

2010 EHF Youth Coaches Course
Bratislava, 5-8 August

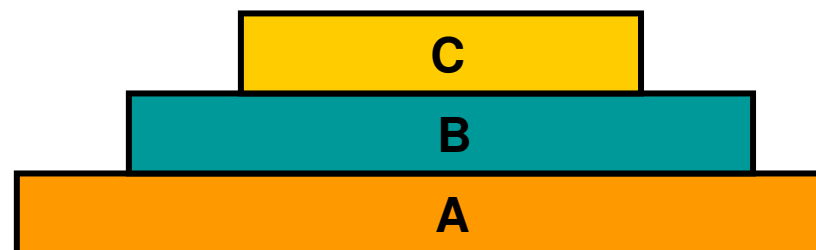
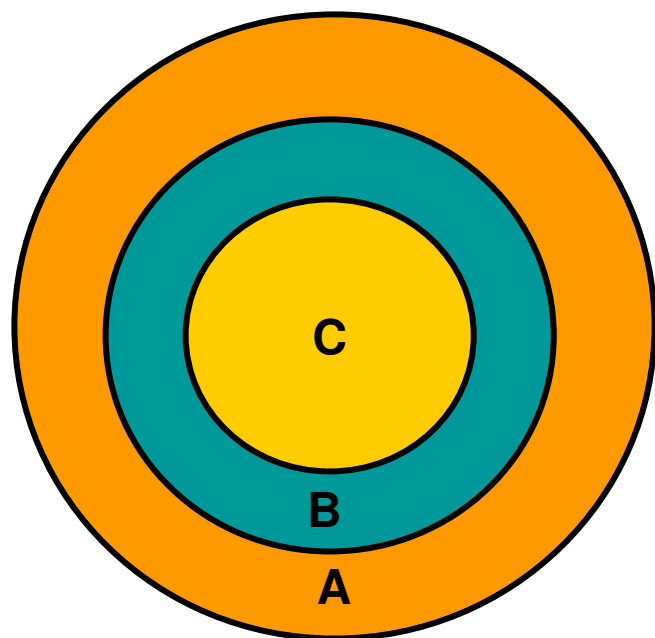


Cooperation between first and second line in offence set-play

Pokrajac Branislav

European Handball Federation

System of attack

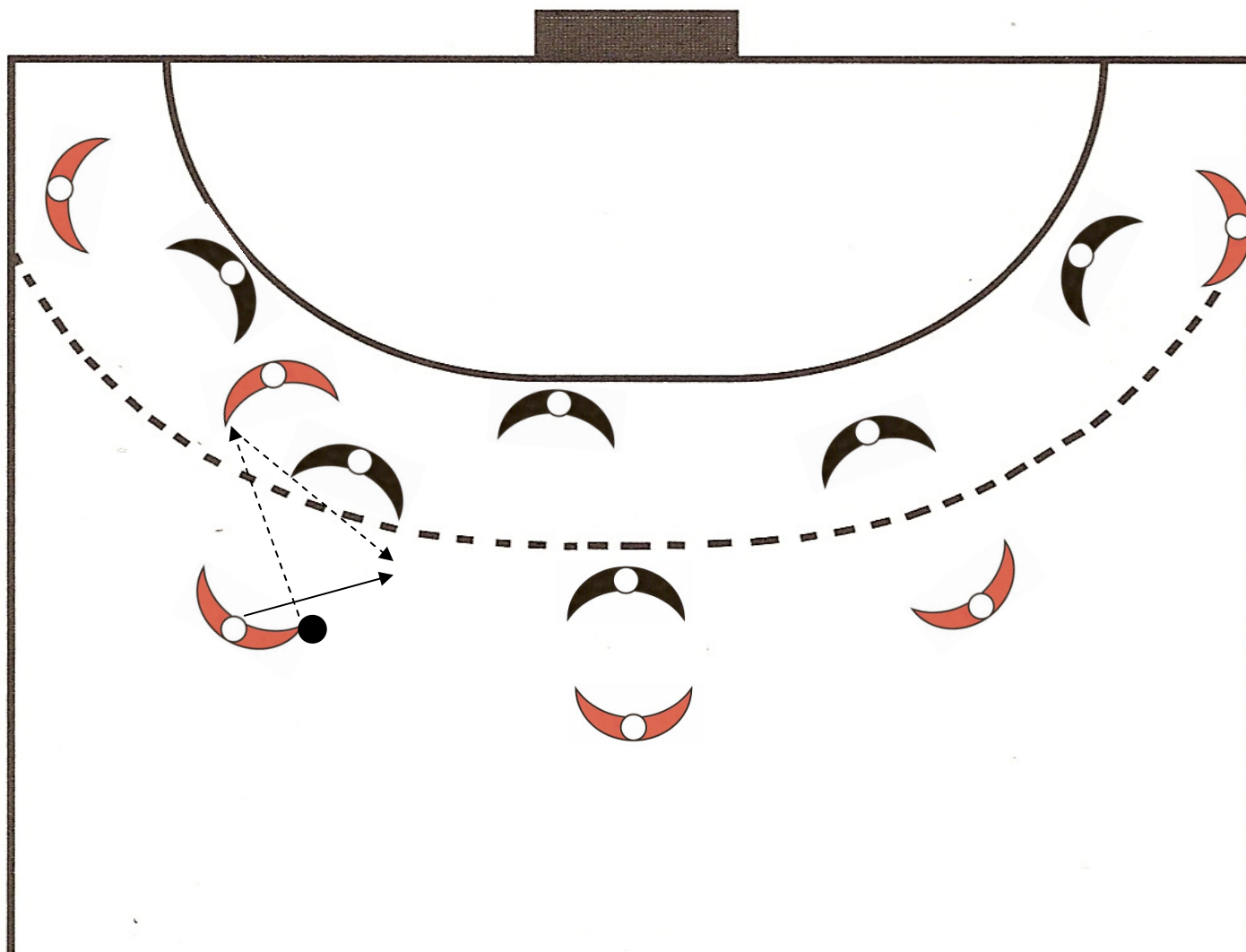


A) Attack against type of defense

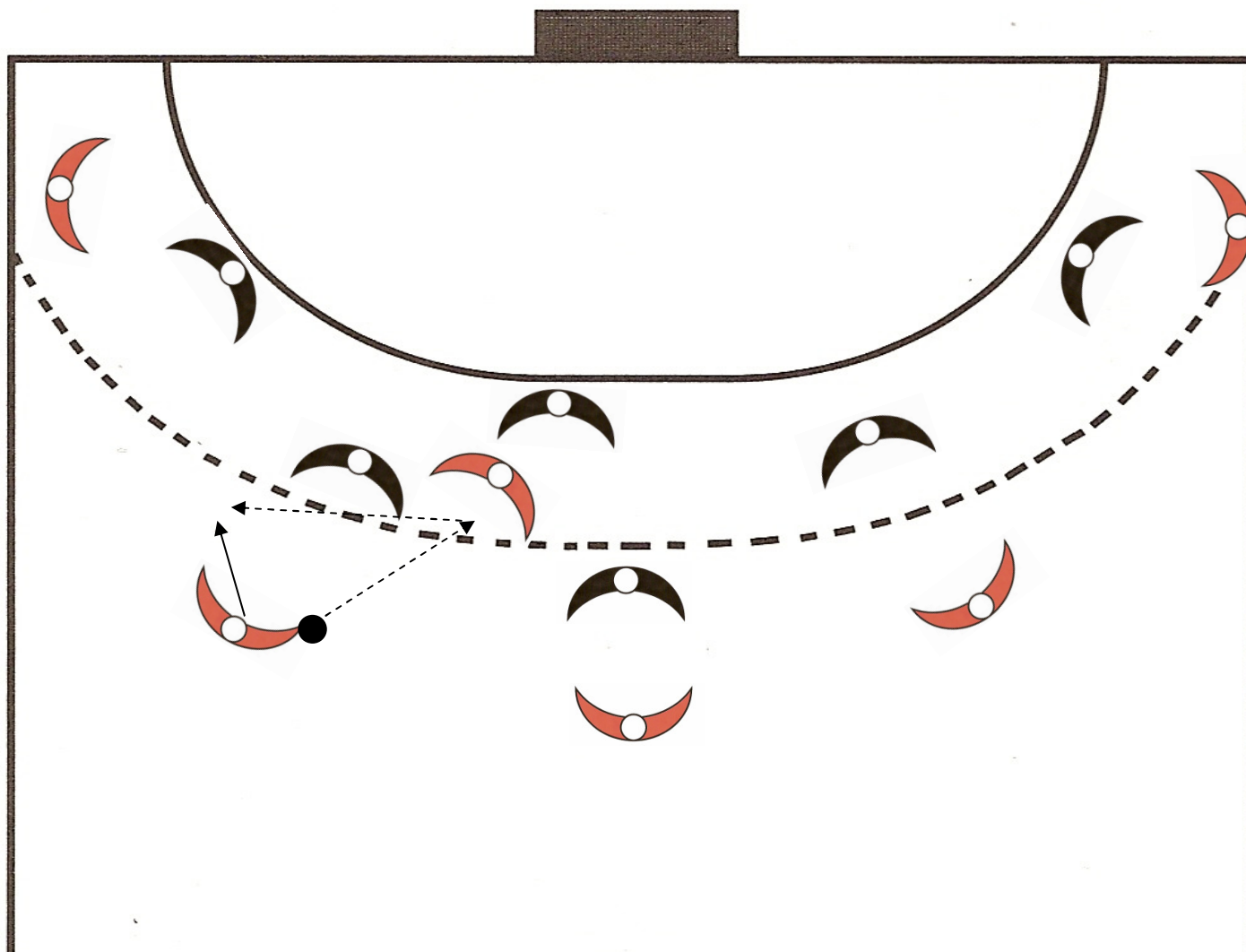
B) Attack according to number of pivot

C) Pith (core) of attack: playing 2:2

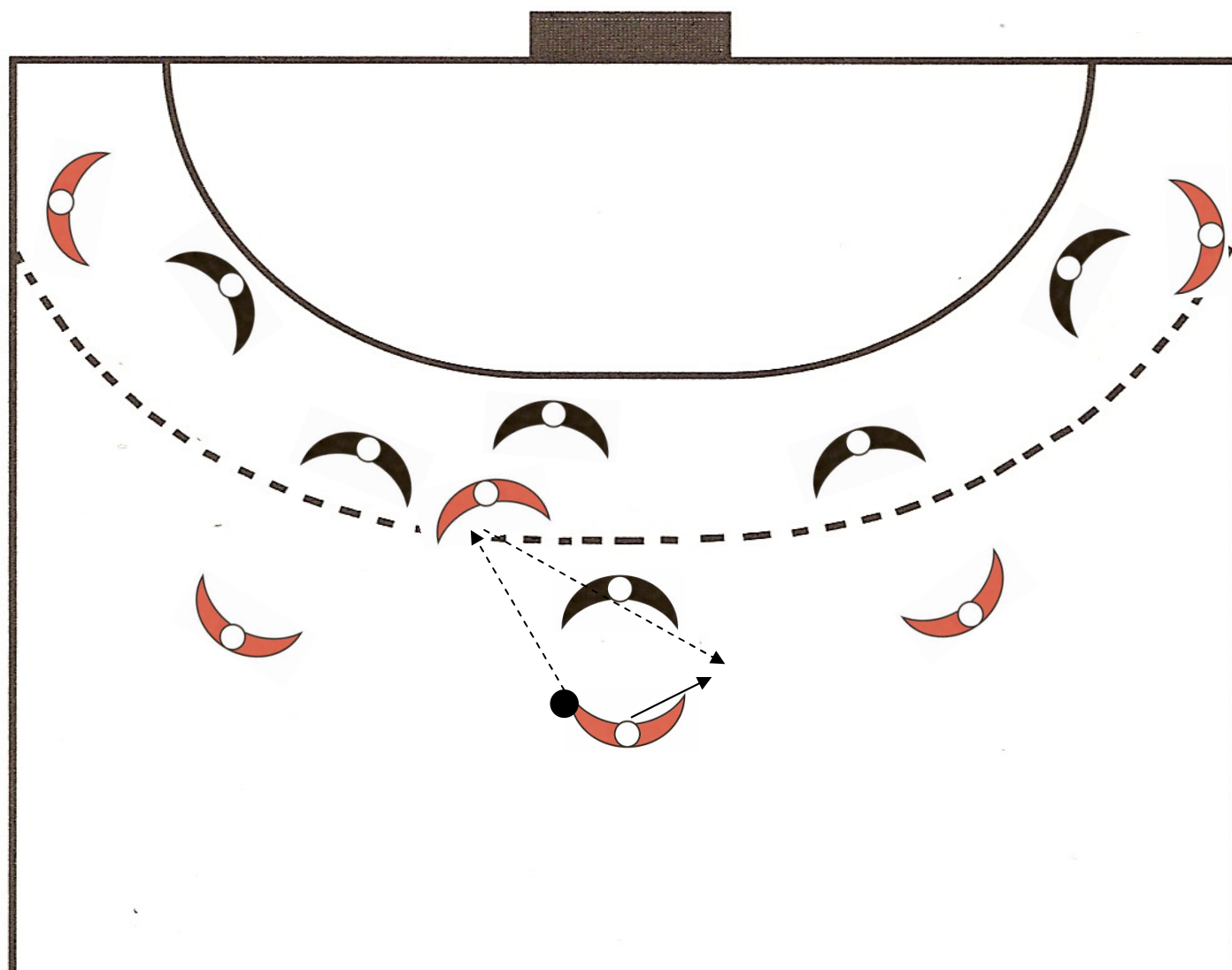
Double pass from out side of half player



