

***2010 EHF Youth Coaches Course***

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# **Free throw solutions in offence**

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## ***Free throw – 9m.***



### ***Situation:***

- 35 – 40 times during the game,
- Player with ball at 9m. (free),
- Defense players 3 m. distance,
- Attack players are where they want (out of 9m.)

### ***Speed of 9m. Performance:***

- Quickly, while defense is not ready (shorter, simpler actions in 2 -3 passes with 1 player in block)
- Slow, (every player keeps his correct position for action, full concentration for performance of action).



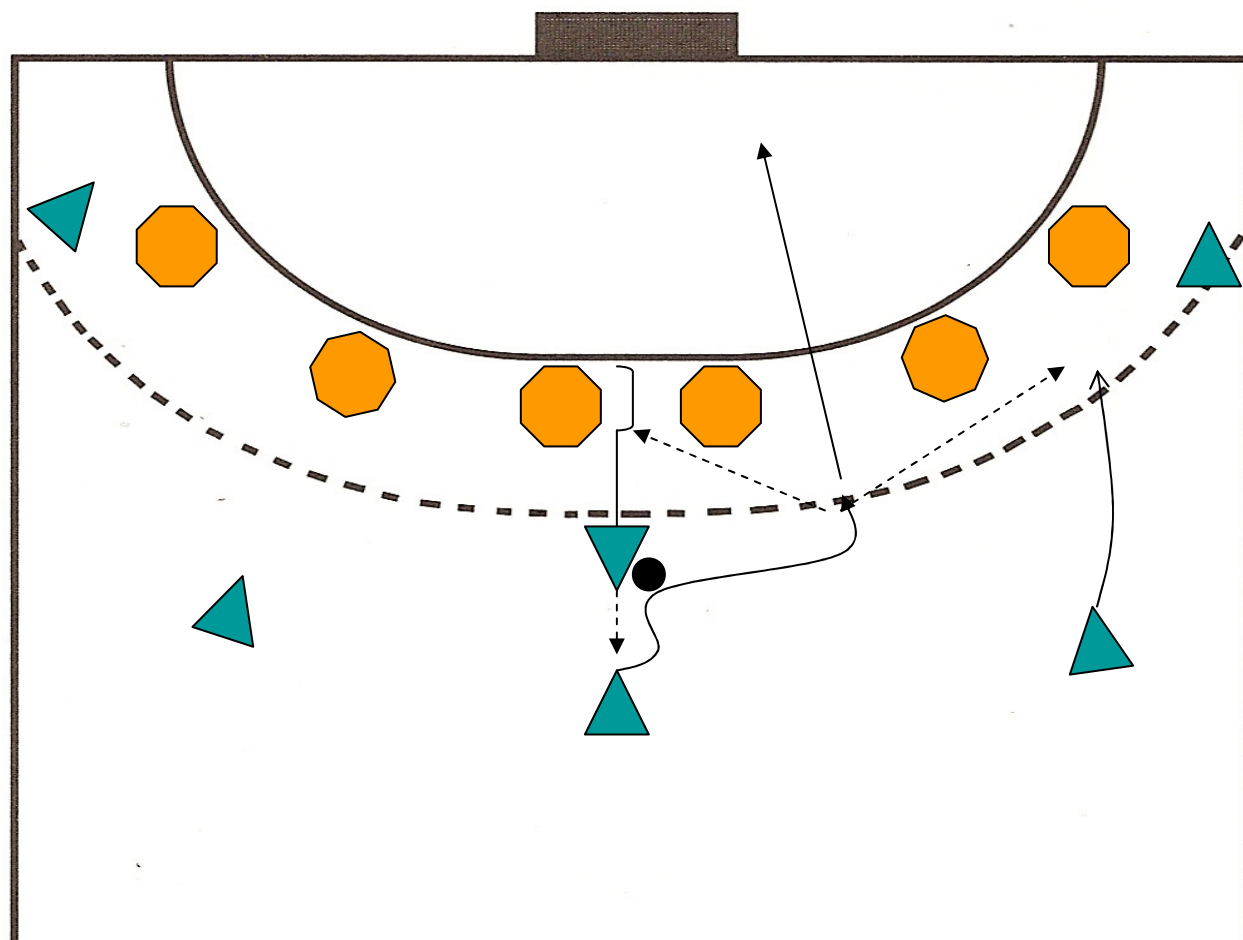
### ***Block:***

- 1 player in block (pivot or middle back),
- 2 players in block (pivot and middle back),
- 3 players in block (pivot, middle back, wing).

