



Training Preparation Manual Challenge Trophy Tournaments

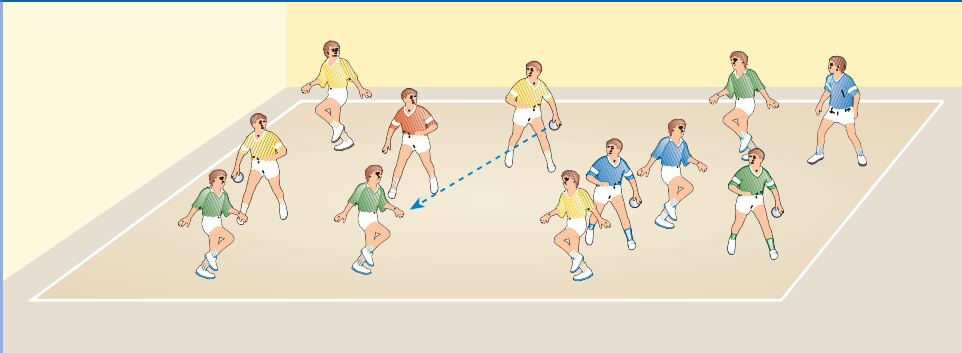
INTERNATIONALE HANDBALL FEDERATION



"The Challenge Trophy offers many federations a great chance for development. With help of the Challenge Trophy the IHF shows that it endeavours promoting not only top-level handball (top events like WChs) but also handball at grass-root level."

*Dr Hassan Moustafa
President of the International Handball Federation*

Catching with four balls



ORGANISATION

- limited field of play
- 4 balls
- 1 bib (catcher)
- All others are runners.

PROCEDURE

- The catcher has to tag the runners
- Whoever holds the ball is unable to be caught
- Smart passing between the players should prevent the runners from being tagged
- The catcher counts how many runners he tagged within a certain period of time....
- or change of roles every time the catcher has been successful.

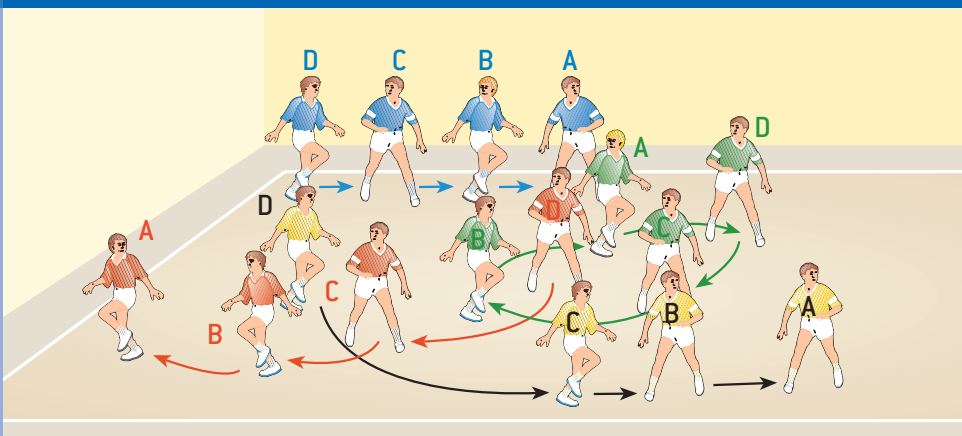
ADVICE

- The players train the passing and catching of balls in full run.
- Perception skills are trained in particular.
- Apart from running away the players need to be ready to receive a pass and to observe which of the runners could be of help.
- The catcher may take advantage of poor catching or passing in order to tag runners.

BEWARE!

- The players in possession of the ball have to prove social competence. If a player feeds a teammate running away, he will indeed save him but at the same time put himself into danger.

Pursuit



ORGANISATION

- 16 bibs (four colours) in order to form teams
- Form 4 teams (to be identified by bibs) composed of four players each and arrange the order.
- In case a larger number of players are available, the number and size of the teams could be varied. In this event please also adapt the size of the field of play.
- Use a limited field of play (depending on the team size, e.g. half of the volleyball/basketball field, entire volleyball/basketball field)

PROCEDURE

- Every player tries to tag the player bearing the previous letter. If he tags him, he will try to tag the next one.
- D tags C, C tags B, B tags A and A tags D. If, for example, C tags B, C will then tag A (just like B), etc.
- Who has tagged most players after 30 seconds?

ADVICE

- Choose the time period according to the performance level

- Possibly too complicated for children. Remind the players to be honest as it is difficult for the coaches to control the game.

VARIATIONS

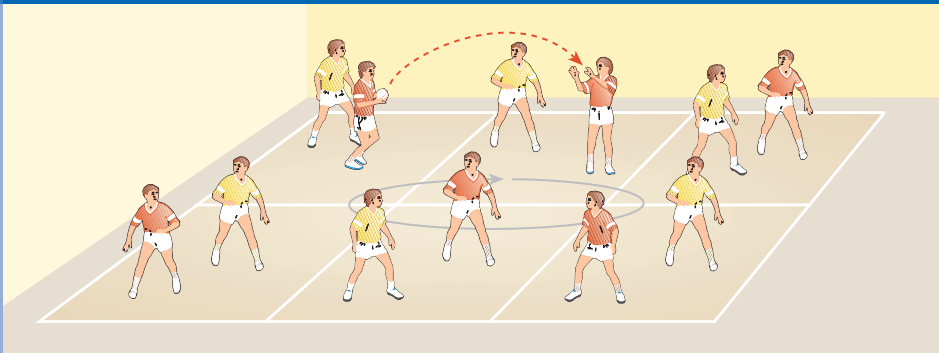
- Reverse the order of the group upon whistle signal from the coach
- The players are not allowed to enter certain zones (centre circle for example).
- For a higher intensity run towards the wall after each tag

PROGRESSION

- Several rounds with different order and groups could be executed.
- Those who achieved the largest number of tags could form a new group for example; the second, third best accordingly. The exercise thus gets the character of a competition, making it more difficult for the top runners and easier for less advanced runners.

FORMS OF PLAY

Team ball in squares



● ORGANISATION

- 2 teams with 8 players each
- 4 zones situated next to one another (possibly separated by adhesive tape)
- 1 handball / 2 handballs

▶ PROCEDURE

- Two players each of the teams enter the zone
- The team has to pass a ball clockwise from one zone to the next

- The ball can be passed inside a field as many times as you want to
- The team in possession of the ball counts the zones crossed loudly.
- Basically a man-based defence is played.
- In case the opponent intercepts the ball he continues passing the ball into the same direction.

▲ VARIATION

- In order to keep players moving who are

not involved in the transportation of the ball at a moment in time, they will do additional exercises when the ball has left their zone (3 press-ups, 3 leapfrogs, 1 forward roll, touching the calf, etc).

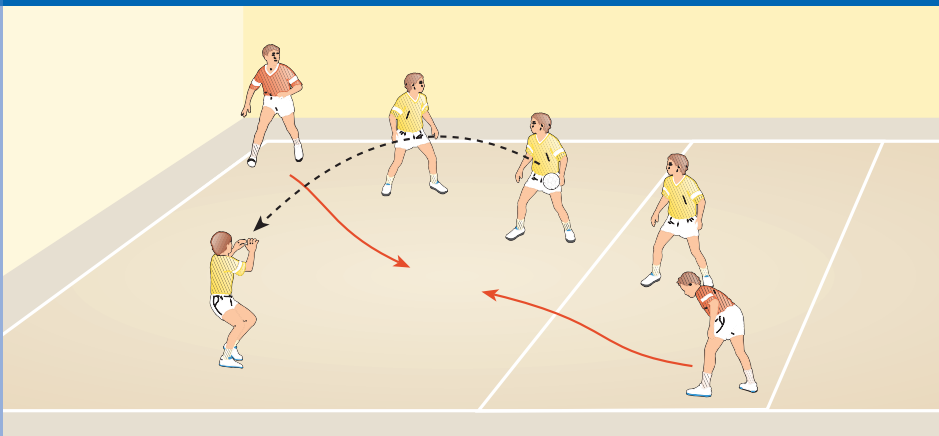
▲ EASING

- In order for one team to keep possession of the ball it is allowed to pass it back into the previous zone (count only zones crossed in the set direction)

▲ PROGRESSION

- Just one/two passes inside a zone are allowed.
- The ball must not touch the ground.
- Same line-up but use two balls (The balls run into the same direction or into opposing directions.)
- There are 6 zones and one ball being passed. There is only one player per team in each of the zones

Catching and struggling



● ORGANISATION

- half of the volleyball field, 2 players take up a position in the two diagonally opposing corners, the remainder (4) with a ball are inside the zone

▶ PROCEDURE

- Both players start approaching one another from the corner to tag in a block jump the other four players are trying to spoil through blocking and pushing aside while passing the ball.
- After the block jump the players in the corner are the catchers.

- The 4 players / catchers have to continue passing the ball. Whoever is in possession of the ball is unable to get caught.
- Those who get caught first become the new runners in the corner

▲ VARIATION

- Forbid bouncing and dribbling

▲ ADVICE

- Constant passing without infraction of the rules is difficult (for example for youth teams) and might induce the runners from

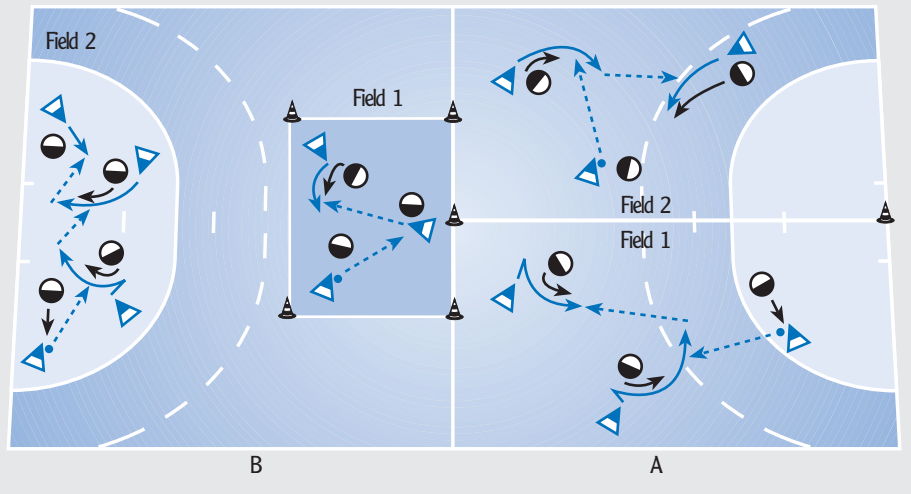
the corner to approach too fast. Change the rules to allow bouncing and dribbling in order to make it easier for the four players in the middle of the zone.

- For a successful execution you must ensure a good proportion between the number of players and the size of the field. In case the runners from the corner approach too fast, another player could join the four players in the middle.
- Apart from pushing aside and blocking the players in the middle could spoil the runners getting together through holding back and fair (!) dragging and pulling. Set struggling rules first and take fair-play spirit into consideration.

☞ BEWARE!

- In the beginning the ball is disturbing, as the player in possession of the ball is not able to get into the way of the runners from the corner.
- Then the ball is useful, as it protects you against the catchers.
- Passing of the ball must not be interrupted or delayed. Keep 3-sec. rule and steps in mind or allow bouncing and dribbling! (see variation)

Team ball with equal number of players – Gain points within a limited zone



B: Use zones of different sizes at one end of the playing field

BEWARE!

