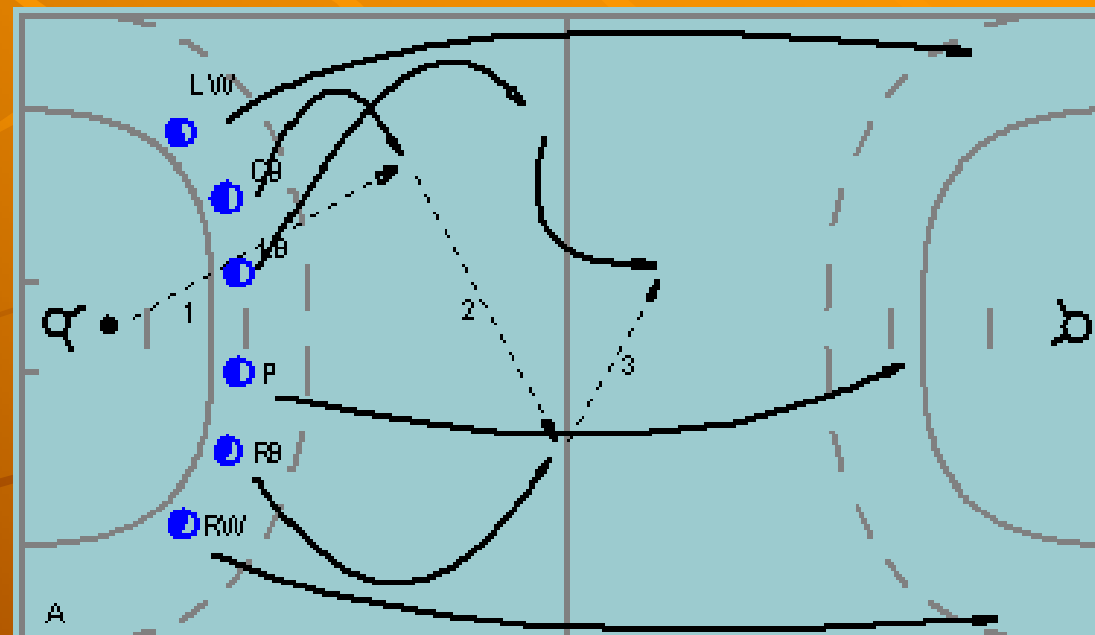
◆ Fast attack can take several shapes:

- Fast attack with an “escape” of one or two defenders even before it is clear that the defence has won the ball;





- Team fast attack (example 6:0 defence).