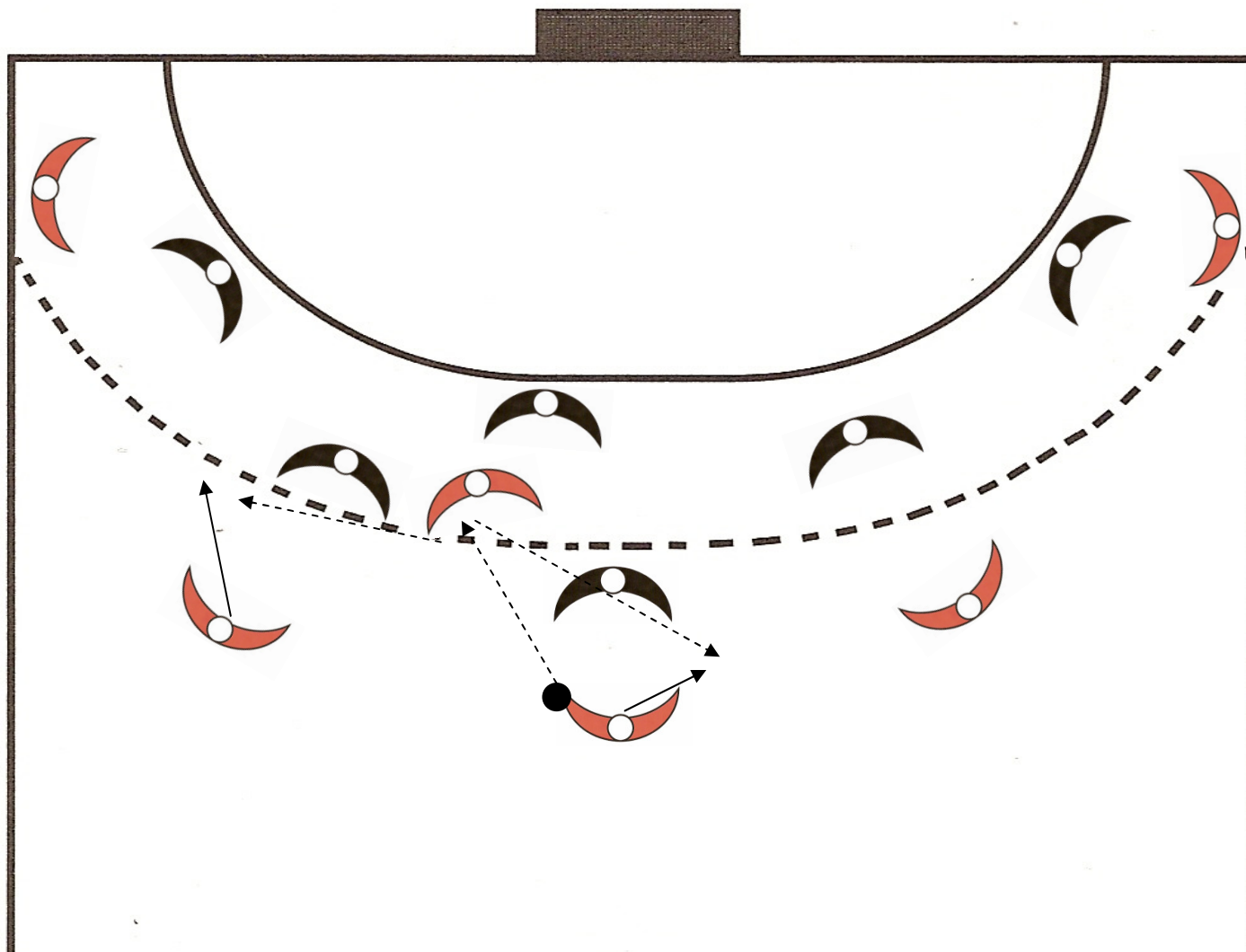
Double pass between half player and front centre



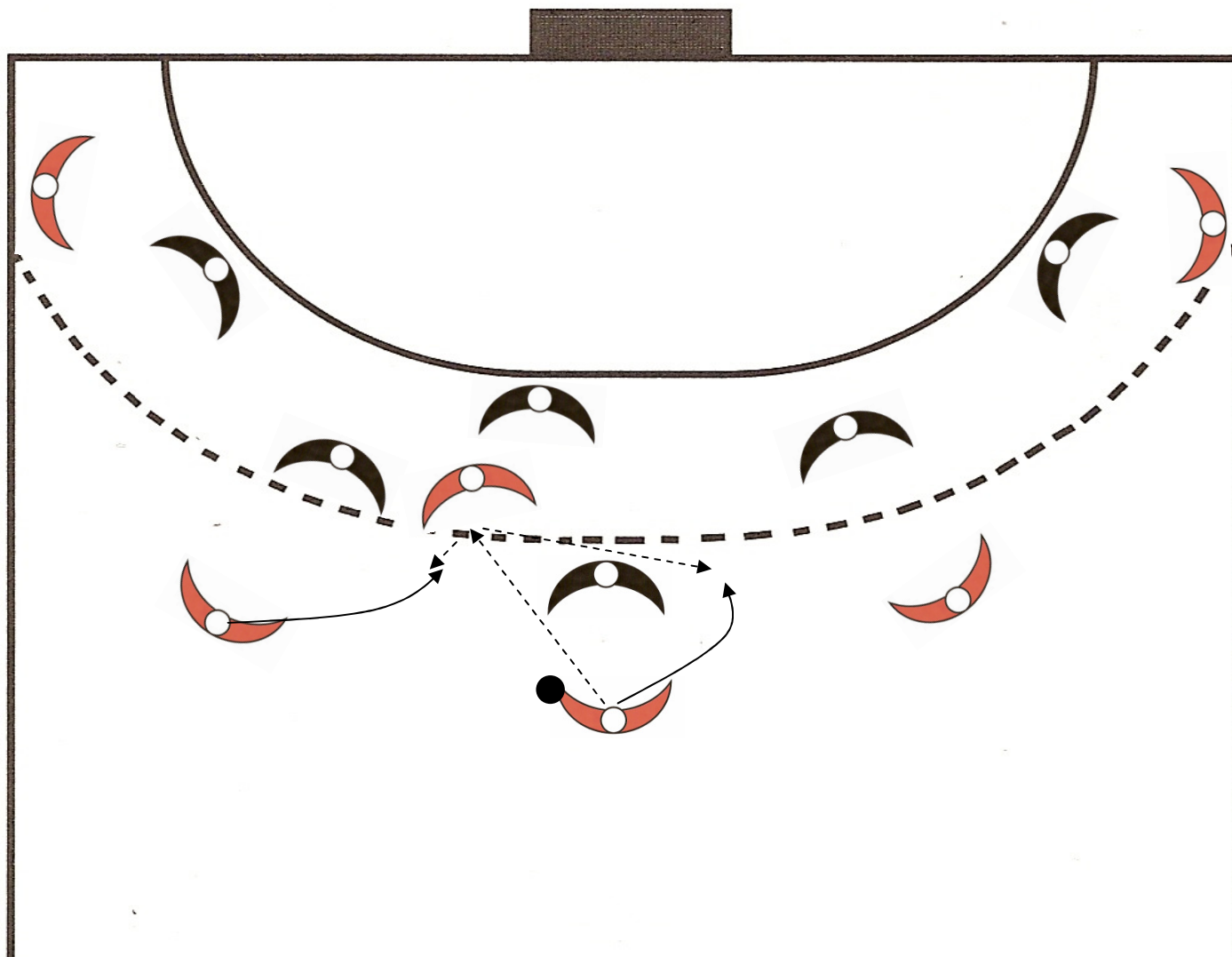
Double pass from middle back



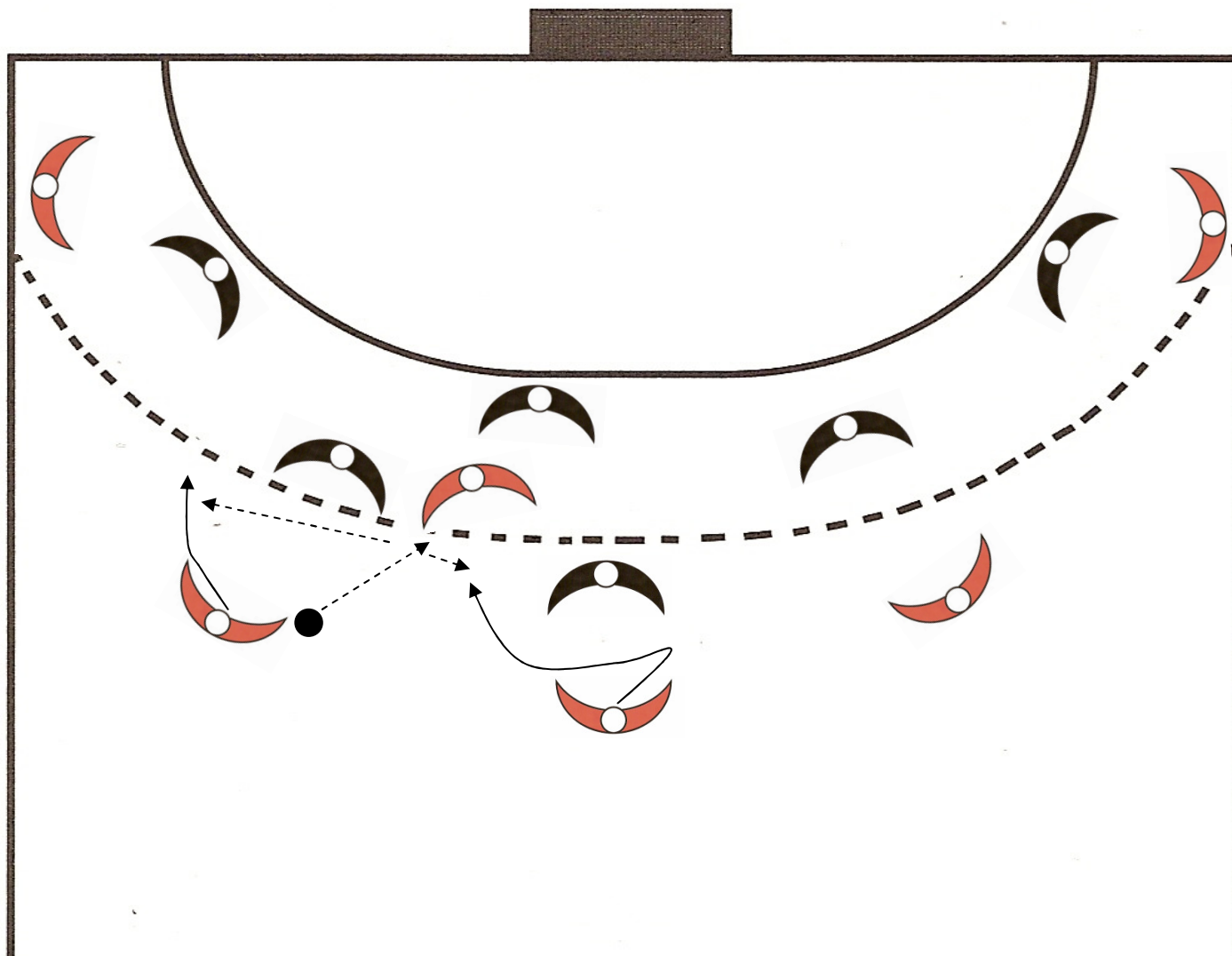
Double pass with two back players and pivot



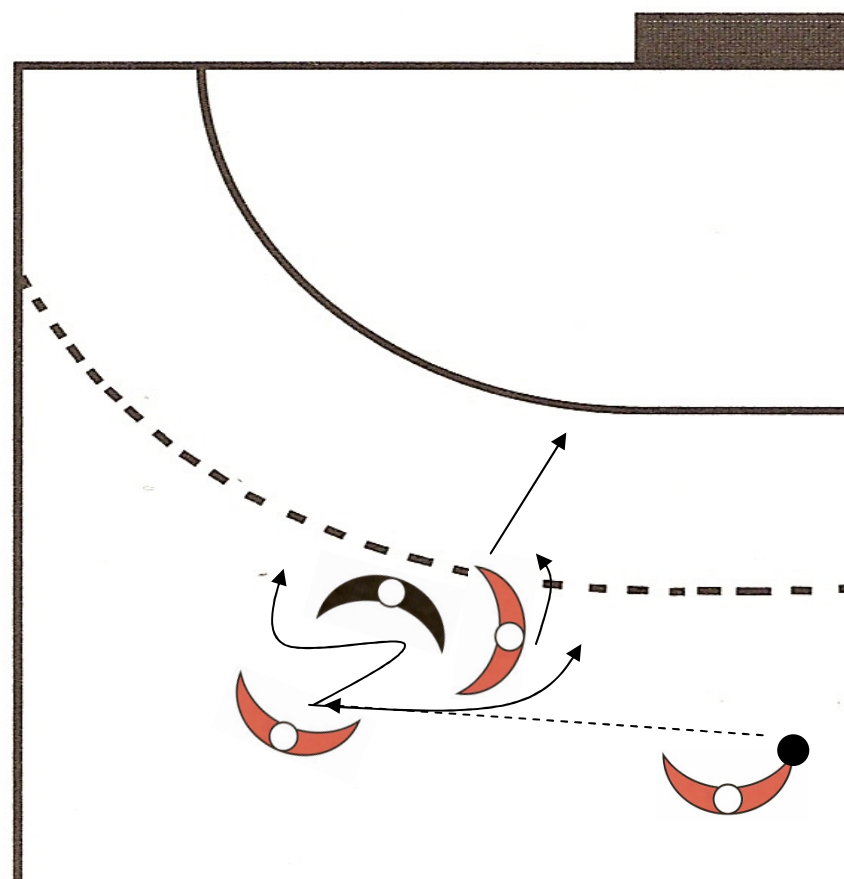
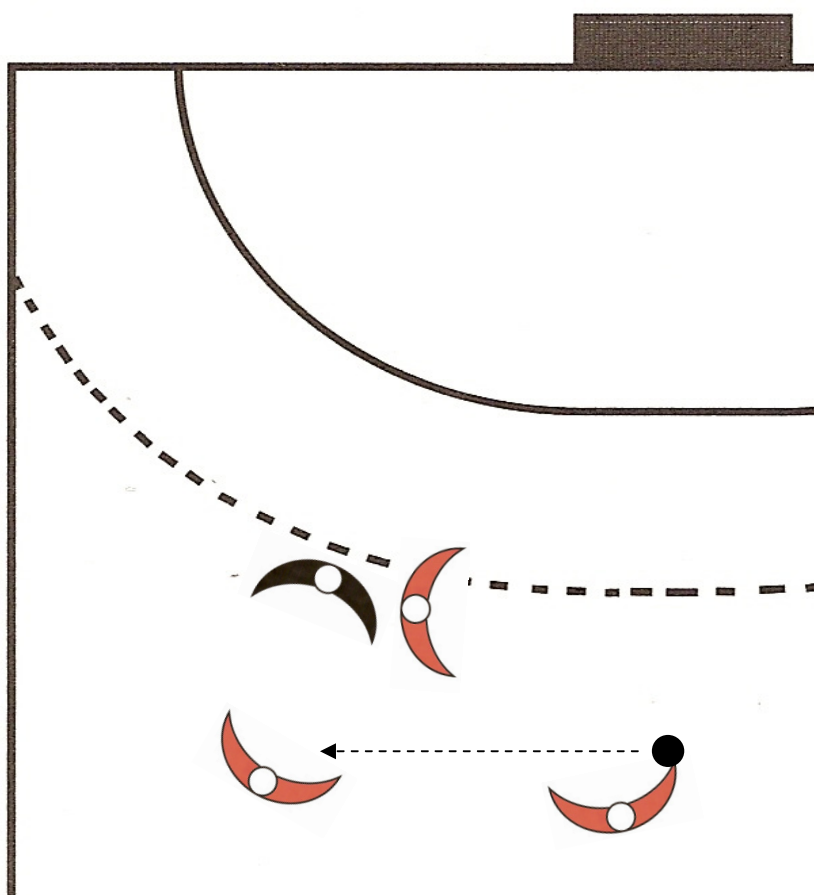
Double pass with two back players and pivot