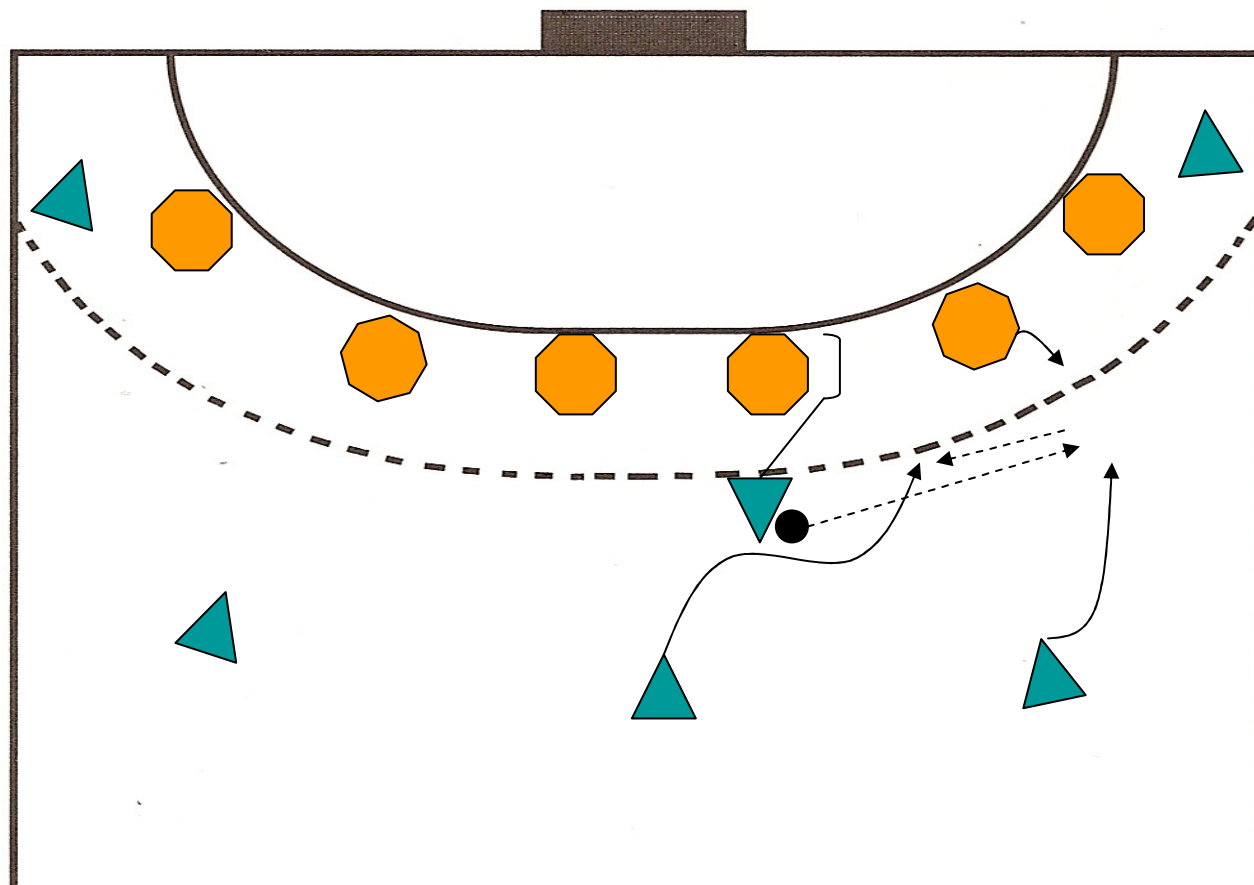
### ***Position:***

- Central part (1, 2 or 3 players in block),
- Wide side (1, 2 or 3 players in block).

