

# **FORMING THE BRIDGE**

## **INDOOR – BEACH HANDBALL**

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2009 EHF

Lecturers' Seminar

*by Tamás Neukum*

**2009**



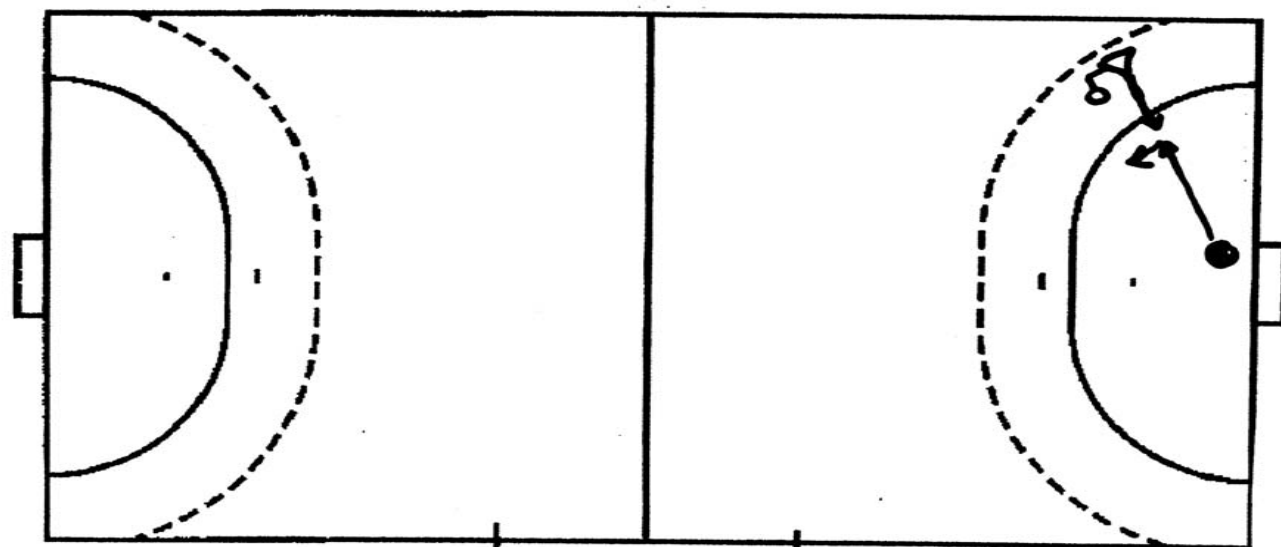
# GOALKEEPERS

## (HORIZONTAL WORK AND ANTICIPATION)

1. „attacking” the shooting arm;  
*(shoots from the 6 meter line, the goalkeeper have to attack the shooting arm)*
2. force for lob;  
*(in case of 6 meter shoots the goalkeeper has to run next to the shooter and force for lob)*

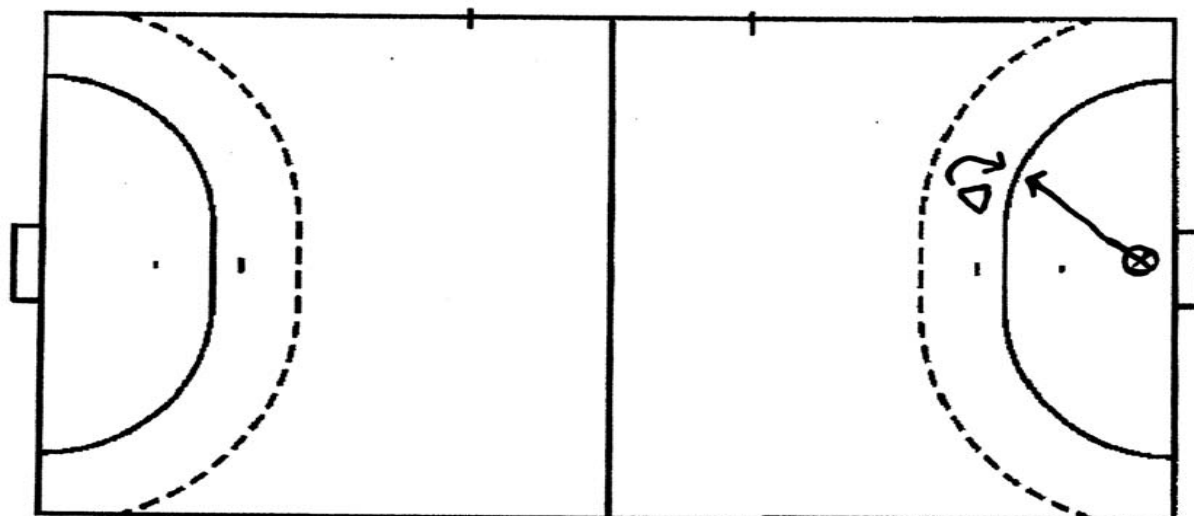
1.