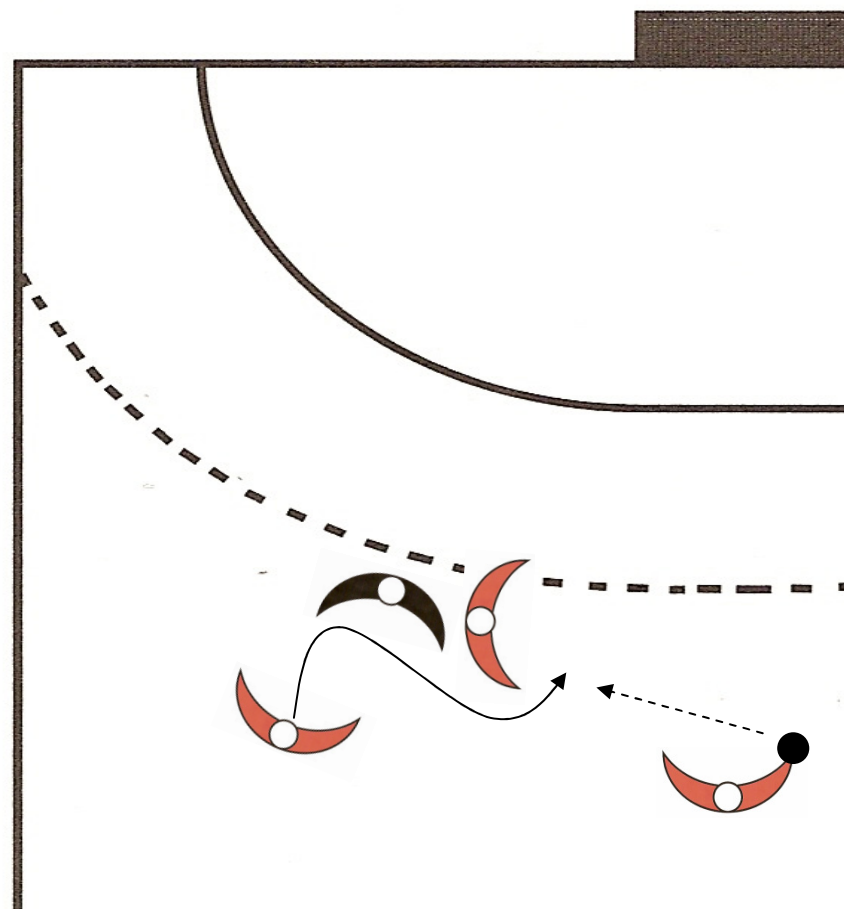
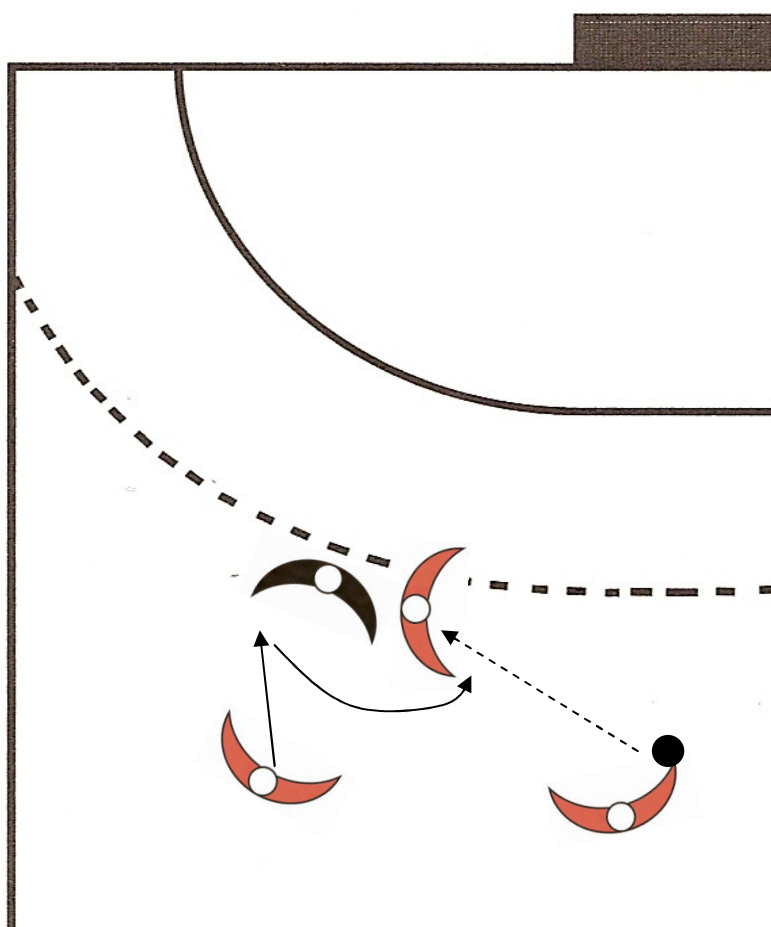
Double pass with two back players and pivot