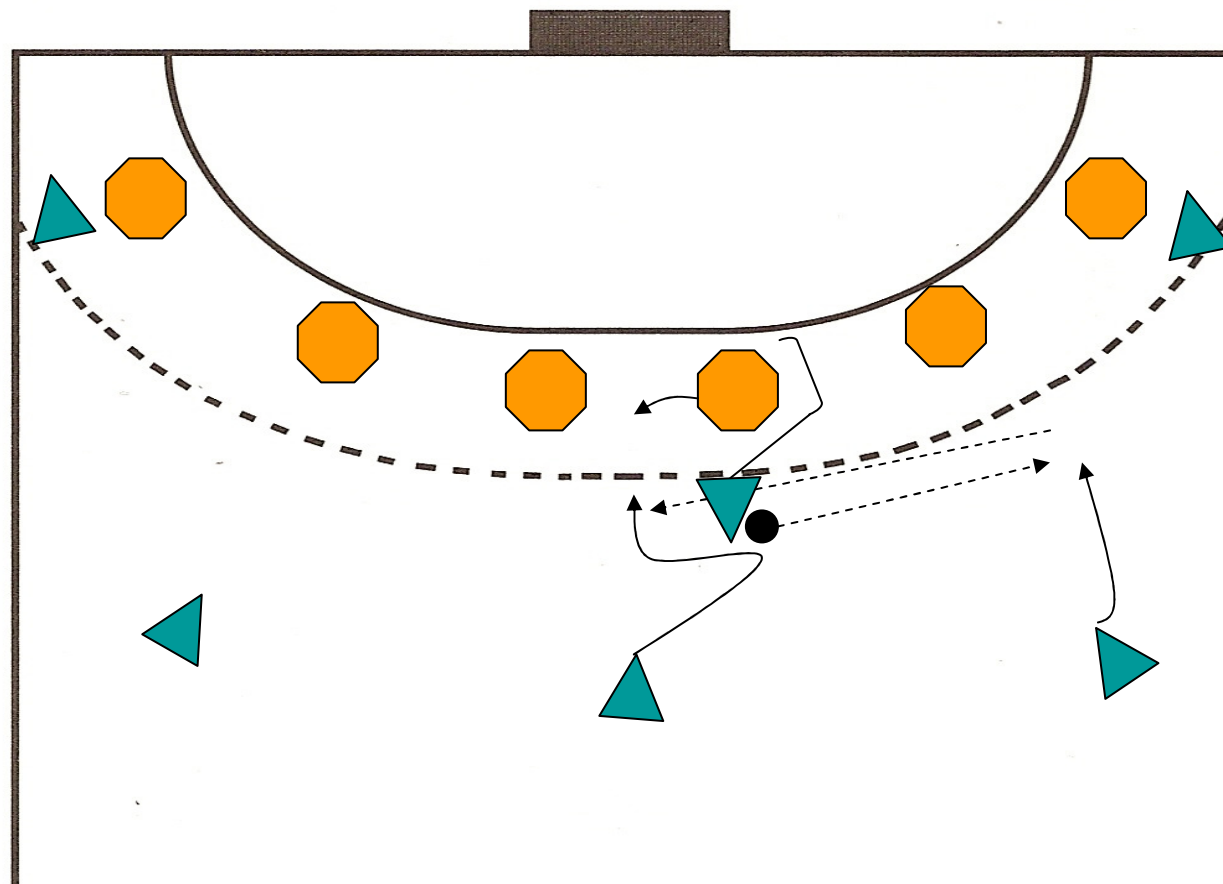




**One in block (between 3 and 4)**

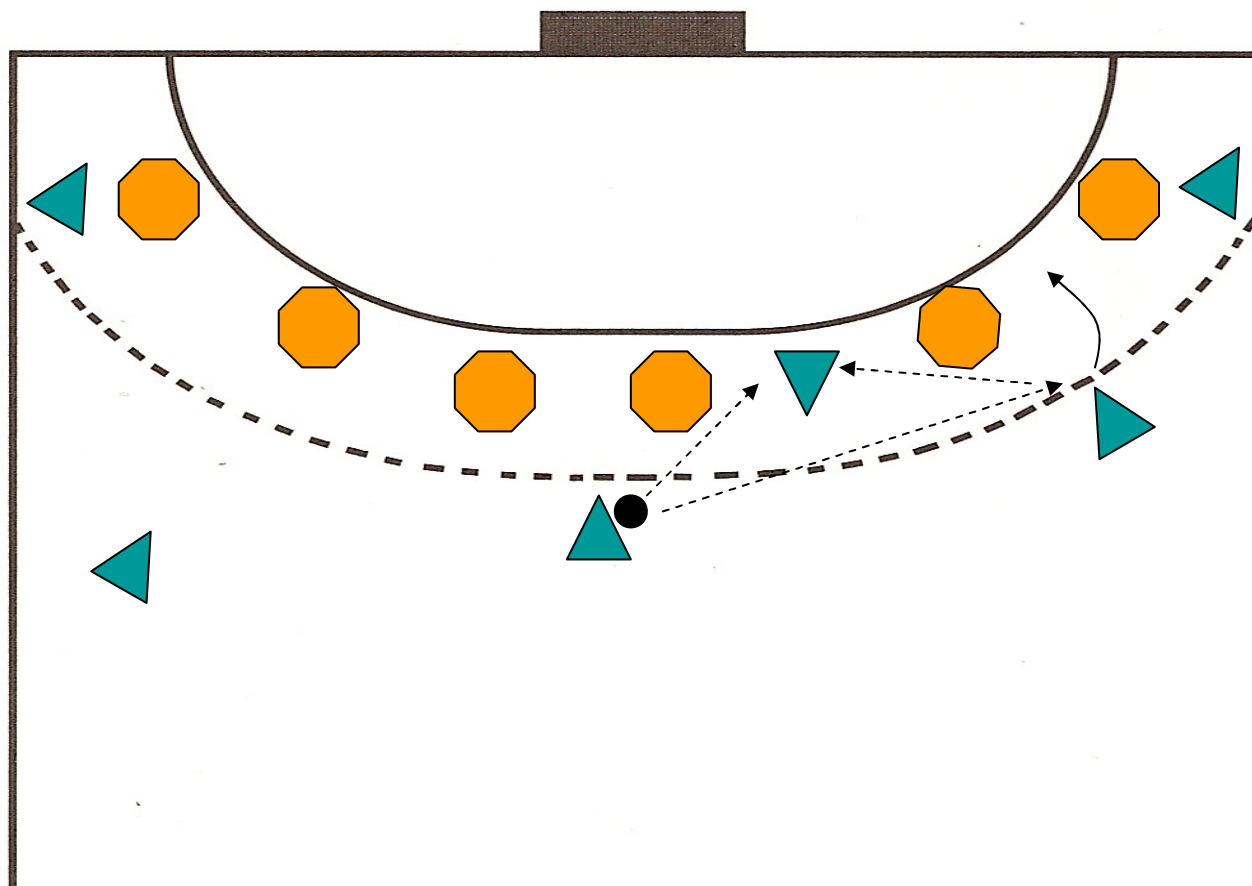


**One in block (between 4 and 5 / 2 and 3), variation 1**

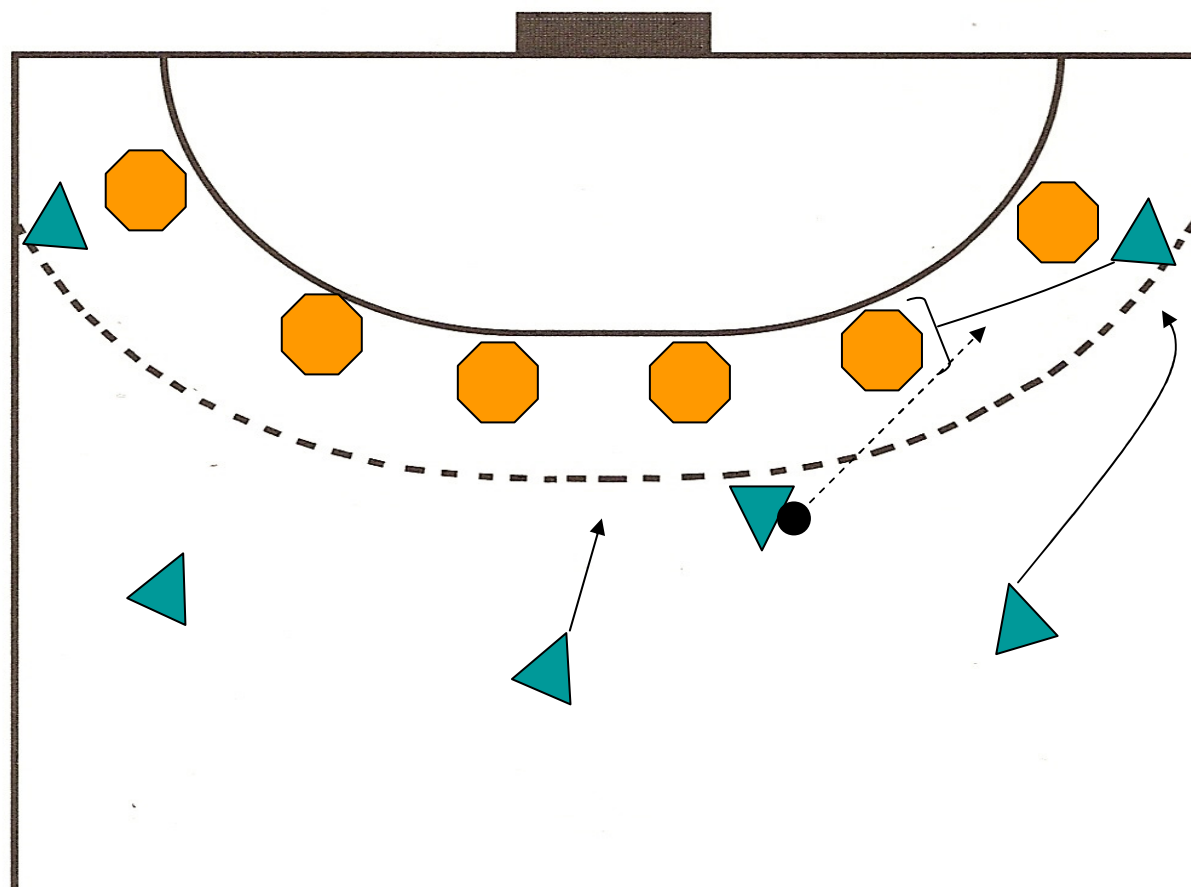


