

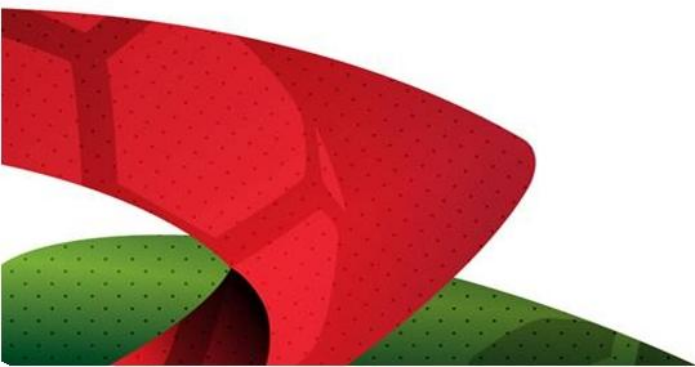
Vision in Handball



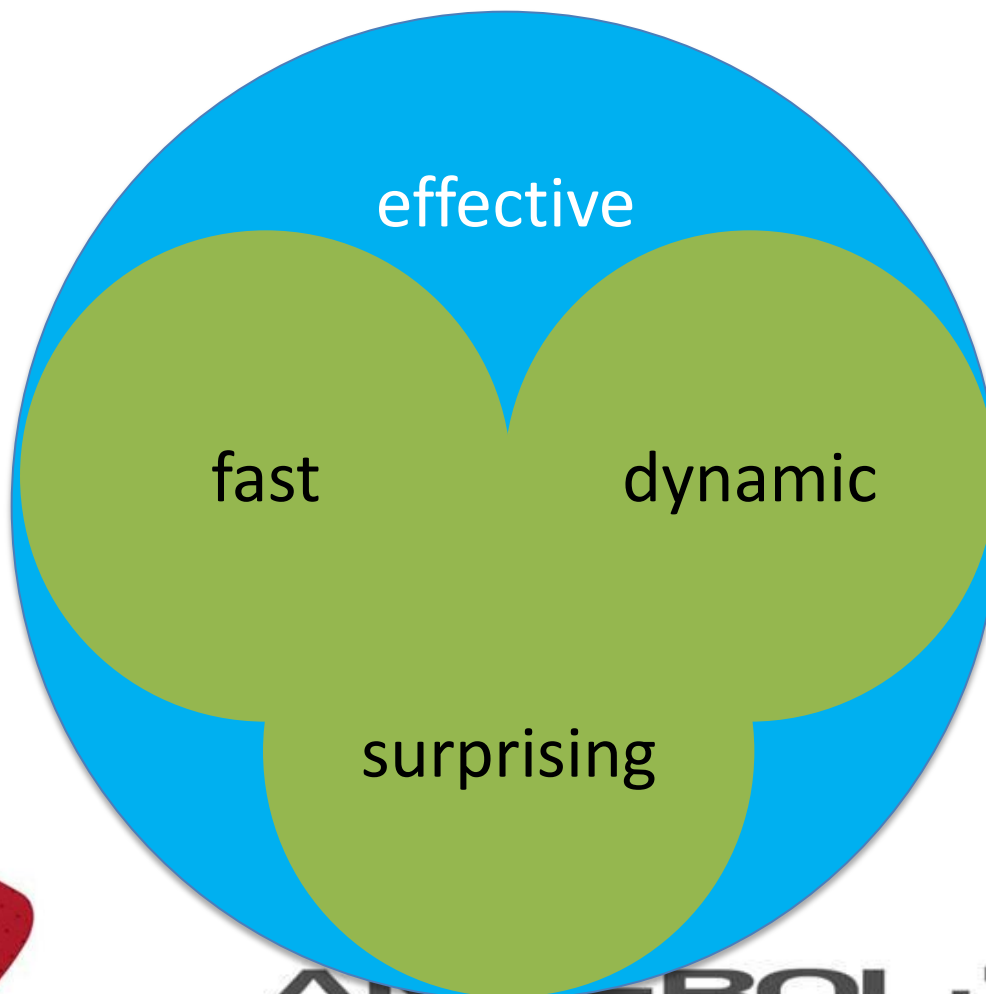
Training

We want to play our handball game: fast, dynamic, creative and effective.

