



Beach Handball techniques, strategies

- ☐ **defence, quick retreat, substitutions**

Tamás Neukum
EHF Lecturer
04.06.2010.





CONTINUOUS ANTICIPATION!





Defence

- always be aware
- defence is not as spectacular as offence, but it is very interesting
- techniques, tactics, quick retreat and substitution are closely connected





Pay attention to FAIR PLAY all the time!





Defence

What is the aims of the defence?

- 1st: to stop or interfere with the scoring of a 2-point goal (different from indoor handball)
- 2nd: to prevent with the scoring of a goal
- 3rd: to force the attackers to make mistakes/errors
- 4th: to gain possession of the ball





Defence

The order of defence:

Defence starts the moment your attacking team loses the ball

- *1st phase*

The 1st phase is very important in Beach Handball, because the defenders can prevent with the scoring of goals in the easiest way!

- *2nd phase*

The defenders complete the substitution.

- *3rd phase*

Similar to indoor handball.



Defence

1st phase

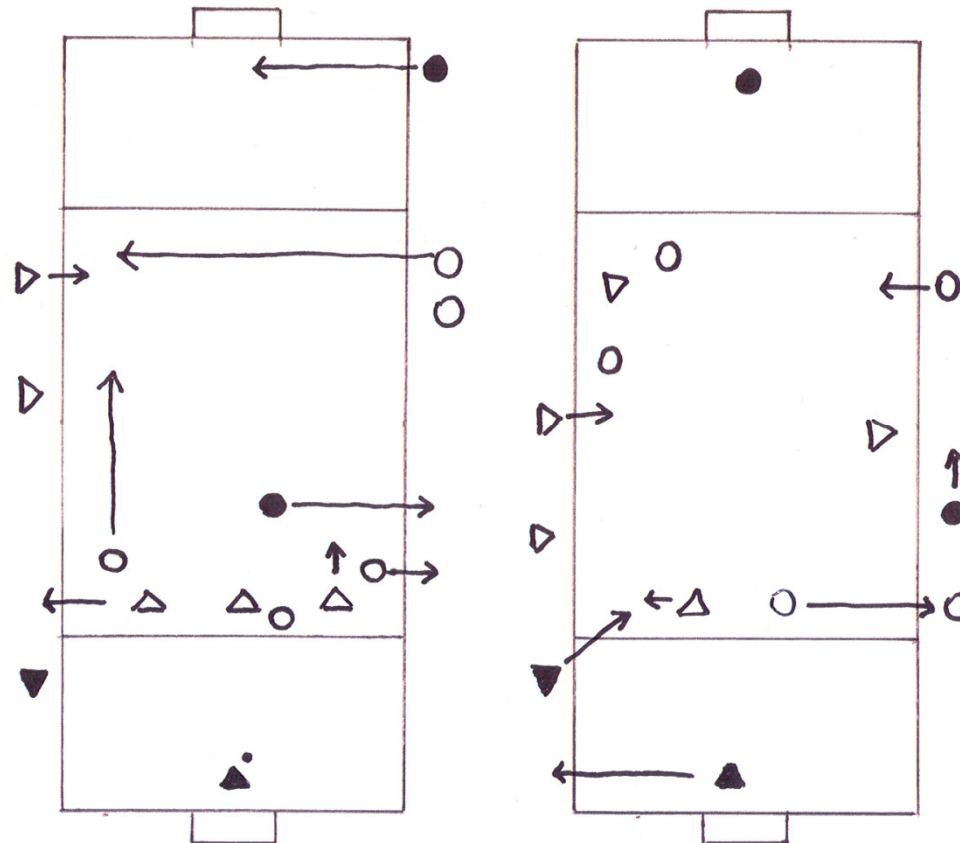
- The Winger (near to the substitution line) runs out as quickly, taking the shortest path.
- Specialist – runs out as quickly as possible, taking the shortest path.
- Goalkeeper – runs to the goal.
- Pivot – tries to stop with, or block and disturb the goalkeeper from scoring a 2-point goal, or delays the passing of the ball to prevent a fast break.
- Winger (far from the substitution line) – quickly retreats.
- Central defender – runs in and closely guards the first substituted player or prevents them from getting the ball or taking a shot at the goal.

It means the 1st phase included both the basic-substitute and quick-retreat tactics!





Defence (1st and 2nd phase)





Defence

2nd phase

- The goalkeeper shouts to the pivot that he/she is substituting.
- The Winger defender comes onto the court.