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2.

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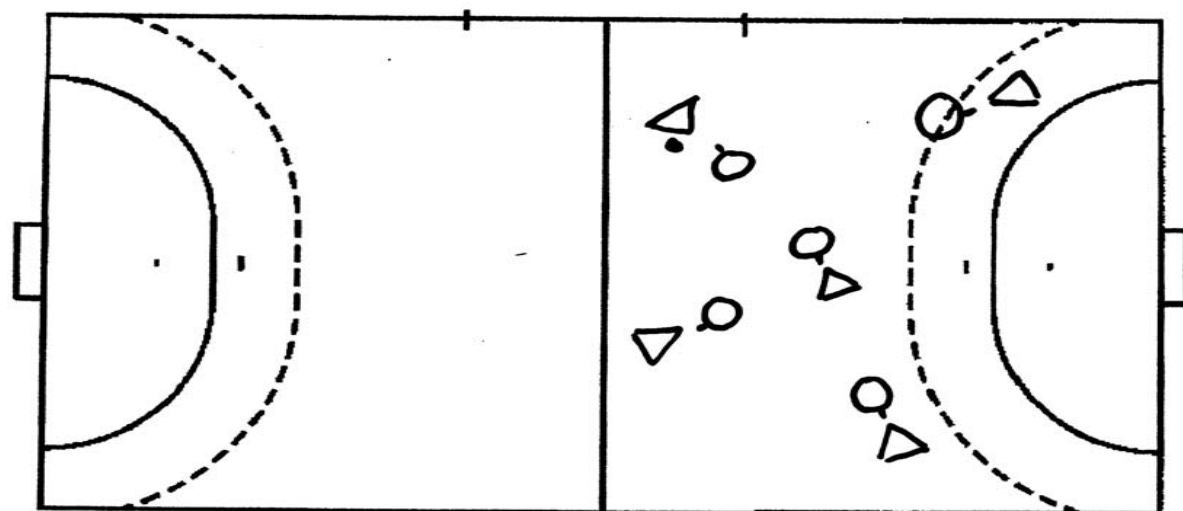
# DEFENDERS

