



Beach Handball techniques, strategies

- offense, fast break, substitutions

Tamás Neukum
EHF Lecturer
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1. Techniques





1. Techniques

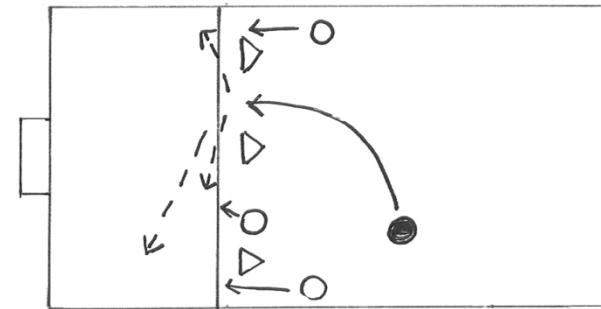
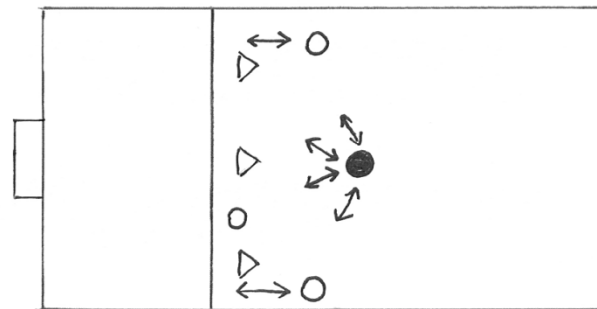
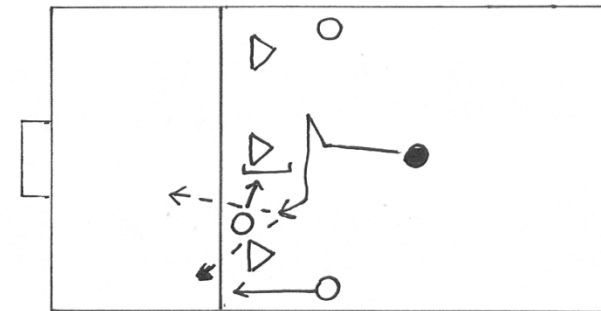
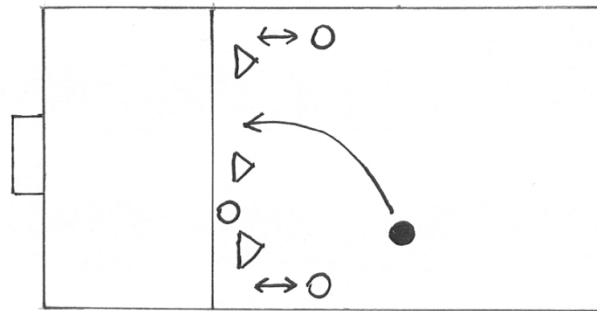
1.1. Basic movements

- specialist – horizontally and vertically
- wingers – horizontally
- pivot – basically standing, but horizontally and vertically (depends on the tactics)





1. Techniques (1.1 Basic movements)





1. Techniques

1.1. Pay attention to:

- The efficiency of the team strongly depends on the movements without the ball. (Permanent pressure for the defenders, speed before the shot.)
- During all of the trainings the coaches have to force the players to learn the right movements (direction and distance).
- The movements require special physical stamina/endurance, because to start and change direction with adequate speed is more difficult than on a firm surface.
- Basic movements are very important because they prepare and define the opportunities for and the quality of the shots.





1. Techniques

1.2. Receiving the ball

- similar to indoor handball
- the only difference is receiving passes in-flight (with one hand), which happens more

1.3. Keeping the ball

- normally the same as in indoor handball
- the difference is the material of the ball
- there is a danger in losing the ball during the spin shot

1.4. Passing the ball

- normally the same as in indoor handball
- it is different to make passes to players who are taking inflight shots
- no opportunity for bounce passes
- no possibility of bouncing and dribbling if the defenders create traps



1. Techniques

1.5. Bouncing, dribbling

- put down the ball and roll (near to the sand!)

1.6. Fakes

- specialist – completely similar to indoor handball (no extra movements to score the goal)
- wingers – passing fakes (to force the defenders because 3 against 4, they have to move immediately)
- pivot – passing fakes
- shoot out – shooting fake (to force the opposing goalkeeper to decide incorrectly)