Defence

3rd phase

The most similar to indoor handball, the differences are:

- to play 3 against 4
- there is one attacker (specialist) who can score 2 points with any kind of shot
- the main aim is to try to stop with the scoring of 2- point goals (it is especially important to stop the specialist)
- pay close attention to the goal area





Defence

3rd phase

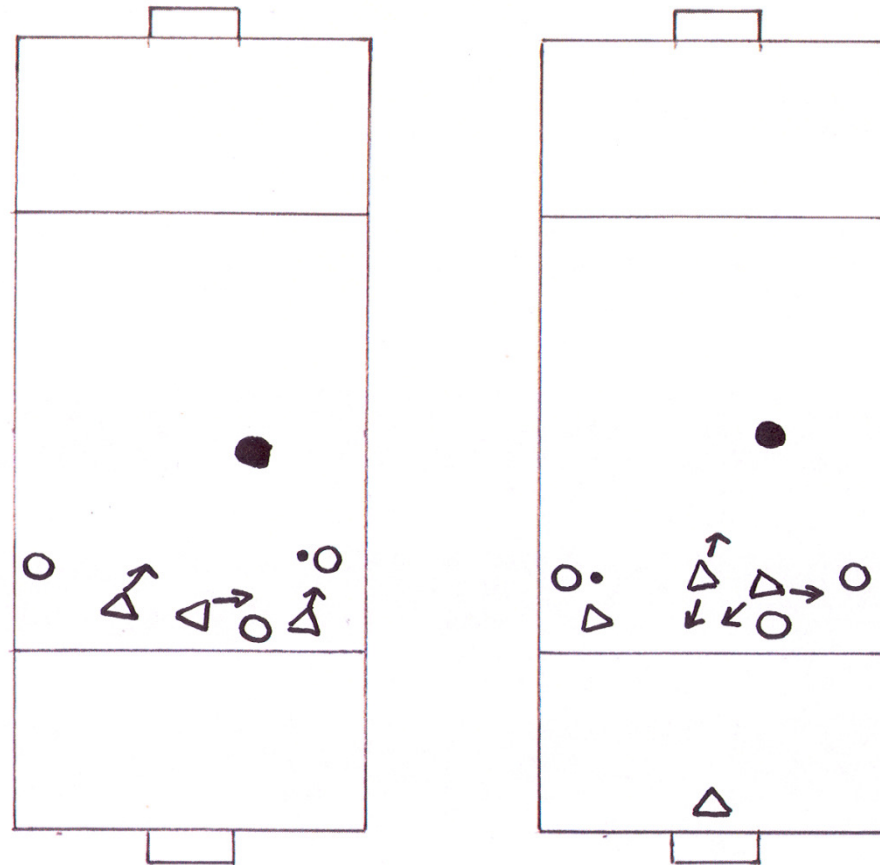
The basic positions and movements depend on the specialist, pivot and the ball positions.

- to force the offence into 1 against 1 situations
- the defenders must collaborate with and help each other
- 4 against 3 situations require more legwork for the defense, because they are at a disadvantage and cannot defend as closely





Defence (3rd phase)





Defence

Checking

BASICALLY: NO CHECKING – NO BODY-TO-BODY CONTACT

(but you can carefully check in front of the attacker, rather than from the side or back)

If the attackers began the spin shot or inflight shot – checking is FORBIDDEN!!!





Defence

Gaining possession of the ball

- even while block with the shot, the aim is to gain possession of the ball
- it is more difficult because you are at a disadvantage, and it is also easier because the attacker cannot bounce or dribble the ball
- attempting steals can be risky, but can also result in good scoring opportunities
- gaining the ball while over/inside the 6 m line (against inflight shots)





Defence

Blocking

Last chance for the defenders to prevent with the shot.

- blocking against the specialist is the same as in indoor handball (mostly individual)
- **diving block** against wingers' spin shot
 - one of the most spectacular and important defensive techniques)
 - must pay attention to: direction of move, rhythm, and distance from the attackers

Teaching diving blocks

- don't forget to prepare the surface for safety purposes

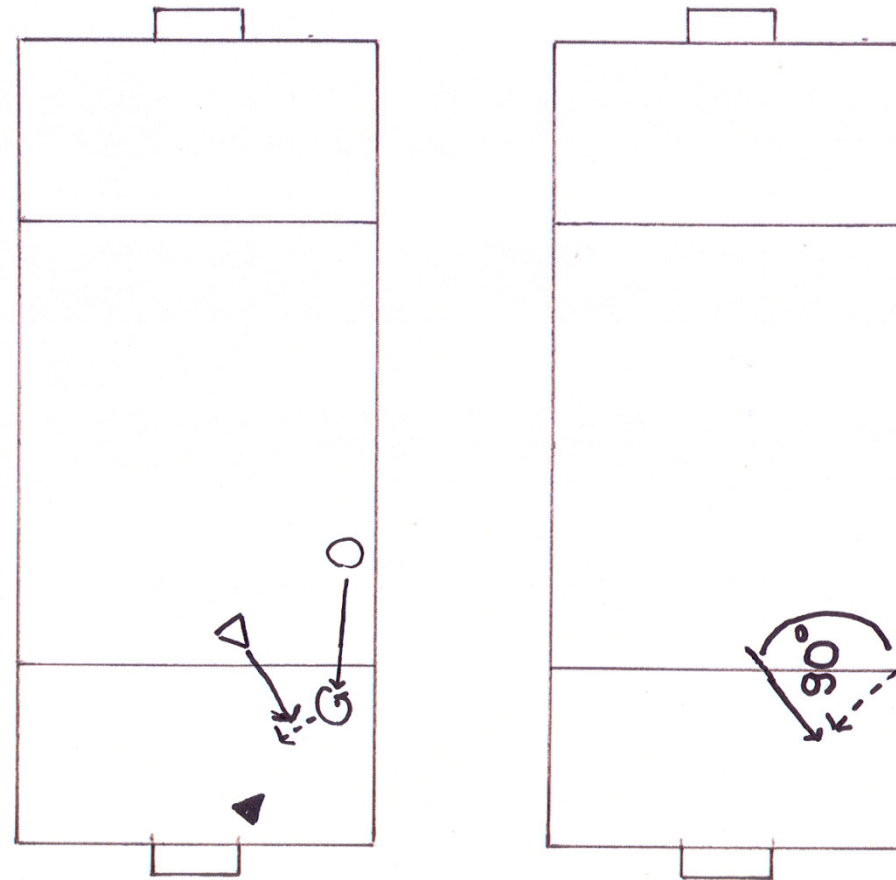


Defence (Diving blocks)