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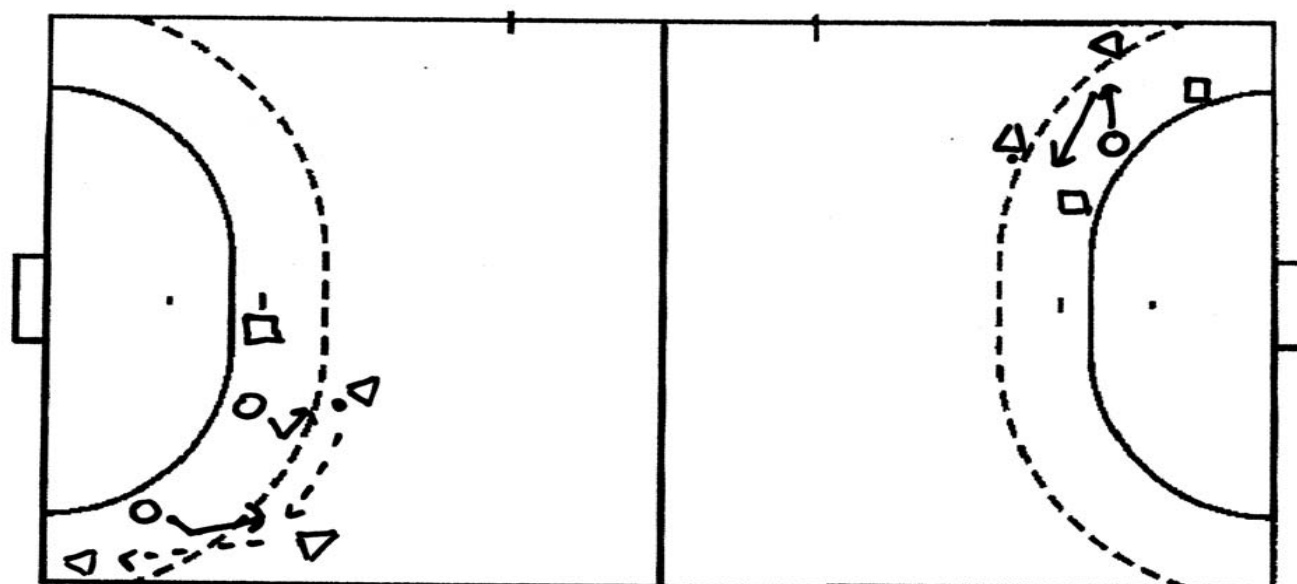
## (BASIC MOVEMENT, ANTICIPATION AND FORCE THE ATTACKERS)

1. to learn legwork first without body contacts;  
*(the defenders should learn the basic movement first, without any contacts)*
2. anticipation and force the attackers;  
*(the defenders have to force the attackers, 1 against 2, 2 against 3 and 3 against 4)*
3. to organize the defence around line player;  
*(defence play 3 against 4)*