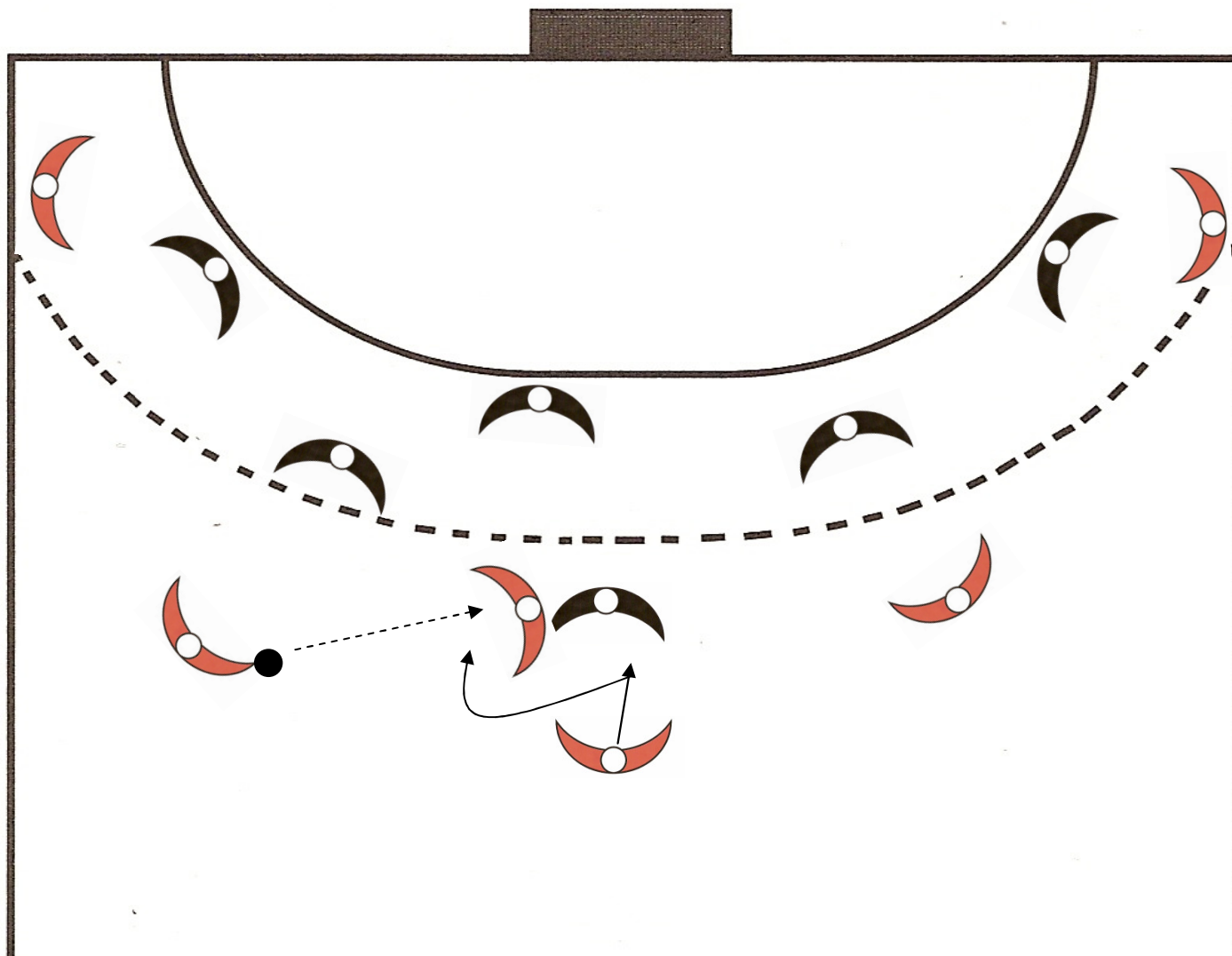
Vertical blockade for back player



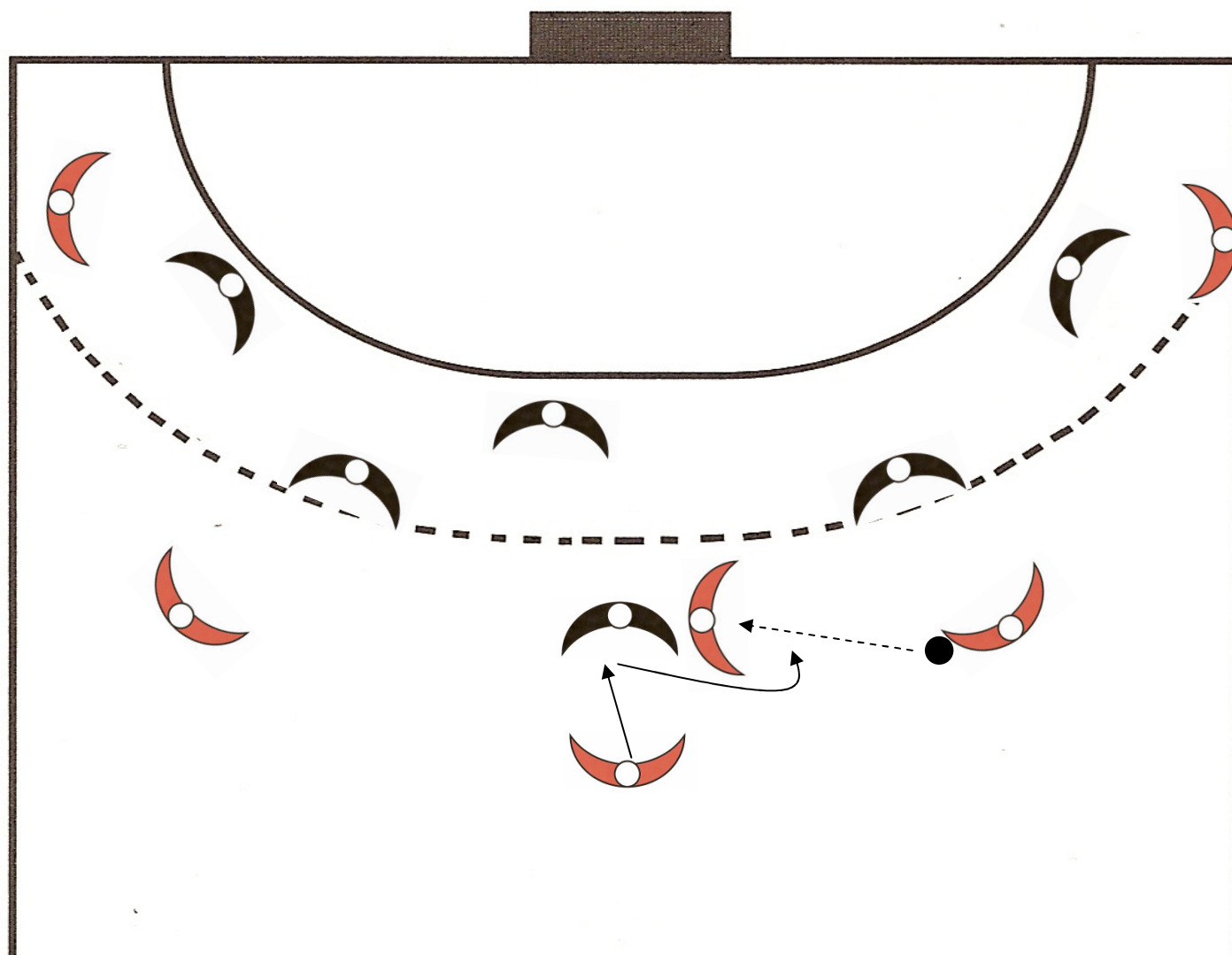
Blockade when the ball is in diagonal



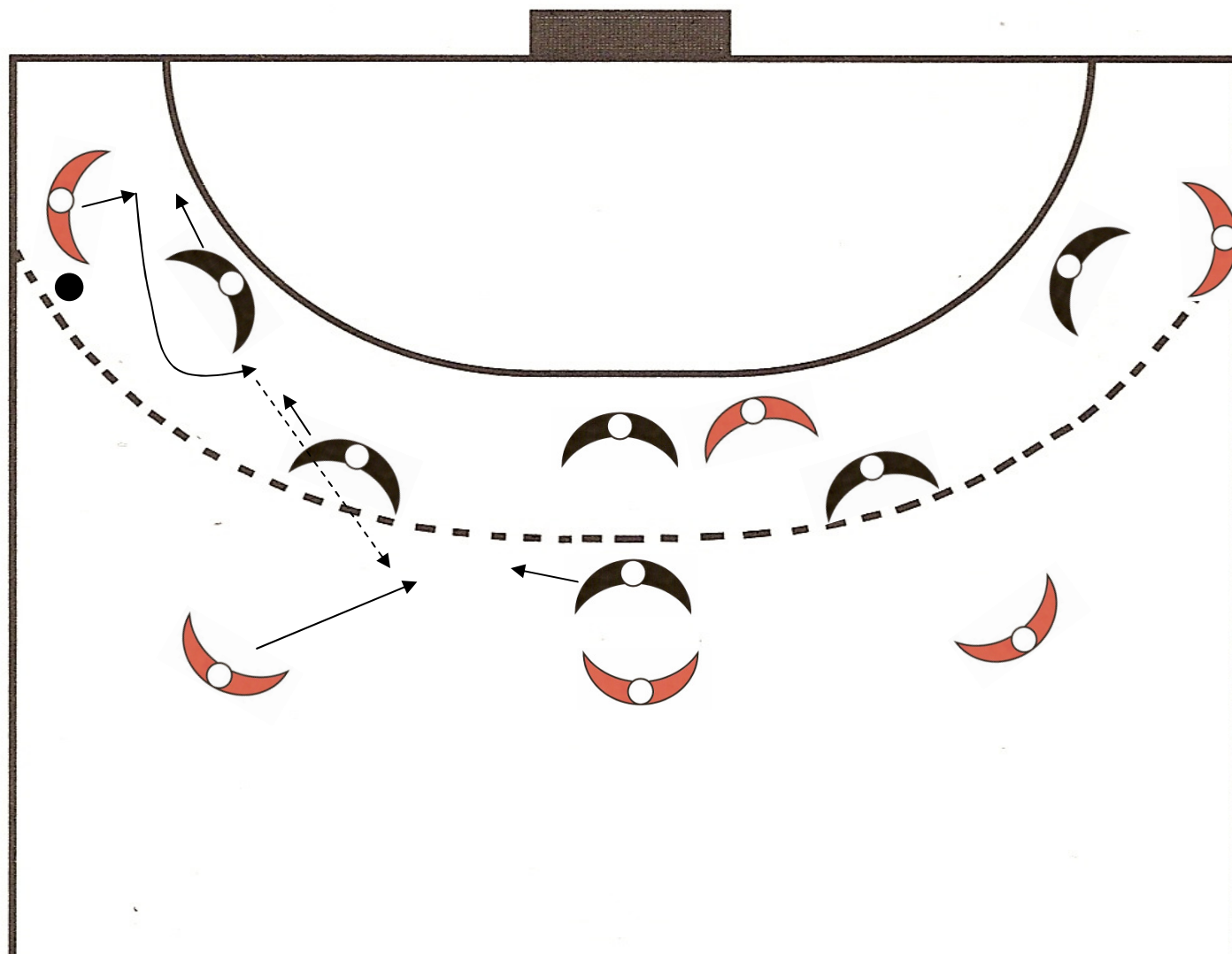
Blockade for middle back



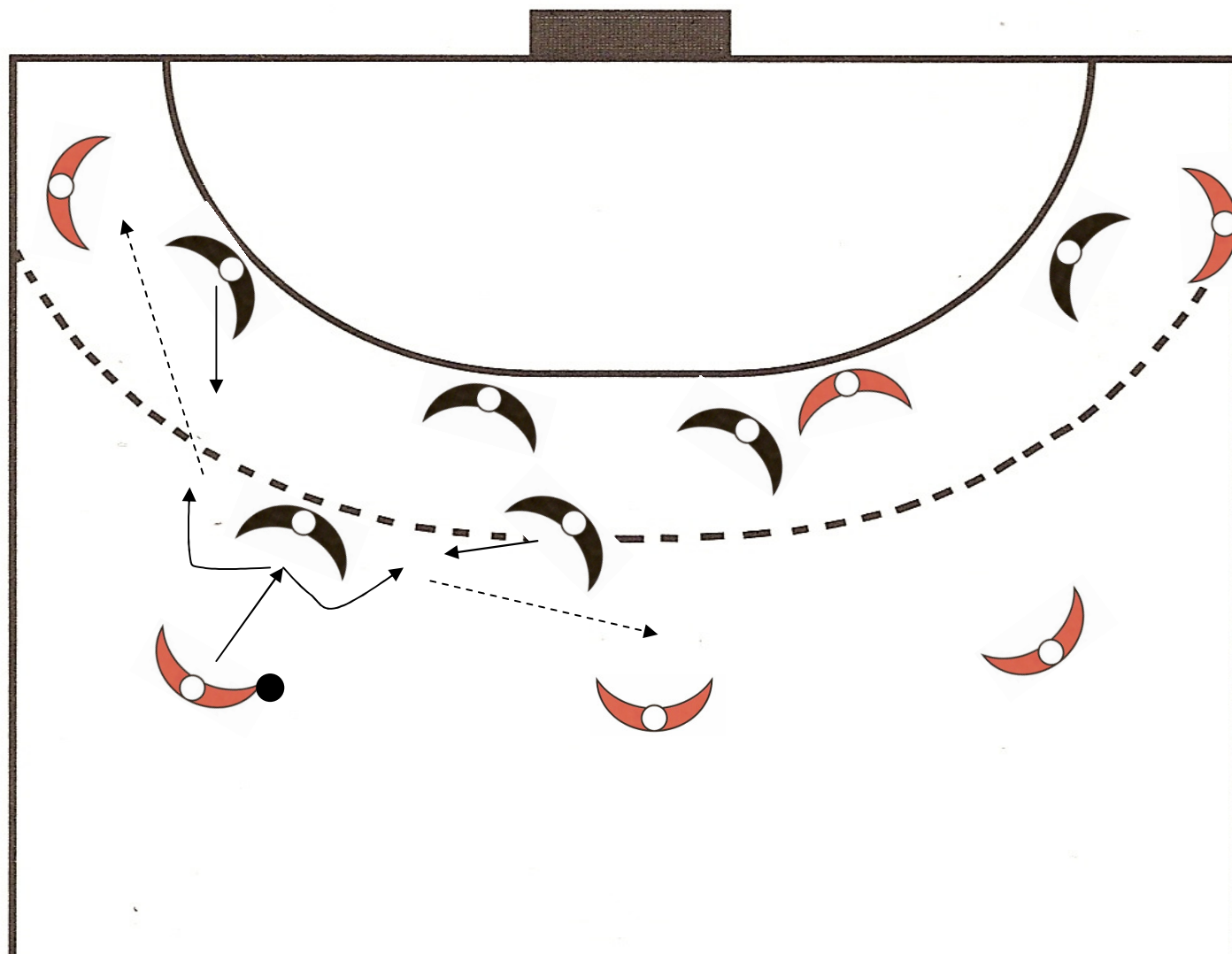
Blockade for middle back



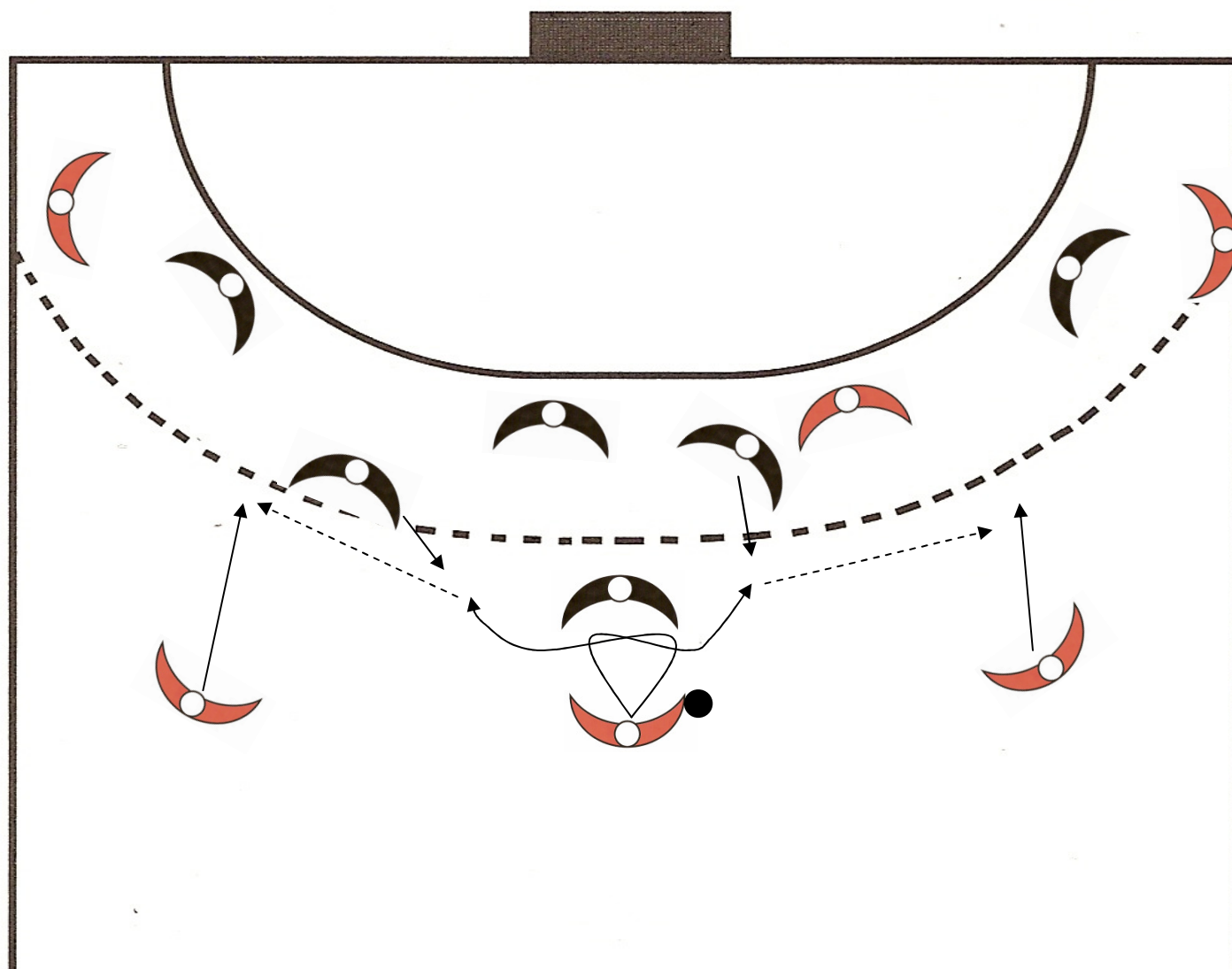
Correct “surplus” of player



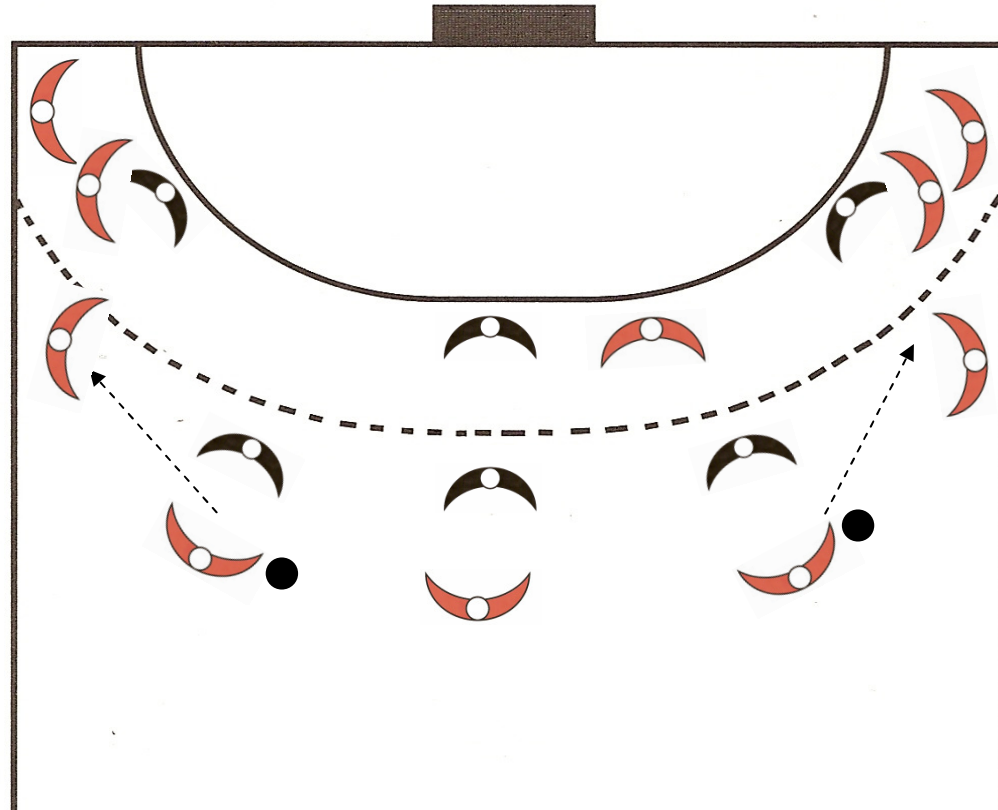
“Surplus” of back player



“Surplus” of middle back



Wing player position in Attack



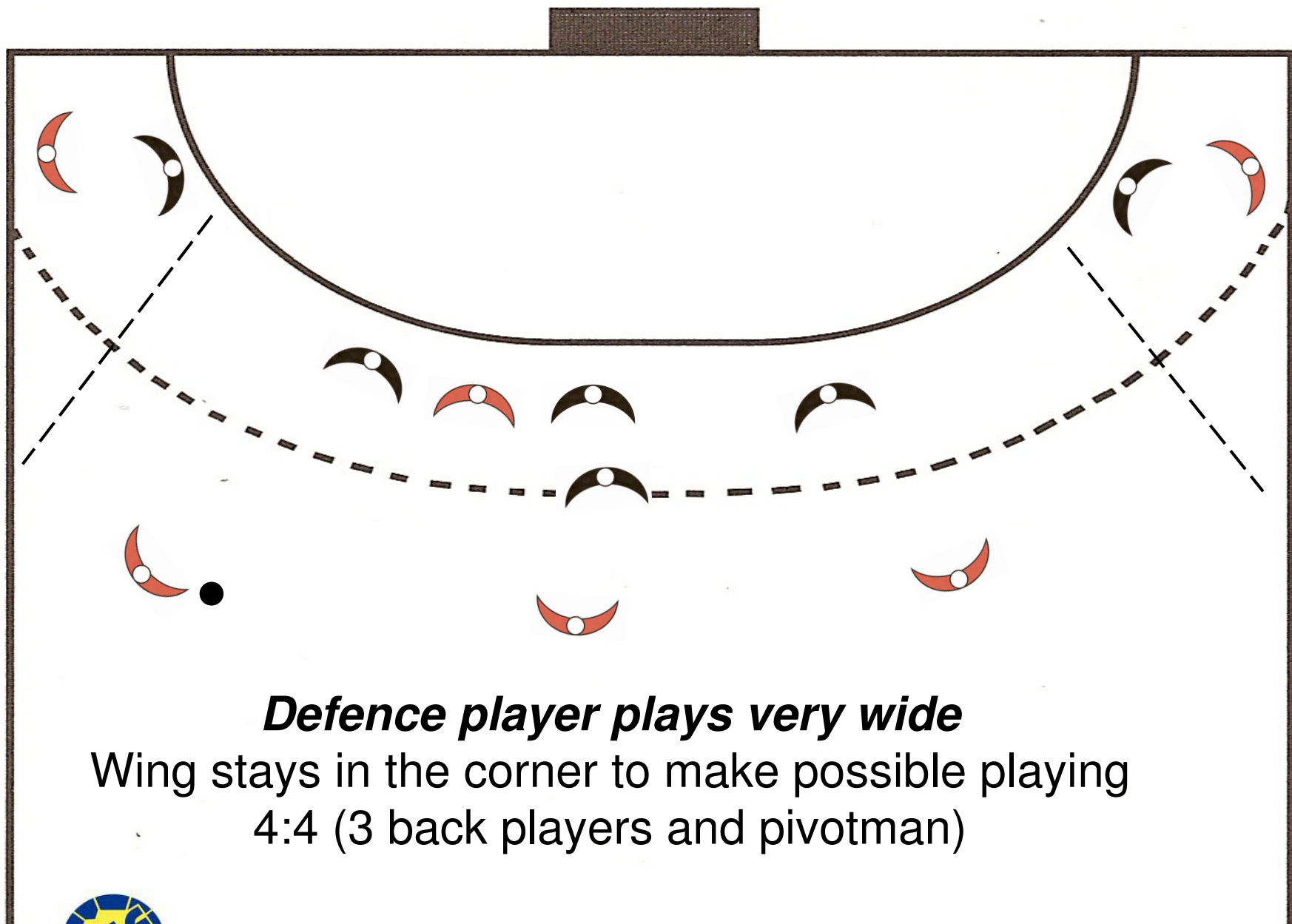
In Attack wing player has possibilities to use three positions:

1. Basic position is in the corner of the court
2. Sometimes he goes out to 9m to help back player
3. Sometimes he stays near defence player. In this case he can easier “run into” at 6m line.