Defence (Teaching diving blocks)





Defence

Teaching diving blocks

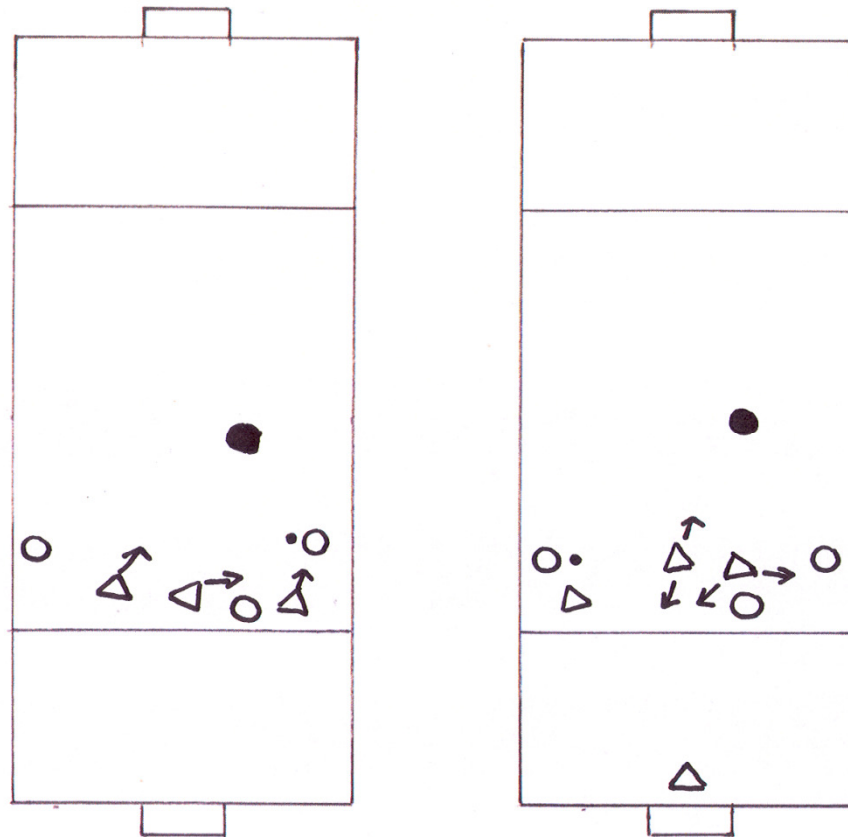
(don't forget to prepare the surface for safety purposes)

- standing and blocking during a normal shot
- standing and blocking during a spin shot
- diving block of a normal shot
- attempting the diving block over any small obstacle
- diving block of a spin shot
- force the defender for the right movement and rhythm

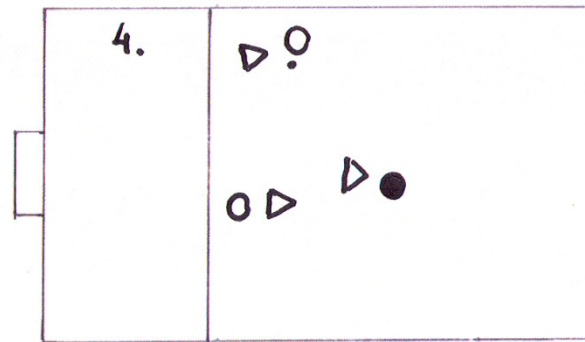
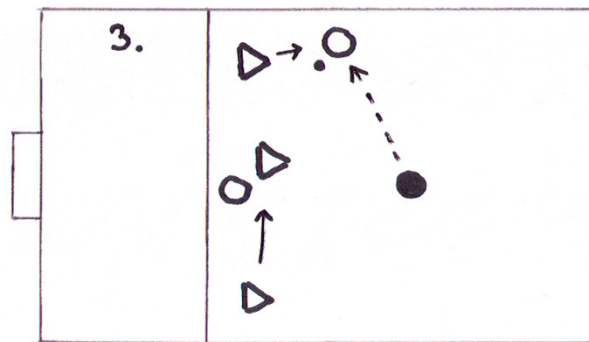
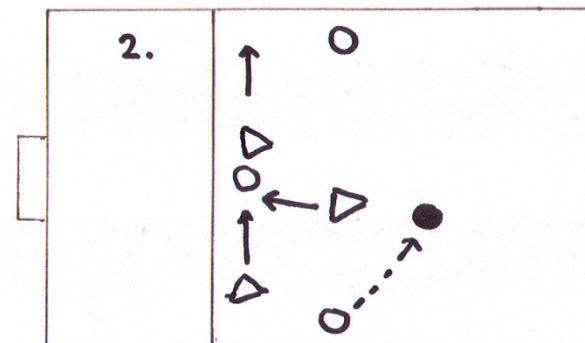
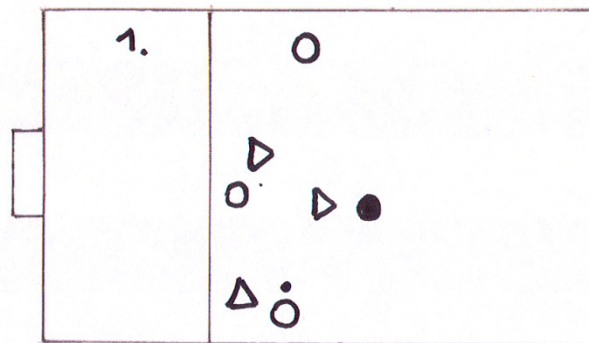