- Fast: we are not tall and strong and it belongs to the handball game.
- Dynamic: we are fast and dynamic and it belongs to the handball game.
- Creative: we are creative.
- Effective: necessary and normal, we can not play to fast and dynamic.

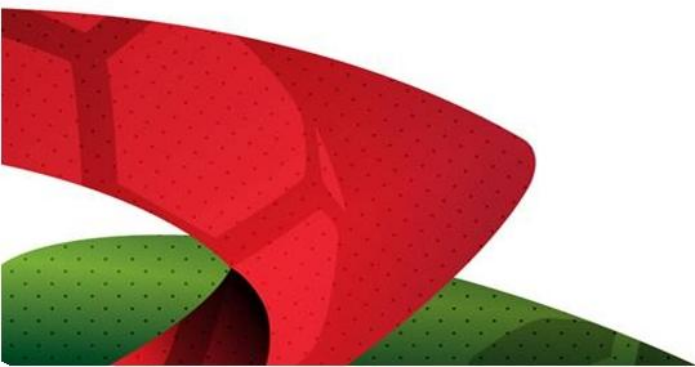


Dutch Handball Vision



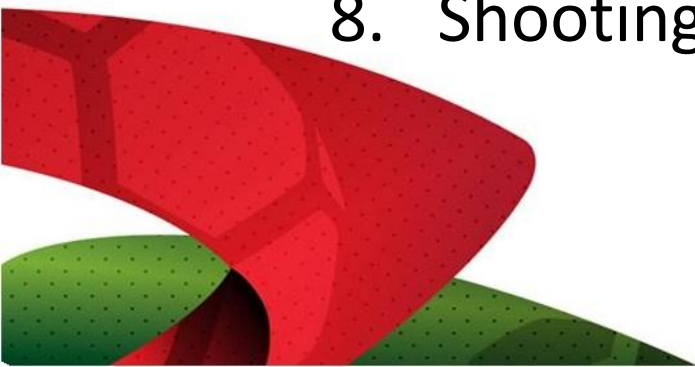
Five education directions

- Technics
- Tactics
- Strength and condition
- Mental
- Social



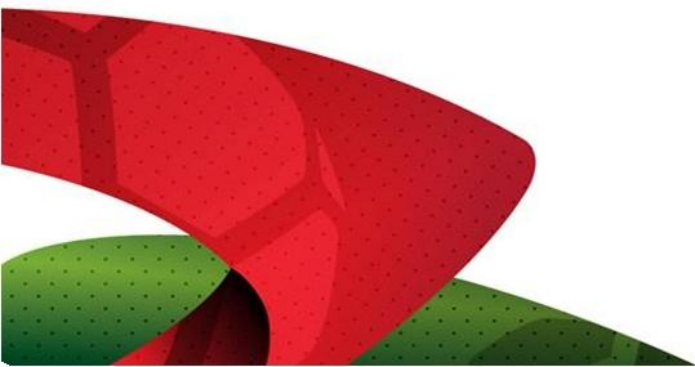
Training

1. Warming up: individual (Strength with ball).
2. Warming up: individual with ball and balloon.
3. Game: frisbees.
4. Game: more goal areas.
5. Passing: two with ball and balloon.
6. Passing two with two balls.
7. Shooting: extra exercise.
8. Shooting: one hand.

