

2010 EHF Youth Coaches Course


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Cooperation between defence and goal keeper - practical work -

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- There are two tactical situations during the match when we have blocking of shoot:
 - When defence didn't make any mistake but attack player is going to shoot, and
 - After mistake in defence. This mistake can be mistake of one player (individual mistake) or attack was tactically better than defence, outplayed defence and prepared position and situation for shoot (tactical mistake).
- But in the both cases basic idea of defence players is to make block "in two lines".
- **First line** is defence player in front of player who is going to shoot and he is trying blocking the ball,
- **Second line** is player at 6 m who is blocking space over him. Usually it means one part (side) of the goal



- ***Tactical problem: What is cooperation?***

- Does goalkeeper has to saves only one side of the goal and for score in the other side “is guilty” defence player...?
- ... Or, goalkeeper takes care of all goal and blocking of players is help for him, good and useful information.

Of course, it has to be decision of every coach.



Training of blocking

Examples of exercises



For the beginning we can use volleyball elements to prepare arms for contact (shoot) with ball.

First exercise is passing between two players using volleyball element – “hammer”



Distance between players 5-6m.
Player with ball is shooting (at the beginning not too strong) at the level of knee of defense player.
Defense player amortize this shoot using “hammer” technique and return ball to his partner



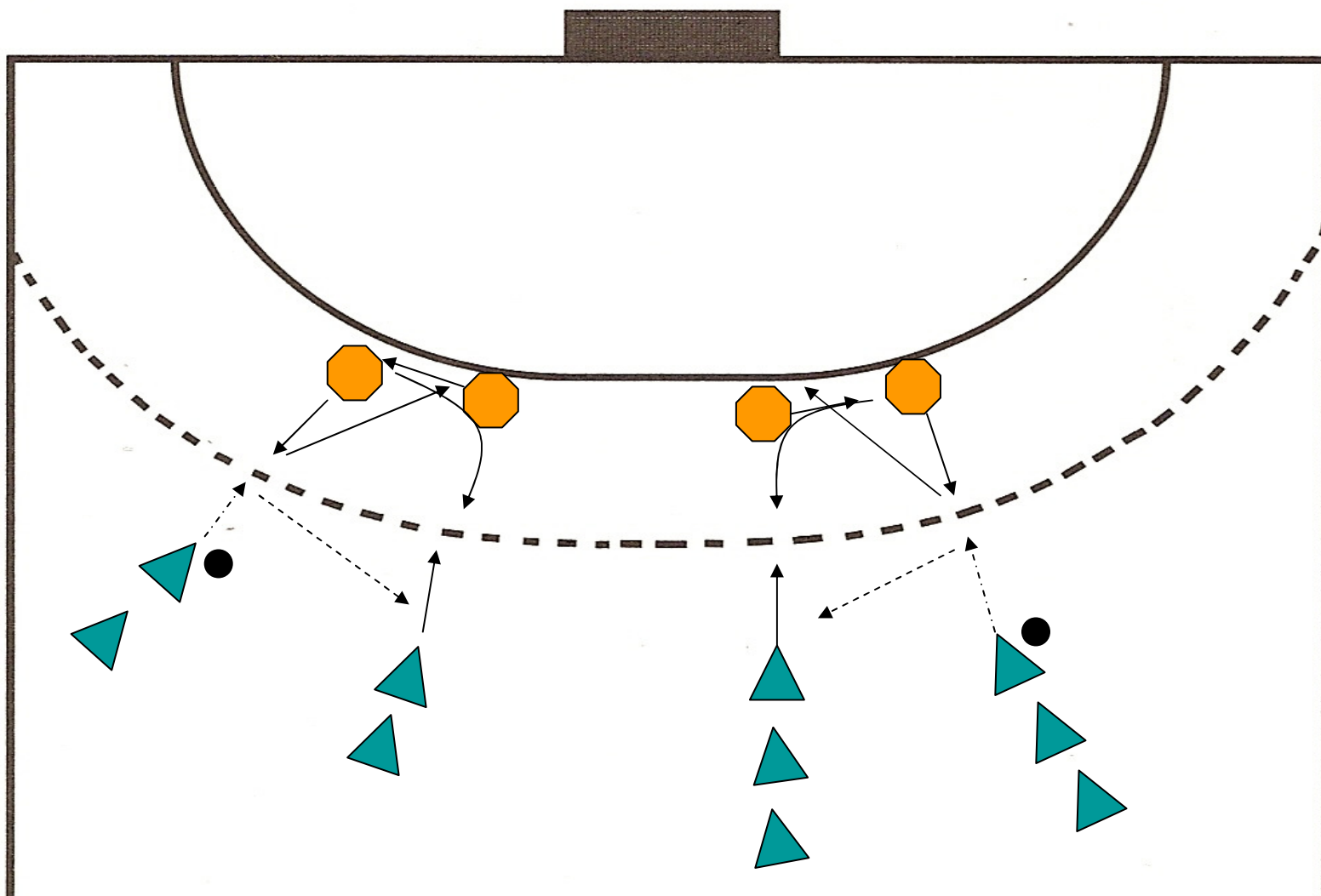


Same exercise with one, two steps off running. Shoot is a bit over head.

Defense player put his arms over head in diagonal position that after blocking ball falls in front of him and he can control it.

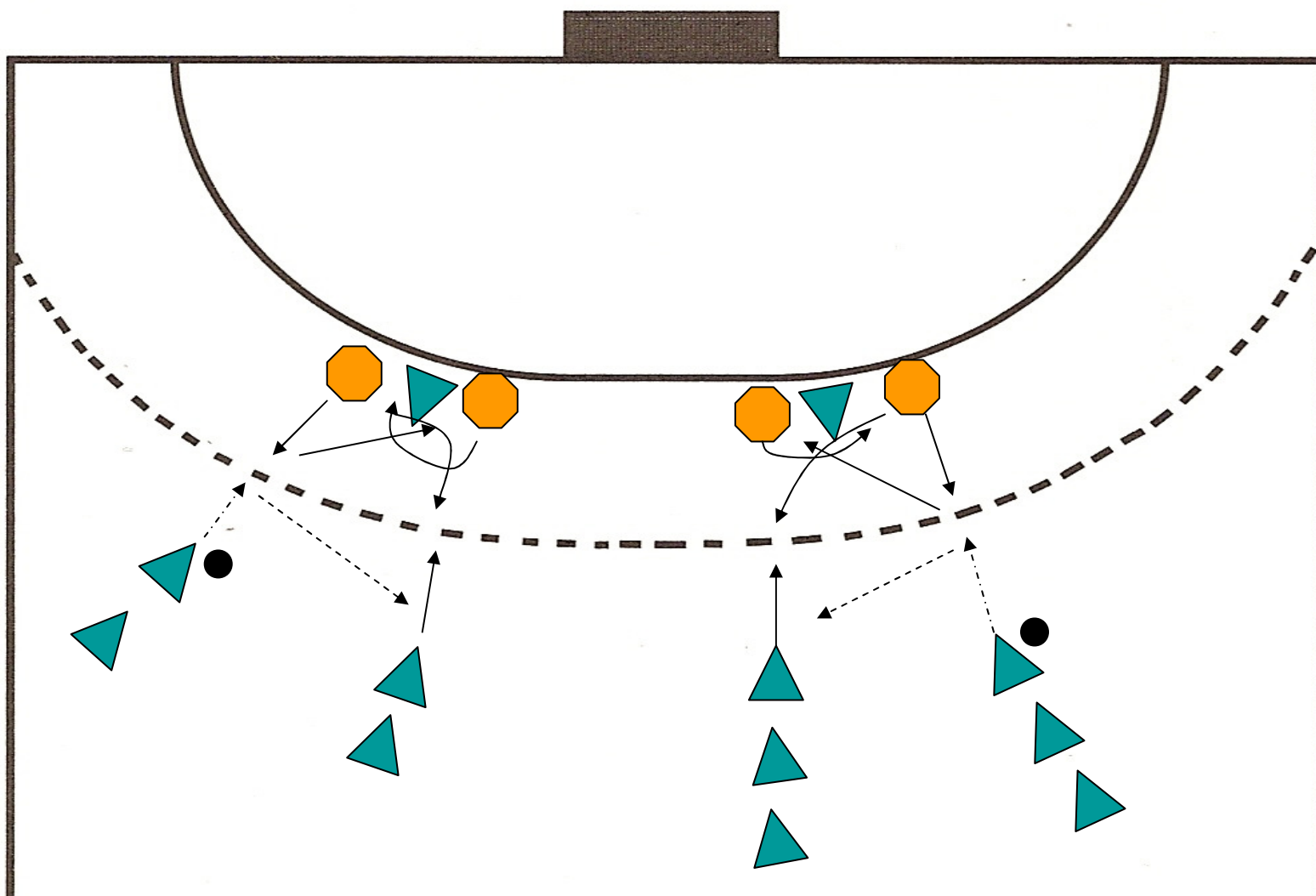


Jump shoot of attack player
after two steps of running
and shoot from 2 -3 m of
distance over head of
defense player