Defence player can use only three solutions in any type of defence:

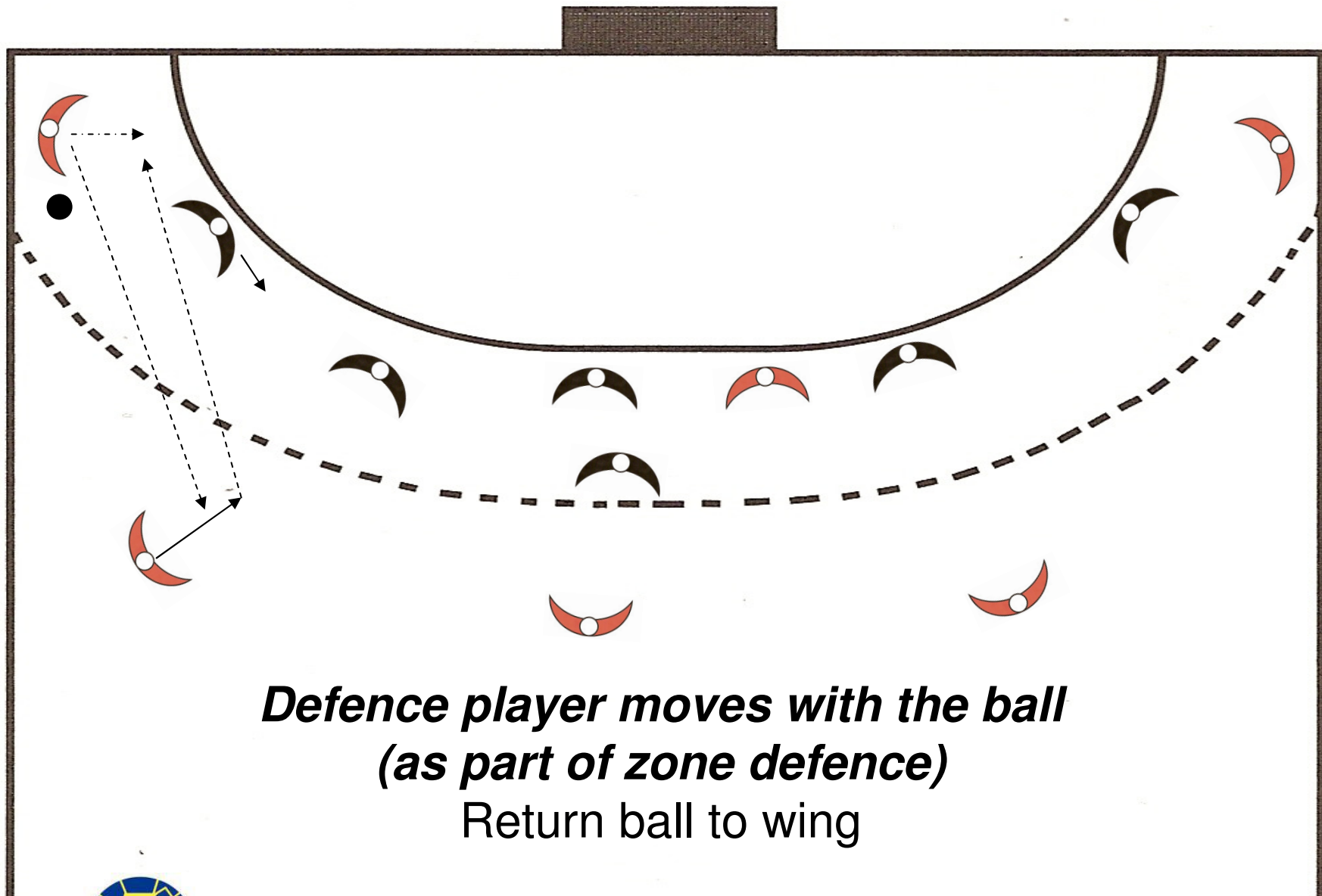
- To play very wide what means very strictly against wing and not as part of zone defence,***
- To play “normal” as part of zone defence running lateral left and right depend of position of ball, and***
- To “go out” from 6m line (to play “pressing”) and confuse wing player in moment of receiving the ball.***

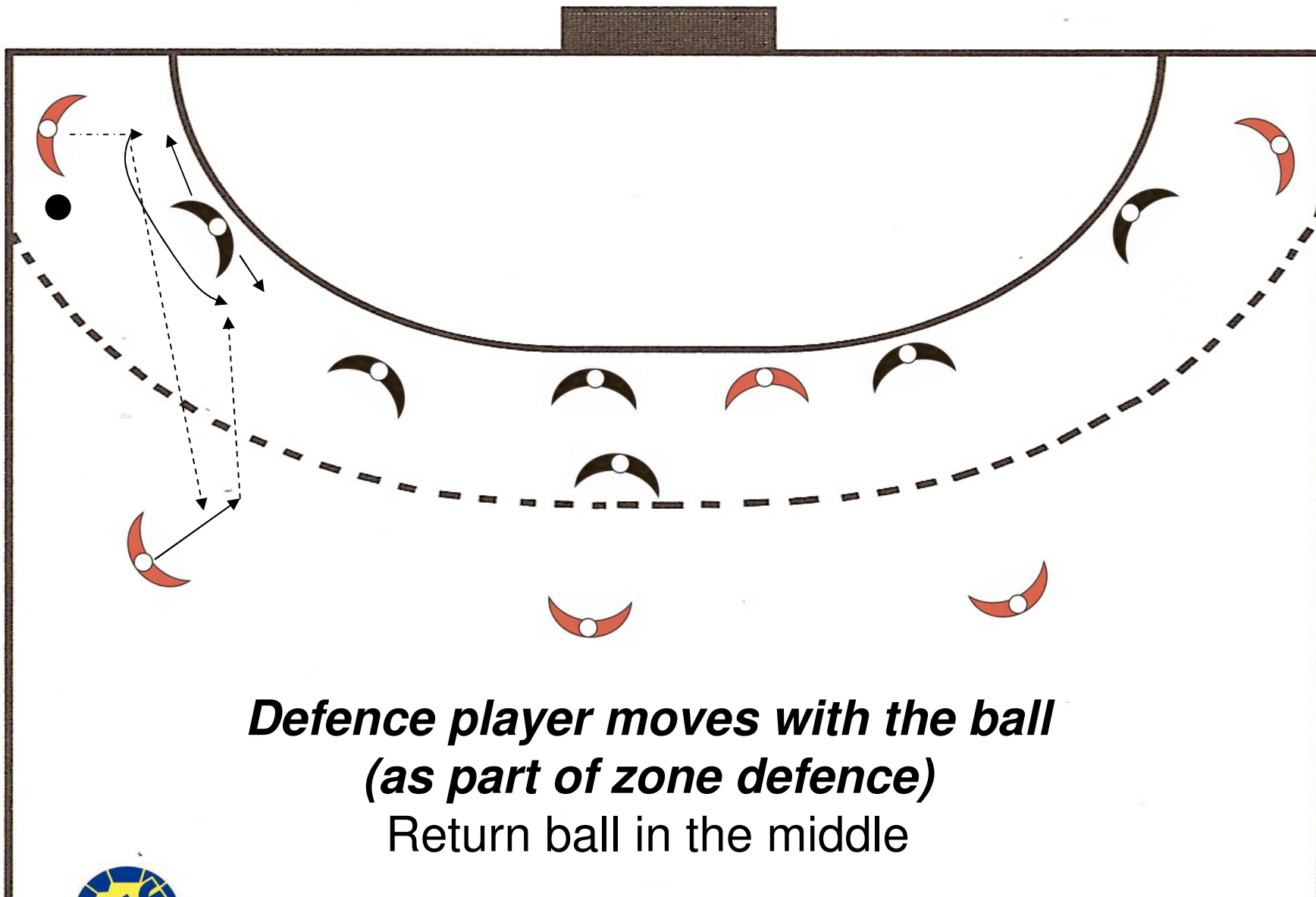


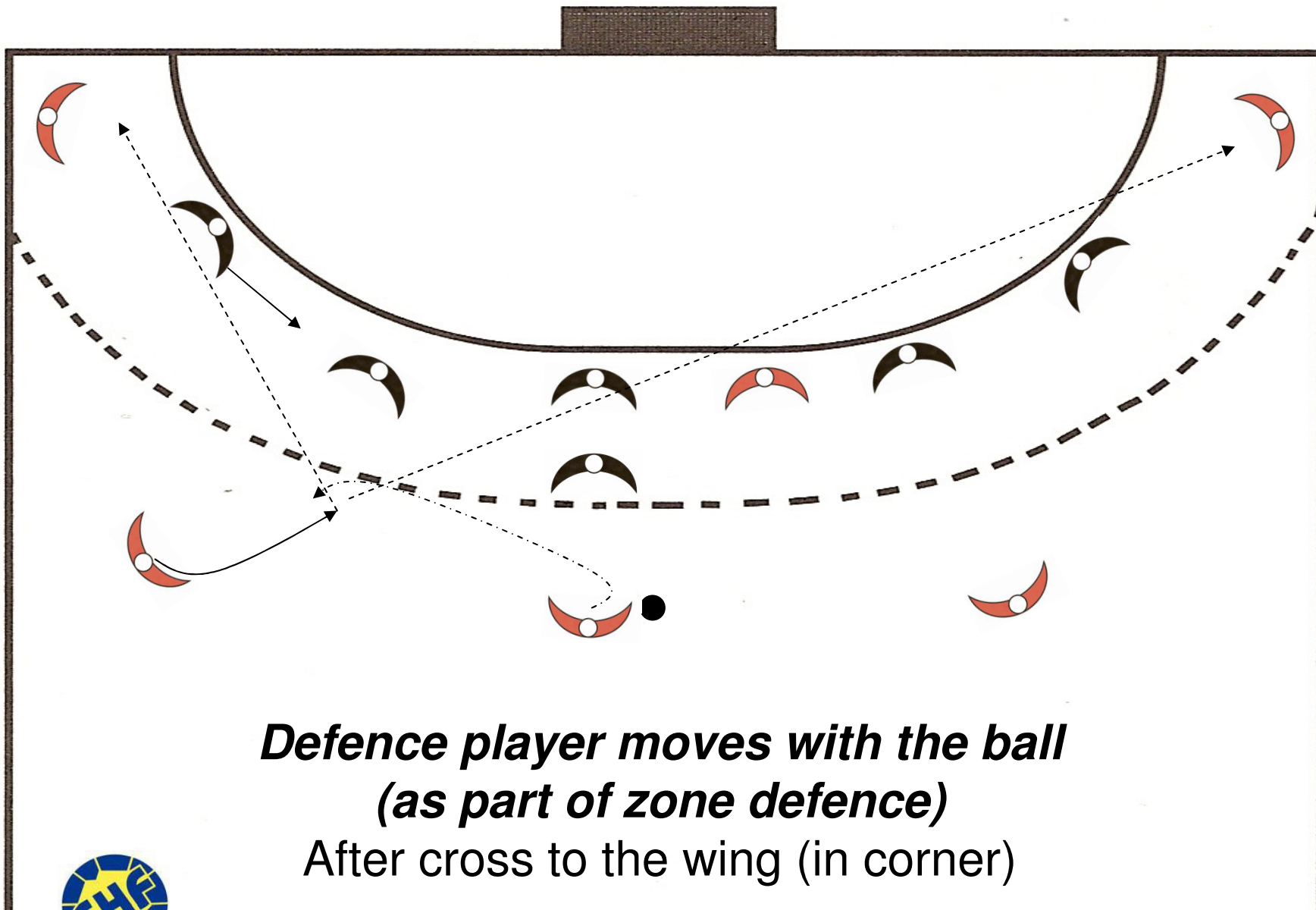
Defence player plays very wide

Wing stays in the corner to make possible playing
4:4 (3 back players and pivotman)