- Team-ball games with equal number of players are common. The crucial aspects are the definition of the number of players and the desired playing zones.

- Too many players in a zone often impede the achievement of objectives set and do not challenge the players sufficiently.

That is why the following has to be assured:

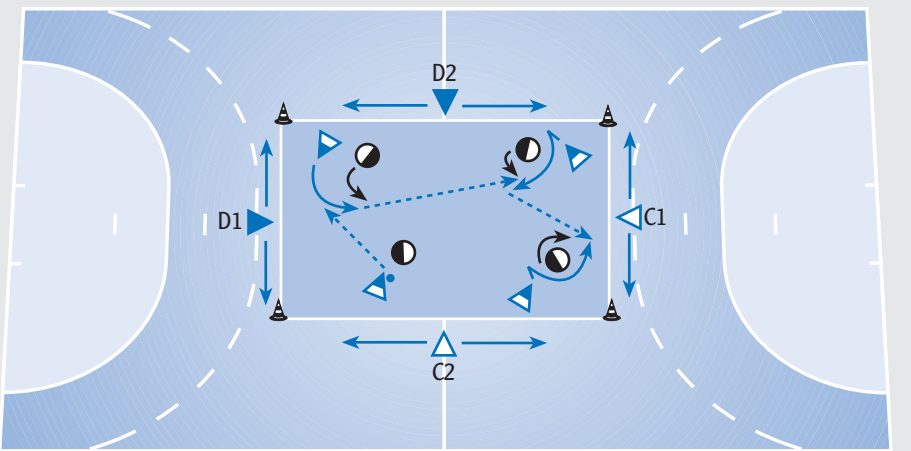
- Use two different zones simultaneously or
- Stage a team-ball tournament with several small teams

PROCEDURE

- Examples of a court plan for team-ball games:

A: Use two zones at one end of the playing field

Use a player to feed – Keep the ball in play as long as possible



ber of passes from a certain number of attempts?

VARIATIONS

- **Additional rule**

Only change possession of the ball when the opponent has stolen the ball.

- Place 1 or 2 neutral players to feed on the long or the short side of the field.

- Each team disposes of two players doing the pass (D1 and D2 or C1 or C2). The players to feed at the same time may form their own team (active break as part of a tournament with three teams)

- Do without a player to feed

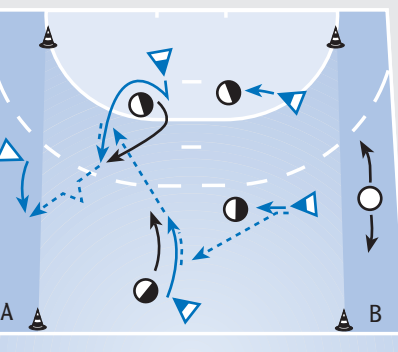
- Instruction: No back passes allowed

PROCEDURE

4-on-4 or 5-on-5 on the volleyball field. The team in possession of the ball tries to keep

possession of the ball as long as possible. Which team does achieve the largest num-

Standing players to feed the zones



PROCEDURE

A point is credited when a player receives a pass from a teammate within a limited area/zone. Standing players to feed might act within the zones. They have to receive accurate passes from their teammates in order to gain one point.

VARIATION

Allow nothing but bounce passes!

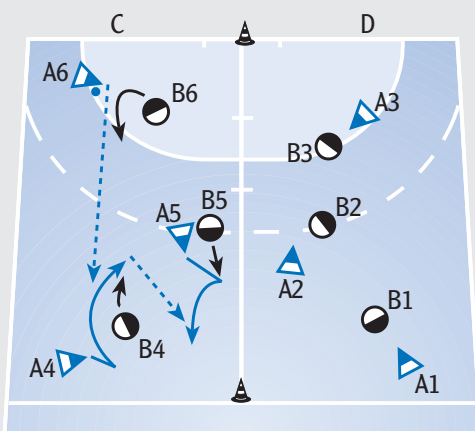
BEWARE!

- This variation is easier and can also be executed by beginners.

- Very long passes received by the players to feed must be blocked.

TEAM-BALL GAMES

2 x 3-on-3 including player to feed



► PROCEDURE

- In 3-on-3 play, the team in possession of the ball tries to pass 5/10 times within zone C. In case they succeed, they pass the ball to their teammates in zone D. In case those players also manage to play 5/10 passes, one point is awarded.

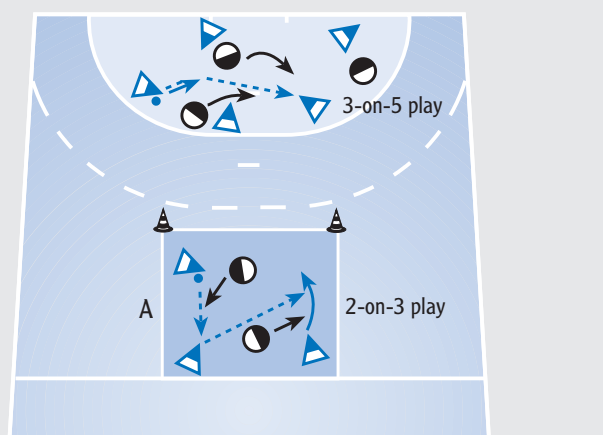
▲ VARIATIONS

- Play without bouncing and dribbling
- One player (= the joker) is allowed to follow the ball when it leaves for the other zone in order to create a 4:3 numerical superiority in attack.
- Like before but a player of the defending team is allowed to follow the ball in order to create a 3:4 numerical superiority in defence.

☞ BEWARE!

- The moment when, after the attained number of passes, the ball changes the zone is of special importance. The defending team can put up a clever positional-play to spoil the pass into the other zone or directly intercept the pass.
- Numerical inferiority or superiority is to train the fighting spirit, demanding a higher physical and psychological performance (= perception / anticipation).

Team ball 3-on-2 including rule to touch



► PROCEDURE

- Three attackers act against 2 defenders in a limited zone, e.g. one half of the volleyball field.

► OBJECTIVE

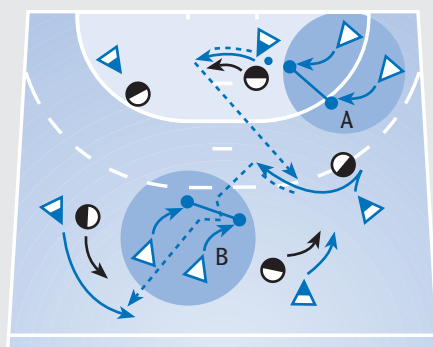
Passing the ball between the attackers without bouncing or dribble during a certain period of time (1 or 2 min for example). Count the points gained by the defenders. Points are gained as follows:

- Intercept, steal the ball or technical mistakes committed by the attackers
- Touch the attacker in possession of the ball

☞ BEWARE!

- The rule to touch promotes the anticipating active defence behaviour. You have to anticipate the pass to touch the attacker in possession of the ball.
- In 3-on-2 play the defenders' tactical behaviour is also trained. Through active feints they are able to provoke a certain kind of passes to gain advantage.

Passing through a 'moving' goal



► PROCEDURE

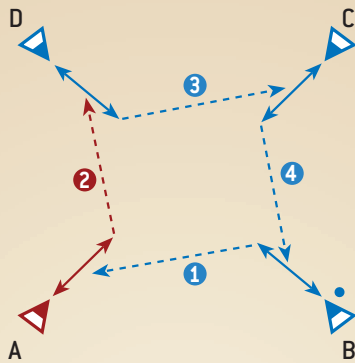
- Two players holding a towel at hip height run around, for instance at one end of the court. The attacking team must try to play a bounce pass through this 'moving' goal. If the teammate receives the ball, the team will be awarded one point. Dependent on the size of the group one or two moving goals can be put up at one end of the court.

☞ BEWARE!

'Moving' goals require a clearly improved perception of the players: The defenders have to constantly change their basic position while the attackers have to prove good anticipation skills.

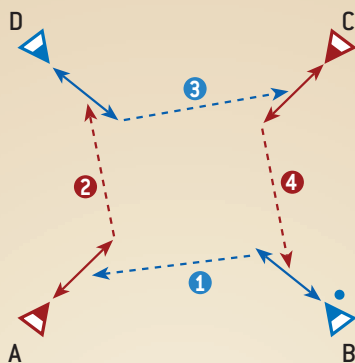
How to organise with the ball

One player is practising



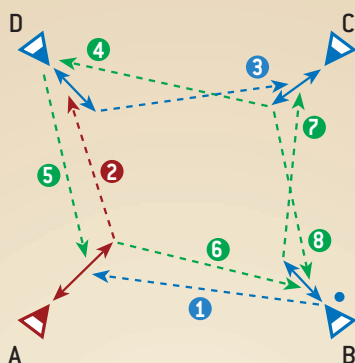
- One player is practising; the other players do a short forward movement to pass the ball clockwise.
- Repeat 10 or 15 times before changing the player to practise
- Same exercise but change the pass direction. This is to ensure the passing from both the left and the right side.
- An additional exercise for the players to feed could be included:
 - Basic jump
 - Jump to turn around 360 degrees (twist)
 - Sit down and go up again

Two players practising



- Like in exercise 1 but this time players A and C are practising. This is to achieve a higher intensity.
- Like in exercise 1 an additional exercise (basic jump or something similar) for the players to feed could be included.
- Then players B and D are practising while A and C do the exercise.

One player practising – changing reception of the ball

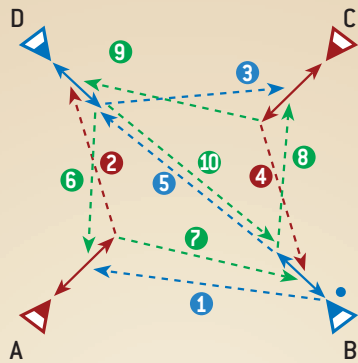


- Player A is practising and is being fed alternatively by player B and D; player C just passes back to B and D.
- The reception of the ball either from the right or from the left poses a clear progression for player A.
- The player is to pass the ball with the hand moving into the pass direction; consequently the untrained hand must also be used.
- Due to the turning of the body axis when swinging back the ball is always away from the opponent, who generally takes up a position in front of the attacker.
- Snap shots are only allowed at high-performance level.

TECHNICAL EXERCISES

How to organise with the ball

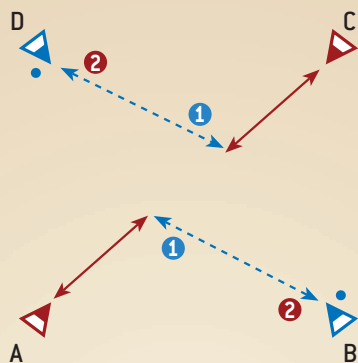
Two players practising – changing reception of the ball



Two players practising – changing reception of the ball

- Two players standing opposite one another practise and are fed alternatively from the left or from the right side.
- The ball goes around in the circle anticlockwise, starting at player B. When player B gets the ball again, he plays a diagonal pass to the second player [D] to feed, who continues passing the ball clockwise.
- When he gets the ball back again another diagonal pass is played [keep concentrated during the passing].

Straight moving path including back pass and continue passing the ball



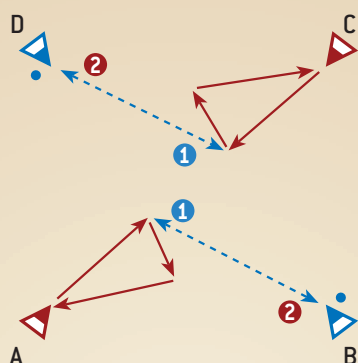
● ORGANISATION

- The moving path is going straight while you receive the ball from the right side before passing it back to the player to feed.
- In this diagram, players A and D are practising while B and C are the players to feed.