1. Techniques

1.7. Shots

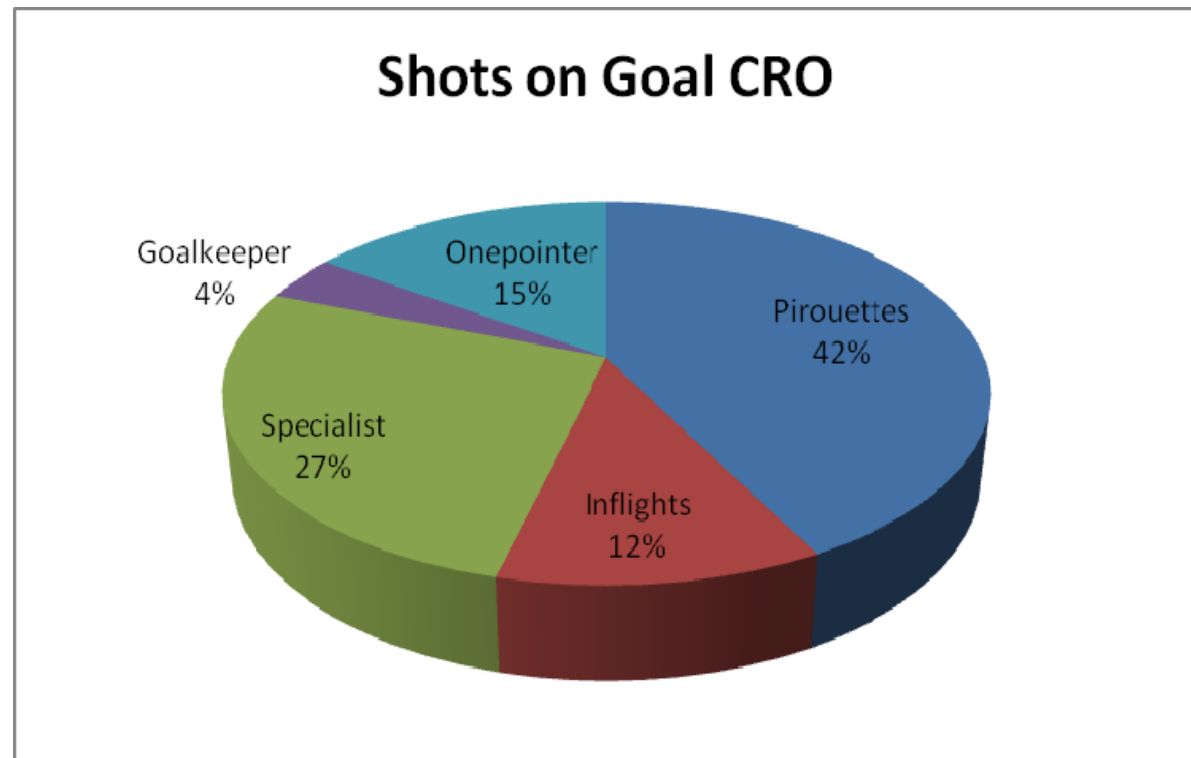
- specialist – same as in indoor handball
- wingers – spin shot or inflight shot (jump from one and two legs)
- pivot – spin shot, inflight shot, or inflight shot from movements (jump from one and two legs)
- goalkeeper – direct goal (substitution tactic)