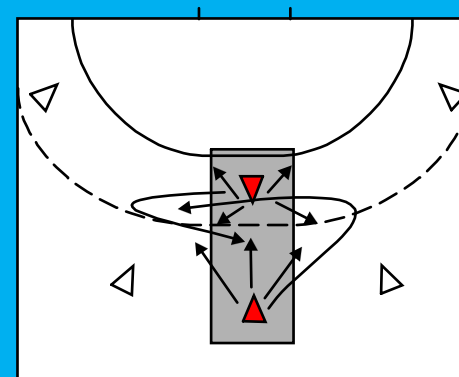
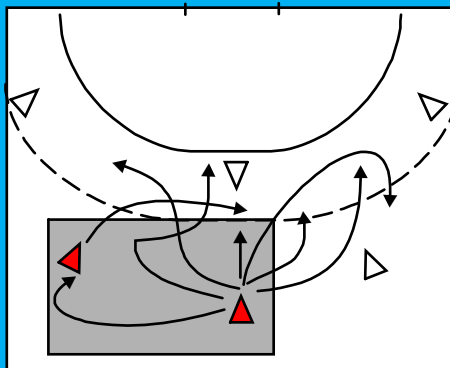
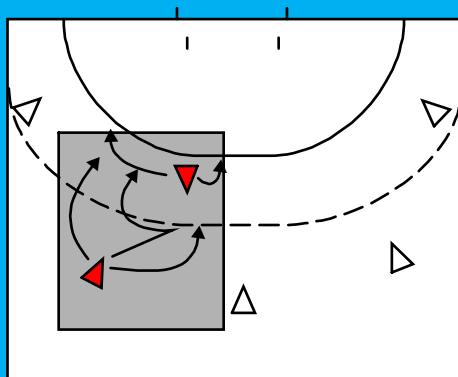
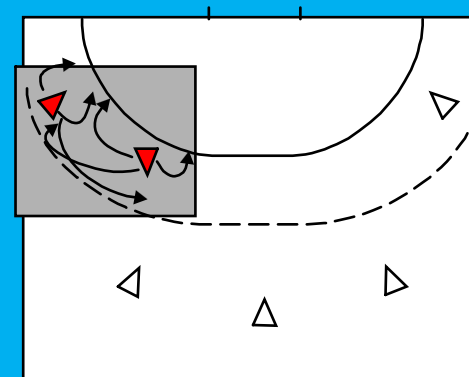
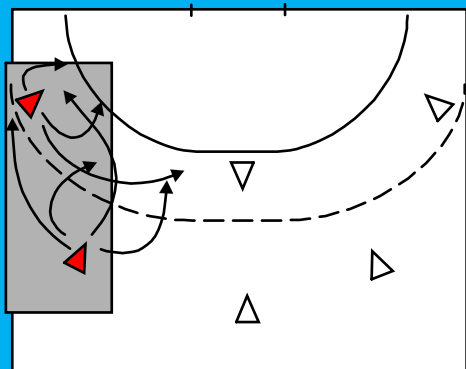


Training

1. Shooting: give and go.
2. Shooting: give and go and flying.
3. Playing: first true space with 3 players.
4. Tactical: 3 against 3 or 4 against 4. What elements did you find and used?
5. 2ª fase: fast and within two steps (one hand).
6. Defending: offensive 3 against 3 4 against 4.
7. Crossing: exercise and try.