▲ FURTHER ROUNDS (PROGRESSION)

- Ball reception from the left and back pass
- After reception of the ball you pass the ball into the pass direction.

Moving path away from the player to feed, followed by a back pass



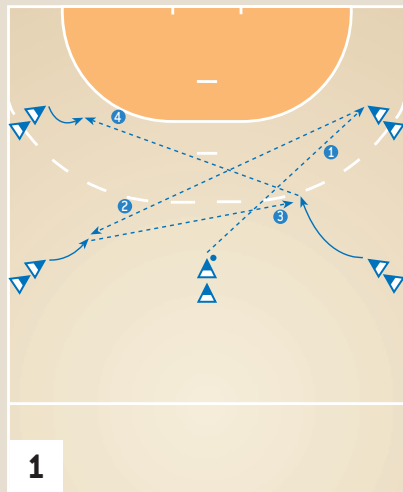
● ORGANISATION

- Moving path to the left (right), away from the player to feed
- Ball reception from the right (left) with a jump to take up the basic position. Shift weight to the right (left) foot and push off from the left (right) foot to the right (left). This results in a left-right body feint (right-left body feint)
- Back pass to the right (left) to the player to feed

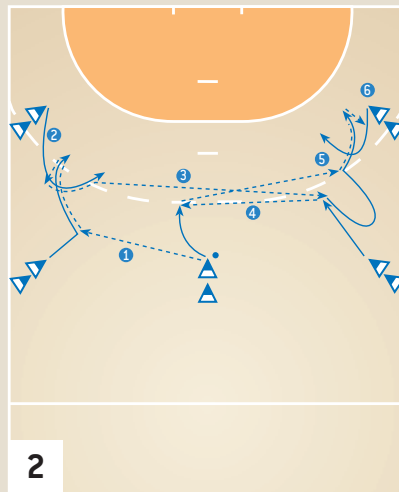
▲ FURTHER ROUNDS (PROGRESSION)

- Mirror-image exercise (see terms in brackets above)

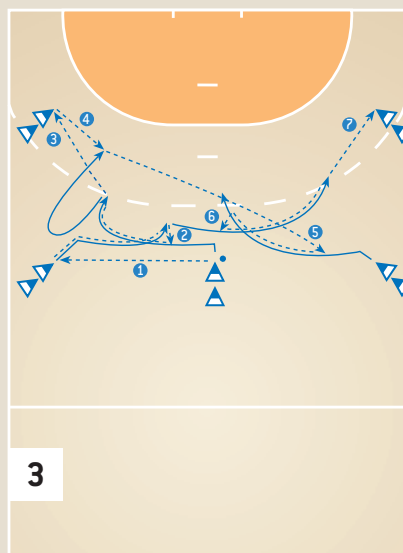
Position-specific passing



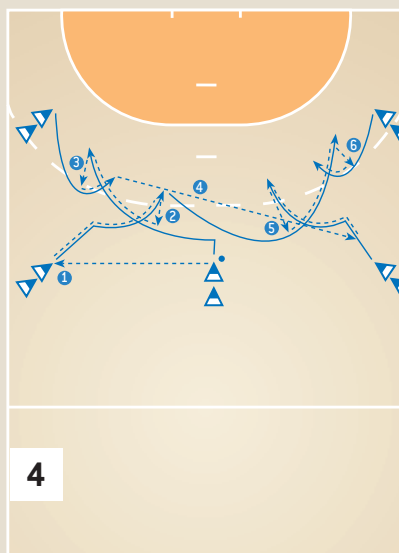
1



2



3



4

► PROCEDURE 1 (FIG. 1)

Line up RW, LW, LB, CB and RB. Use one ball. You are free to choose the order of passing. A pass to the neighbouring position is not allowed, neither are back passes.

► PROCEDURE 2 (FIG. 2)

Positions see above, use one ball. CB feeds LB, LB crosses with LW and LW feeds RB. RB passes to CB, who breaks free to gain open space, to run backwards and sideways to take up a position close to the sideline. He gets the pass back from CB to cross with RW, etc.

► PROCEDURE 3 (FIG. 3)

CB passes to LB, who crosses with CB. CB feeds LW, who bounces the ball to put it into a good position in order for CB to have enough time to take up the LB position. LW feeds CB (now LB) who passes on to RB. RB crosses with the new CB (previously LB) and restarts from the other side.

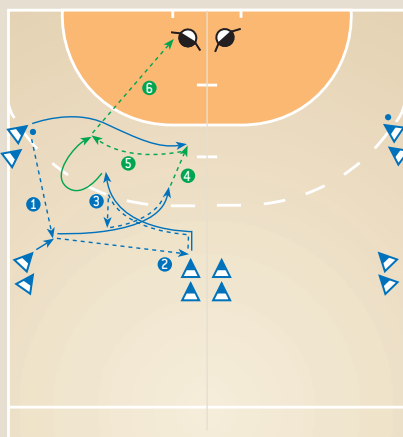
► PROCEDURE 4 (FIG. 4)

The same like in procedure 3 but CB crosses with the corresponding wing player instead of acting in parallel.

► PROCEDURE 5 (NO FIGURE)

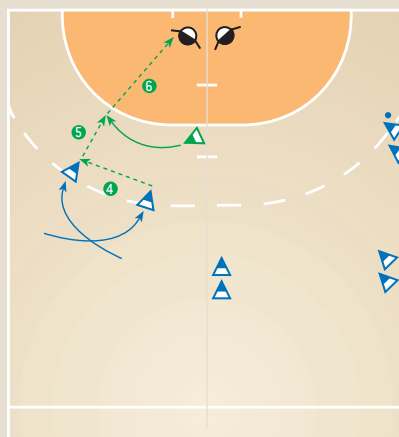
The coach announces procedures 1, 2, 3 or 4 every 15 sec. The players execute the passing sequences without interruption.

Continue play after crossing – on both attack sides



► PROCEDURE (FIG. 1)

- LW feeds LB, LB passes to CB, CB crosses with LB while LW is running to the inside to



receive the pass from LB. After crossing CB takes up the LB position to receive the ball from LW and to shoot at the goal.

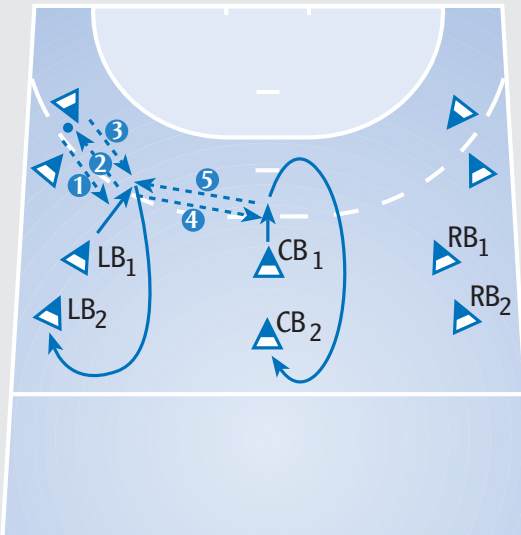
- Same procedure starting on the other side
- The players use all trained passing techniques to feed the pivot.

► VARIATIONS (FIG. 2)

- After crossing between CB and LB and LW's running to the inside, LB passes back to CB (now on the LB position) and not to the player running to the inside. CB feeds the player, running to the inside in delay and who then shoots at the goal.
- Same procedure starting on the other side

TECHNICAL EXERCISES

Roll-up including back passes in the back-court



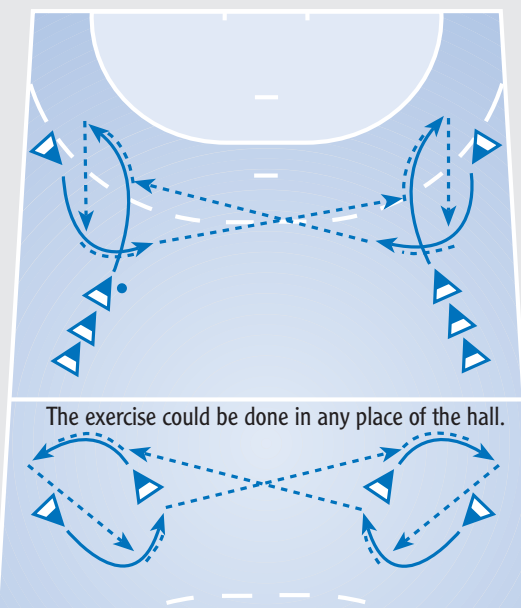
► PROCEDURE

- LW passes to LB1, after rolling-up LB1 passes back to join the end of the line-up.
- LW passes to LB2, who feeds CB1. The ball path is the following: LB1 to LW with CB1 joining the line-up behind CB2.
- LW passes to LB2, to CB2 and pass to RB1, who launches the corresponding back passes.
- The ball runs through all positions like mentioned above until RW in roll-up play. Then repeat the procedure starting from the other side.

☞ BEWARE!

- Watch out for goal-threatening breaking-free movements including dynamic return movement!
- The exercise is set up for eight players. You can choose whether or not to additionally line up the LW and RW positions

Crossing between the left and the right back-court and the wing players



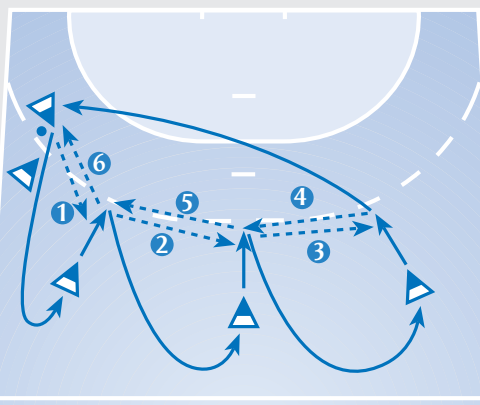
► PROCEDURE

Following an express pass in the back-court, LB and RB take turns to cross with their respective wing player. The vacant positions in the flow direction are filled up. There is no need to take up the positions close to the goal, as the exercise could be done in any place of the hall. There could be more than one player to take up the back-court positions.

☞ BEWARE!

- The back-court players have to assure an accurate 'express pass' in the opening.
- LB/RB's dynamic breaking-free
- Due to the start-up direction to the front, to the back and to the side, LW and RW push towards the goal
- Watch out for the timing while crossing
- Blind passing while crossing
- Small groups enable a higher intensity

Roll-up passing including a back pass to the right back-court



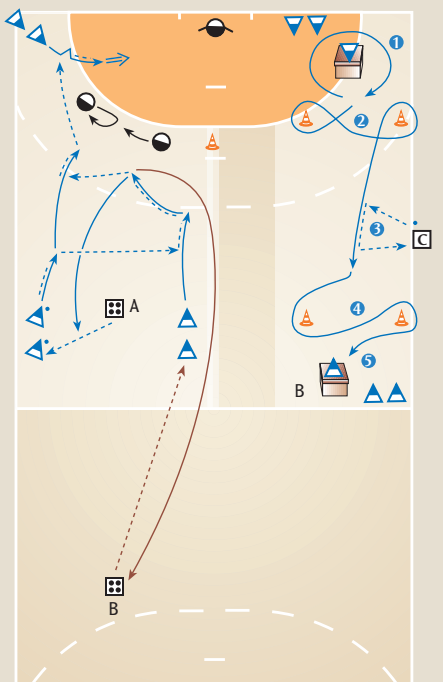
► PROCEDURE

Pass from LW to LB. After the pass the players join the end of the next line-up in the pass direction. Play a back pass on the RB position from the roll-up movement in order to obtain numerical superiority on the LW position at the latest against the fictional defence with help of high-speed passing.