1. Techniques

1.7. Shots 2007 Ech Women's final





1. Techniques

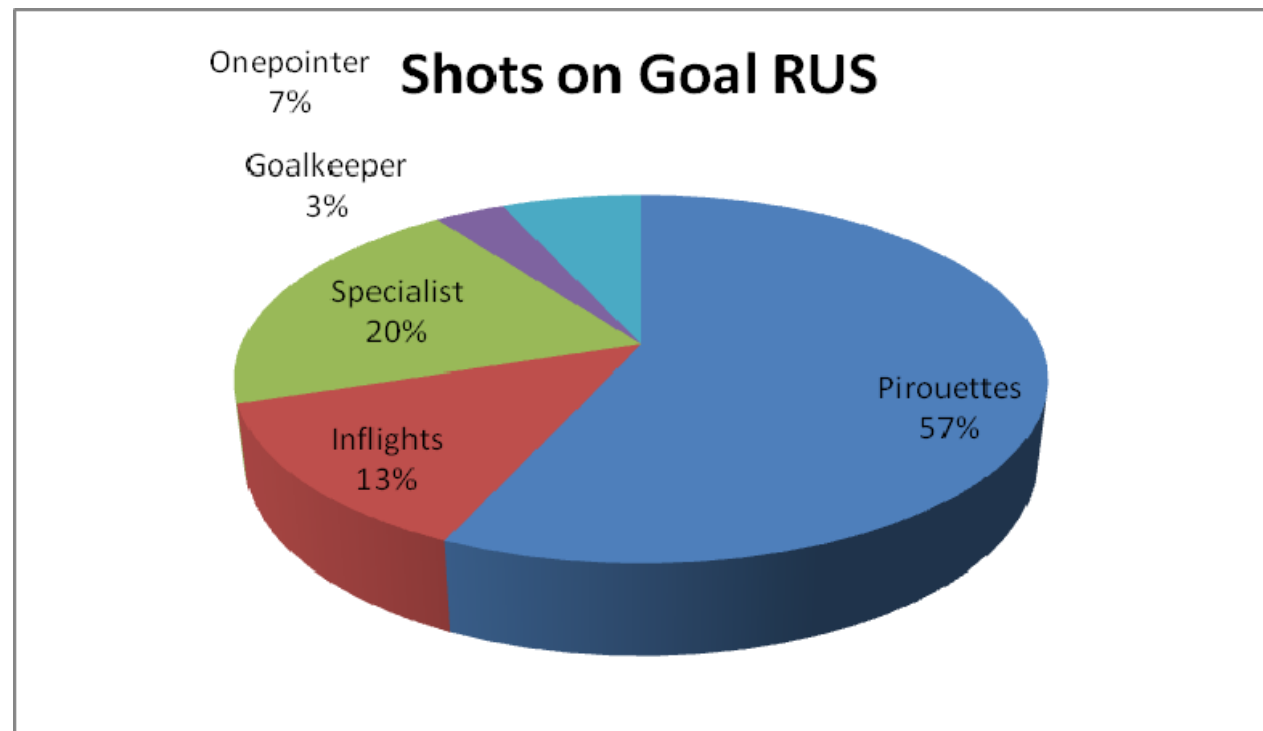
1.7. Shots 2007 Ech Women's final





1. Techniques

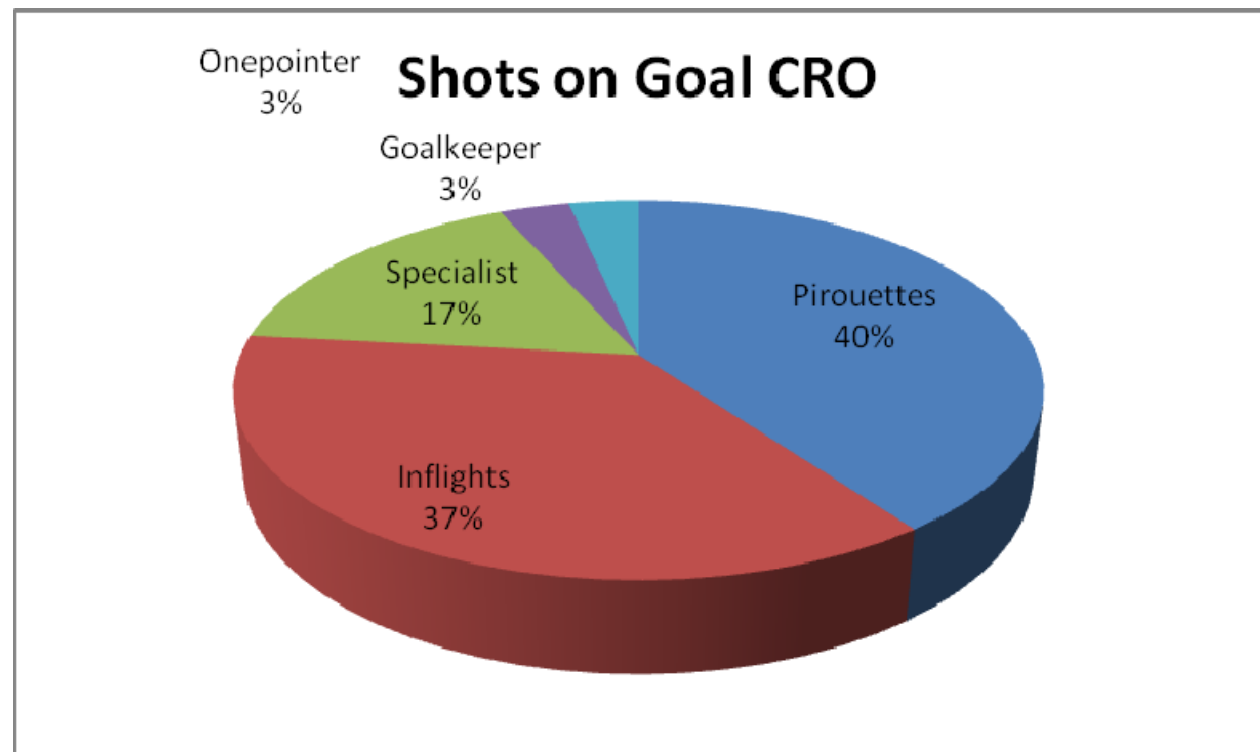
1.7. Shots 2007 Ech Men's final





1. Techniques

1.7. Shots 2007 Ech Men's final





1. Techniques

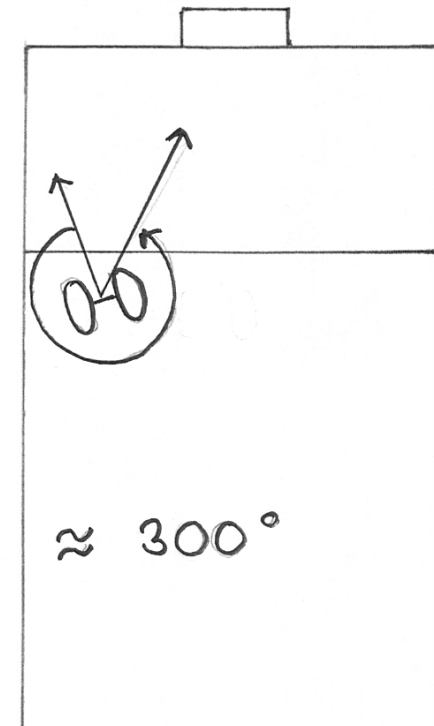
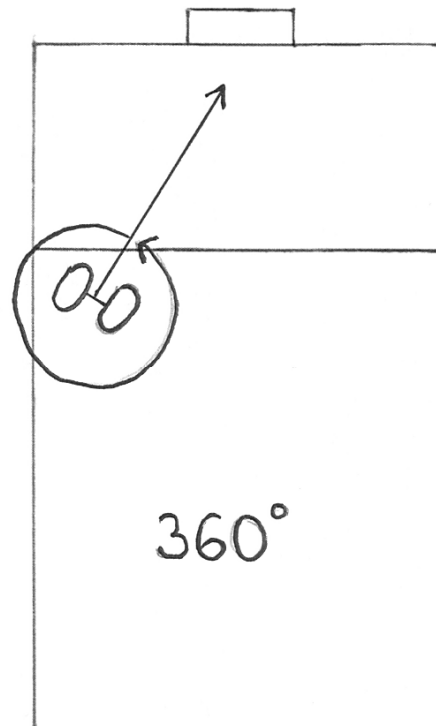
1.8. Spin shot

- individual technique
- jump from one leg
- jump from two legs
- to pay attention to defenders' diving blocks
- to take spin shots from the defence zone