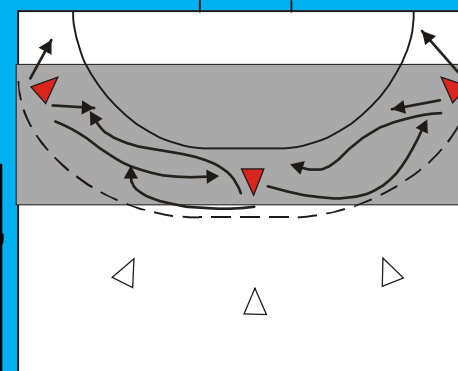
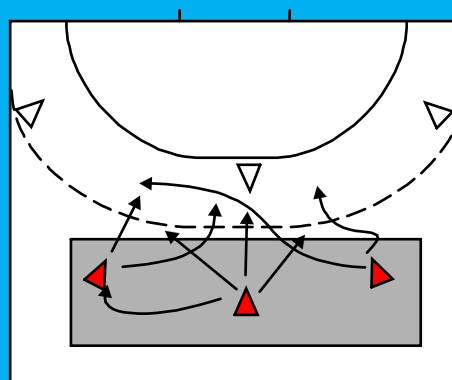
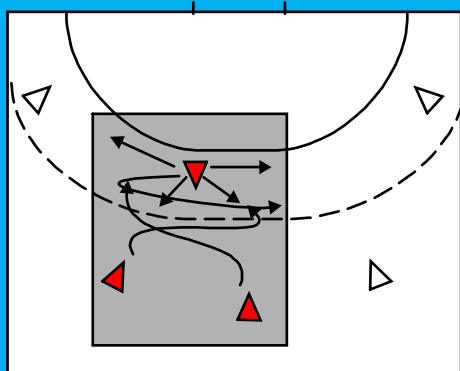
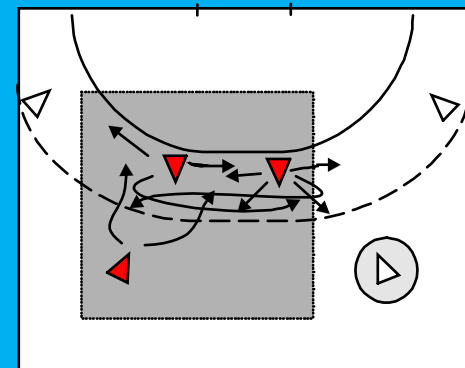
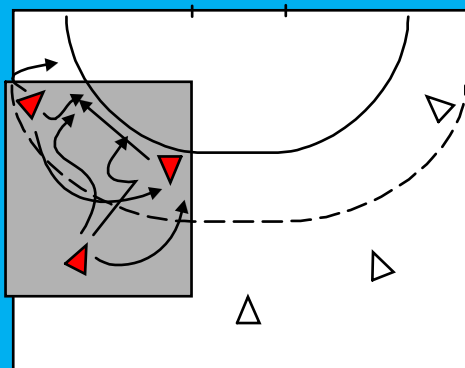


Tactics in groups Two connected positions

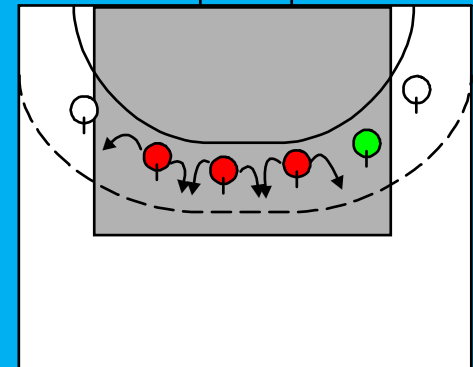
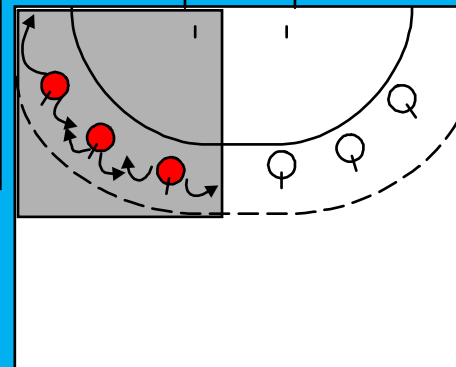
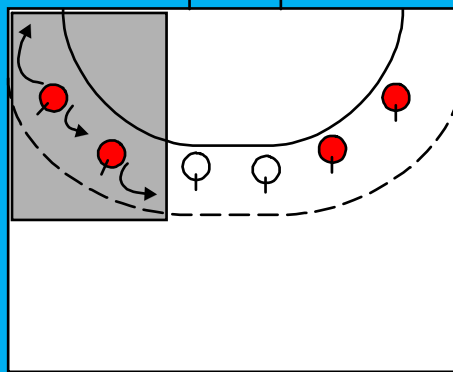
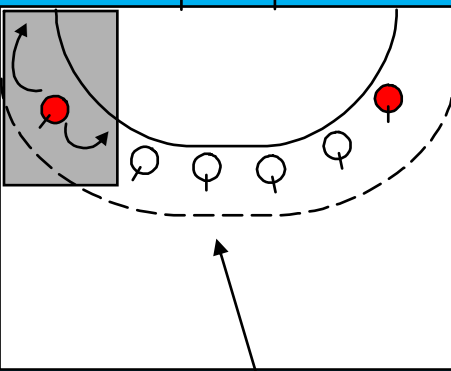