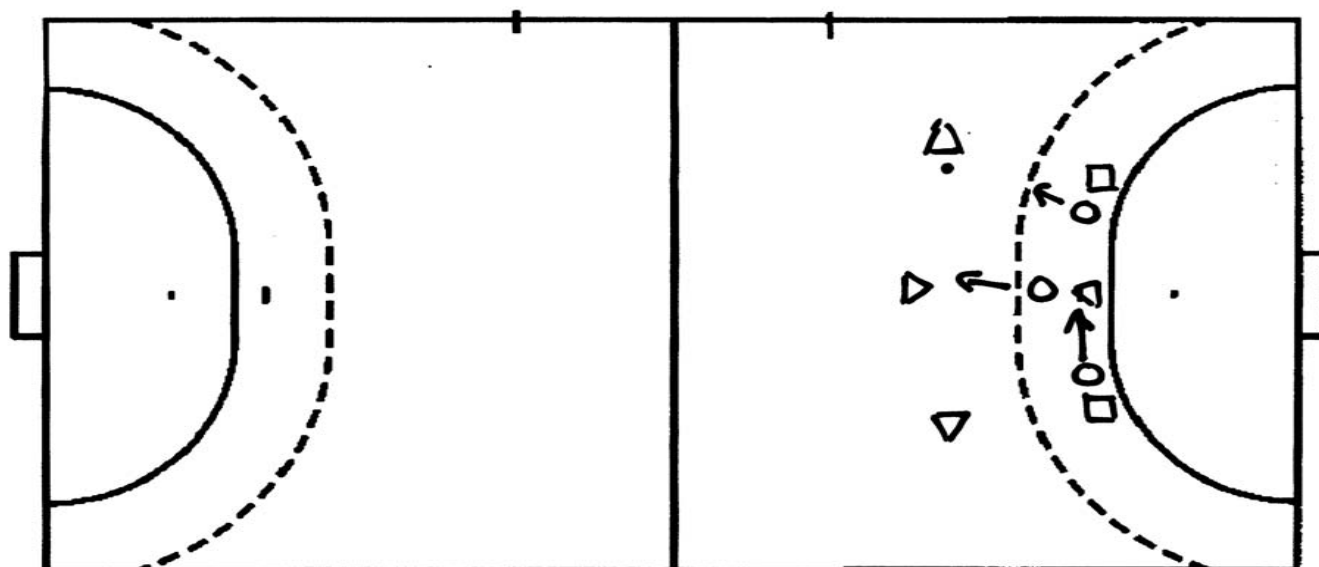
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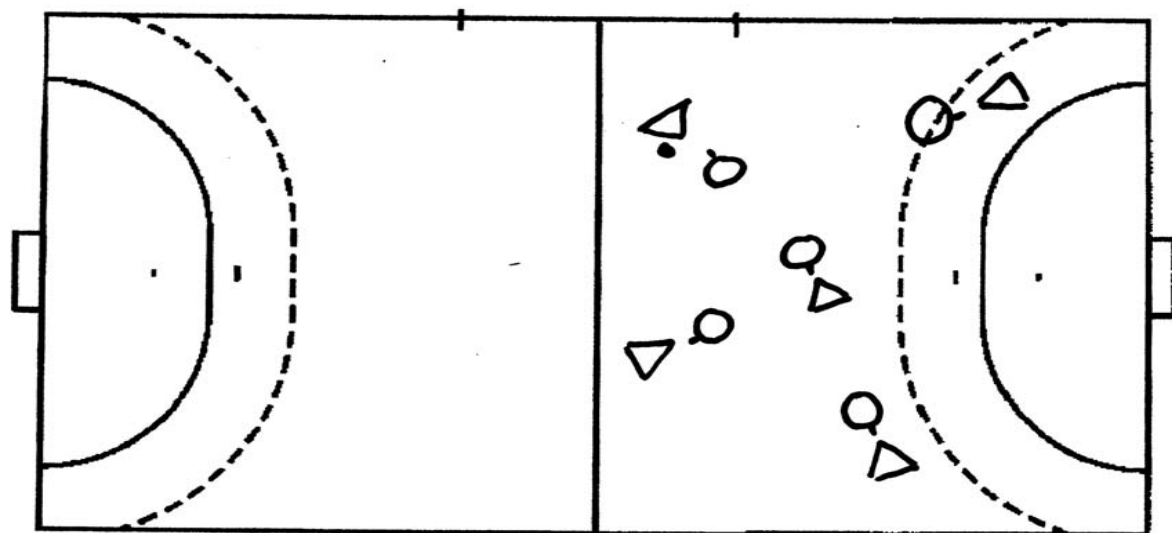
# ATTACKERS

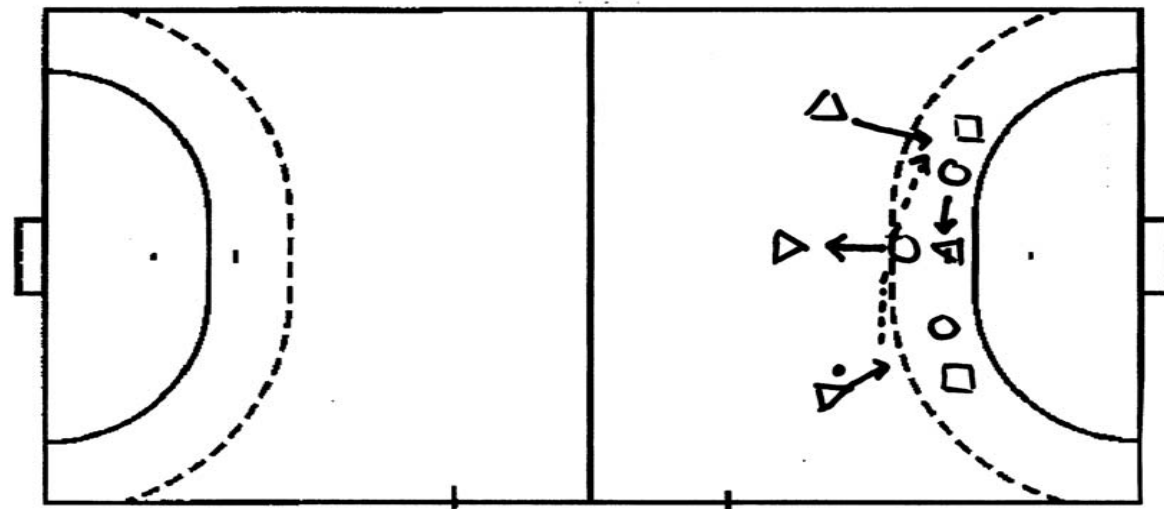
## (ANTICIPATION AND MOVEMENT WITHOUT BALL)