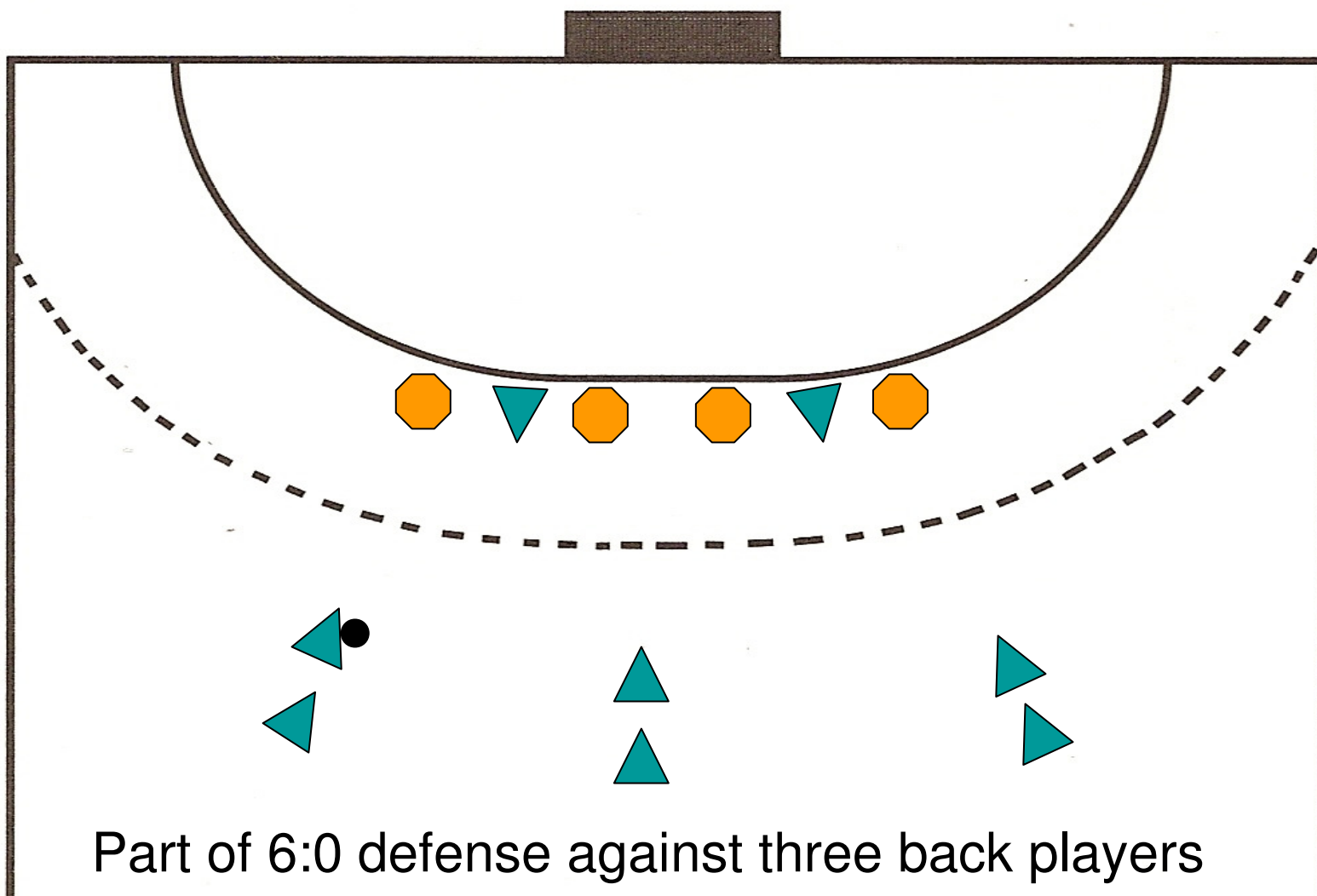
Cooperation between two players “in two lines”