Defensive tactics - basic

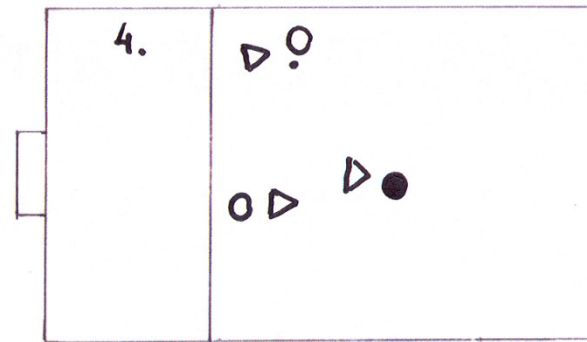
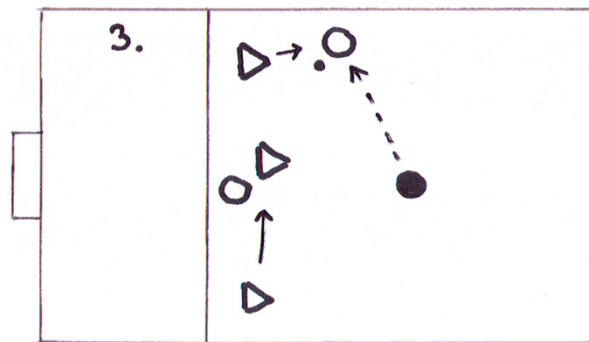
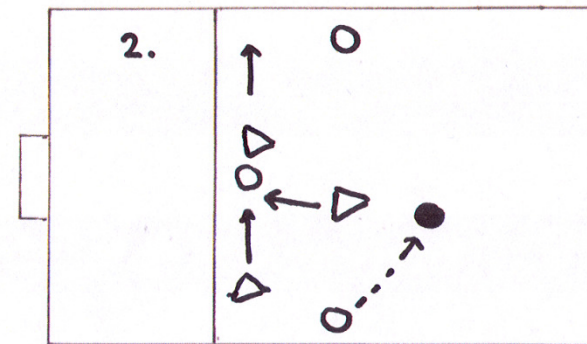
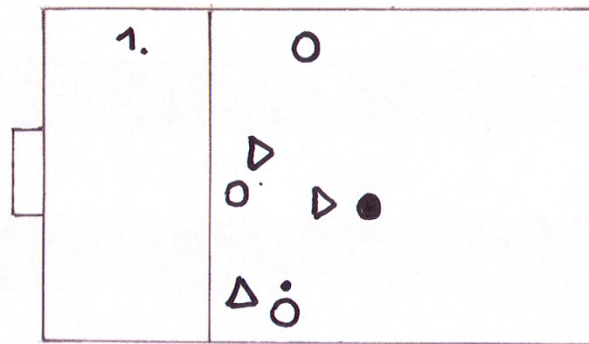