1. Techniques

1.8. Spin shot





1. Techniques

1.9. Teaching spin shot (1)

- half pirouette (both directions)
- spin shot without steps
- spin shot, after jump from double legs to double legs
- spin shot, after one step and jump from double legs
- spin shot, after running and jump from double legs
- spin shot, after taking 3 steps back at 6-meter line and attacking again and jump from double legs
- spin shot, after trying to move in different directions





1. Techniques

1.9. Teaching spin shot (2)

- spin shot after individual tactical solutions (put down and pick up the ball)
- spin shot after a long pass
- spin shot after a return pass
- the specialist receives the ball, fakes, and makes a return pass to the wingers, who take a spin shot
- basic movements, after the whistle return pass and spin shot
- spin shot while falling to the side
- spin shot with a defender blocking



1. Techniques

1.10. Inflight shot

- individual techniques but requires minimum 2 players
- jump from one leg
- jump from two legs
- less chance for defense to block
- individual fast break from goalkeeper (very difficult solution)
- has advantages over the spin shot
 - can continuously see the goalkeeper
 - less chance for the defenders to prevent the goal





1.10 Inflight shot





1. Techniques

1.11. Teaching inflight shot

- inflight shot after close pass
- inflight shot after long pass
- inflight shot above/over the defender
- inflight shot after a return pass, above the defender
- inflight shot from under the defender's armpit (after the fakes)
- defence against inflight shot





2. Tactics

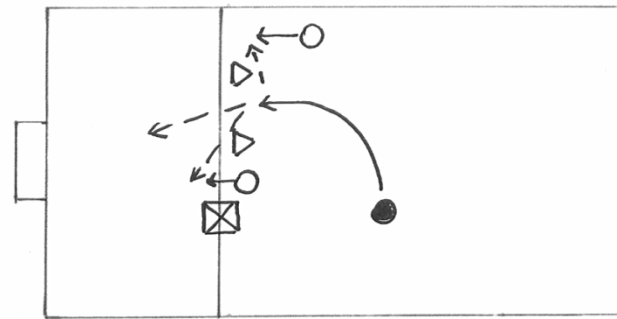
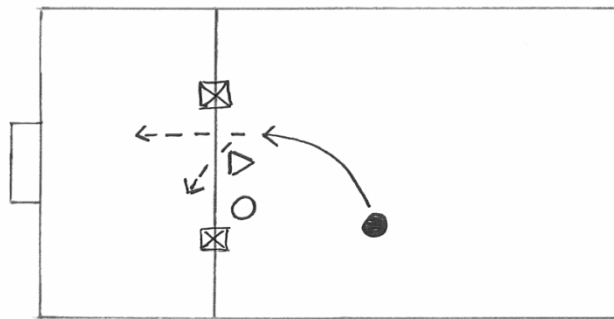
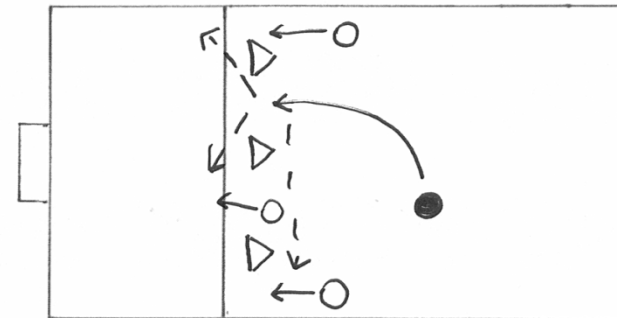
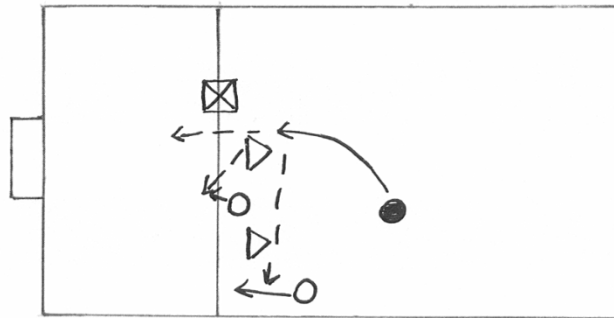
2.1. The order of attack

- goalkeeper direct goal (individual)
- defender's direct goal (individual - spin shot)
- individual fast break (goalkeepers or defender pass and spin shot or inflight shot)
- extended fast break (usually 2 against 1)
- complete fast break (to play 3 against 2)
- attack (to wait for specialist) (this phase is most similar to indoor handball) – a lot of technical and tactical basic elements



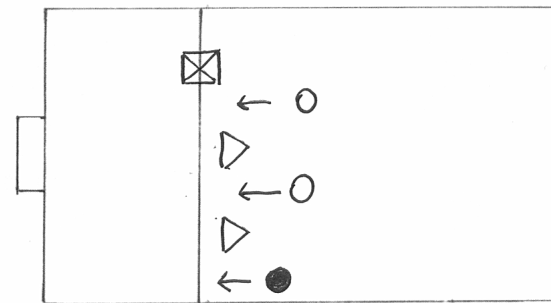
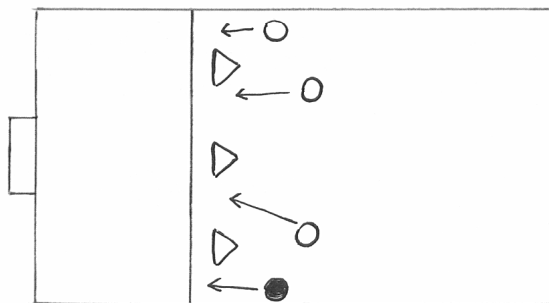
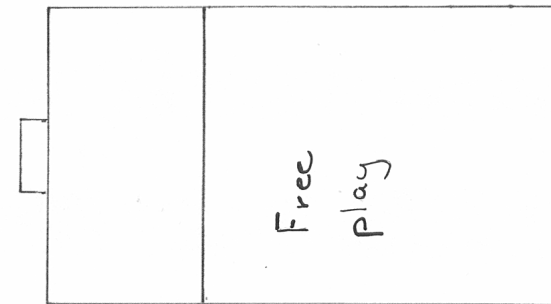
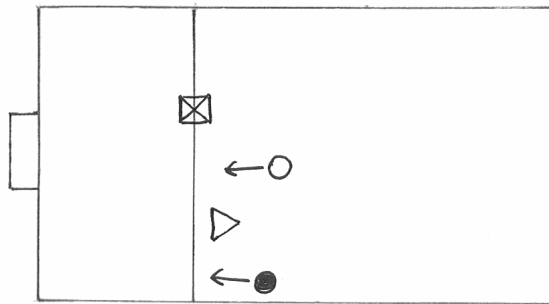