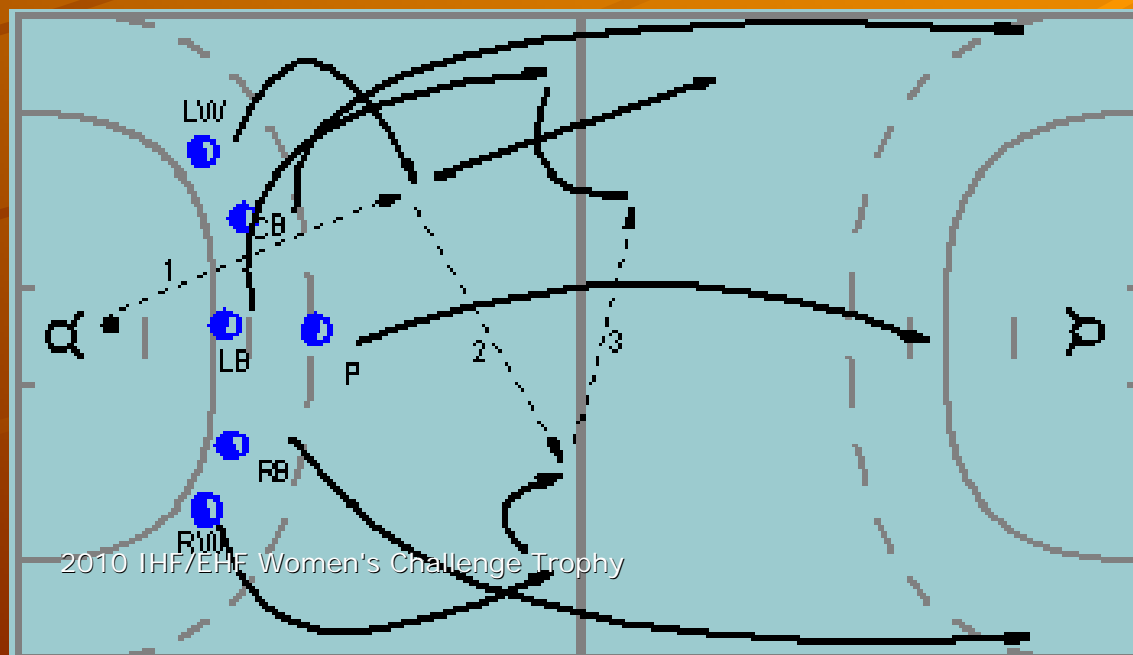
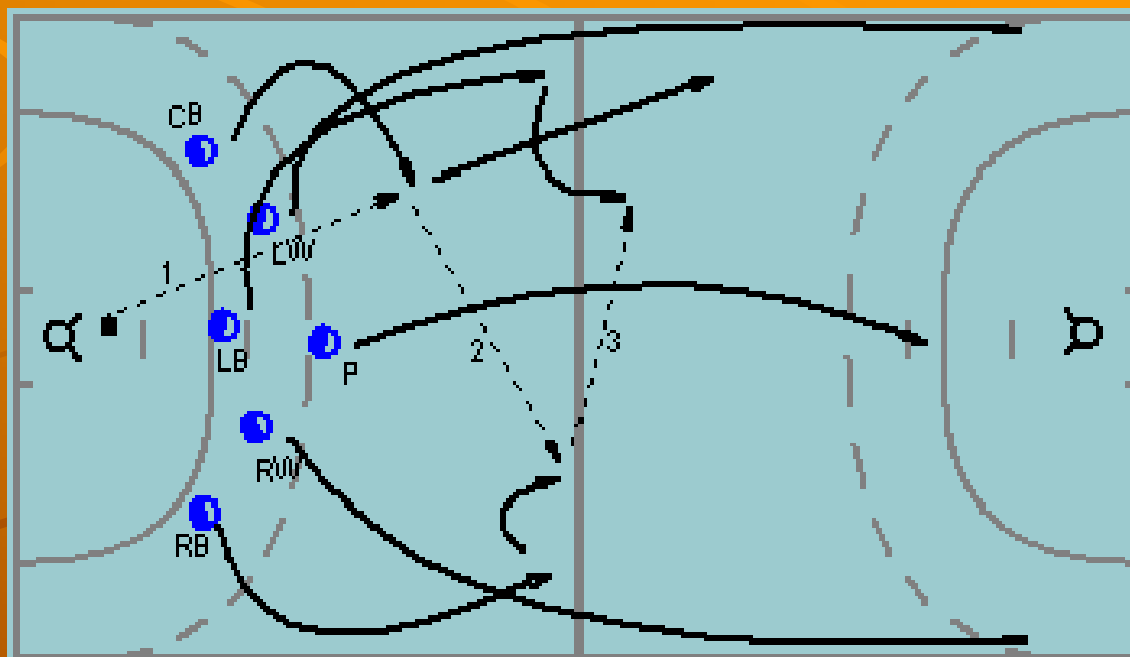