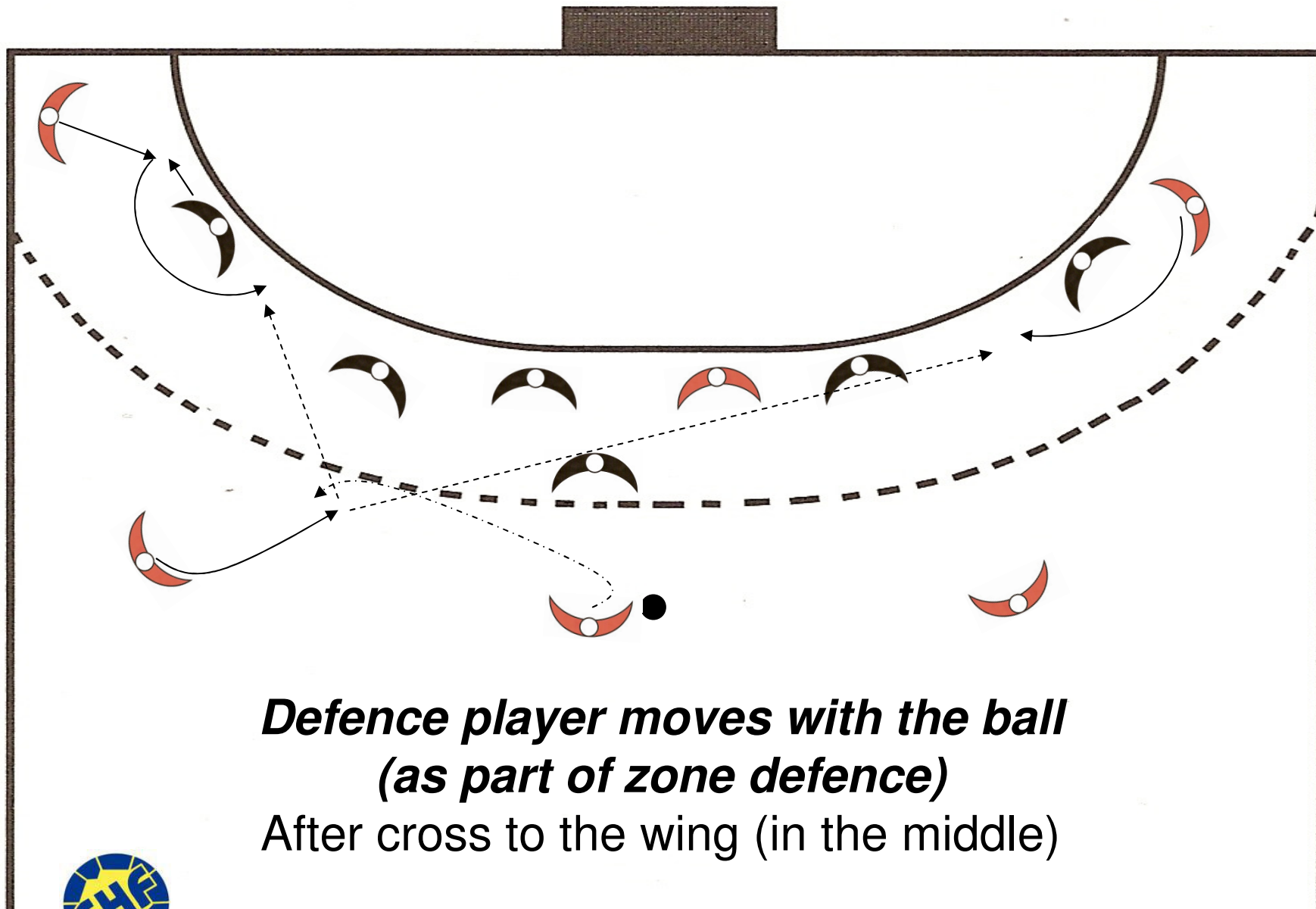


***Defence player moves with the ball
(as part of zone defence)***

After cross to the wing (in corner)



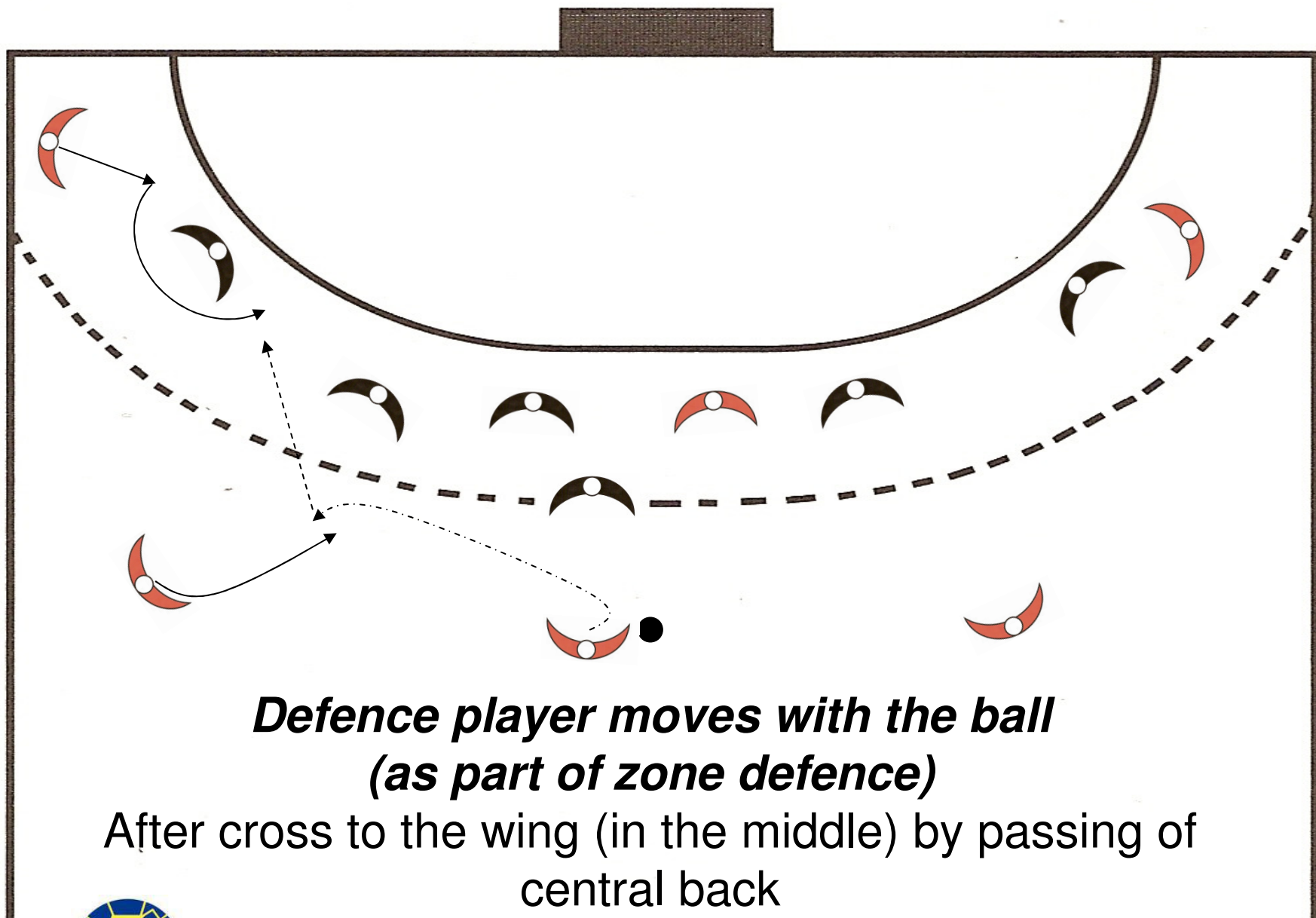
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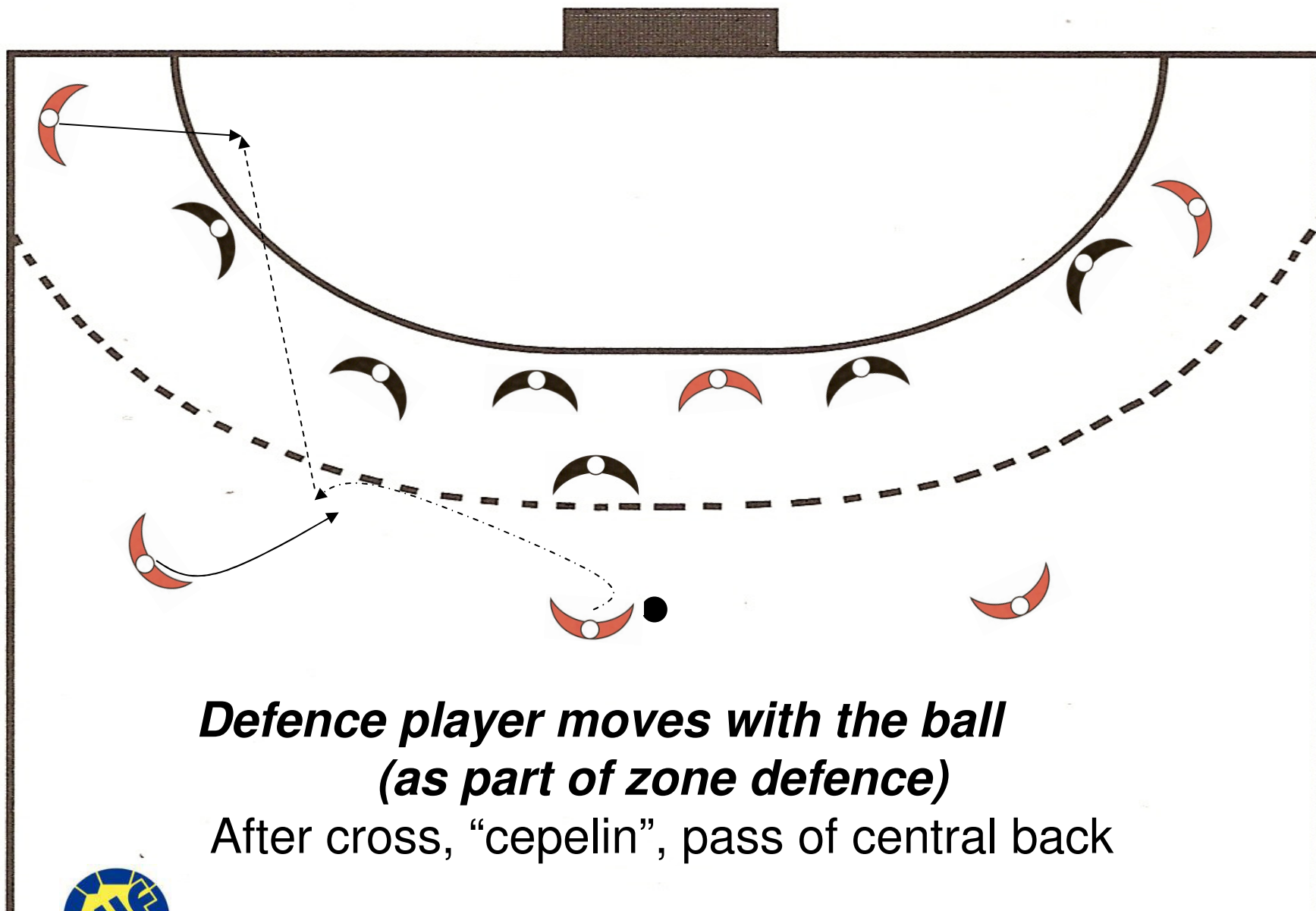


***Defence player moves with the ball
(as part of zone defence)***

After cross to the wing (in the middle)