☞ BEWARE!

- Goal-threatening movement to break free, pass feint on the RB position
- Movement (backward, sideways, forward) to compensate into direction of the pass
- Be tactically smart when choosing the hand to use during roll-up

Shooting competition 'Running clock'



● ORGANISATION

Form two teams, two players of team B (2nd keeper if need be) each execute defending tasks

► PROCEDURE

Group of throwers: 3-on-2

A plays 3-on-2 after two opening passes

Progression:

- In case a goal is shot, take a second ball from the box placed approx. 15m in front of the goal.
- In case you missed the goal, take a second ball from the box placed approx. 30m in front of the goal.

Athletic course

1 = Take up a press-up position with your

feet on the box and turn around the box 1 (2) time(s)

2 = Sprint around the cones in a figure of eight.

3 = Play one-two with the coach

4 = Run around the cones

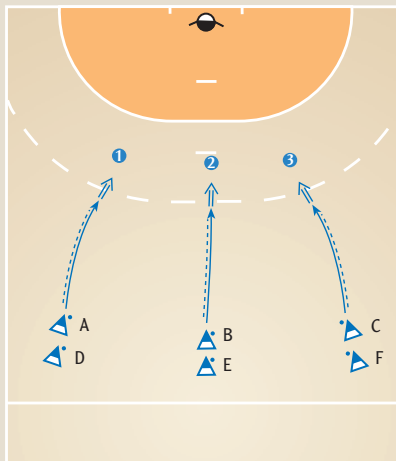
5 = Tag the player who is already in the press-up position. He will complete the course in the opposite direction.

After 12 passes with the coach the competition is complete. How many goals did team A shoot in the meantime? Change positions.

👉 OBJECTIVES

- Shooting exercise under time pressure
- Complex fitness challenge

Basic formation: Three line-ups



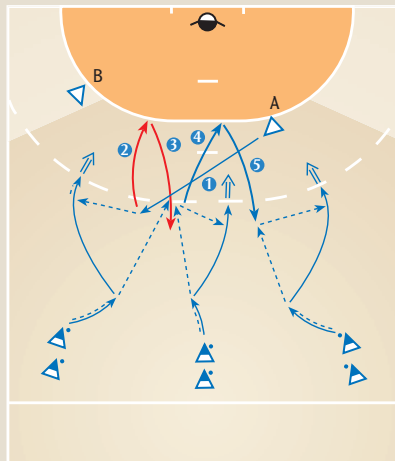
● ORGANISATION (FIG. ON THE LEFT)

Three line-ups on the back-court positions. Everybody has a ball.

► PROCEDURE

Bounce the ball in forward movement to launch quick shooting sequences from left to right. This easy exercise is often used for the warm-up of the keeper.

Advantage: Quick shooting sequences especially for the keeper. The exercise is rather monotonous for the court players. Therefore the following variations include additional fitness and cooperation challenge. Intensity depends on the size of the group.

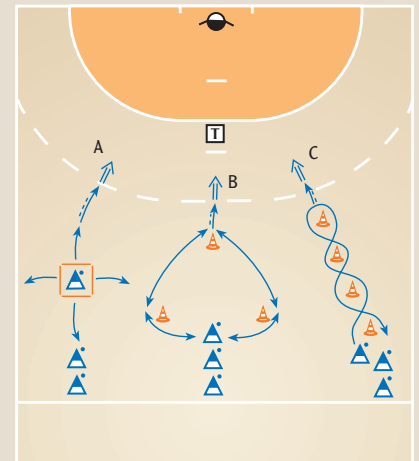


▲ VARIATION 1 (FIG. IN THE MIDDLE)

Shooting sequences based on one-two passing including one pivot

Shooting sequences based on one-two passing including one pivot

A starts on the RL position to run diagonally to the 9m line to play one-two with LB. After changing direction to the outside, LB receives the ball to shoot at the goal. A immediately takes a sprint to advance to the 6m line (touching it with one foot), runs diagonally to the front again to play one-two with CB. Repeat the same procedure involving RB. Straight afterwards pivot B opens the next



sequence from the LL position. Cones are to mark the moving path of the pivot.

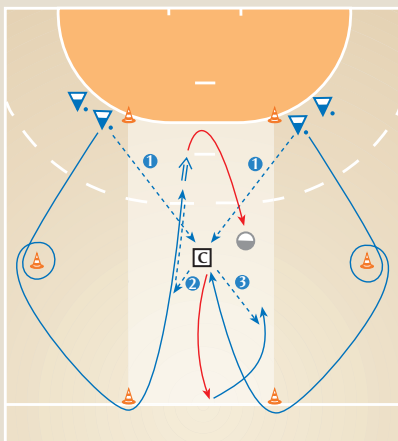
▲ VARIATION 2 (FIG. ON THE RIGHT)

Combination with quick footwork

When a signal is shown the first three players simultaneously fulfil specific exercises to train quick footwork (example A). The coach indicates who stops the exercise to shoot at the goal. As soon as a player of one team starts shooting, the next one has to start the footwork exercises. Thus always 3 players are practising. In case of larger groups, form four line-ups or use both ends of the playing field.

SHOOTING

Sprinting/Shooting competition with change of positions



● ORGANISATION

Line-up of players each on the LL and on the RL position, each player has a ball. Use cones in the middle of the court to mark a playing field.

▶ PROCEDURE

The two players in the front pass their ball to the coach. On command they do a sprint around the cones to run around another cone on the centre line. The coach passes the ball to the player in the lead, who shoots at the goal. The player following behind does a sprint to the centre line (touch it) to receive the second ball from the coach and to play 1-on-1 with the first player, who has to take up the defender's role immediately.

According to the performance level / age, 3 to 5 pairs do the exercise. Allow just short breaks. High intensity is attained if there are just a few players practising.

The exercise could be done in two groups, using both goals.

▲ VARIATIONS

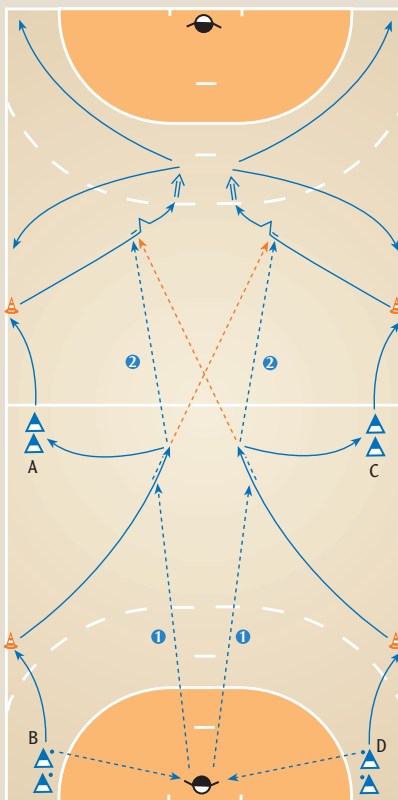
1. Give different tasks how to start (e.g. lying on the floor with your face down) and how to sprint (e.g. run around the cones in a defending position (e.g. sit down and get up quickly))
2. The handling of the second ball is open. The coach is free how to dribble the ball and both players have to struggle for the ball.

For coaches of youth teams: Intervene with the composition of pairs (performance level). Form new pairs for each round.

👉 OBJECTIVES

- Change positions, open handling
- Speed off the mark

Cooperation in 1st and 2nd wave of counter-attack



● ORGANISATION

Line-up of players - everyone with a ball - on the wing positions at one end of the court. Two players without a ball stand on the centre line in a basic position.

▶ PROCEDURE

B feeds the keeper to do a running feint sideways towards one of the cones (touch it), bends to the inside in a sprint to be fed by the keeper. A also executes a delayed running feint to sprint to the centre line to receive the ball in full run (pass from 2nd to 1st wave) and to shoot at the goal.

The same procedure is running in delay on the other side (players C and D). B takes up the position of A on the centre line (D takes up C's position). Assure a quick execution. Otherwise the breaks are too long!

Remark: Due to the pass-specific demand this exercise is suitable for the second part of a warm-up.

▲ VARIATIONS

1. In full run B plays a diagonal pass to C, D to A, etc.
2. **High physical challenge:** B passes to C, crossing with A. A shoots at the goal while C has to sprint back to the basic position on the centre line.

During the next round the left side is crossing with C, who shoots at the goal.

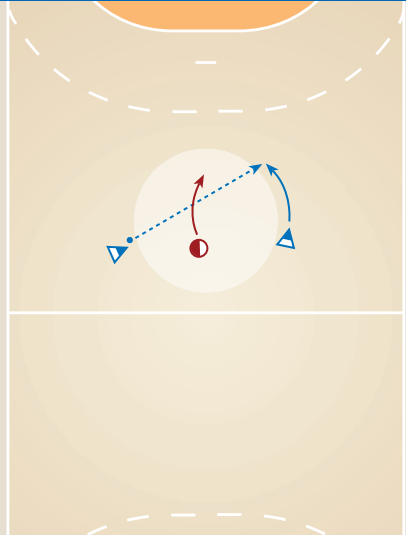
3. Dependent on the size of the group the players sprint back or advance to the opposite wing position in order to do the exercise into the opposite direction.
4. Shooting competition between the left and the right side: Which side does score the most of goals in 4/6 rounds, which side is the first to score 8/10 goals?
5. Instead of running around the cones the attackers have to break free from the defenders within a limited zone (larger groups).

👉 OBJECTIVE

- Counter-attack-specific challenges in movement.

Forms to train the defensive behaviour in 1-on-2 play

1-on-2 play inside the basketball circle



► PROCEDURE

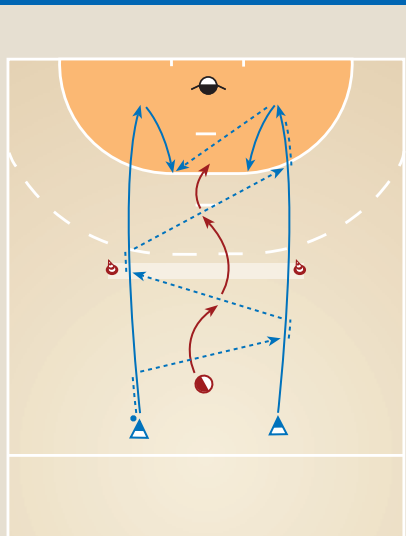
Passing the ball between 2 attackers against the actively acting defender. The ball has to be passed through the basketball circle. The defender must not step outside the circle, trying to provoke bad passes with help of variable arm movements and defence feints. Important: Use also arm feints!

▲ VARIATIONS

- Vary the distance of the attackers: The attackers have to put one foot on the line.
- Play only bounce passes or straight shots.

- Time pressure and competition spirit. How many passes are played in 15/20 seconds?
- Important: The attackers continue changing their starting position.