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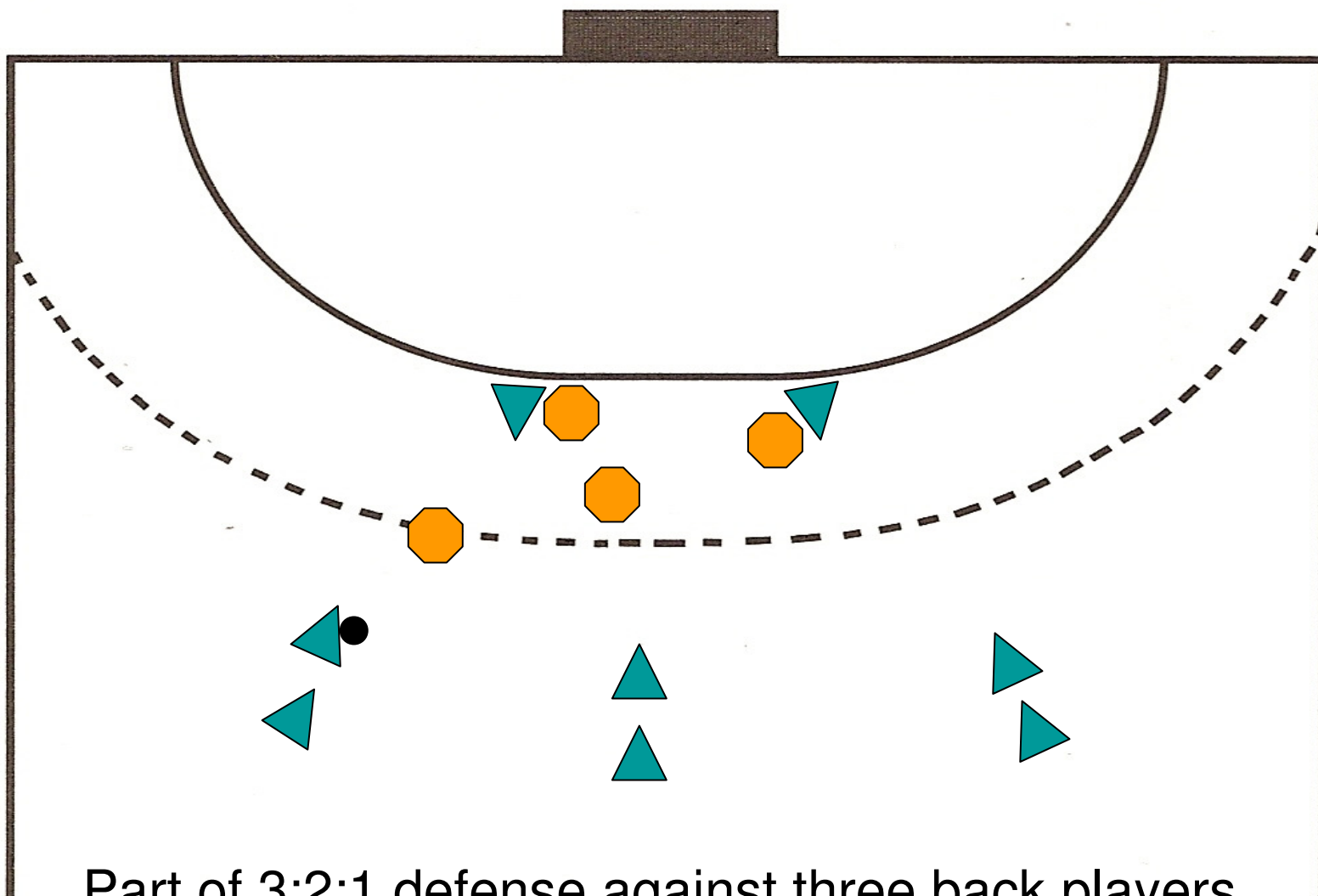


Cooperation two players “in two lines” against
pivot and back player

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Part of 6:0 defense against three back players and two pivot players. Shoot every 5-6 sec.



Part of 3:2:1 defense against three back players
and two pivot players. Shoot every 5-6 sec