2. Tactics -2.2. Basic movements in attack (1.)

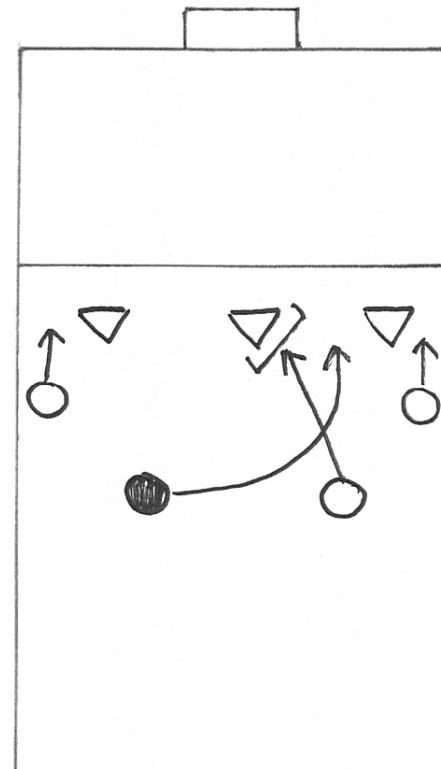
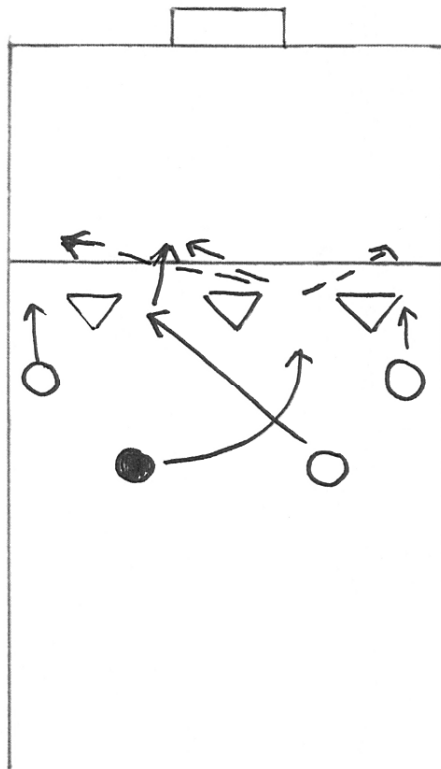




2. Tactics - 2.2. Basic movements in attack (2.1)

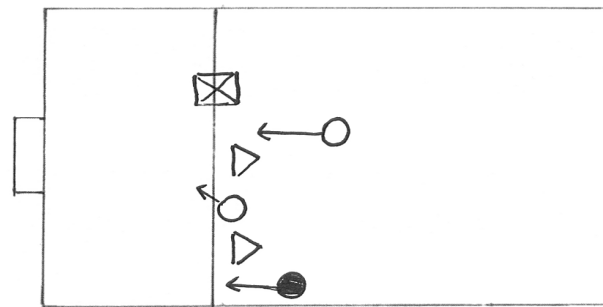
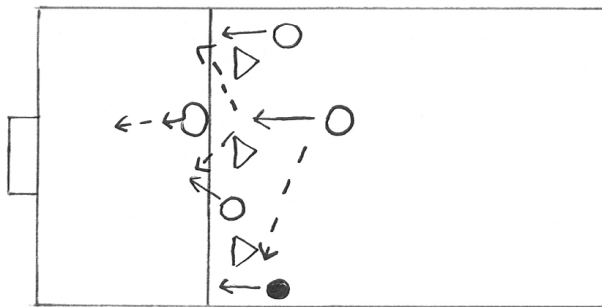
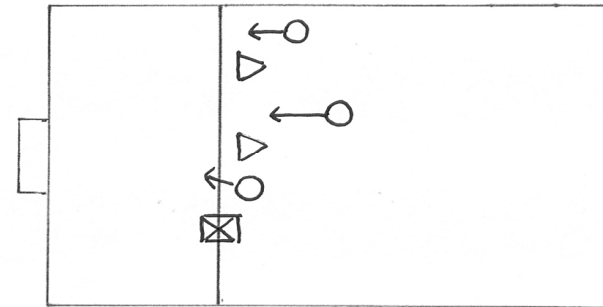
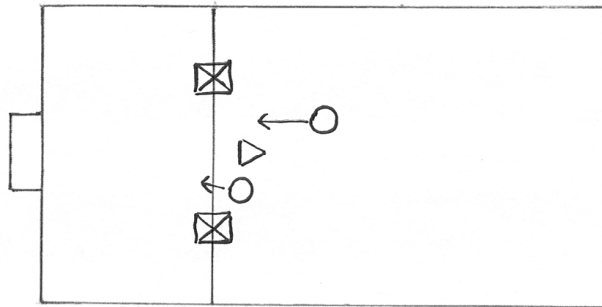