3/4/2010

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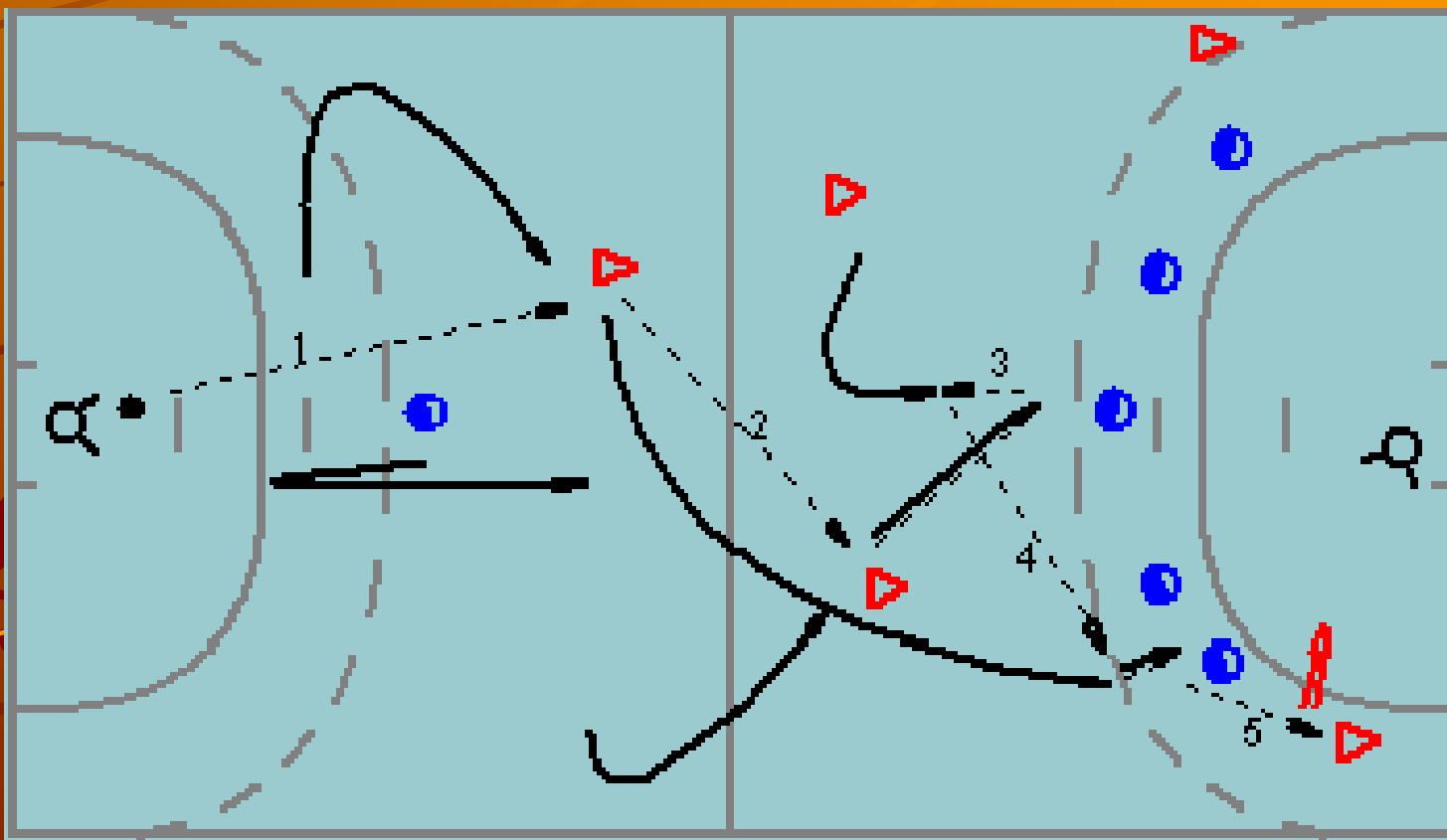
- Team fast attack (example 3:2:1 and 5:1 defence).





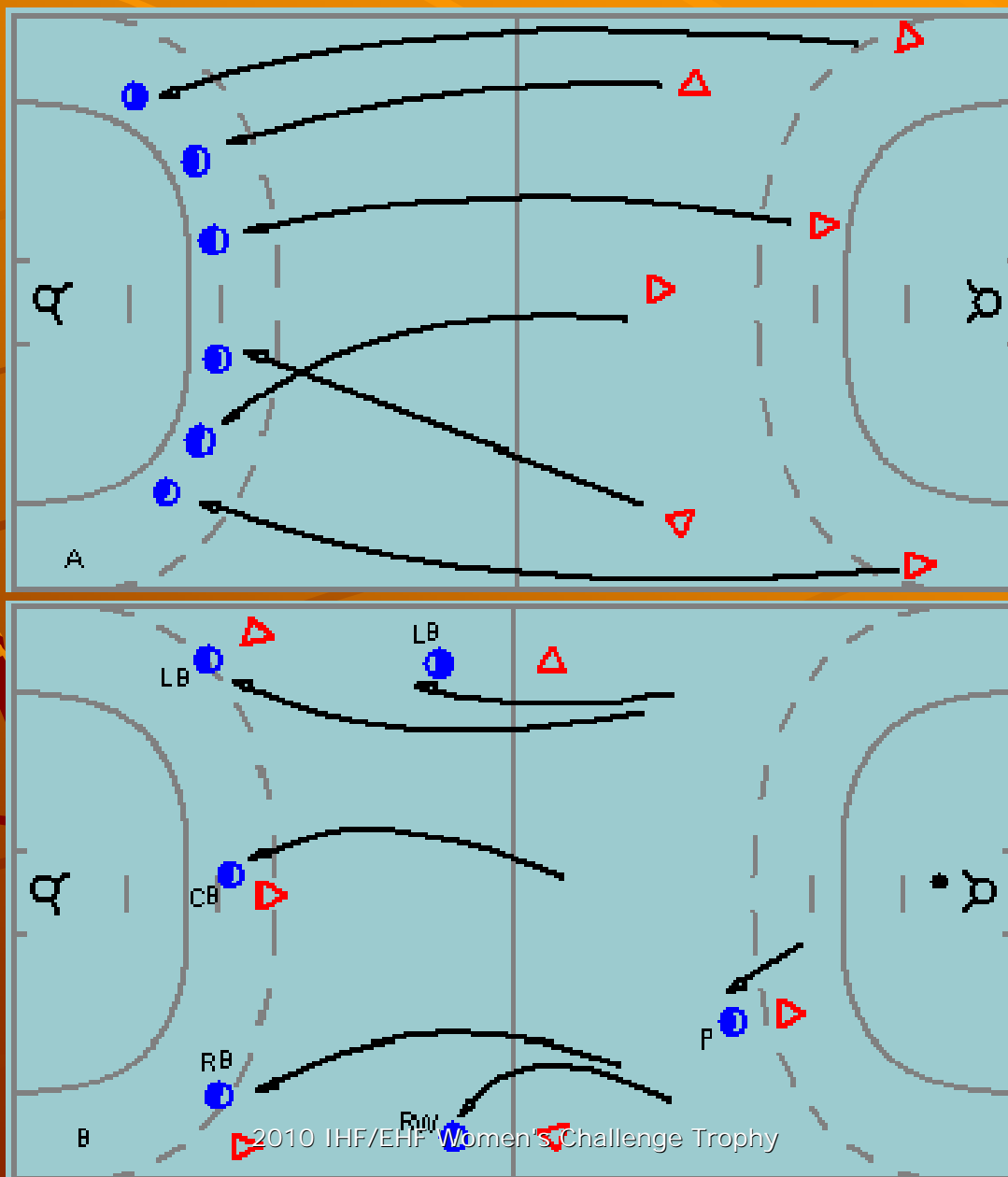
◆ Team (group or team) fast attack, requires:

- Precise diagram of leaving of the playing positions in defence,
- Exact system of movement across the length and width of the playing field, which has to be also well-timed between all the players (spatial balance across the whole of the playing field),
- Set concept of the extended fast attack, which can be adapted to the situation according to the particulars of the opponent's return into the zone defence.





- ✦ Generally, defence can be divided into the return and the prevention of the fast attack (when opponent chooses fast attack) type of defence and the game in set defence formation.
- ✦ When returning from the opposite half of the court and preventing the fast attack, players usually stick to the principles of individual defending. Afterward, their aim is to form a zone defence as quickly as possible and to follow the guidelines of such defence.
- ✦ Often a combination of both types of returning can be seen – certain number of players quickly return into the zone defence, whereas one or two use the individual defence in order to prevent the development of fast attack, to slow it down and to make it harder for the attackers to cooperate (interceptions of the passes).



3/4/2010

2010 IHF/EHF Women's Challenge Trophy

12



- ◆ As in every phase of the game, also in fast attack the players should have a lot of knowledge and practice a good degree of teamwork.
- ◆ Coaches have to consider above-mentioned facts when teaching and training the fast attack. Training of fast attack is important also from the point of view of the development of specific endurance abilities, which can be acquired particularly with the fast attack exercises.



- ✦ The purpose of the presentation is to explain the rules of transition into the fast attack after shooting on goal – when goalkeeper performs a throw-in of the ball.
- ✦ Goalkeeper performs a throw-in of the ball after the save of a shot on goal, when the ball remains in goalkeeper's possession or passes the outer goal line of the playing field.
- ✦ In both cases goalkeeper have to execute a throw-in as quickly as possible, whilst considering some rules:



- ◆ Goalkeeper has to have a good overview of the whole playing field and needs to assess the chances to perform a pass to different team players, depending on their position (opening-up) and their possibilities for appropriate continuation of the game.
- ◆ Inside the goal area, he needs to attain such position, which will allow him to have a good overview of the entire playing field and control of the execution of his throw-in. He needs to stand far enough from the goal-area line, so an opposite player cannot block his view of the field or even intercept the pass.



- ◆ Therefore, goalkeeper has to know tactical possibilities of the fast attack; his correct pass can help in the execution of the fast attack,
- ◆ Naturally, first possibility is a long pass to those players (wings or pivot), standing the furthest away, who could end the fast attack on their own after receiving the ball,
- ◆ Such a pass has to be controlled; the positions of returning players and the eventual movements of the opposite goalkeeper (leaving his area to intercept the ball) need to be considered,
- ◆ A good judgement between the risk of performing such a pass and its rationality depending on the positions in the field is required.