1. to play without ball  
*(power play, to increase the tempo)*
2. anticipation and movement without ball;  
*(more authentic attack, to move into the space without ball)*
3. attack system 3 against 2;  
*(to use the block of the line player)*

1.

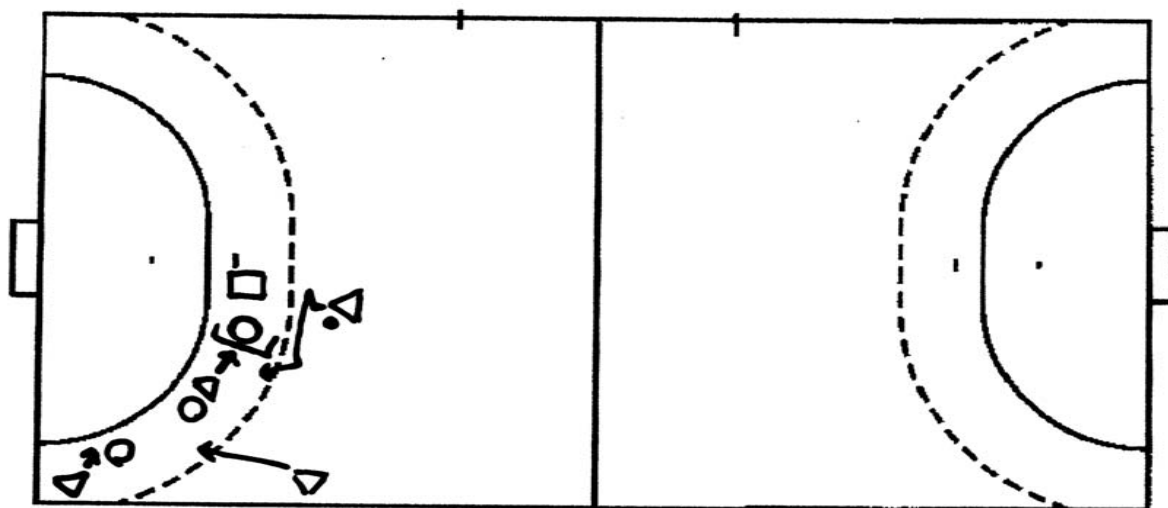
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3.

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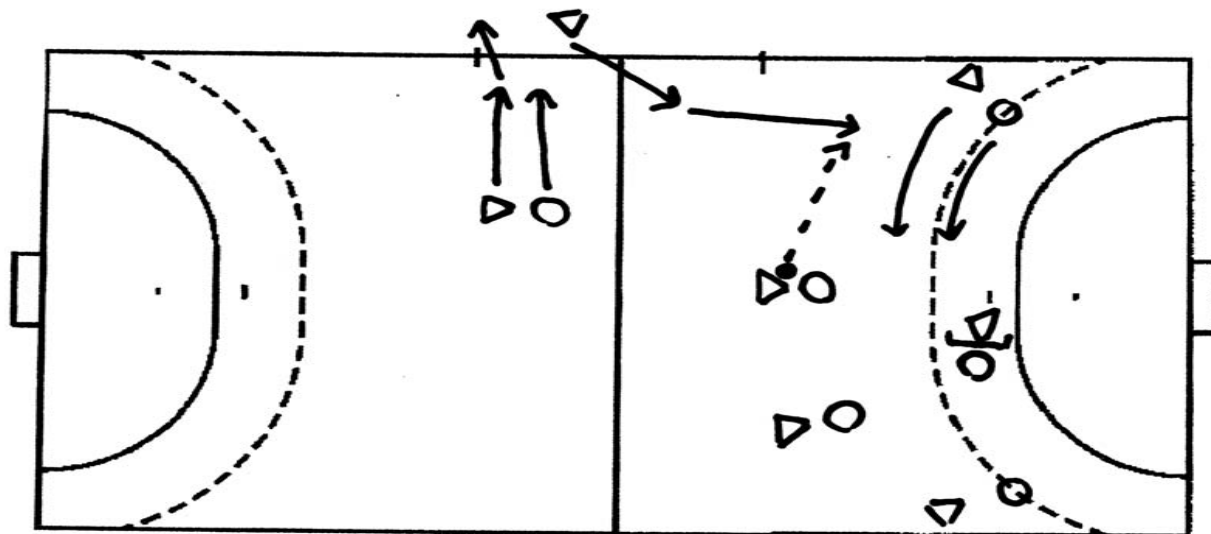
# **CHANGE TACTIC**