Defensive tactics - triangle

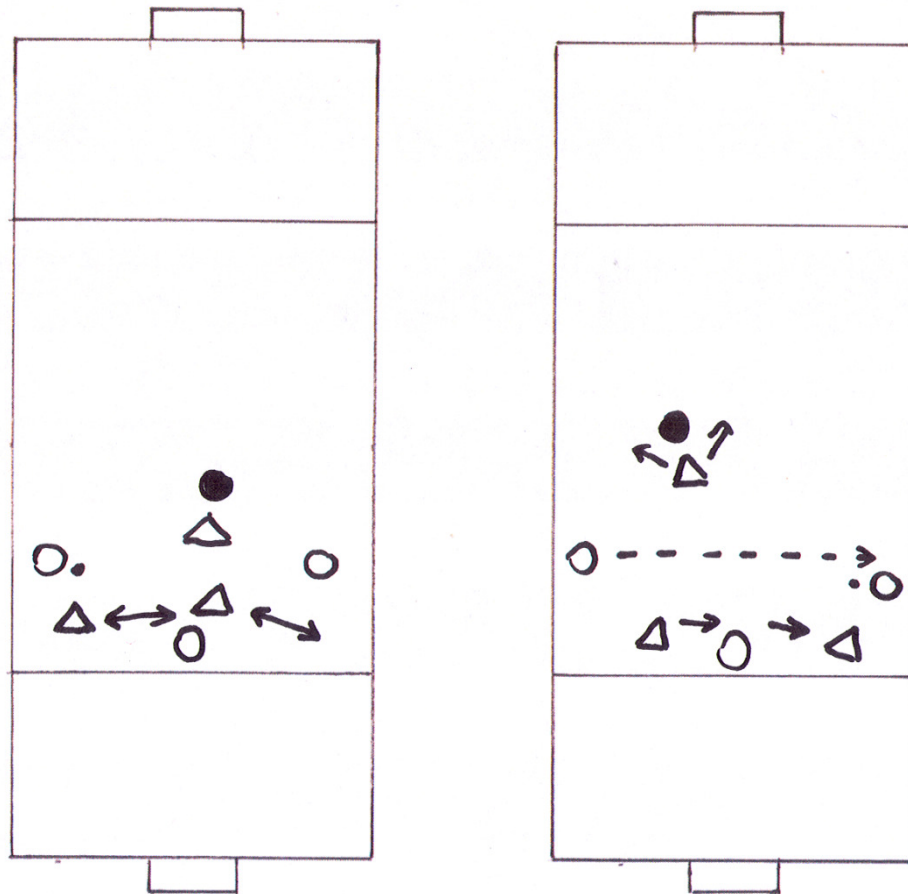




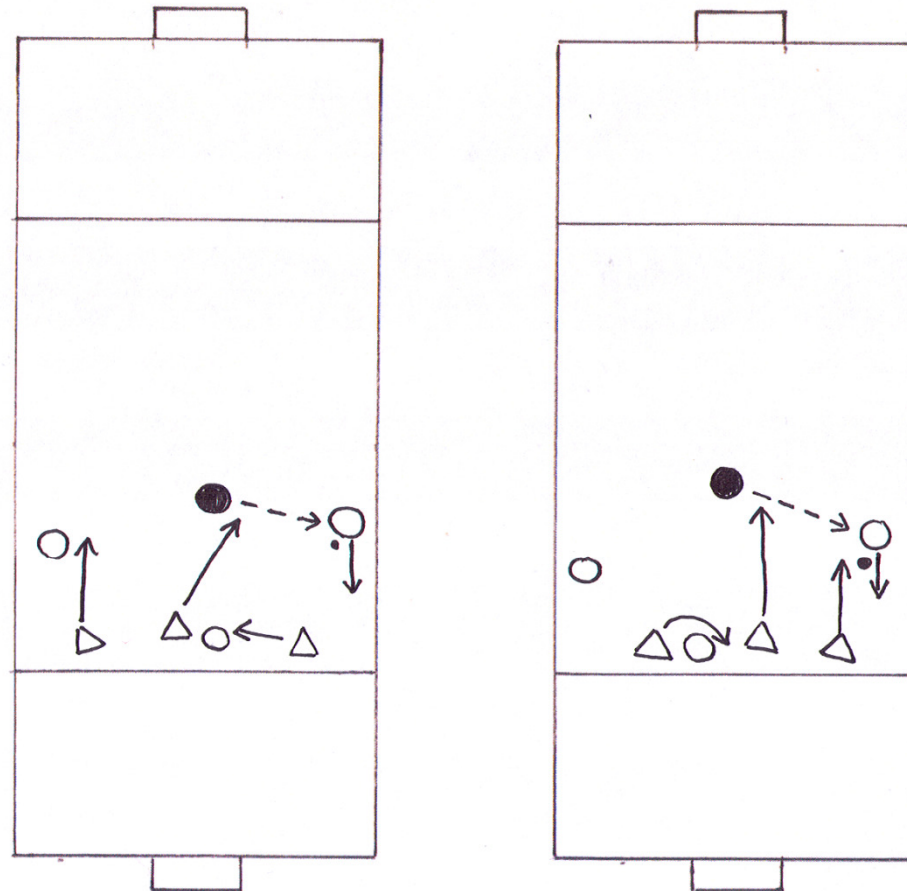
Defensive tactics - triangle



Defensive tactics – 2+1

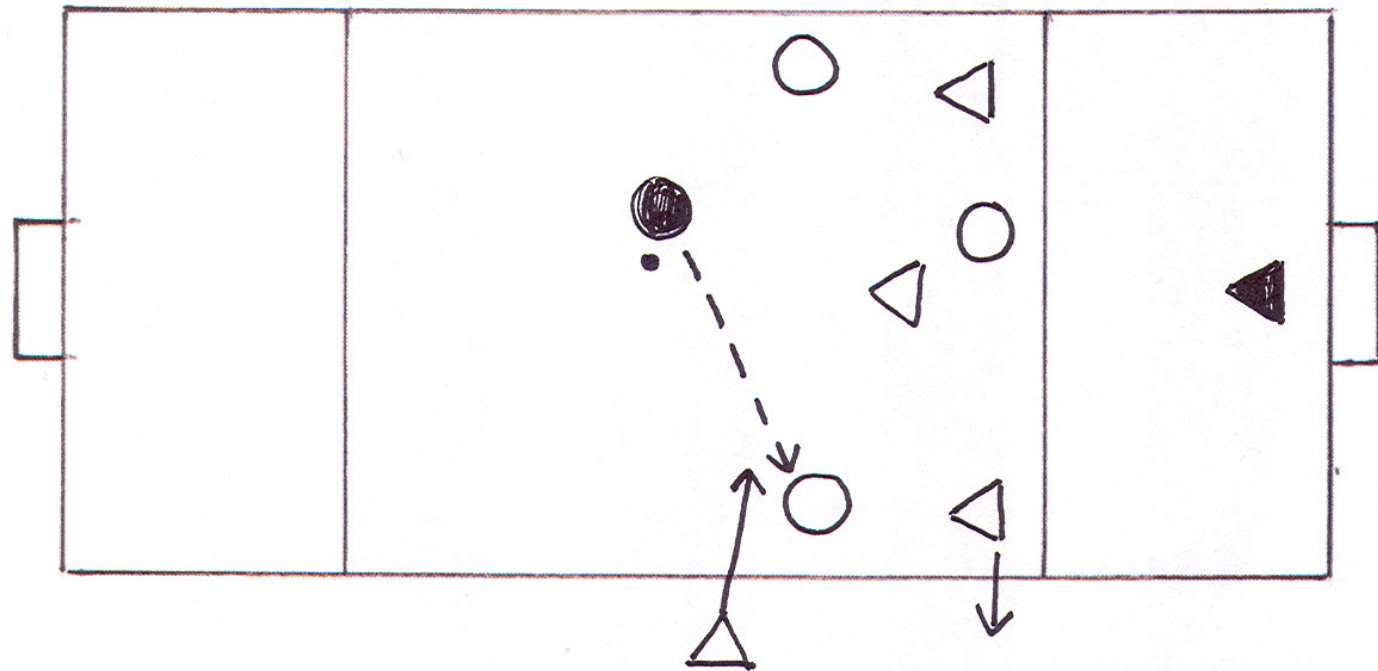


Defensive tactics – traps

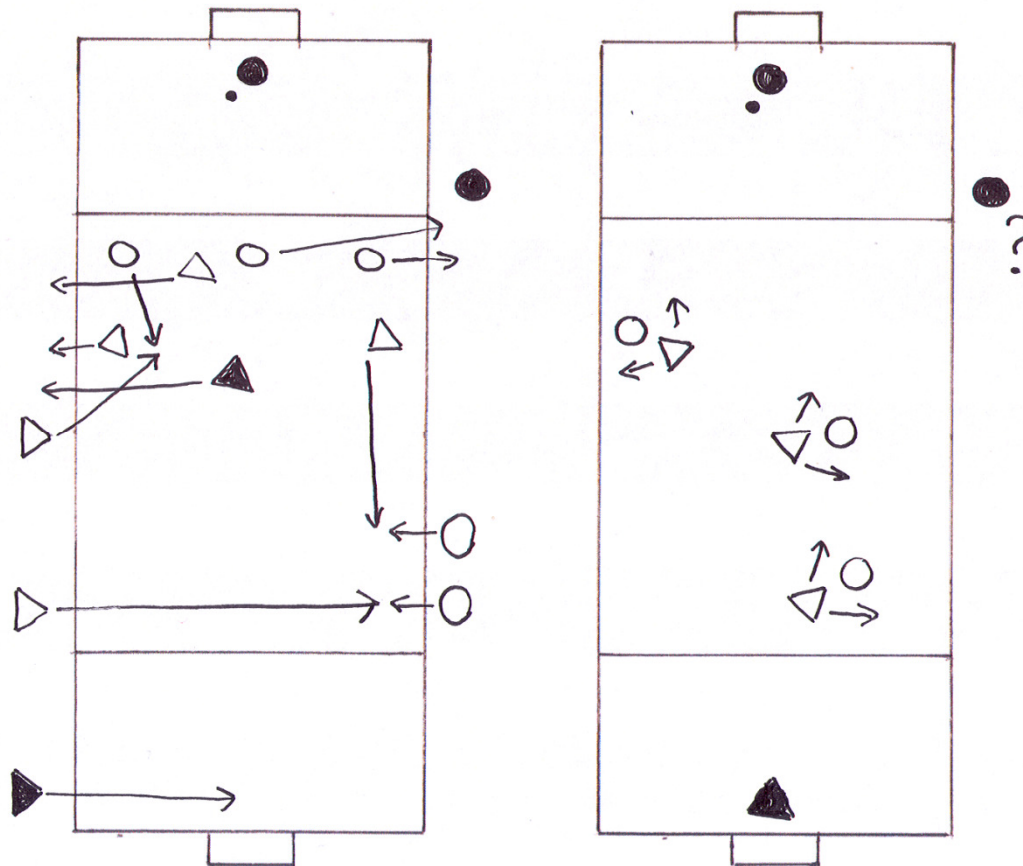




Defensive tactics – substitution trap



Defensive tactics – man to man defence





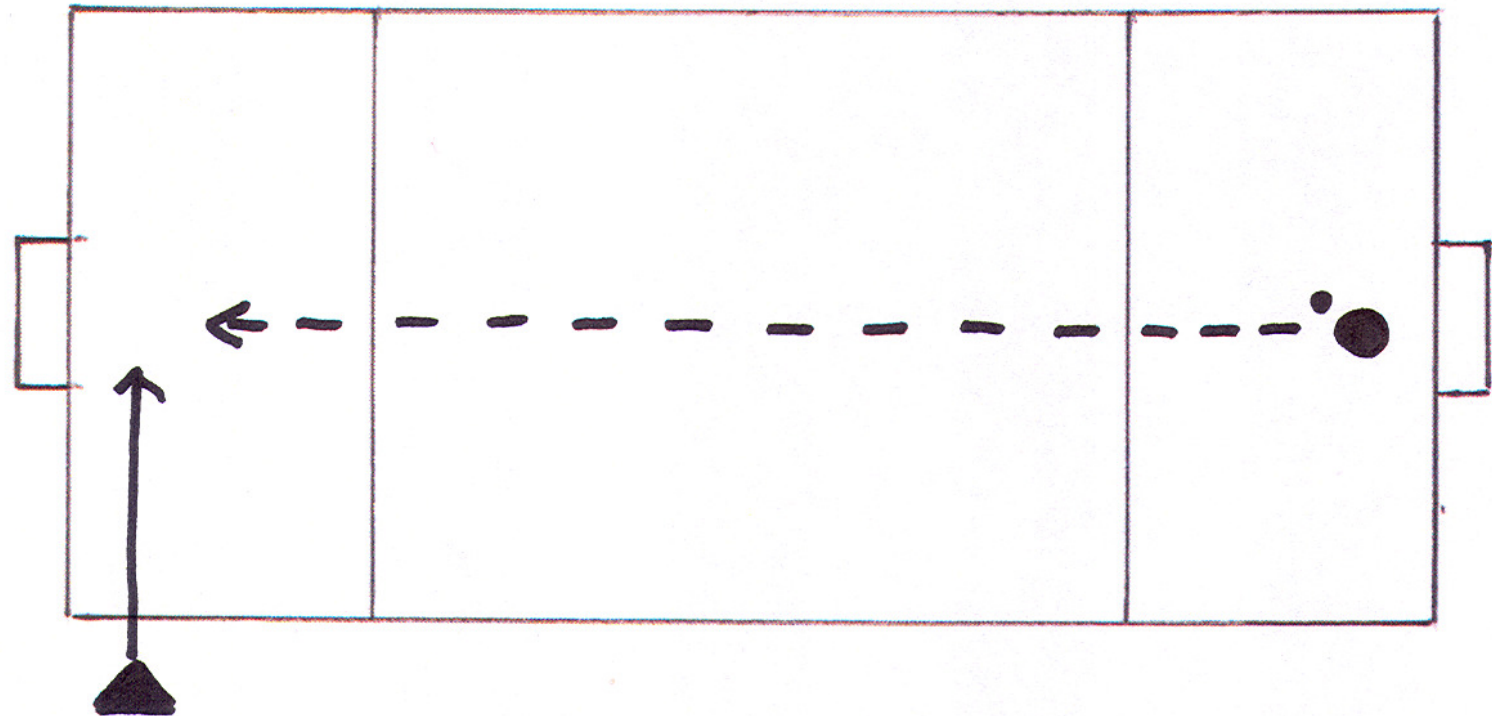
Goalkeeper defensive techniques

- this position is the last chance to block the scoring of the goal
- similar to indoor handball, but most shots are close shots
