



2009 EHF Lecturers' Seminar

8th – 9th August 2009 in Vienna, Austria

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Title: Speeding up the game: fast throw-off.

In the last ten or fifteen year's handball became a very fast sport game. The most evident practical changes are:

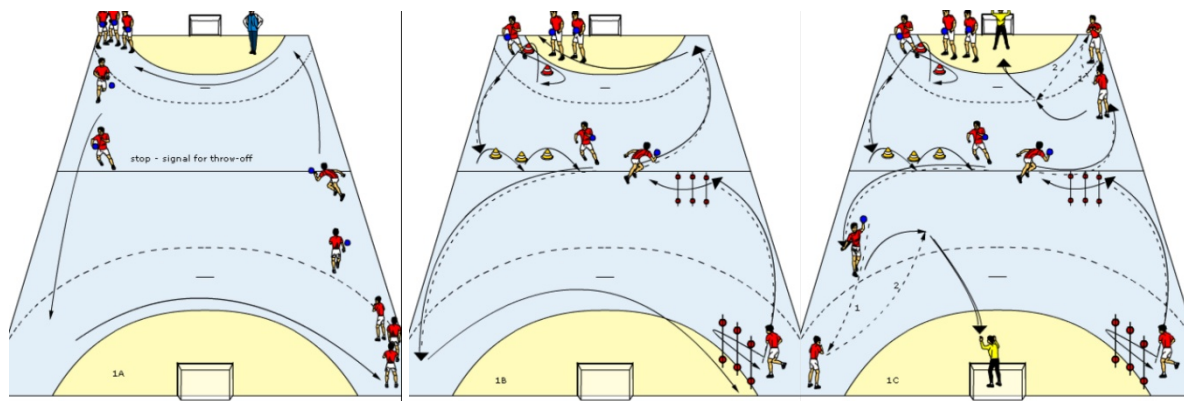
- many attacks finished in a few seconds – there are no more very long and slow attacks with many interruptions,
- as a consequence of this fact - many turnovers,
- almost all attacks begin with fast break,
- **in the last years players try to execute as much as possible the fast throw-off,**
- in average teams scored more goals per match.

The main reasons why it happened are following:

- changes of the rules,
- better defences – it's very difficult to score a goal against formatted zone defence,
- better and more appropriate physical, technical and tactical preparation of the players,
- demands of the spectators.

Certainly with this changes toward faster game, also methodical approach in training change a lot. I will try to give same examples of the exercises (relating to fast throw-off) which can contribute to better preparation of the players for the fast handball game.

Description of exercises:

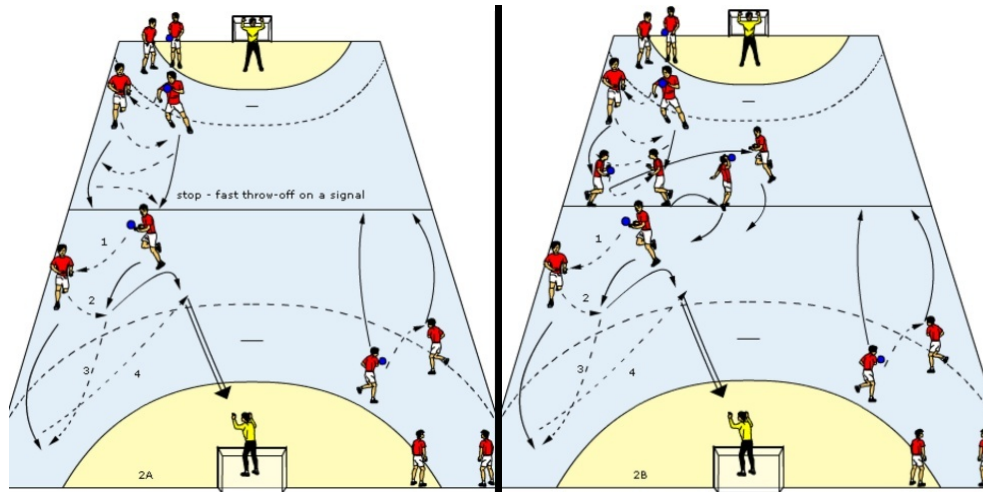


Exercise 1: We built up two groups of players. They stand in the diagonal corners of the playground with the ball in the hands. Players start to run with the moderate velocity and bounced the ball (both groups simultaneous). At the middle line they stopped for the moment, give them-selves a signal (for example "HOP") and start bouncing the ball toward the corner at the other side of the playground. The velocity of running is higher than before (including powerful acceleration at the beginning). At the end of the playground they execute basic defence movement along the goalkeeper's area (Figure 1A). In the next step players execute at the start and at the middle of the court some coordinative movements. Execution of throw off is in the centre of the court (Figure 1B). In the third step players can collaborate with wings or pivots with a simple tactical means – two passes and shoot on goal (with the intention to warm-up the goalkeeper). Players on the wing position could be either substituted after any action or they remain on the position during the whole exercise (Figure 1C).