Tactics in groups

Three connected positions



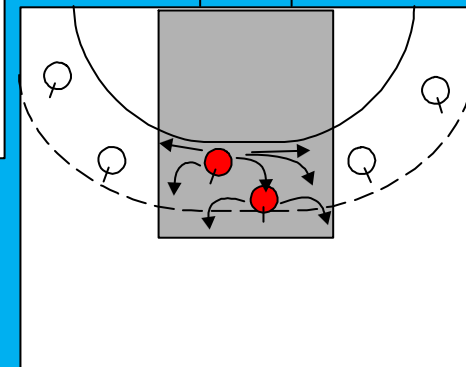
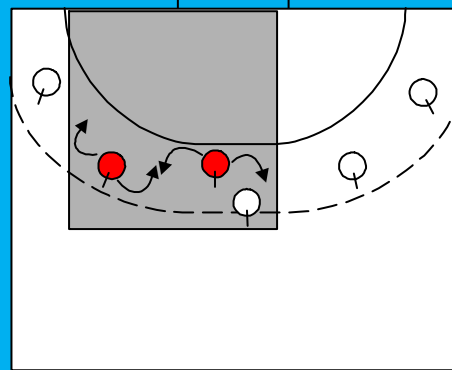
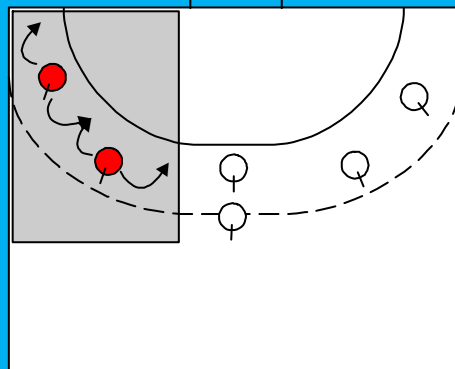
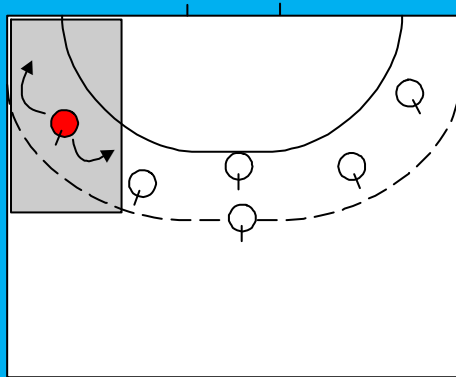
Coöperation 6 - 0



**individual position
specific skills**

Coöperation

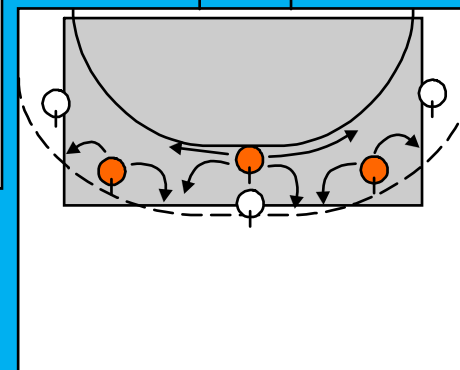
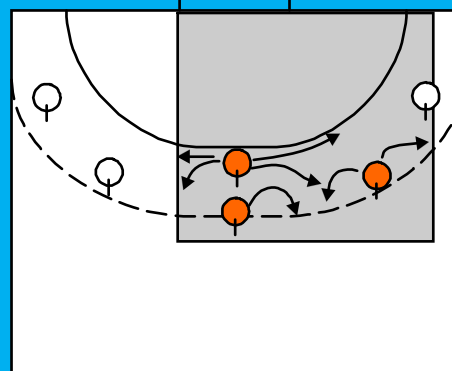
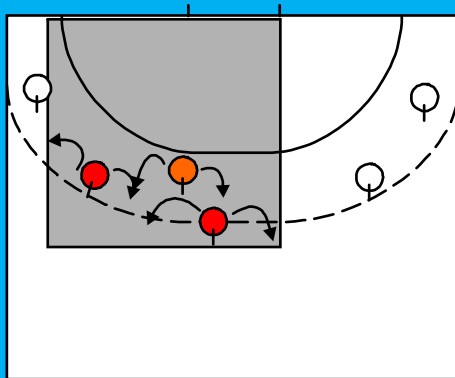
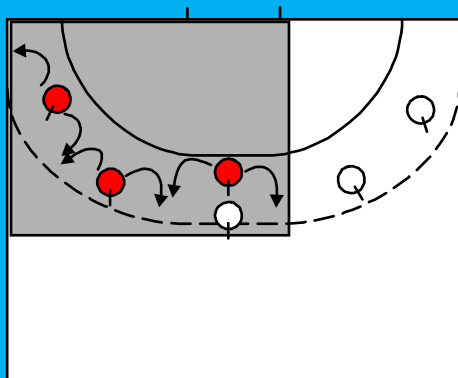
3-2-1/5-1