- the Goalkeeper's action starts off the court during substitution phase
- the first phase is to try to block direct goals





Goalkeeper defensive techniques





Goalkeeper defensive techniques

Saving horizontally

- The defence, at a disadvantage, needs to concentrate on the specialist and pivot – which leads to more opportunities for the wingers.
- Against the spin shot – there is less time for the attackers to see scoring possibilities.
- Against inflight shot – there is less chance for shooter to change their original shot idea.
- It is important to choose adequate rhythm and timing.
- Good collaboration with the defender during diving blocks.
- Making saves from different angles, depending on left-/right-handed wingers on the right side of the court.



Goalkeeper defensive techniques

A

GOOD SAVE IS THE FIRST OPPORTUNITY

to start a successful fast break!





To score one point

Is it useful or not?

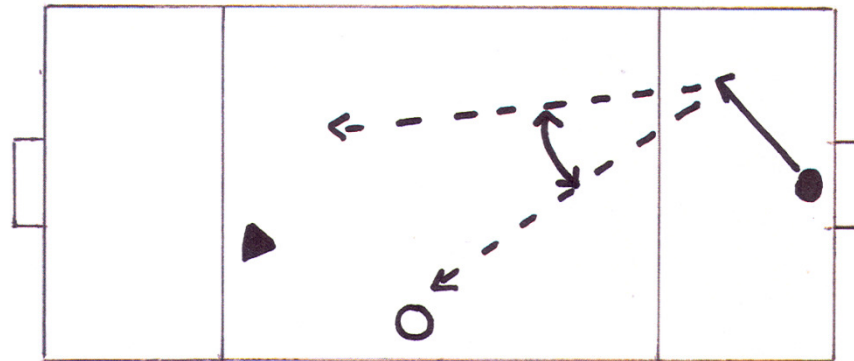
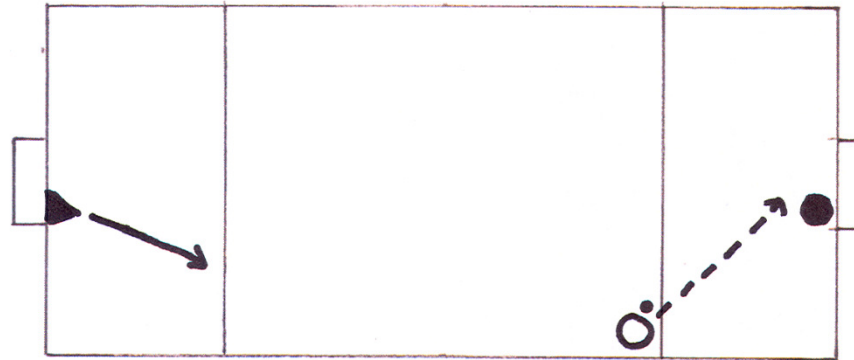
Yes – for tactical reasons, the weather, psychological reasons and sometimes better than nothing!