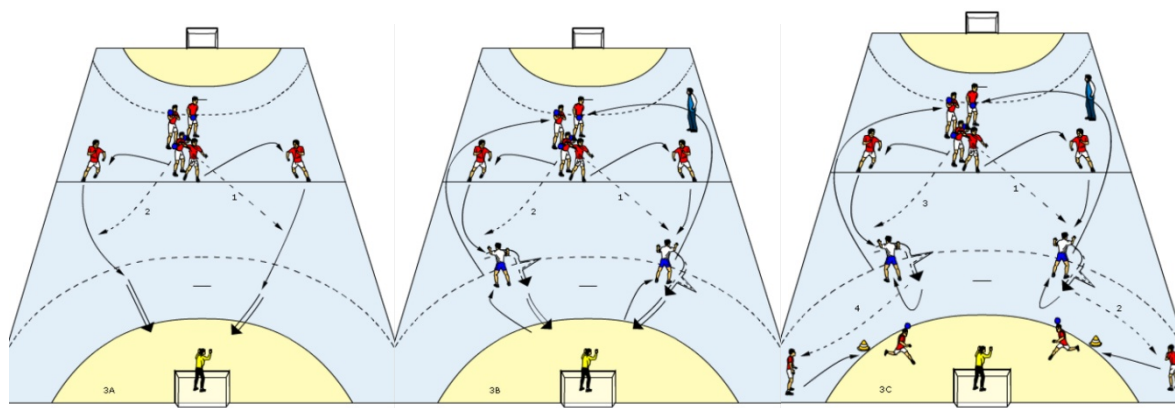


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Exercise 2: Initial positions of the players are the same as it was before. Players built up couples and pass the ball to the central line. After a short stop they continue with passes (own signal “HOP” and good acceleration). Reaching the attacking positions they start to perform pistons movement and crossing – conclusion with the shoot. Continuation on the opposite side.

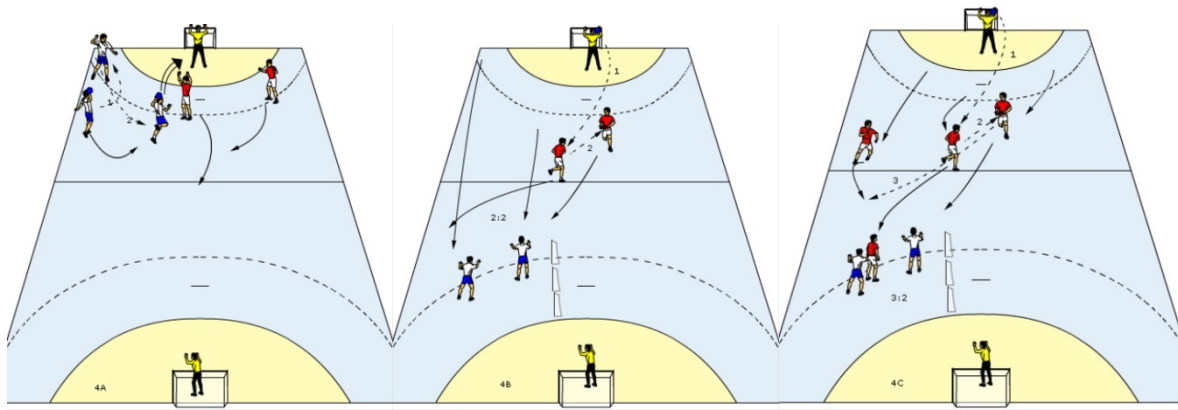


Exercise 3: Players stand in the middle of the court and pass the balls to the players which shot to the goal. In the first phase this shoots can help to warm up the goalkeeper. Before the each pass coach blow a whistle (Figure 3A). During the exercise we can use also passive or semi active defenders (Figure 3B) or even wing and pivot players who shoot on the goal (Figure 3C).