**I One in block (between 4 and 5 / 2 and 3), variation 2**



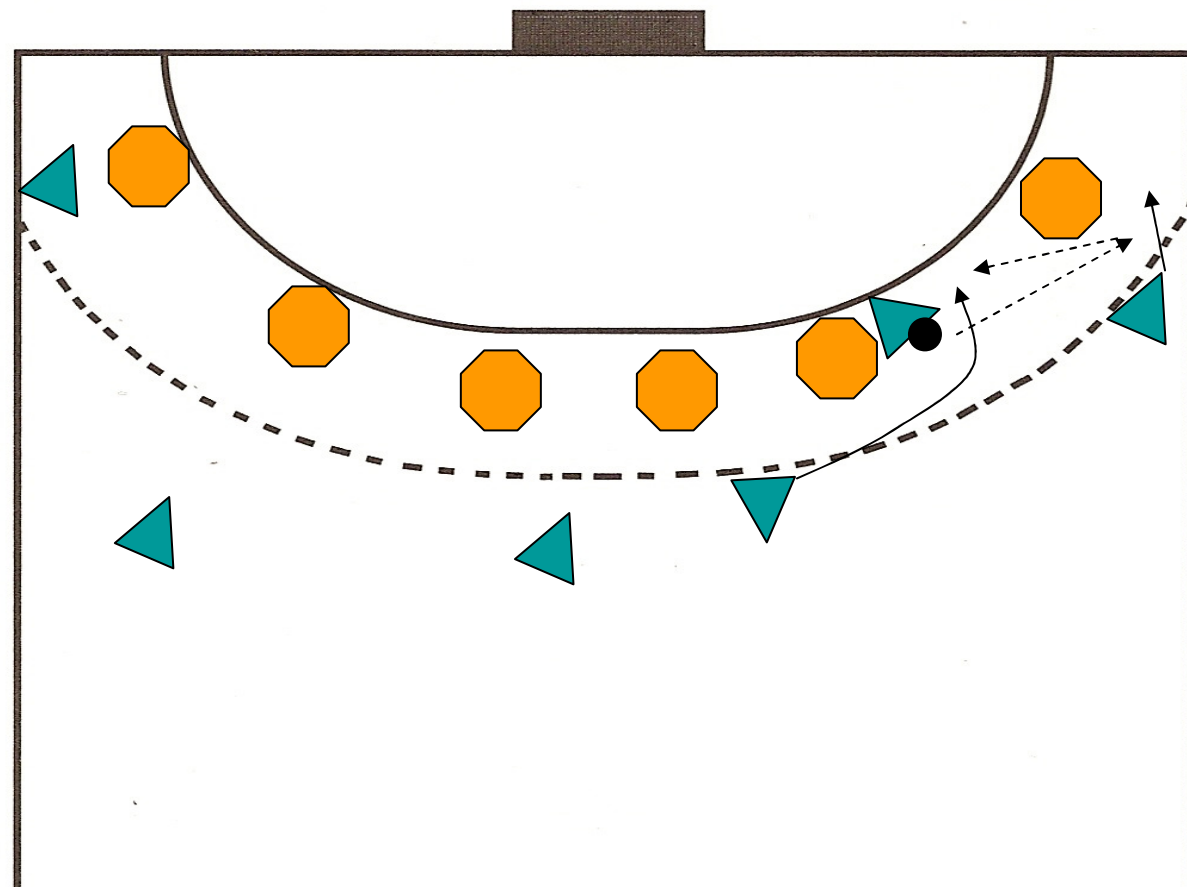


**II One in block (between 4 and 5 / 2 and 3), variation 2**

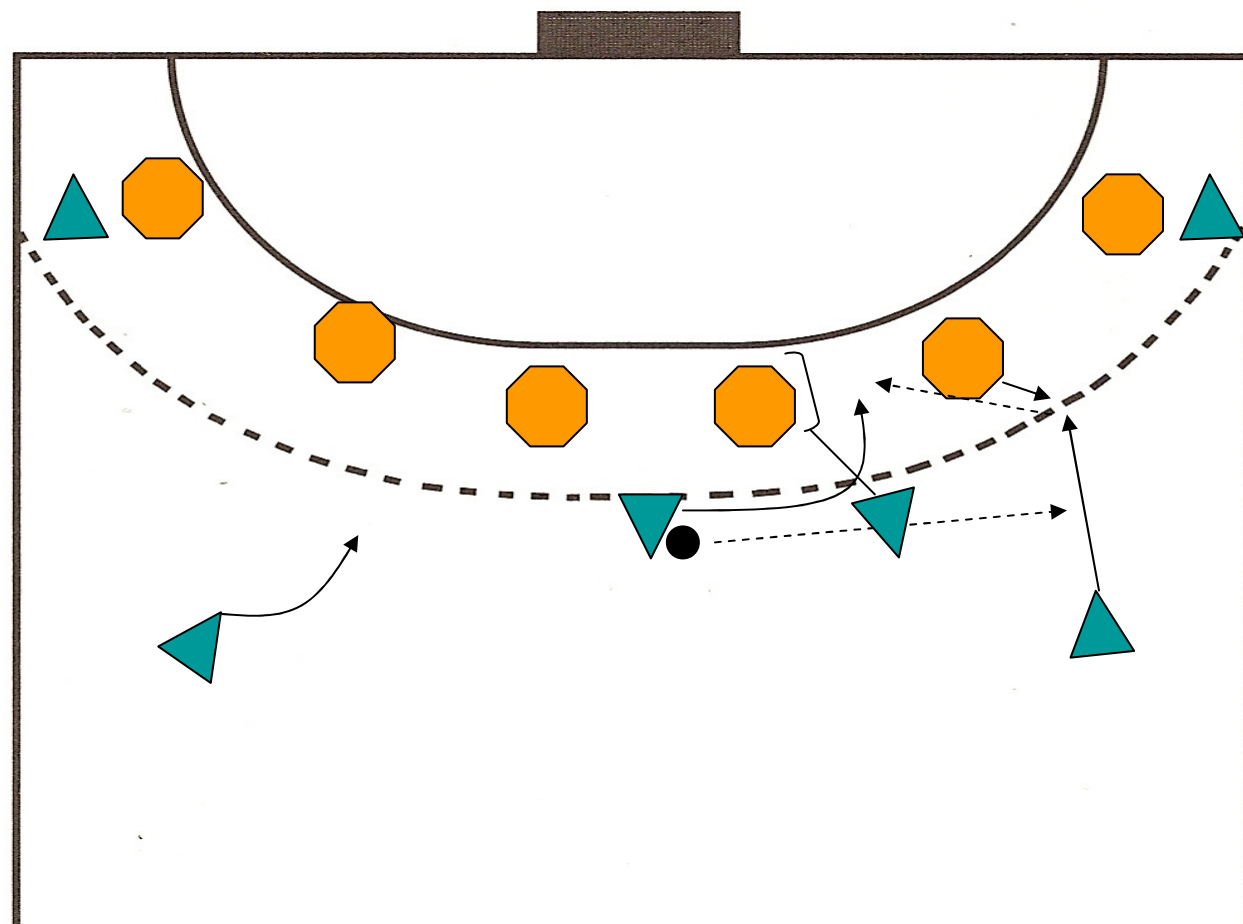


**One in block (with wing)**

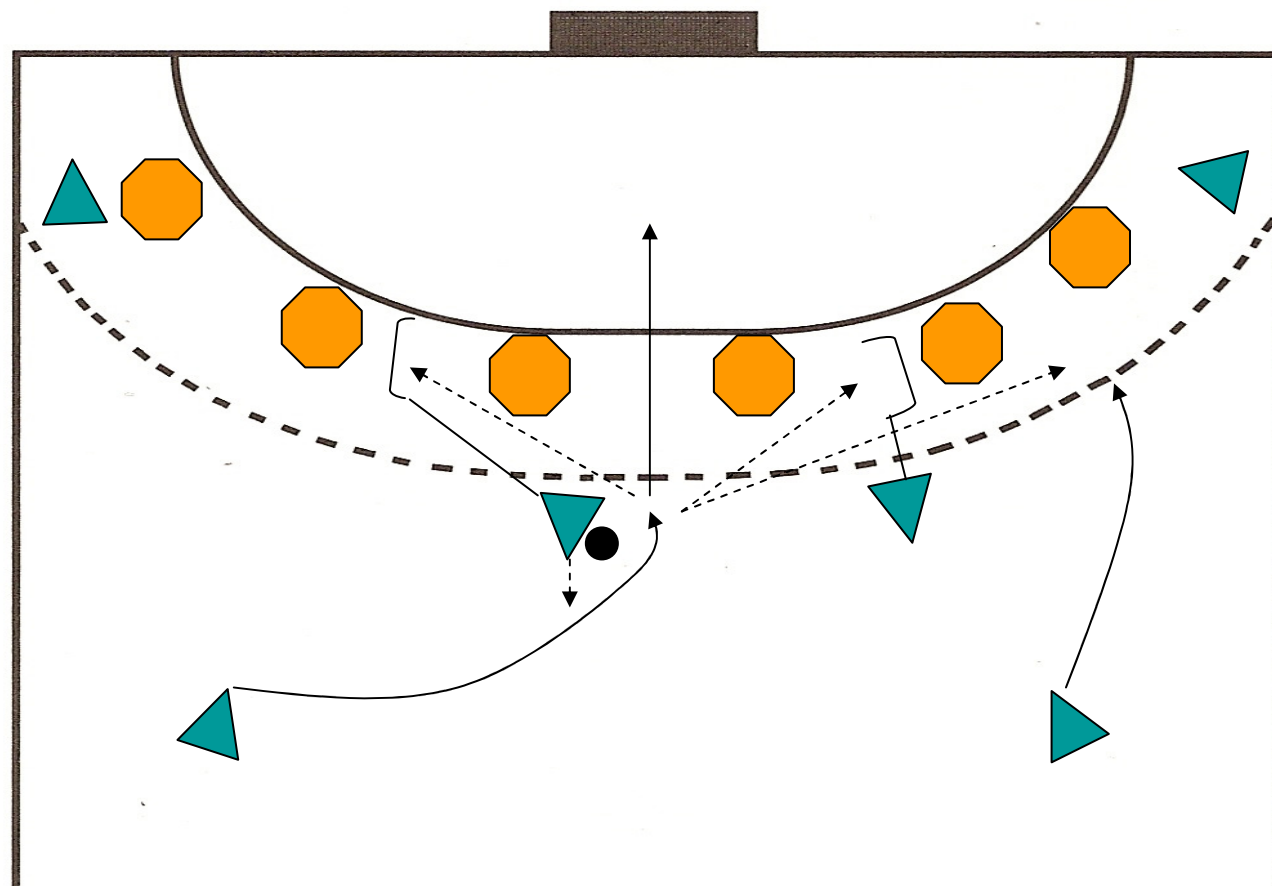