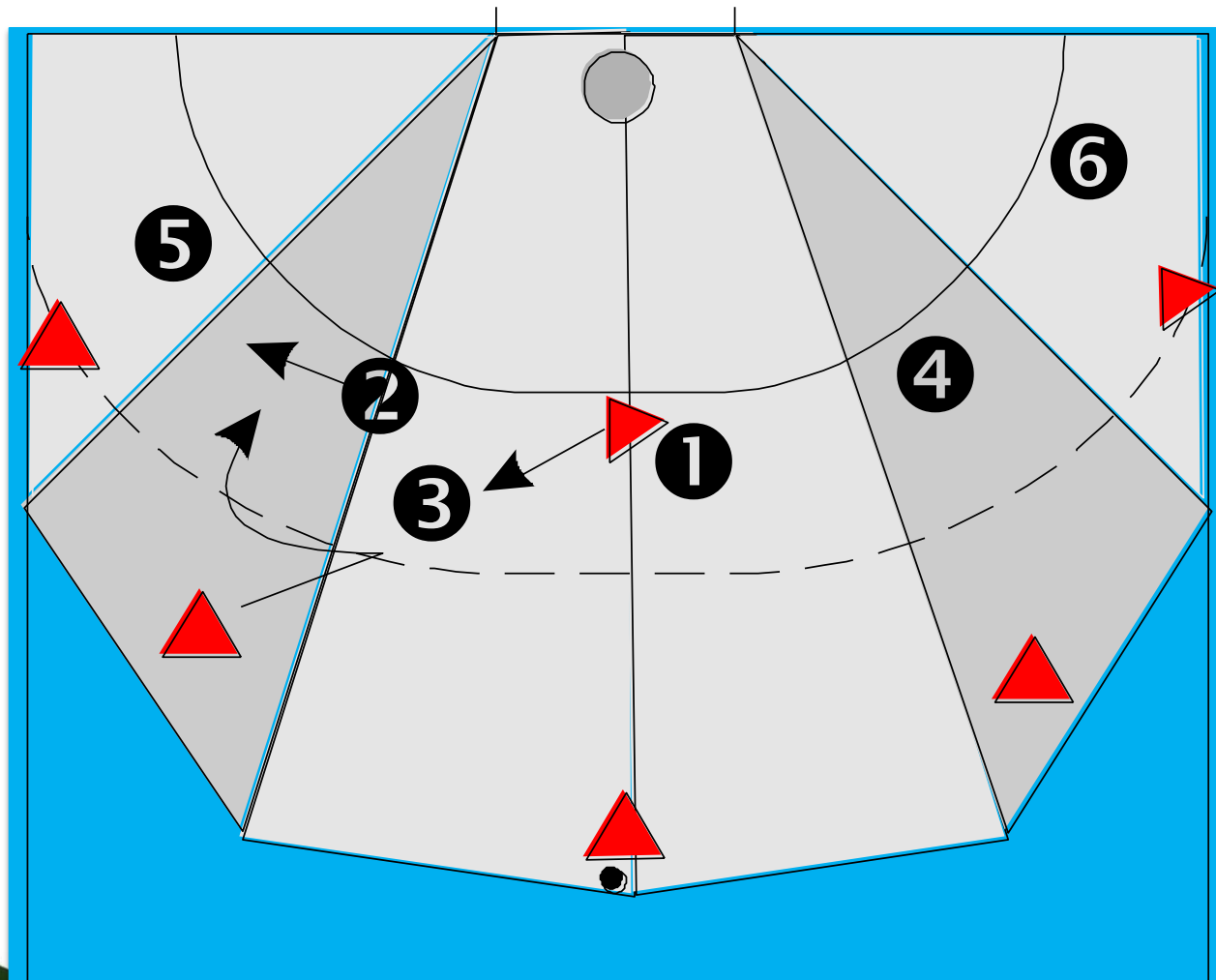
Tactics in groups

Three connected positions

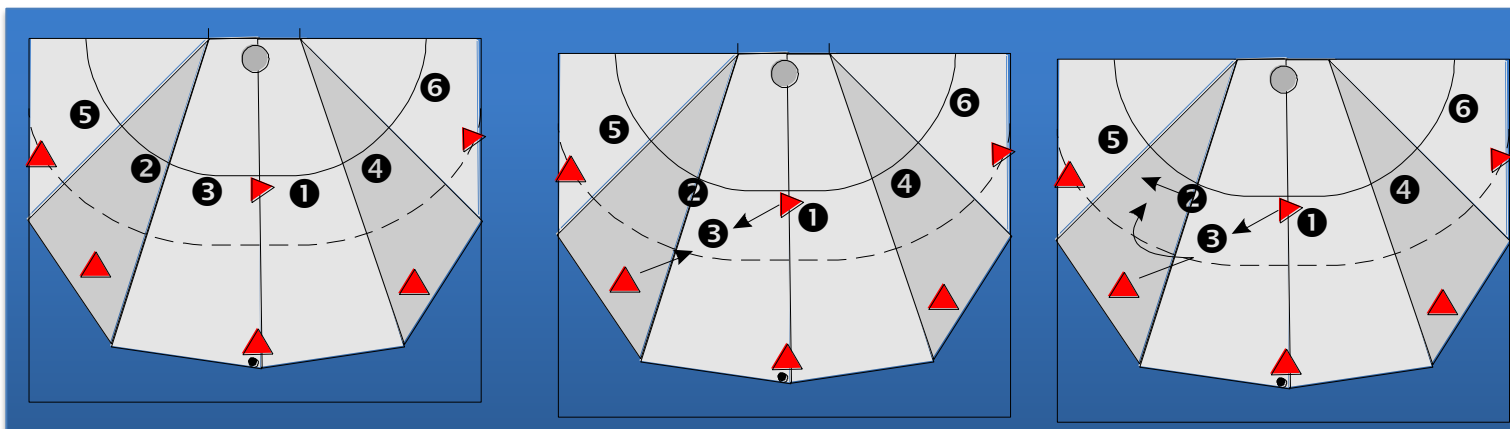
3-2-1/5-1



6 – 0 Swedish



Characteristics 6 – 0 defense