1-on-2 play through hurdle goals



► PROCEDURE

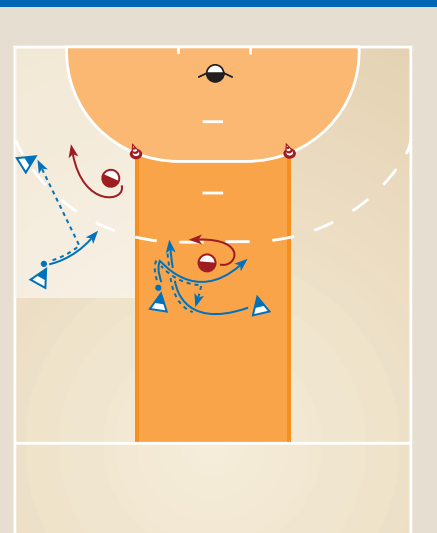
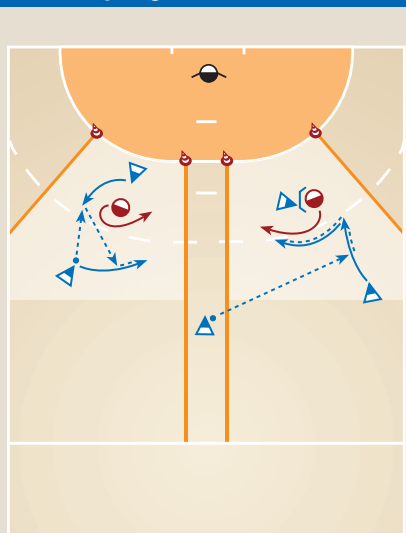
2 attackers try to run through the hurdle goal in 2-on-1 play. Then turn around and execute next action in the opposite direction. The defender tries to provoke attacker's mistakes through changing direction, feints, etc. In doing so he should always prove flexible, acting in depth, in front of the hurdle goal.

▲ VARIATIONS

- The attackers are allowed to bounce the ball once. Later on, bouncing and dribbling are forbidden.

- The defender should try to seduce the attacker into dribbling in order to play away the ball.
- Continuous changing of attackers' position
- 1-on-2 play followed by a goal shot

1-on-2 play in different zones



► PROCEDURE (FIG. ON THE LEFT)

After playing one-two with the pivot/player to feed, one back-court player and one pivot act against one defender.

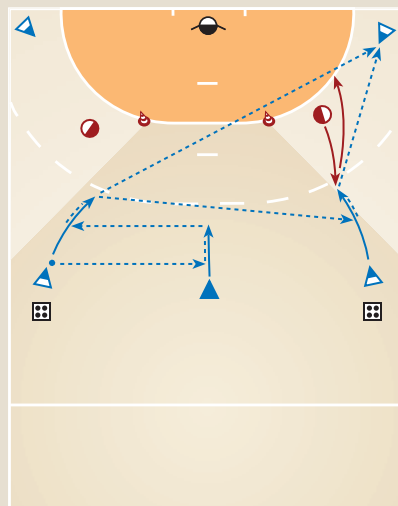
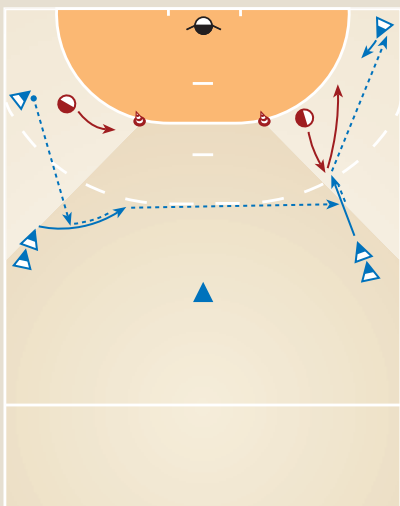
▲ VARIATIONS

- The pivot takes up different starting positions.
- 1-on-2 play on the wing position (Fig. on the right)
- Crossing in front of a defender

INDIVIDUAL DEFENCE TRAINING

Forms to train the defensive behaviour in 1-on-2 play

1-on-2 play on both sides



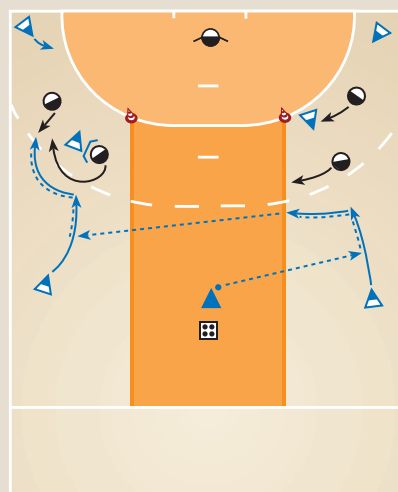
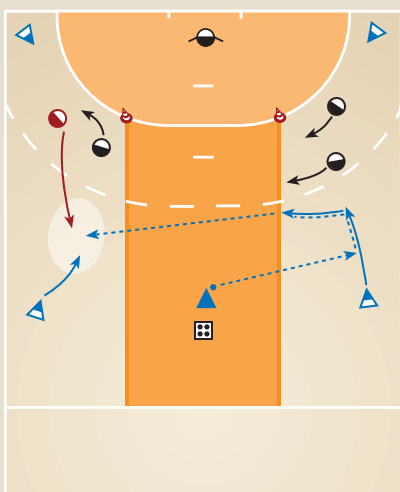
► PROCEDURE (FIG. ON THE LEFT)

Following the opener LB passes the ball to the other side while the defender is varying his actions. Launch the next sequence from the other side

▲ VARIATIONEN

- Continue play by crossing the centre and involve a player to feed [Fig. on the right]
- The player to feed is also allowed to pass to the wing player in the corner.

2-on-2/2 play against 3 on both sides



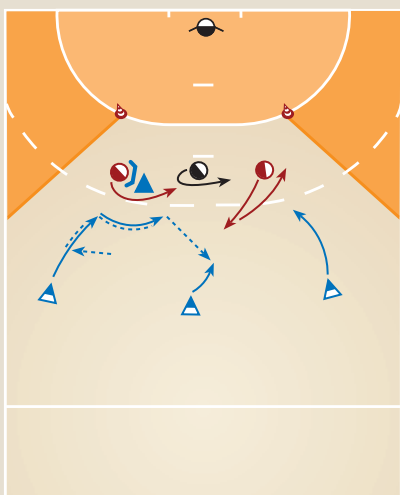
► 2-ON-2 (FIG. ON THE LEFT)

A player to feed gets a ball into play alternating left and right. If a pass is not possible, play to the other side. The defenders on the ball-away side vary their action.

► 2-ON-3 (FIG. ON THE RIGHT)

See above, but the pivots vary their action [run behind, block, etc.]

3-on-4 including a half-active pivot



► PROCEDURE

To develop the principles of tactical defence the defenders are to disrupt the attackers' rhythm when play continues and to spoil tactical sequences while tackling neighbouring opponents according to the situation.

▲ ADVICE

Special feature:

The pivot is blocking to trouble the defenders. The attackers are not allowed to feed him. This is to train the defenders in order for them to make out the blocking in good time, to draw aside or to run behind to advance

into direction of the ball. Depending on the situation the defenders have to act offensively to avoid possible numerical superiority.

Introduce legal movements



The pictures

Picture 1: Basic formation of the 3:2:1 formation with RB in possession of the ball. You may see clearly BC's defensive position standing diagonally behind offensive LH for safeguard. The defenders on the ball-away side consistently shifted back. Picture 2: CB intends feeding LB. RO acts in an offensive diagonal position to block the ball reception of LB, who is moving forward.

▲ NOTE

- The players practise passing and receiving balls in full run.
- Perception skills are trained in particular: Aside from breaking free the runners have to be ready at any time to receive a ball and they have to be careful which player in possession of the ball could be of help.
- The player to catch benefits from bad passes and bad reception of the ball to tag the runners.

☞ BEWARE!

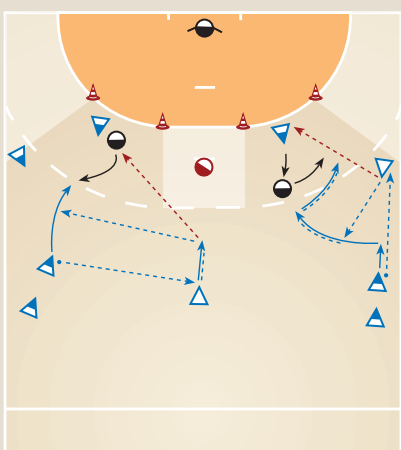
- The players in possession of the ball have to prove social competence. If they feed a runner breaking free, they will save them but put themselves into danger.

► PROCEDURE

6 defenders put up a 3:2:1 formation to act against attackers in the back-court and on the wing position. To start the attackers act without moving to pass the ball. The defence tries to get into a frontal position towards the player in possession of the ball

with help of legal movements of the 3:2:1 defence. Speed and route of the pass are gradually being varied. The objective is to repeat and to consolidate the basic movements of the 3:2:1 defence.

1-on-1 on the half-defender position

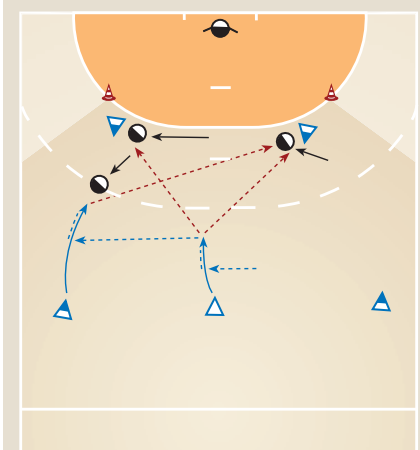


mark a pivot standing at the 6m line against passes from the wing players or CB.

► PROCEDURE

Following a one-two with the wingers or with CB, LB and RB take turns in acting 1-on-1 against RH/LH. Additional task: Before feeding the back-court players the half-defenders have to

Form of play: Mark against passes to the pivot



- CB is only allowed to pass to the pivot.
- LB/RB are only allowed to feed the pivot in the diagonal position
- LB/RB additionally act in 1-on-1 play.

The attack action needs to be completed with a maximum of 8 passes. CB always acts on the ball side, RH/LH advance up to the 9m line against LB/RB.

► PROCEDURE

LH, RH and CH act against three back-court players and 2 pivots, who, at first, are not moving. Instructions:

TRAINING OF THE 3:2:1 DEFENCE

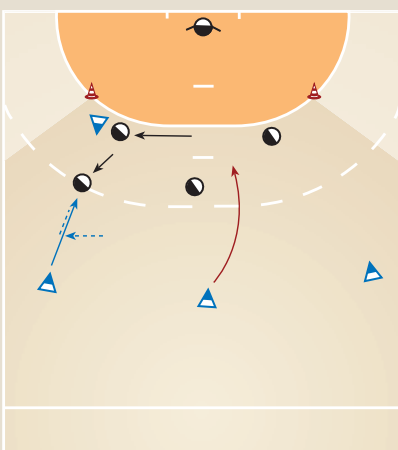
1-on-1 defence – Force the opponent to accept the moving path



The half positions and the offensive FC position of the 3:2:1 are expected to defend actively. The defenders must not be passive and just observant but, with help of their basic position, should force the opponent to accept a less favourable moving path. In a first step efforts have to be made to block the moving path of LB and RB to the inside. In case LH or RH manage to force the player in possession of the ball, as shown in the picture, to break through towards the throwing-arm side, the defence is more likely to succeed, as the half-defender is bound to move back in good time with help of good footwork and without using his arms, as you may see in the picture. The outside defender must not get tempted moving to the inside in order to spoil a roll-up to the wing player.

Basic principle: Do not use your arms but concentrate on good and quick footwork to defend.