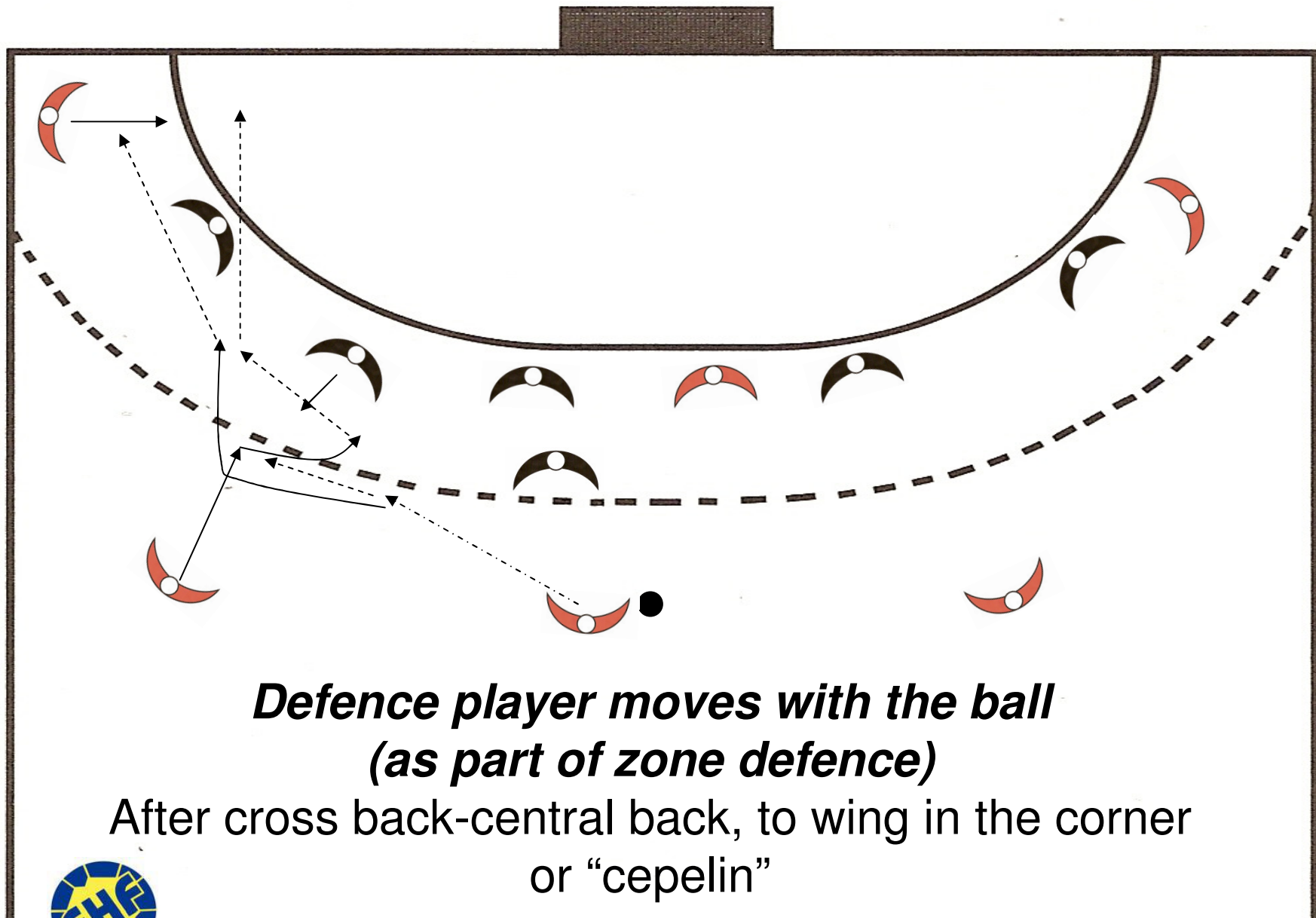


***Defence player moves with the ball
(as part of zone defence)***

After cross, “cepelin”, pass of central back



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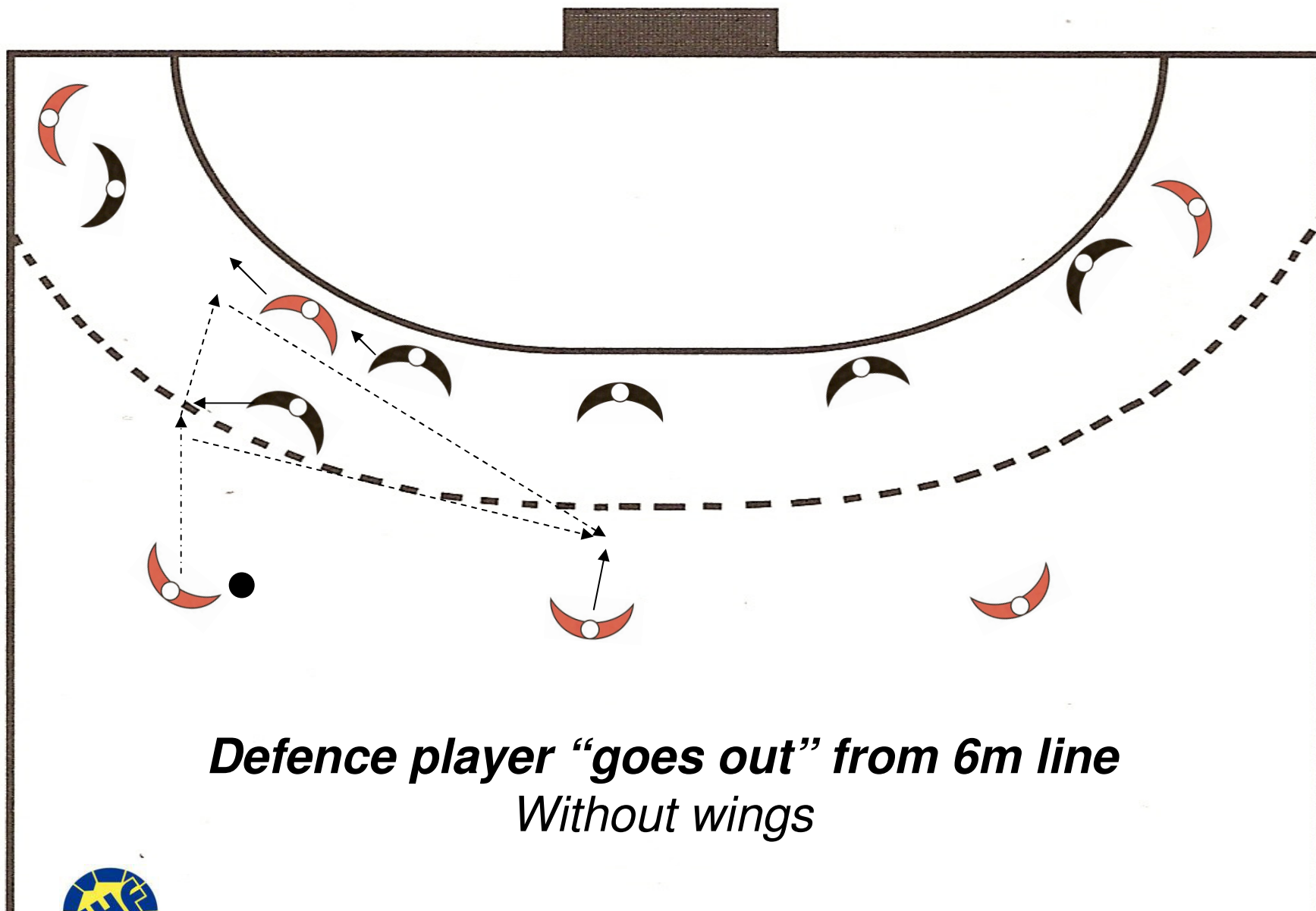


***Defence player moves with the ball
(as part of zone defence)***

After cross back-central back, to wing in the corner
or “cepelin”



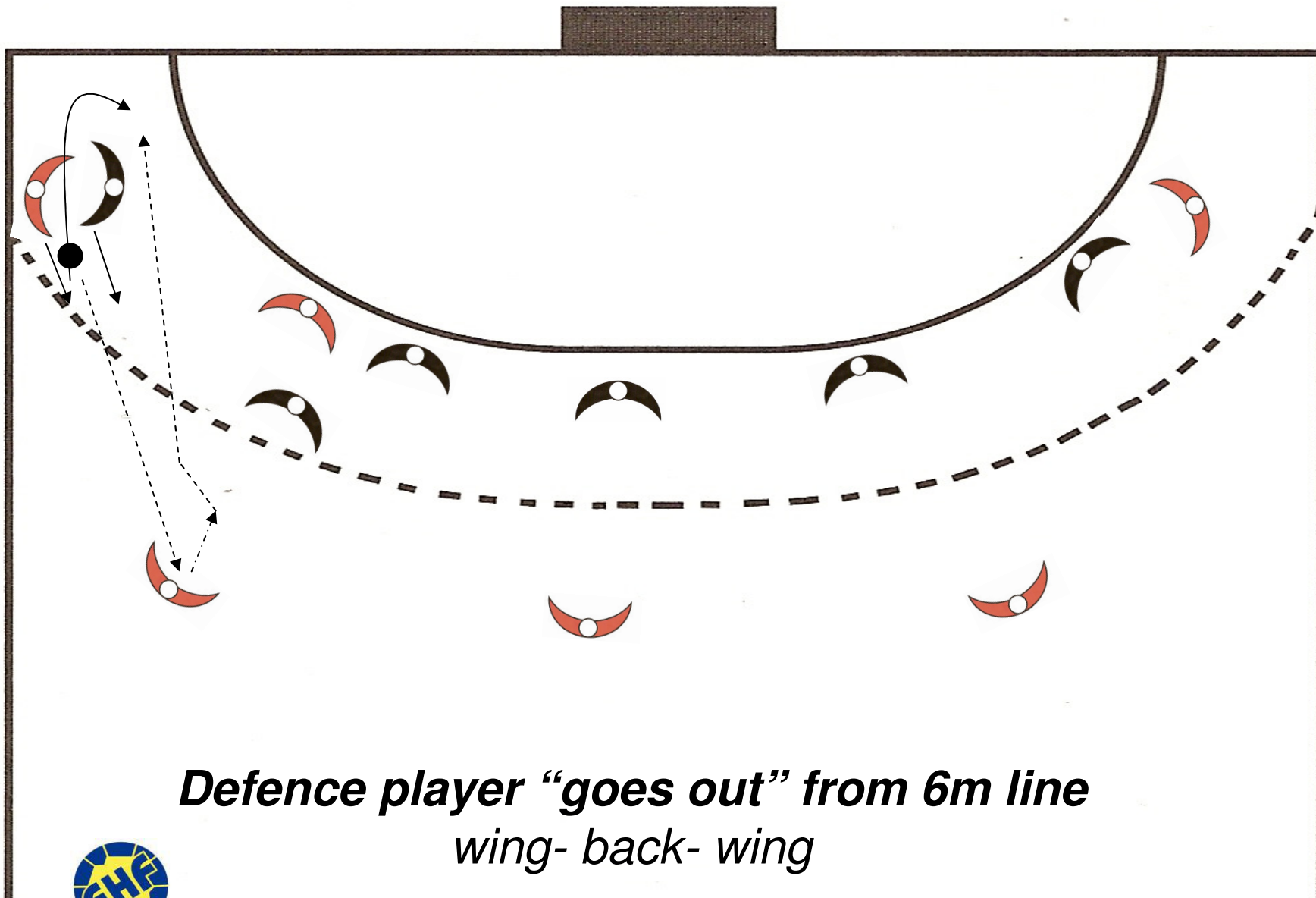
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Defence player “goes out” from 6m line
Without wings



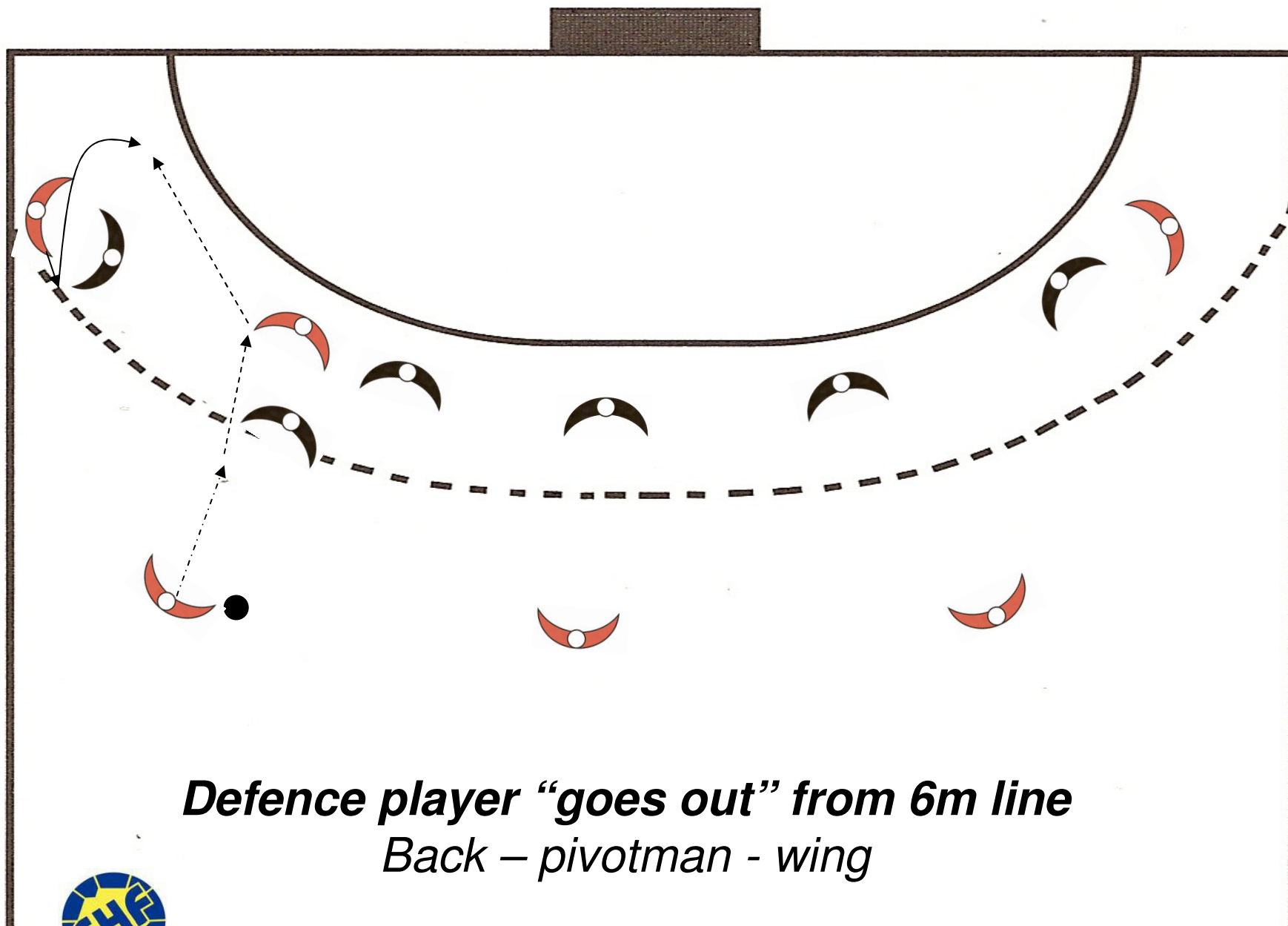
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***Defence player “goes out” from 6m line
wing- back- wing***



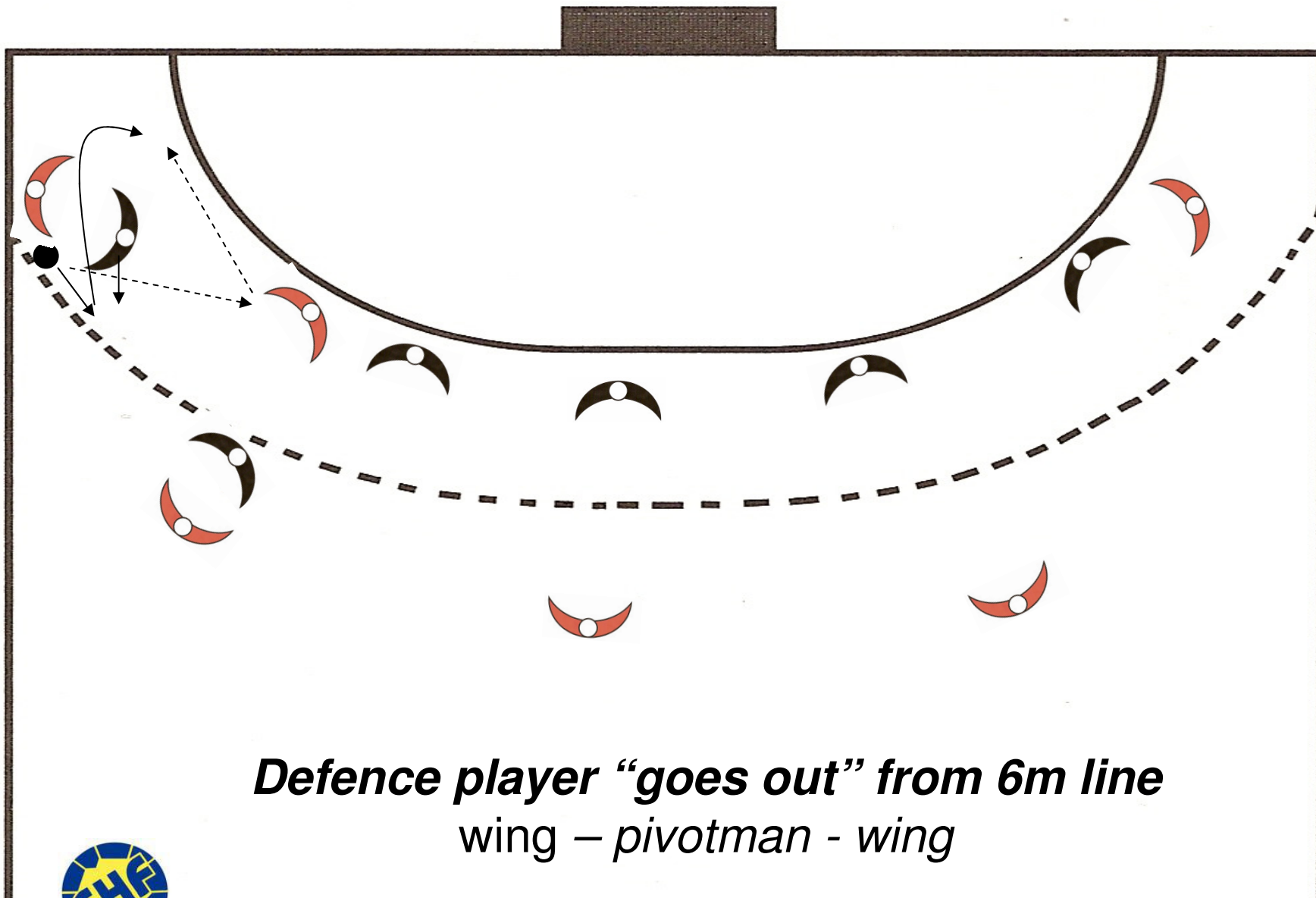
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Defence player “goes out” from 6m line
Back – pivotman - wing