2. Tactics - 2.2. Basic movements in attack (2.2)

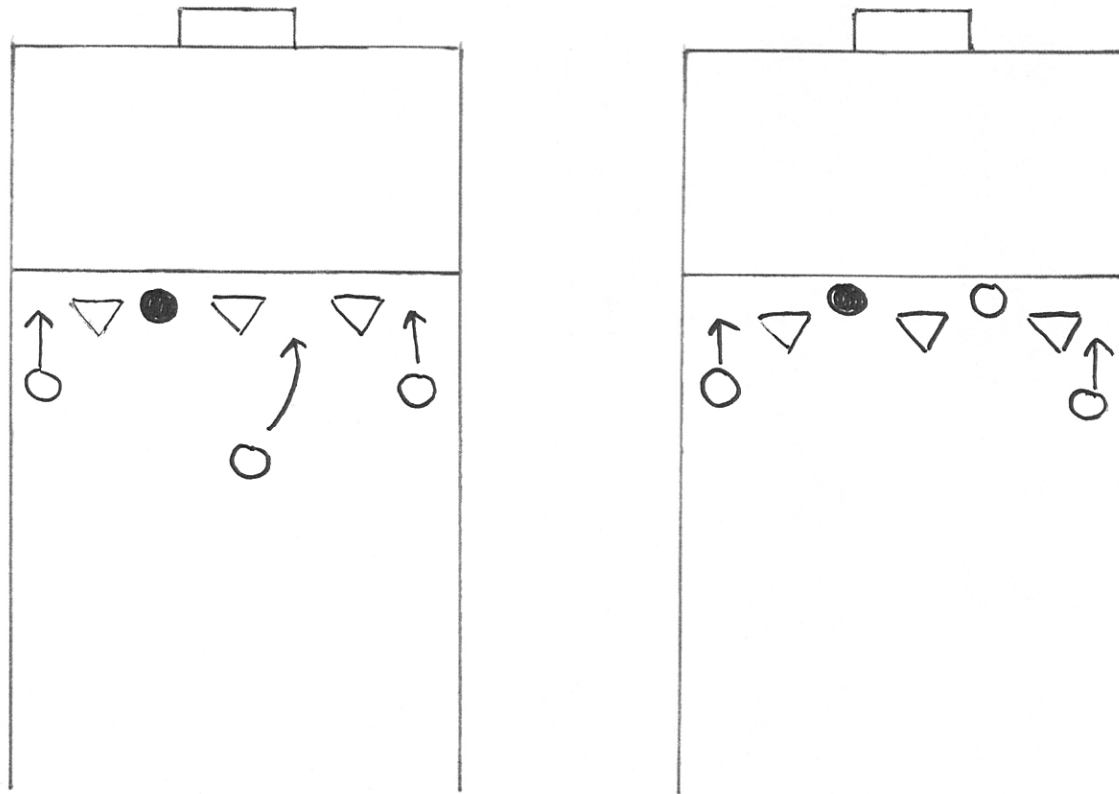




2. Tactics - 2.2. Basic movements in attack (3.)



2. Tactics -2.2. Basic movements in attack (4.)





2. Tactics

2.3. Teaching attack tactics (1)

to play 3 against 2

- specialist only passes and wingers move around freely
- 2 wingers and specialist against 2 defenders (inflight)
- 2 wingers and specialist against 2 defenders (spin shot)
- specialist, winger, pivot against winger's defender, central back
- return pass to winger who spins and shoots, or passes to the inflight pivot, or passes back to the specialist
- one point shot fake by wingers



2. Tactics

2.3. Teaching attack tactics (2)

to play 4 against 2

- specialist only passes, wingers and pivot can take only inflight shots

to play 3 against 3

- specialist and 2 wingers move around freely

to play 4 against 3

- return and long passes
- return and double long passes



2. Tactics



2.4. Formation

Keep in mind the aim!

Don't forget your players' skills!