1-on-1 on the half-defender position



Instructions

The attack configures in 3:1 and plays a transition to launch its actions from the back-court. The defence keeps their 3:2:1 basic position during the transition.

► PROCEDURE

The inside block of the 3:2:1 defence (LH, RH, FC, HC) acts against 3 back-court players and one pivot. Depending on the number of players, line up several players for each position.

Defensive behaviour against the pivot



The defenders acting within close range of the goal in particular must always take up a position in front of the pivot. They have to act in a defensive position, approximately 1m in front of the 6m line (Example: The half-defenders on the ball-away side act against the diagonal pivot.). Keep in constant touch, placing your arm in the back (the defender's 'feeler' against the pivot, as you may see in the picture above.)

2-on-2 play – in different zones



● ORGANISATION

- Basic formation (Fig.1): 2-on-2 play on both sides with defenders acting one next to the other.
- The player to feed is acting in the centre. He could be involved in the opening action from one side. In case there is no opportunity to score achieved on one side the player to feed passes to the other side (= principle of follow-up).
- There is one back-court and one wing player each involved. The zone to act in could be fixed somewhat larger in the beginning to ease the training.

▶ INSTRUCTIONS FOR THE ATTACKER

- 1-on-1 play with the ball and without (e.g. against offensively acting outside defenders as the opening)
- Forward movement to gain free space (see Fig. 1)
- Act in a way to maintain flow of the game. If you do not succeed in playing an assist on one side, pass to the player to feed in order to keep the ball in play.
- Tactically concerted ball reception on the opposite side (see Fig. 1, right side)

▶ INSTRUCTIONS FOR THE DEFENDER

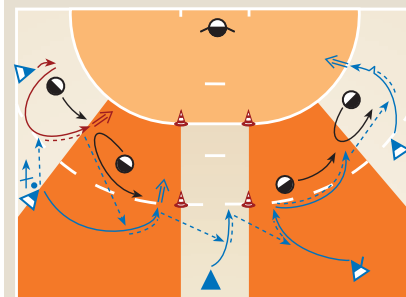
- Act offensively on the half position (8 – 9.5m)
- Outside defenders: act offensively or defensively according to the coach's instructions (do not allow a reception of the ball)

■ METHODOICAL APPROACH

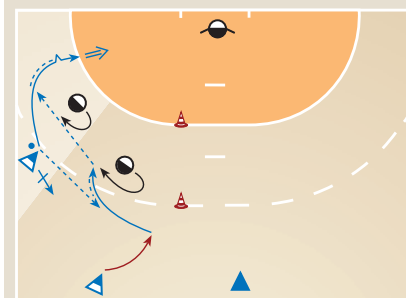
1. Basic formation: Attackers are allowed to cross
2. Running intensity of the defenders: LH/RH run to the inside, up to the 7m line on the ball-away side.
3. Organisational variation: 2-on-2 play just on one side including player to feed (Fig. 2)
4. Different line-up (Fig.3): The pivot and the outside defenders act in 2-on-2 play within close range of the goal including a player to feed. Opening: 1-on-1 play, one-two, blocking (Fig. 1)

◆ OBJECTIVES

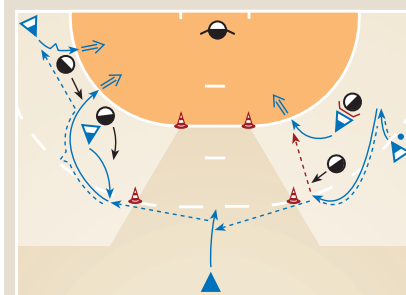
- 2-on-2 play in different zones with different line-ups (training independent of position)
- Position-specific play in small groups in both attack and defence.



1



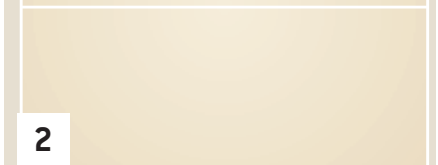
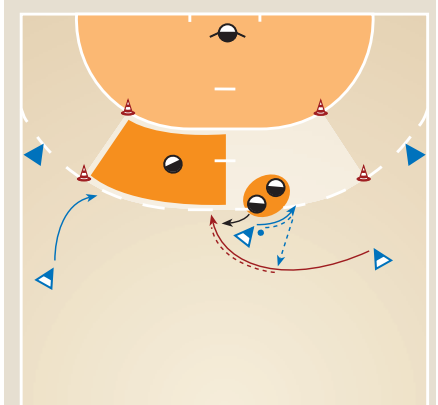
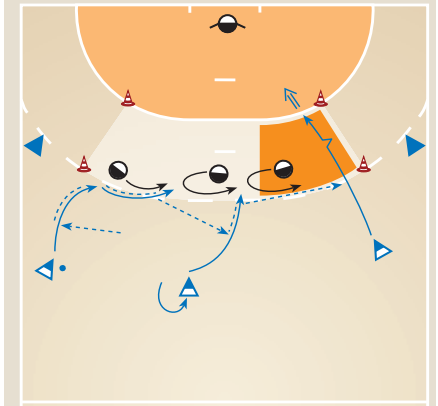
2



3

ATTACK PLAY IN BASIC GAMES

3-on-3 play in the centre



● ORGANISATION

- 3-on-3 play in the centre of attack (photo on the left)
- Use players to feed in the build-up phase
- 3:0 attack even after change of positions

◆ OBJECTIVES

- Attack: collaboration using the full width of the court including movements to gain free space
- Attack: Crossing to play concerted follow-up
- Defence: Cover, come to help, shift, give on/take over

▶ INSTRUCTIONS FOR THE ATTACKER

- 1-on-1 play as the opening action from the half position (Fig. 1) or launched by the player on the CB position.
- Free play including follow-up actions: goal shot, breaking free, roll-up (Fig. 1) or back pass

▶ INSTRUCTIONS FOR THE DEFENDER

- Offensive and zone-based action of the defenders between 8 and 9.5m
- Staggered acting of defenders towards the ball. LH/RH on the ball-away side cover the zone in depth.

■ METHODOLOGICAL APPROACH

1. CB plays 1-on-1 with crossing between RB/LB as the opening action (Fig. 2, photo on the right). Use different forms of crossing for advanced learners.
2. Important: After change of position in the back-court, be prepared to attack straight away
3. Emphasis in defence: 3-on-3 play without a player to feed.
4. Transition from the back-court position serving as the opening, then concerted follow-up in 2:1 attack

3-on-3 play on the right/left side in attack



ORGANISATION

- Play 3-on-3 at one end including 1 player to feed on the CB position
- Line up either on the left or the right side: LB (RH), L (BC), LW (RO)
- A pass from the player to feed to open the attack. Involve player to feed for every new action to follow up or to rebuild
- Always keep this 2-on-1 formation to start the action
- Widen room for manoeuvre in the centre
- Alternate between 3-on-3 on every side with a player to feed involved

INSTRUCTIONS FOR THE ATTACKER

- 1-on-1 action or actions in small group to open the attack (blocking, crossing)
- The pivots block on the line (Fig. 1 and 2, left side) or in depth (Fig. 3) in order to gain open space.

INSTRUCTIONS FOR THE DEFENDERS

- The half defender is acting offensively (8 – 9.5m) in the basic position
- BC tries to cover the pivot by acting ball-based if possible.

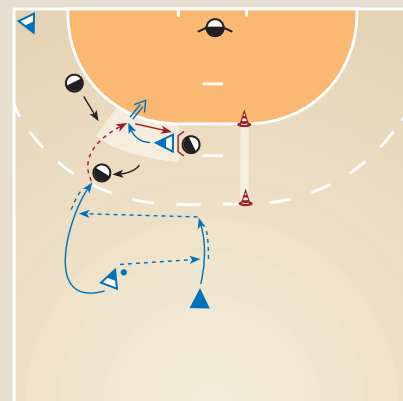
- The outside defenders are free to act offensively or rather defensively.

METHODICAL APPROACH

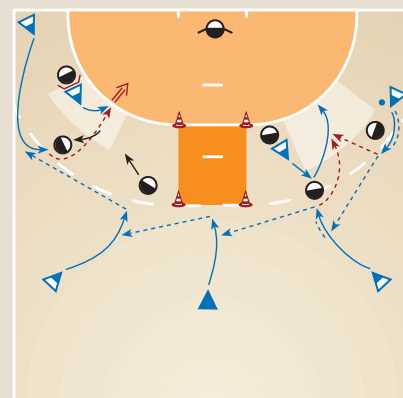
1. As the opening, put up a block either against BC (Fig. 1 blocking to the outside to gain free space), RH (Fig. 3, left side) or against the outside defender (Fig. 2, left side).
2. Combine crossing with the pivot's blocking (Fig. 3, right side)
3. Play without the ball (pivot and wing players against the outside defenders, acting offensively in depth. Important: Concentrate on attack play to gain free space, LB/RB in particular)

OBJECTIVES

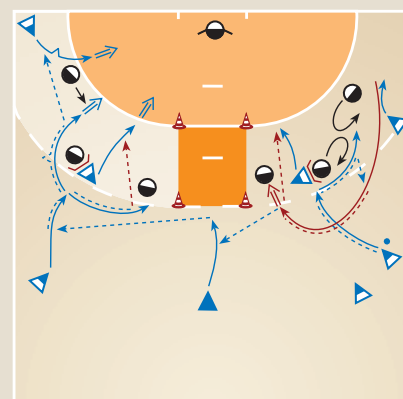
- Position-specific teamwork in depth and width on the right and left side.
- Small-group play including a variety of follow-up actions
- Cooperation in defence, when giving on/taking over against blocking



1



2



3

ATTACK TRAINING IN BASIC GAMES

4-on-4 based on a 3:1 attack formation



ORGANISATION

- 4-on-4 play in a limited zone (without wing player)
- The attackers act in a 3-1 formation with one pivot.
- Line up players to feed on the wing positions in order to support the attack. They can be involved during transitions (Fig. 3) or during follow-up play.

OBJECTIVES

- Attack: small-group play and concerted follow-up play resulting from transitions against the centre block of the 3:2:1 defence.
- Defence cooperation against blocking/transitions

INSTRUCTIONS FOR THE DEFENDER

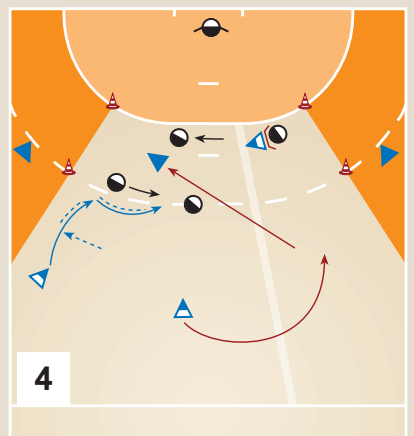
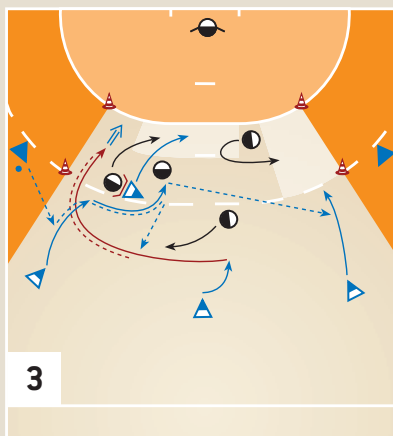
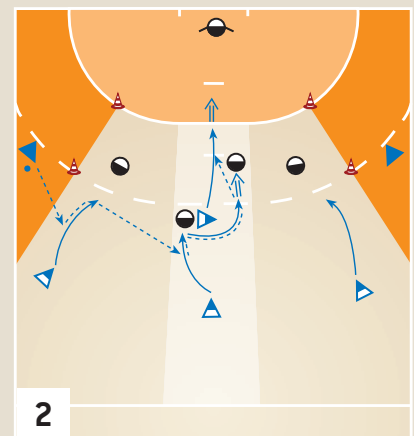
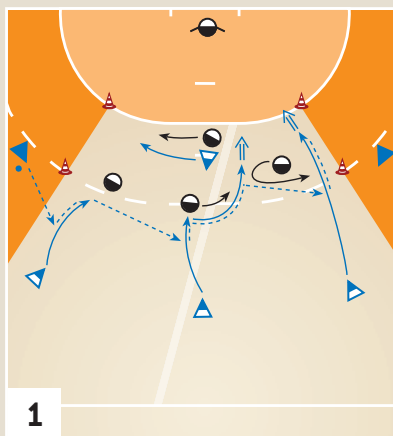
- Basic ball-based movements like in a 3:2:1 defence
- Give-on/take-over (see Fig. 2 for example) when blocking

INSTRUCTIONS FOR THE ATTACKER

- 1-on-1 play in the basic formation, blocking or crossing without changing the attack formation (3:1)
- After change of positions continue play without delay from the basic position.