## **(LIKE IN BEACH HANDBALL)**

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During the man to man defence the attacking team use the special change tactic beside the substitution area to get an advantage.

# CHANGE

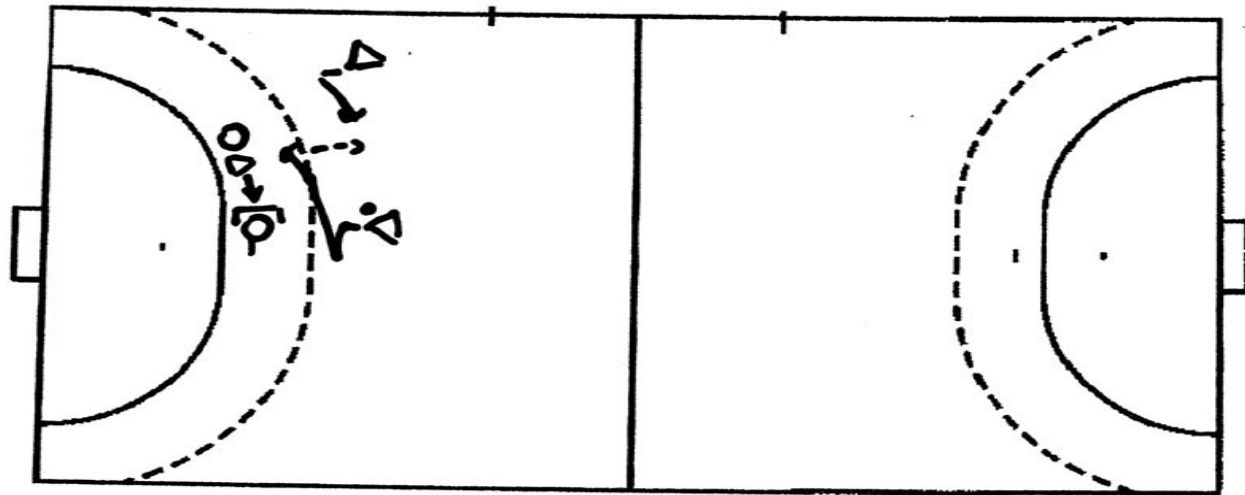


# **VISION ABOUT THE 9 METER SHOOT**

## **(INFLIGHT SHOOT FROM 9 METER IN THE NEXT FUTURE???)**

During the development of handball, the steps of the 9 meter shoots are changed continuously. Classical was 3 steps then changed for 2, finally for 1. Inflight shooting capability will be a great player's advantage in the future. Present players capable performing inflight shoot are Hens, Karabatic, Lövgren, Lackovic or Vujin.

# INFLIGHT





# SUMMARY

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1. We can teach the players the base of the indoor handball in extreme difficult circumstances;
2. The experience showed that runners who train regularly on sand, later run more efficiently on solid ground, therefore wasting less energy;
3. The consequence is clear: the continuous anticipation activity is a key factor of optimal players' performance.

# CONCLUSION

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Playfulness and creativity can be found in everybody. Beach handball and all its aspects – natural environment, principle of fair play, its rules and regulations – are perfectly suitable and creative training solution to be included into summer trainings of even the youngest generations.