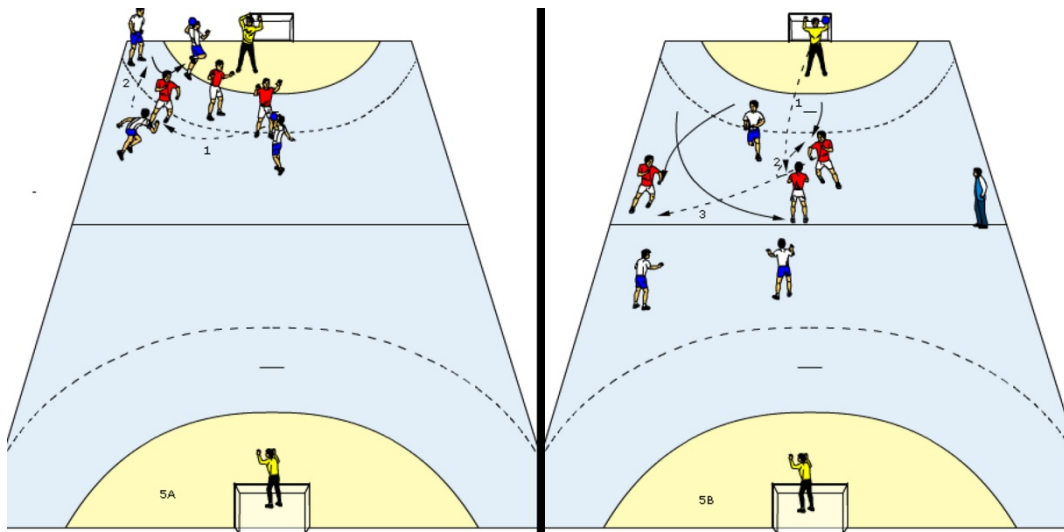


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Exercise 4: Wing and back players occupied their initial attack positions. In defence there are FC and LB defender (5:1 defence). Attackers perform two passes in a pistons movement, than LB shot over the FC. After that defenders run to the central line and receive the ball from the goalkeeper. Attackers run in a defence. Trainer blow a whistle, players execute a free-throw and tray to score a goal in a game 2:2 on the other side of the court (Figure 4A and B). Same action could be performed with the attacker more – in this case we gain the situation 3:2 with a pivot (figure 4C).

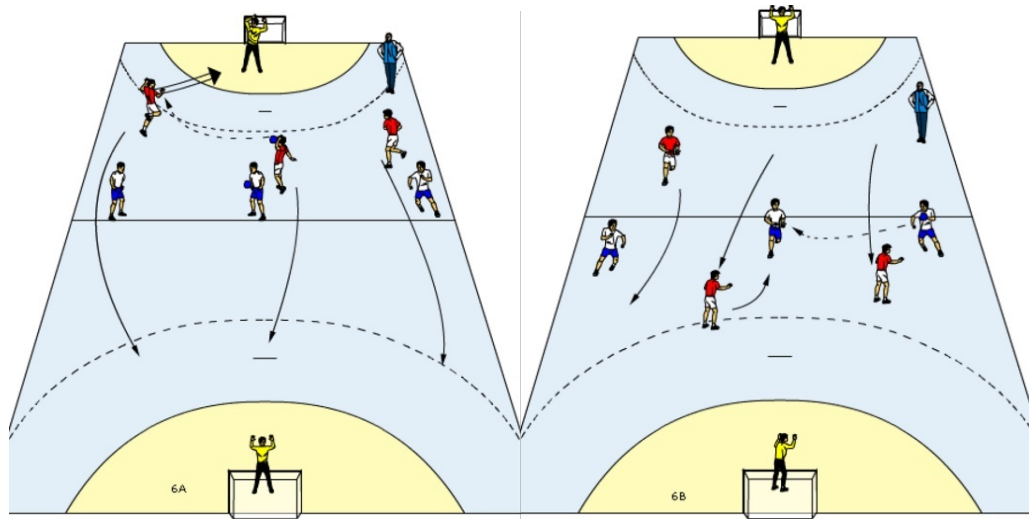


Exercise 5: CB, LB and LW are in attack and three defenders in defence. Attackers perform passes in pistons movement CB – LB – LW. 1 defender fails to intercept a pass between CB and LB (with an aggressive run forward). LB passes to LW who shot on a goal (Figure 5A). 1 defender precede running toward a central line where receive a pass from goalkeeper and execute fast throw-off with his team mates. Opponents try to return in a defence position as quick as possible. Attackers now try to gain an advantage and score a goal.

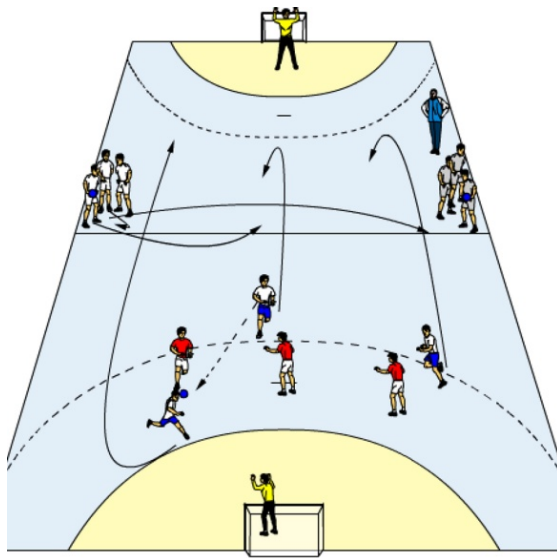


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Exercise 6: We build up groups with three players in each group. At once on the court are two groups. First group execute in attack simple combination and shot to the goal. Immediately after that they must run across the centre line. Coach blow a whistle and a group at the centre execute a fast throw off. They play against the group which run in defence. In next repetition roles of attackers and defenders changed.



Exercise 7: Similar exercise as before. Now we build up four groups with three players in each group. Two groups are on the playing court and two beside it. First part of the exercise is the same as before. The difference is that the groups consequently continue with the exercise without rest. So when one attack is finished the attackers must run back in defence and the situation repeated with a group which was beside the court.