METHODICAL APPROACH

1. Opening actions and follow-up exclusively in 3:1 attack. Examples: 1-on-1



play / roll-up (Fig. 1), blocking / moving away (Fig. 2), back passes, etc.

2. Well directed coordination of opening actions (Fig. 3: 1-on-1, blocking, crossing).

3. Shift to 2:2, serving as the opening action (Fig. 4)

4. Emphasis on defence: 4-on-4 play without a player to feed. After transitions CI, for example, is acting somewhat more defensively.

4-on-4 play based on a 2:2 attack formation



● ORGANISATION

- Basic formation (Photo and Fig. 1): Two back-court players and two pivots (2:2) act against the centre block of the 3:2:1 defence.
- The wing positions remain vacant. The action is played in the centre.
- Opening actions are always based on the 2:2 formation.
- Use players to feed on the wing position in order to support the attack training.

▶ INSTRUCTIONS FOR THE ATTACKER

- Prove patient when keeping control of

the ball in the back-court and, if possible, try to tie up the ball-based defence (BC and CI) on one side. Then take advantage from the numerical superiority on the opposing side (Fig. 1).

- Well-directed diagonal cooperation with the pivot on the ball-away side (Fig. 1)

▶ INSTRUCTIONS FOR THE DEFENDER

- As part of the basic formation the front centre-defender remains on his position, acts somewhat more defensively and shifts sideways together with CH to the side of the ball (photo).
- CI: Obstruct diagonal passing 'routes'

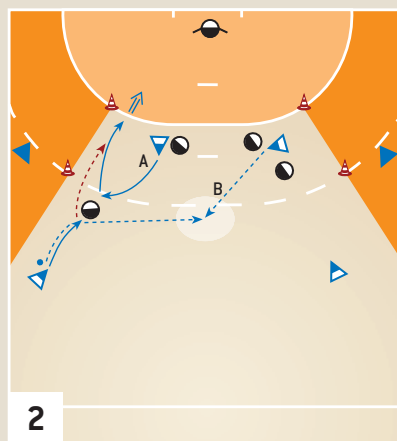
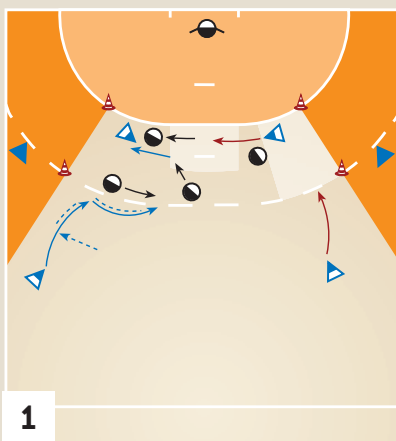
- CI gets involved in the blocking against (LH/RH).

■ METHODOICAL APPROACH

1. The attackers initially act against a ball-based defence, which sticks to the 3:2:1 defence play with help defensive CI.
2. LB/RB have to tie up the defence on one side with help of goal-threatening 1-on-1 actions.
3. Blocking against LH/RH is to open space for the pivot acting diagonally in the centre.
4. Change play of CI: He puts up an offensive zone-defence on the LB/RB position (Fig. 2). Now the attack has to profit from the open space in the centre to play one-two (Fig. 2 B). Space in depth could be used for the actions without the ball [see example in Fig. 2A]. RB/LB running to the inside.

◆ OBJECTIVES

- Attack play including change of speed and timing
- Small-group play in 2:4 attack against different defence formations
- Ball-based centre block of the 3:2:1 defence against the 2:4 attack (high running intensity).



ATTACK TRAINING IN BASIC GAMES

4-on-4 play based on a 2:2 formation



● ORGANISATION

- 5-on-5 play without pivot at one end of the court
- As an alternative you can use the entire court (high-speed play)

▶ INSTRUCTIONS FOR THE ATTACKER

- Shifting attack play including attacking on the defenders' interface
- Do not play a transition to the pivot.
- Do not miss out any attacker position in the beginning.

▶ INSTRUCTIONS FOR THE DEFENDER

- Act offensively up to the free-throw line
- Move to the inside on the ball side, assist/cover behind the teammate attacking the player in possession of the ball.

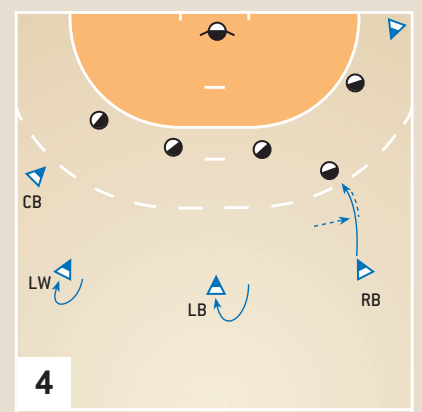
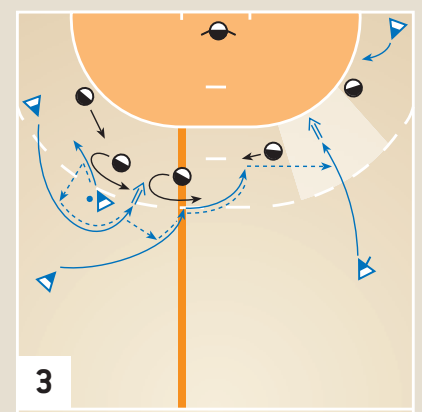
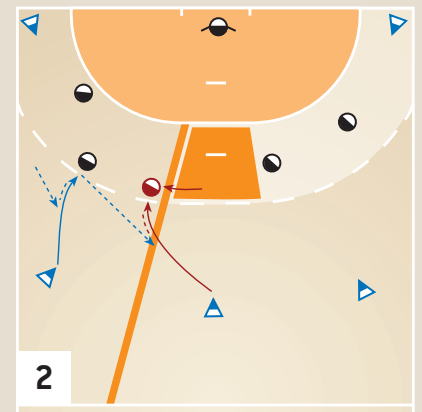
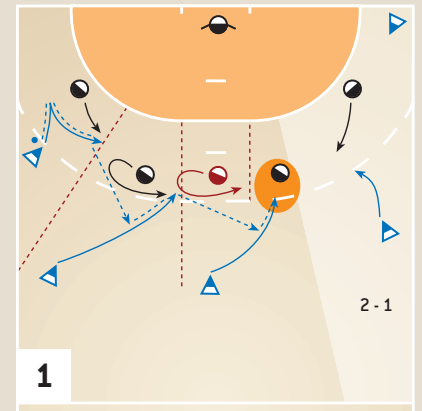
■ METHODOICAL APPROACH

1. Pass from one position to the next: spatial shifting (Fig. 1 and 2), approach the interface, etc.
2. Create wide open space for breaking free on one side for 1-on-1 actions (Fig. 2)
3. Perform a variety of crossing movements to open the attack (example see Fig. 3). Important: Continue well-directed

follow-up play after the crossing movement. The players act spontaneously, proving variable on new positions (e.g. LW on the LB position in Fig. 4)

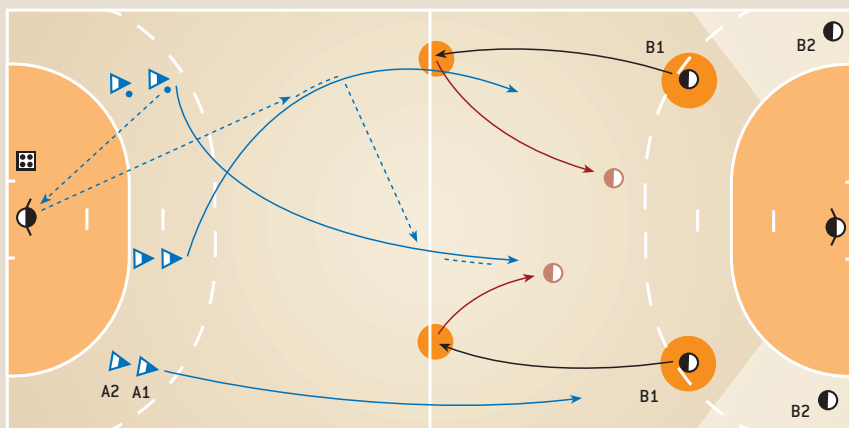
◆ OBJECTIVES

- Positional attack including attacking the interface for spatial shifting
- Quick shooting from the back-court in case open space between the defenders occurs.
- Actions to counteract the defence movement



Shift games with emphasis on counter-attack defence / retreat phase

3-on-2 play including active counter-attack defence

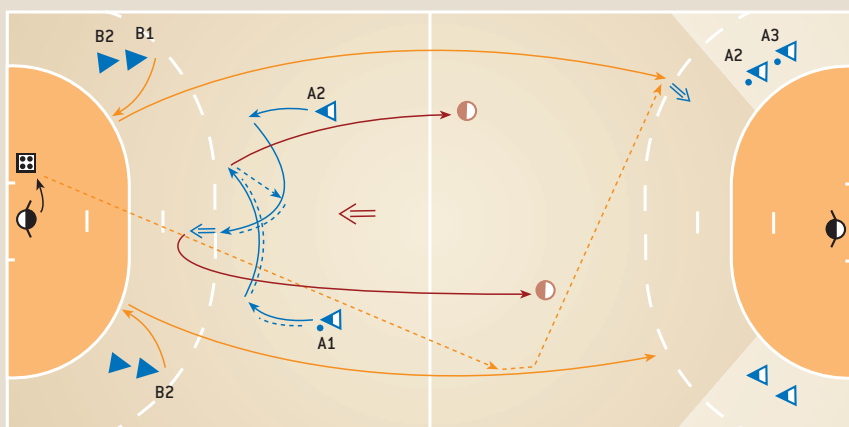


The first group of three of team A plays short passes to open the 2nd wave. Simultaneously (whistle by the coach) 2 defenders (B) start sprinting to the centre line. After touching the centre line they actively defend against the 2nd wave of team A. Change tasks after one round, for example; in case of two teams, a competition may include 4 to 6 rounds.