**One in block (with wing), continuation**

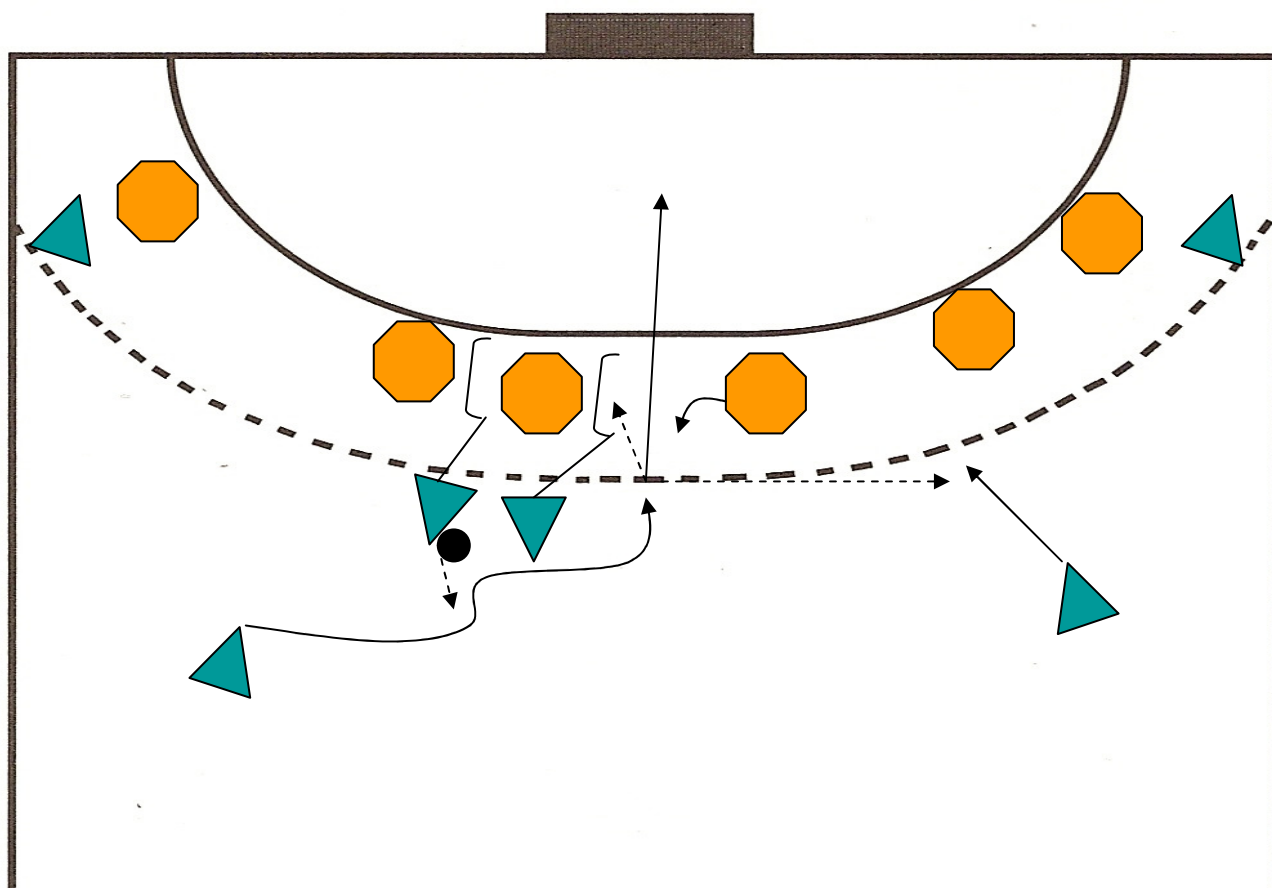


**Two in (separate) block, variation 1**

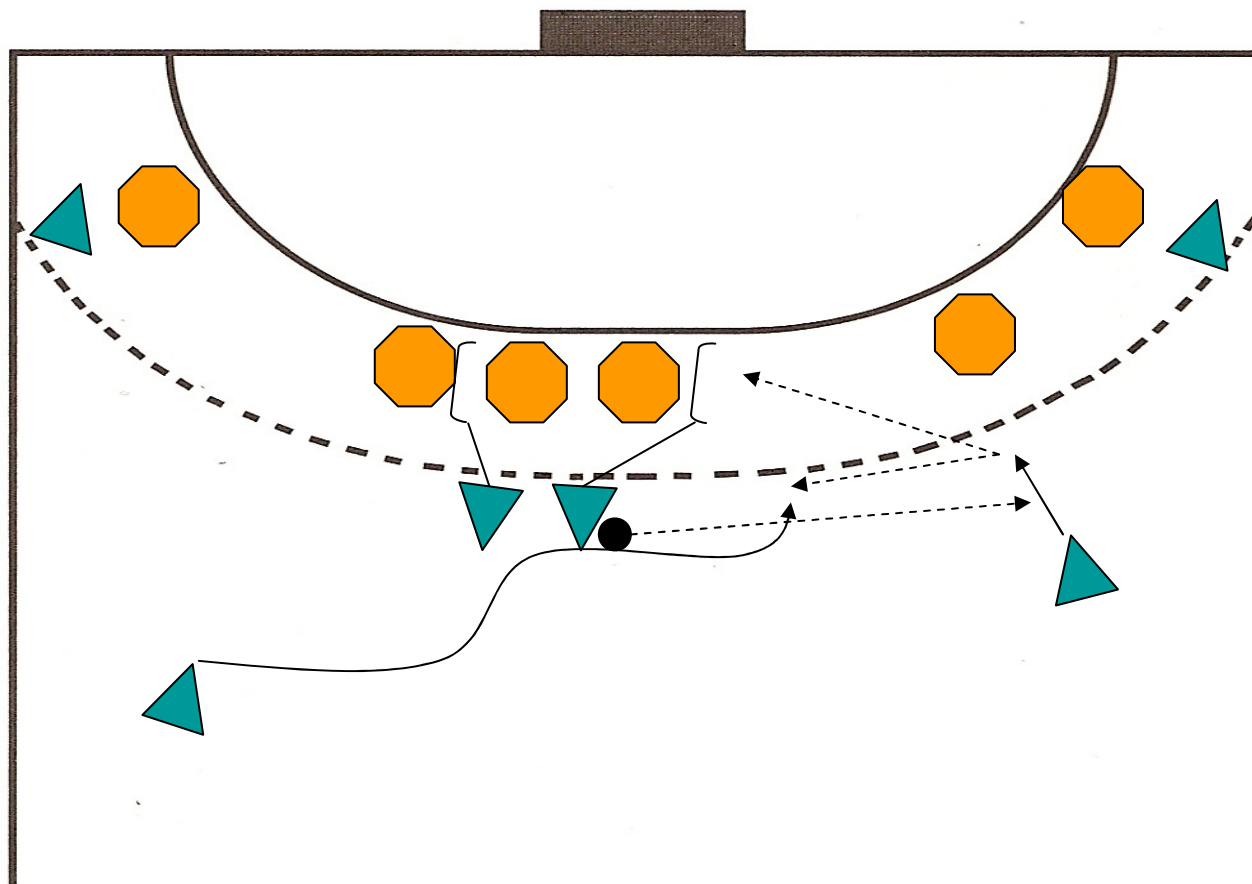


**Two in (separate) block, variation 2**

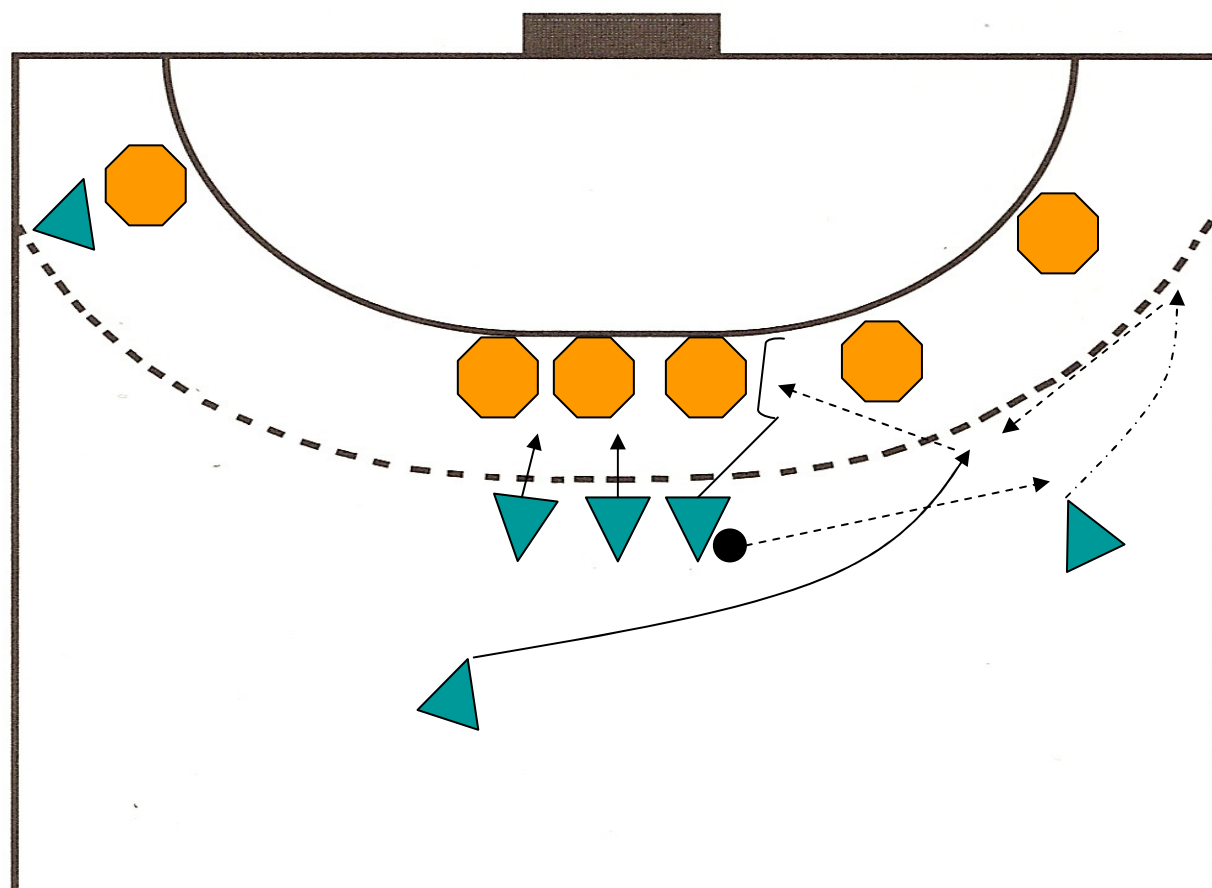