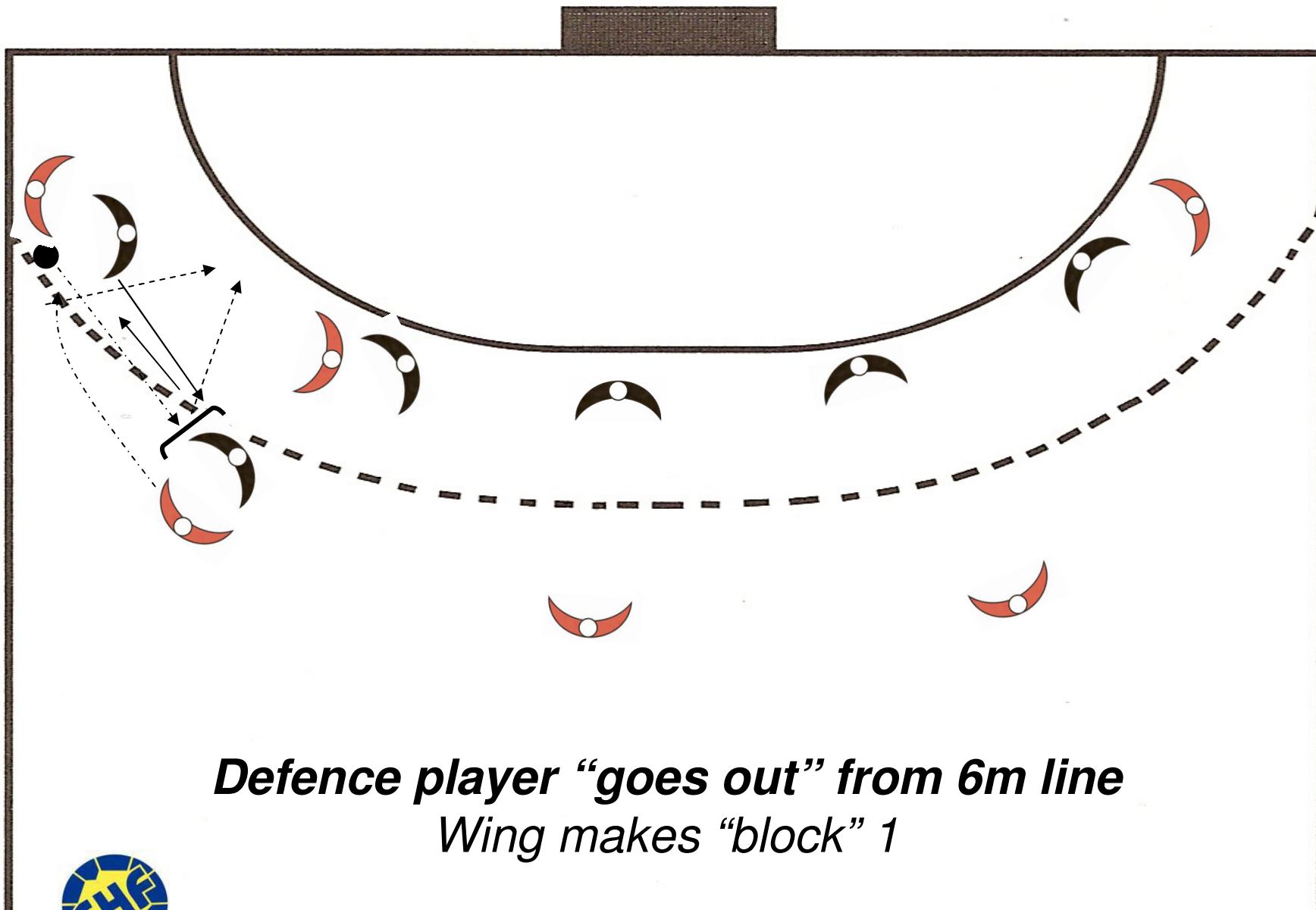
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Defence player “goes out” from 6m line
wing – pivotman - wing



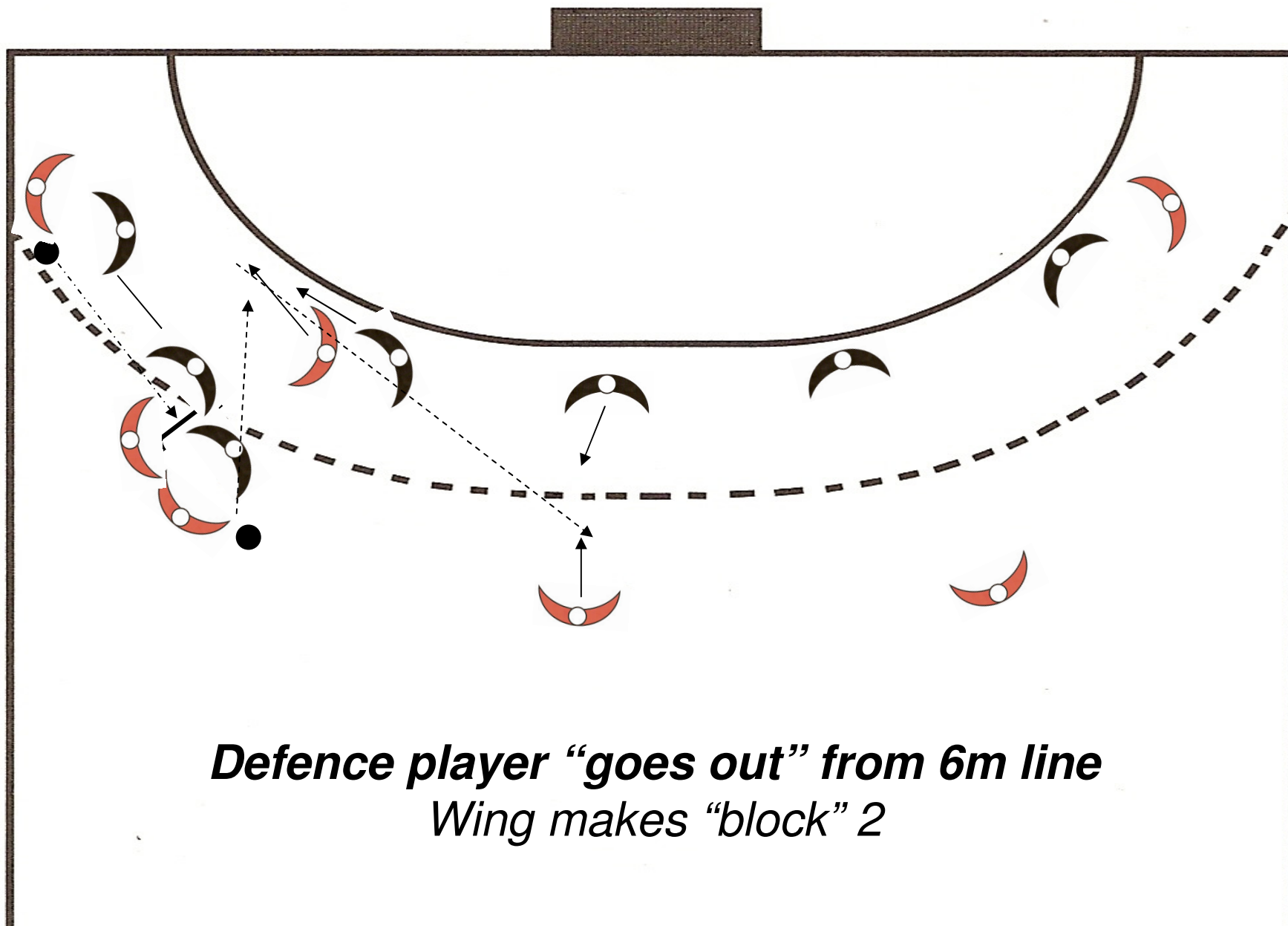
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Defence player “goes out” from 6m line
Wing makes “block” 1



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***Defence player “goes out” from 6m line
Wing makes “block” 2***



**Cooperation between
first and second line
in offence set-play**

-practical work-



Warm up and preparation exercises for single finta.

1.

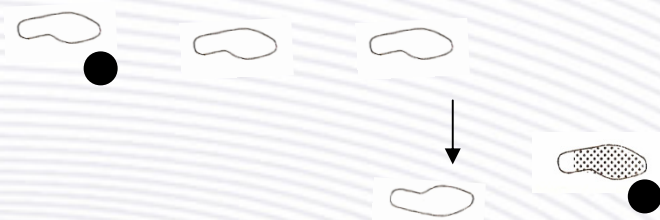


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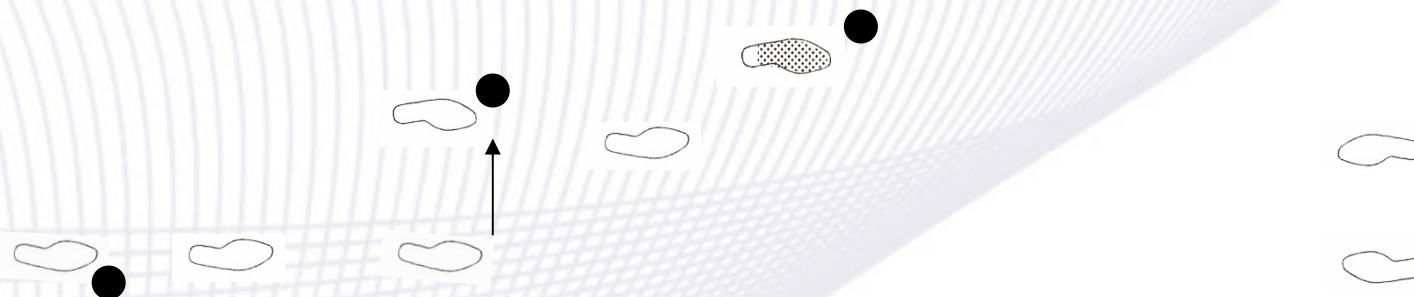




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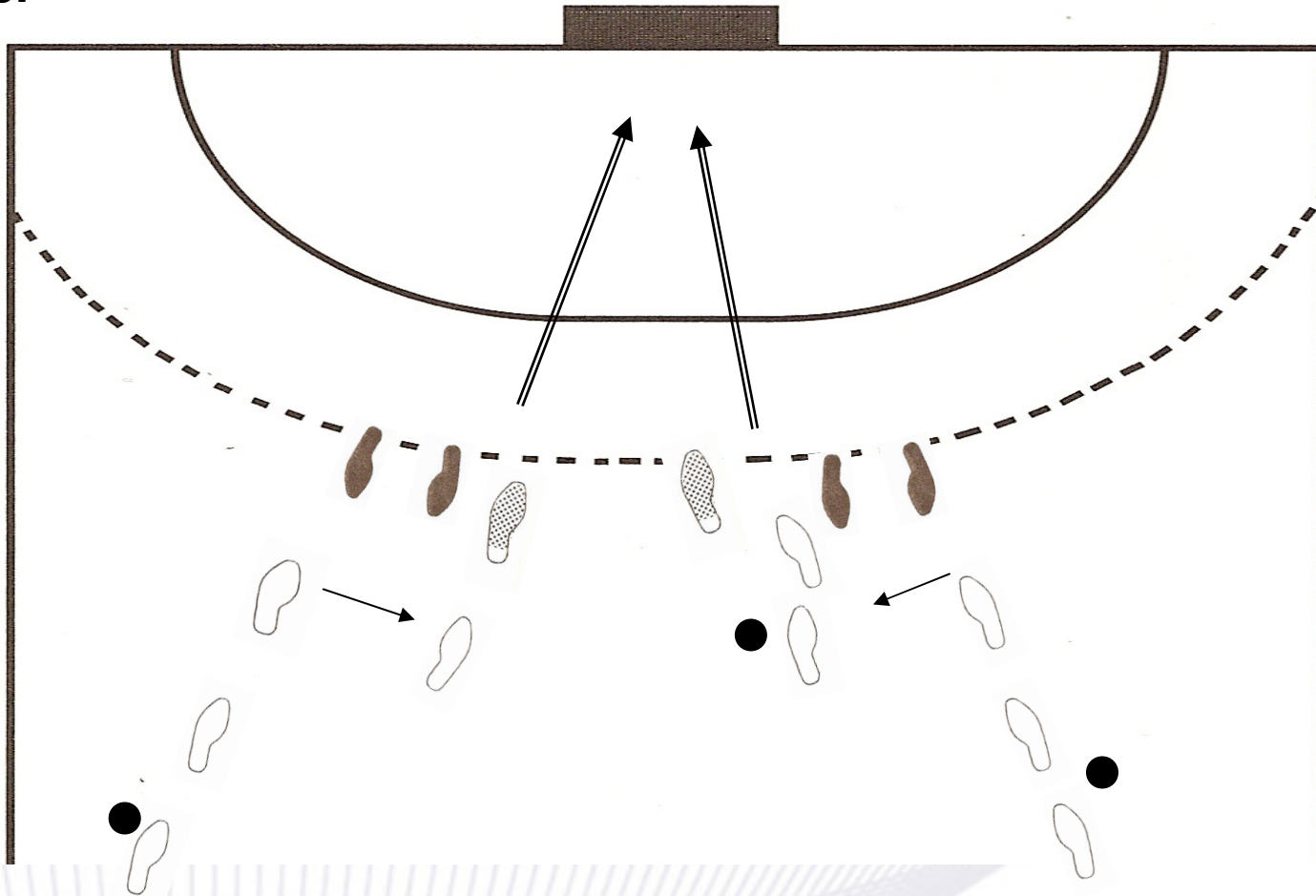


4.

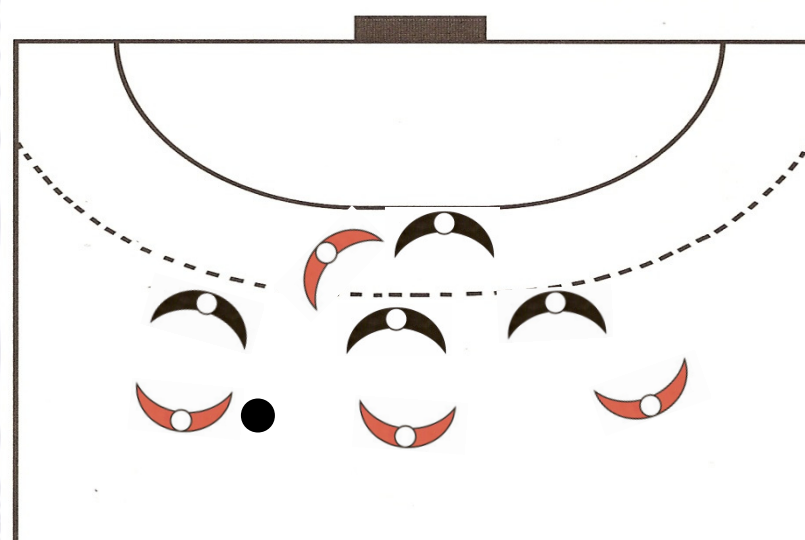


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5.



- Double pass with „defence“ player and single finta on the both side with block of pivot,
- Same exercise but back player has ball from middle back or wing,
- Same exercise but pivot does block or double pass with his back player,
- Three back players and pivot against four defence players. Attack use all sorts of blocks and double passes.



- Cooperation back-wing (left side, right side)
 - a) action by action,
 - b) free choice