▲ METHODOLOGICAL APPROACH

1. Depending on the performance level, cut/extend the running path of B to also create new situations.
2. Without bouncing/dribbling
3. Rule to touch included

2-on-2 play including defence against the 1st wave

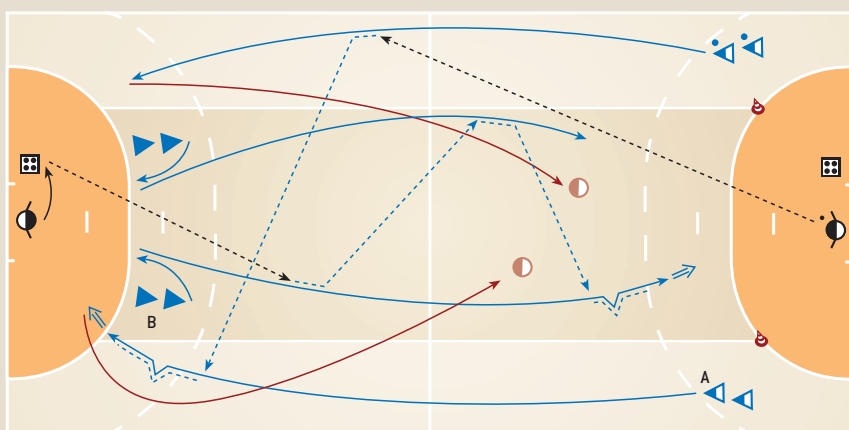


Combine tactical shooting exercises and 1st wave: Form pairs; A1 crosses with A2, who shoots at the goal. In this moment – signal by the coach possible – two wing players (B) start the counter-attack of the 1st wave. A1 und A2 have to shift quickly and try to act defensively to stop the counter-attack.

▲ METHODOLOGICAL APPROACH

1. The outside defenders have to fulfil an additional task before starting: a sprint between the 9m and the 6m line
2. A player of team A starts from the opposing end to quickly cover the court and to cross.

2-on-2 play including defence of the 2nd wave



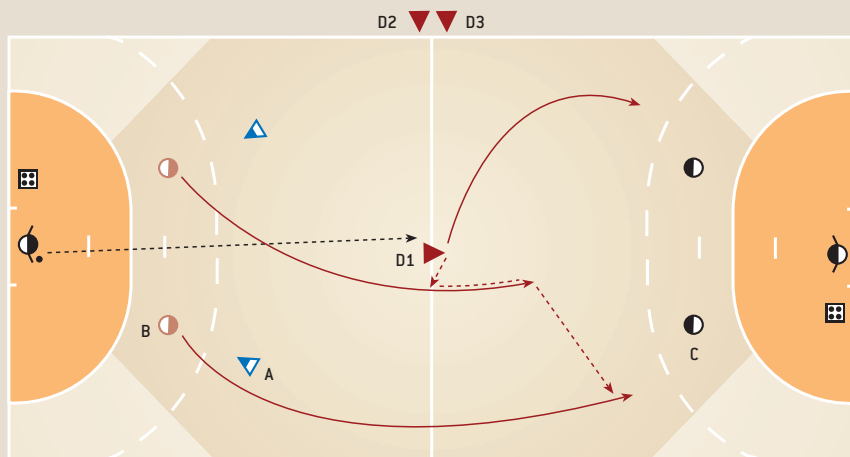
The players of the 1st wave have to shift quickly in order to spoil the 2nd wave of the opponent's attacking group. Two wing players of team A launch a counter-attack starting with a long pass. At the time of the goal shot, two players of team B first sprint between 6m and 9m before receiving a short pass from the keeper to launch the counter-attack. Different situations (2-on-1, 2-on-2) occur depending on the shifting and the sprints of the wing players.

Variation: 3-on-2 play: three back-court players launch the 2nd wave.

FAST-PACED PLAY

Rollover play

Non-stop 2-on-2 +1 rollover play including quick throw-off



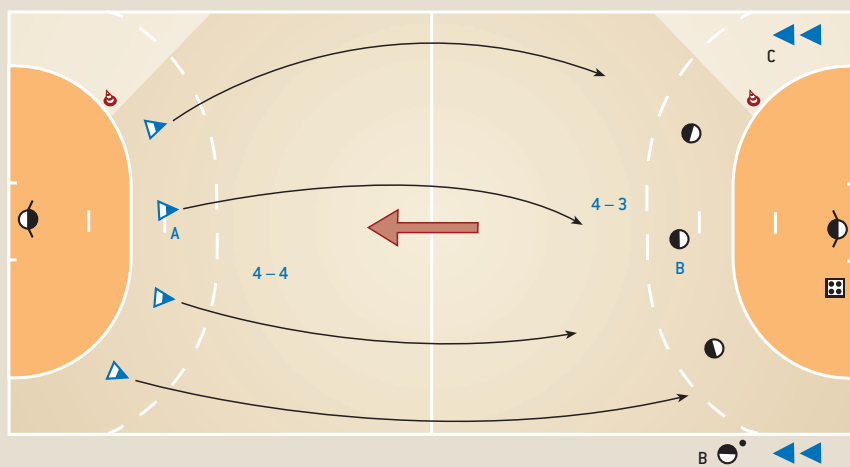
Form 3 pairs, a fourth group including 2, better 3 players, acts at centre-line level.

1. A plays 2-on-2 against B.
2. After the shot at the goal the keeper feeds D1. After execution of the quick throw-off with a player of group B involved, play 3-on-2 against C at the other end.
3. After the shot at the goal the keeper feeds D2 at the centre line. After the throw-off the players of group C cooperate with D2 to play 3-on-2 again against the defenders of A, etc.

Variations:

- Play 4-on-3
- Opening actions resulting from the throw-off

4-on-3/4 against 4 including counter-attack

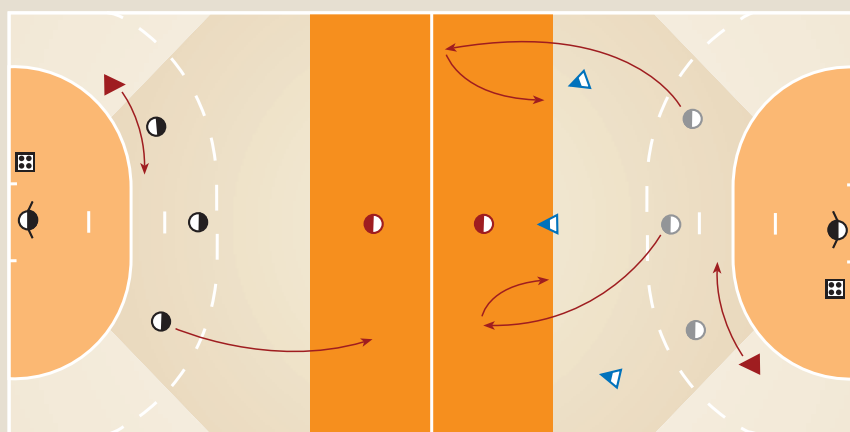


1. A starts in defence, playing short passes to launch the counter-attack, acting 4-on-3 against B.
2. After finishing, the fourth player of group B re-launches the counter-attack when receiving the ball from A [4-on-4].
3. After finishing at the other end – a set-up attack is also possible in case the counter-attack was not possible – B moves into the opposite direction against C, etc.

Variations:

- For example have a standing pivot on the side on which numerical equality exists.
- Do without a build-up phase in set-up attack

3-on-3 including constant change of situations



For the training of fast-paced play it is of special importance to change game situations frequently in order to permanently face new constellations. Possible variations of the well-known 3-on-3-on-3 rollover play (A against B then B against C then C against A, etc) are the following:

- When the attacking team is in possession of the ball, 1 or 2 players of the defending team sprint ahead (touch the centre line for example) to play a variety of offensive defence actions.
- 1 or 2 players in the midfield to disturb the attack play
- 1 player to disturb could move back at times to join the man-advantage defence.
- 1 additional standing pivot to join the 4-on-3 defence in numerical superiority.

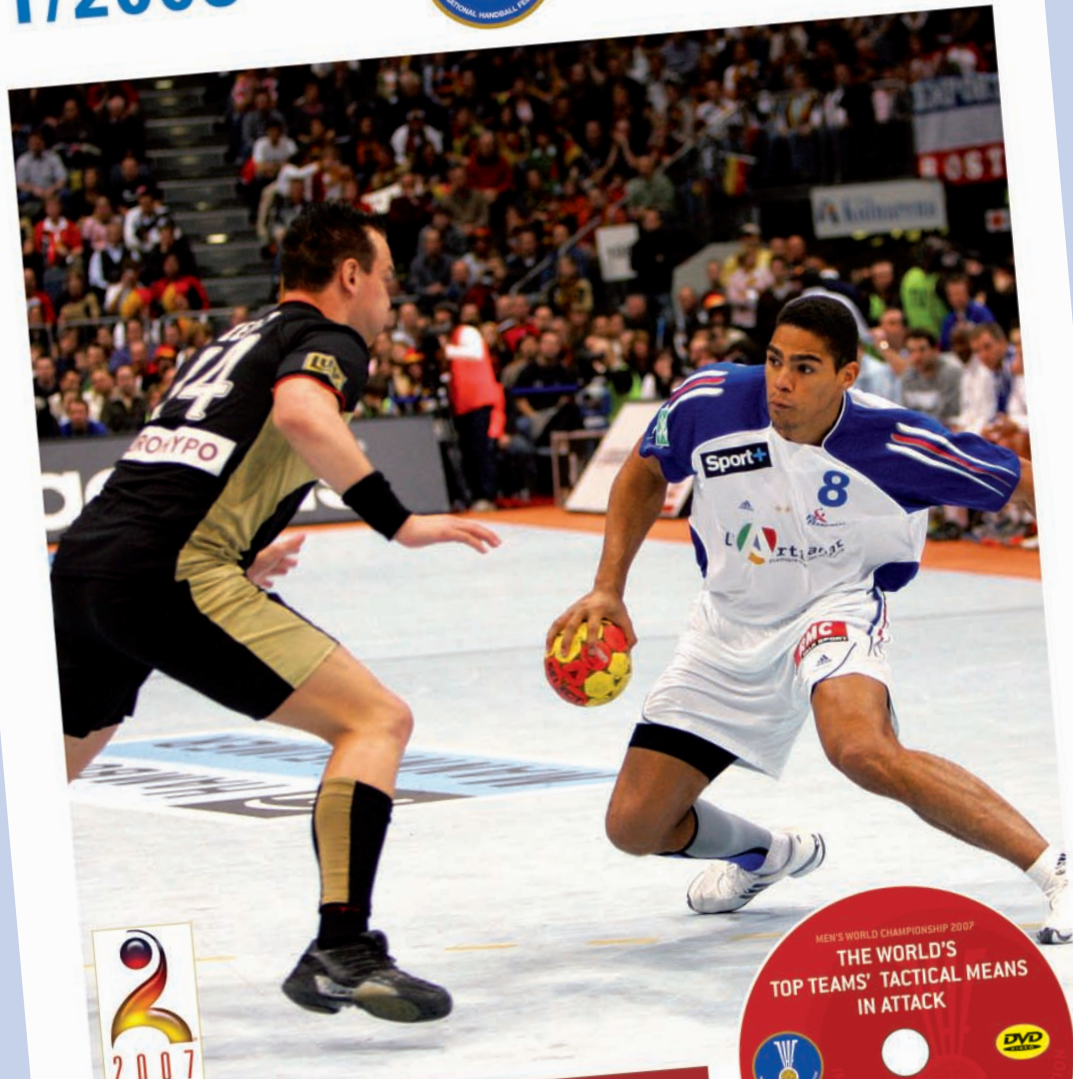
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