**Two in block (together), variation 1**

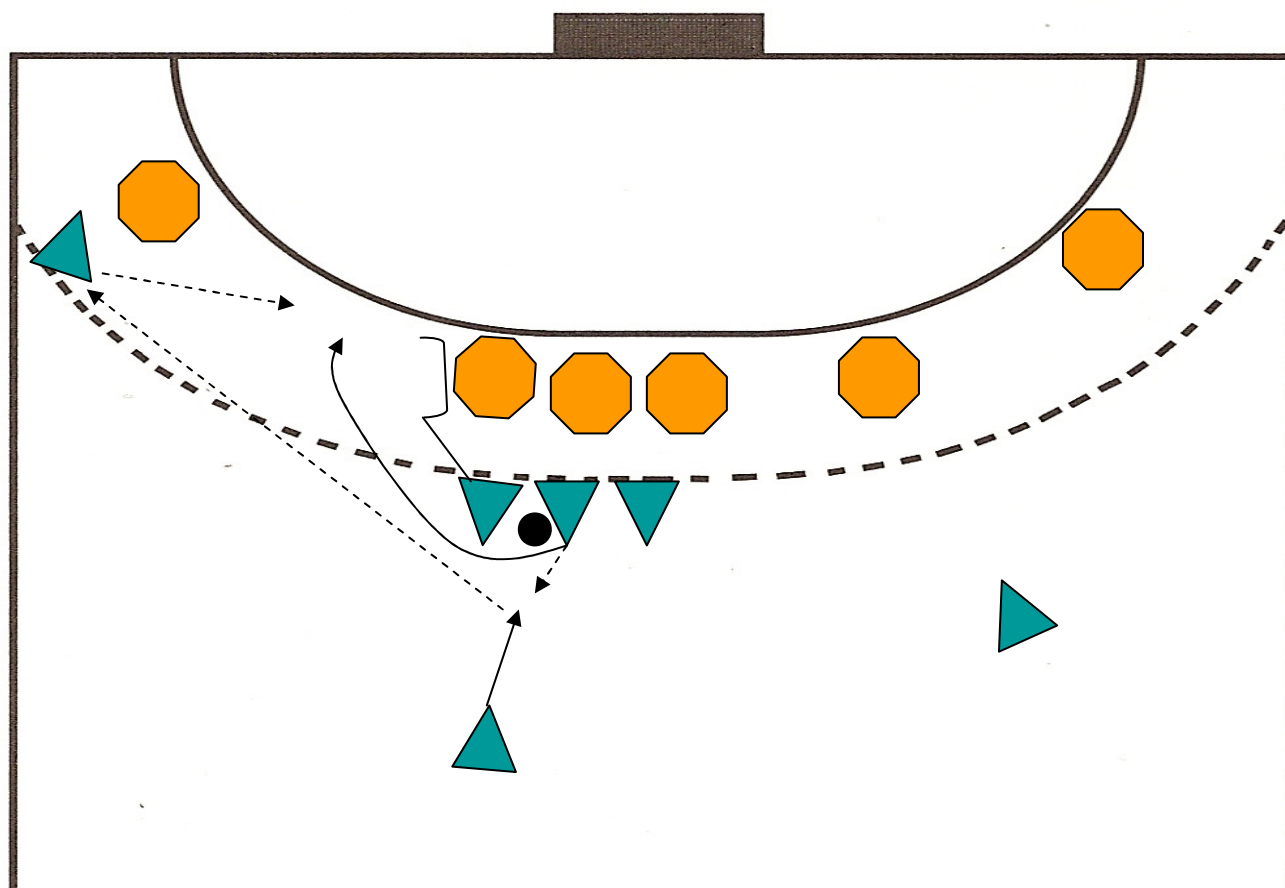


**Two in block (together), variation 2**

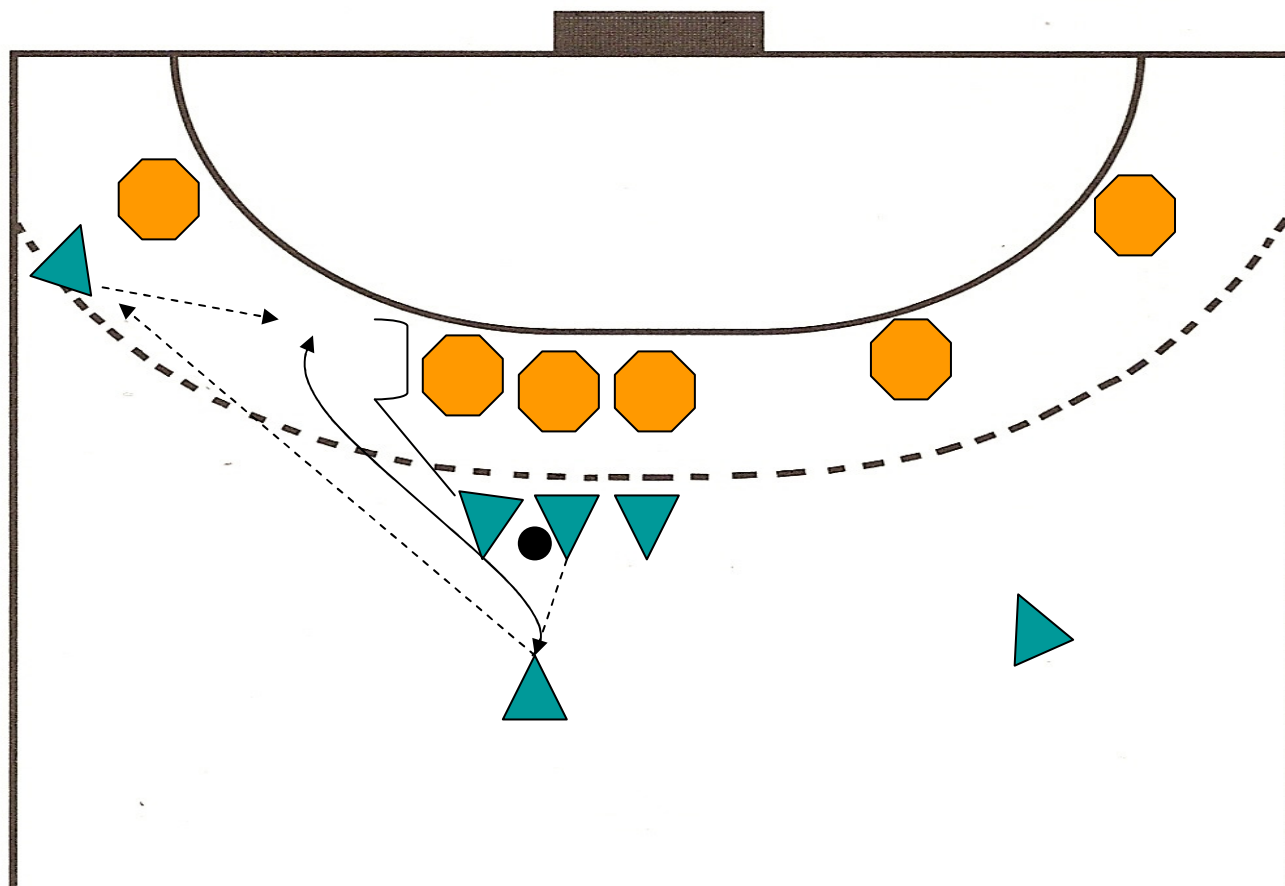


**Three in block, variation 1**





**Three in block, variation 2**



**Three in block, variation 3**



### ***Comment:***

- Every action is unit (complex) for itself (distance of players and passes, rhythm of passes and players movements, different solutions for passes and shoot etc.),
- After action players decide: shoot or continuation of attack,
- For practice we use complex method (combine synthetic and analytic method),
- Every action we practice in all variations and solutions,
- Better possibilities we will get with ***new rule*** (attack player can be beside 6-9m. during free throw)