No – lose the chance to score 2-point goals, and the aim is to play spectacularly!

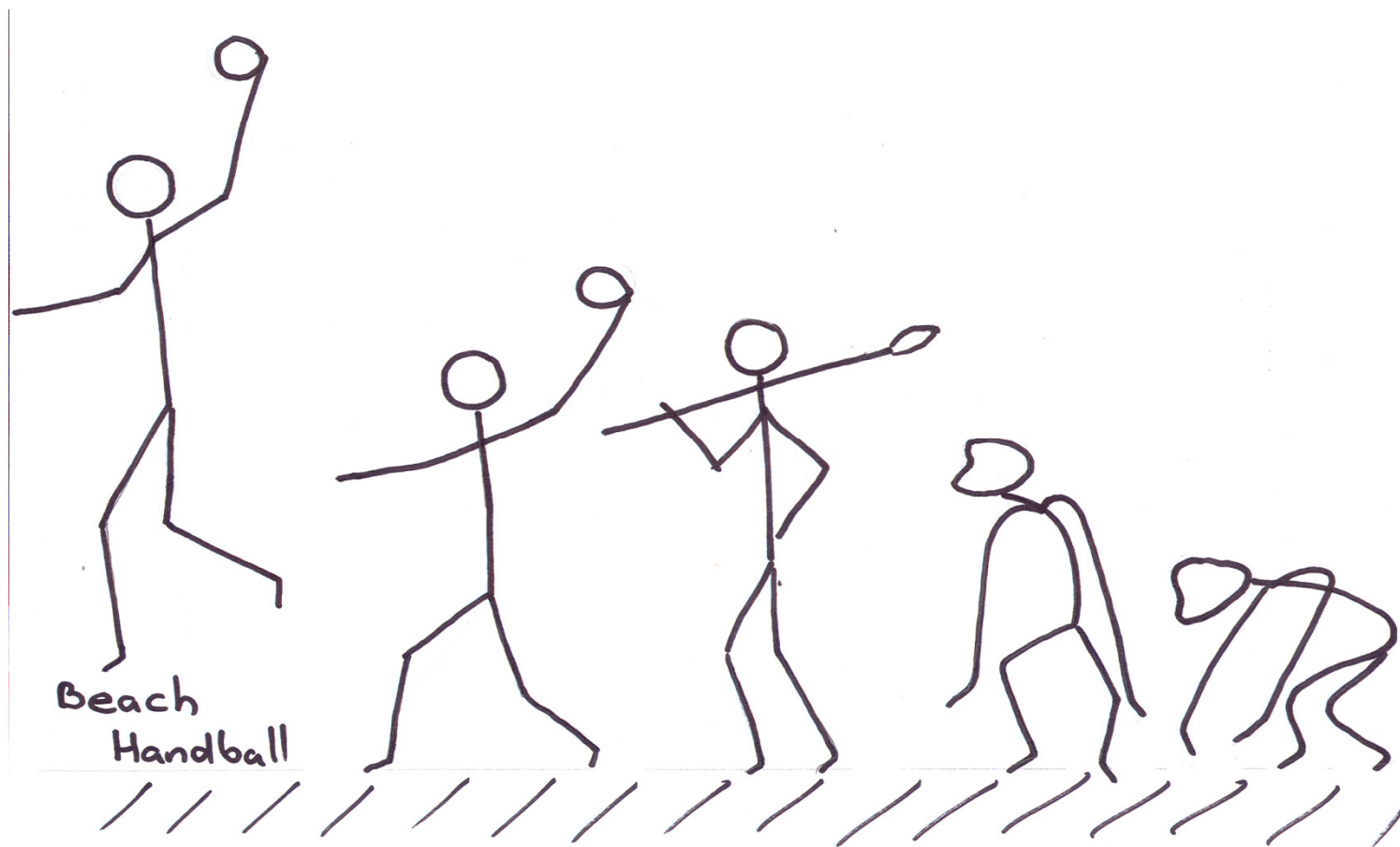




Shoot out



Evolution





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 >>**



TM © EHF 2008
Beach Handball Commission, 25.06.2009.

European Handball Federation



THANKS FOR YOUR ATTENTION!

I WISH YOU „FUNTASTIC“

BEACH HANDBALL!