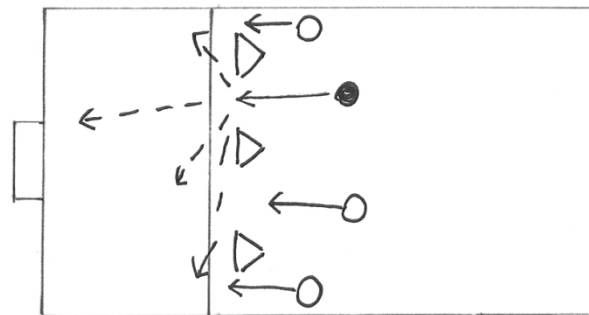
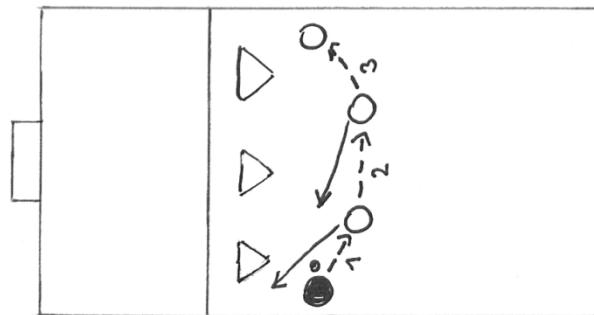
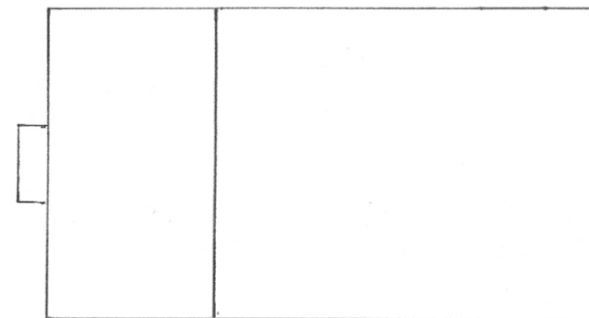
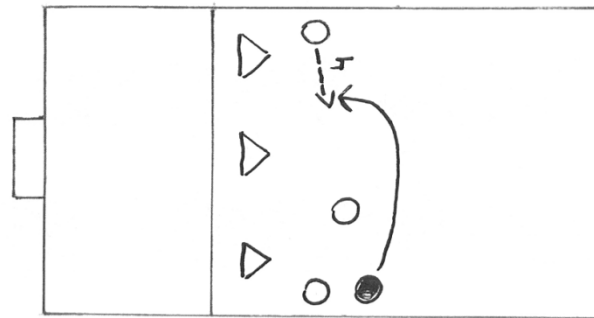
Pay attention to your opponents' defence!

You have to teach the basic movements first!





2. Tactics – 2.4 Formation





2. Tactics

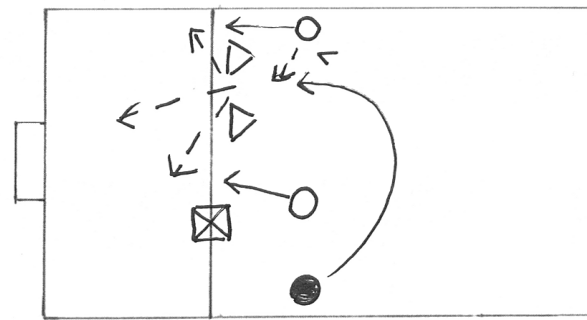
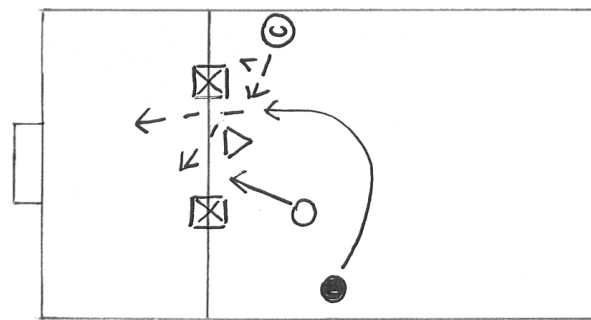
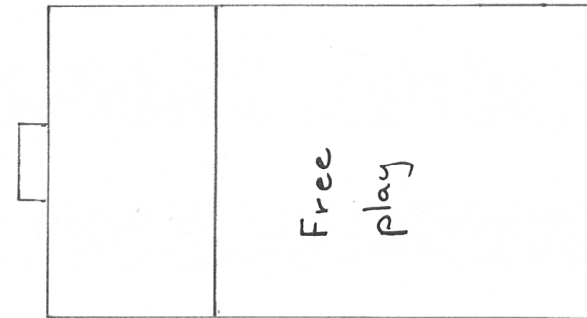
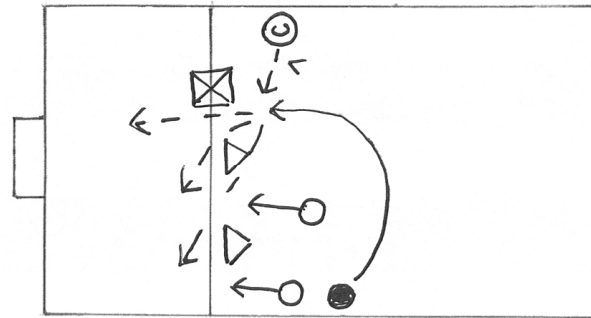
2.4. Formation

teaching formation

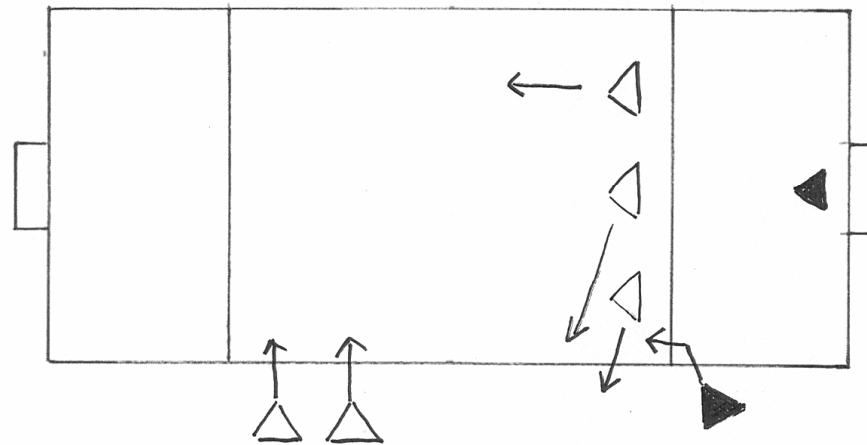
- step by step 2:1, 3:2, 4:3



2. Tactics – 2.4 Teaching formation

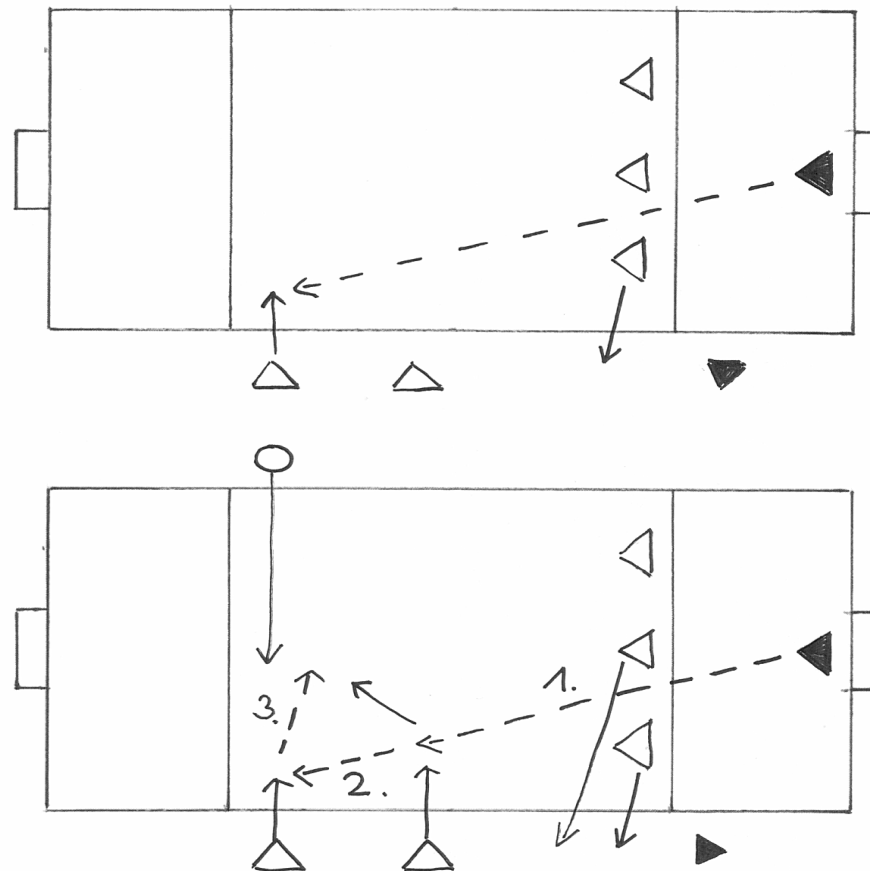


3. Substitution strategy (basic)

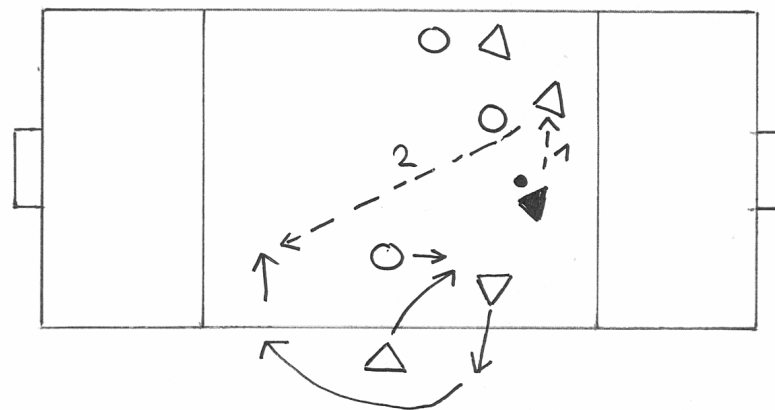
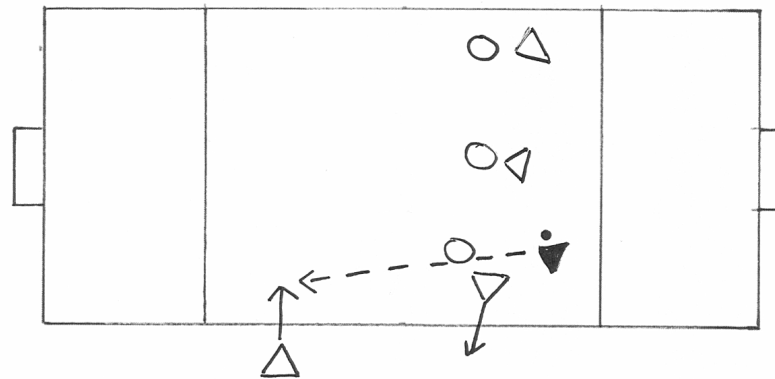




3. Substitution strategy (individual and extended fast break)



3. Substitution strategy (against man to man defence)





Do not forget! Fair Play is the basic



Foreword

These Rules of the Game will take effect on 09 March 2002.

For the sake of simplicity, this rule book generally uses the male form of words with respect to female and male players, officials, referees, and other persons.

However, the rules apply equally to female and male participants, except Rule 3 (the size of the ball)

According to the Philosophy of Beach Handball (attractiveness of the game – two teams as much as possible playing at full strength), any punishments shall be against the players as individuals and not against the team.

**<< The Philosophy of Beach Handball is based on the
Principles of „Fair Play“ – Every decision has to be
taken in accordance with these principles >>**



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European Handball Federation



THANKS FOR YOUR ATTENTION!

I WISH YOU „FUNTASTIC“

BEACH HANDBALL!