Strength

Zone defense
 Block defense

Weakness

Coöperation /
 Communication

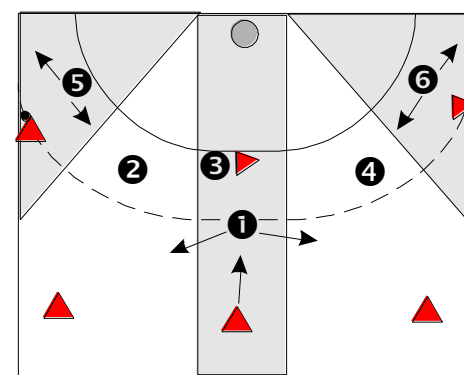
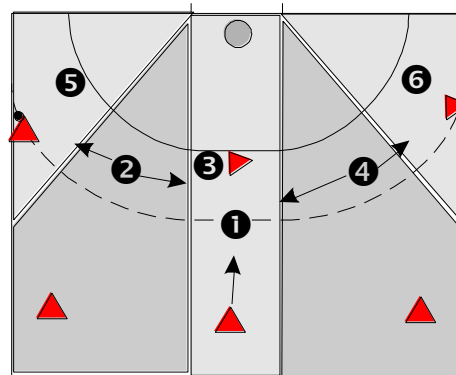
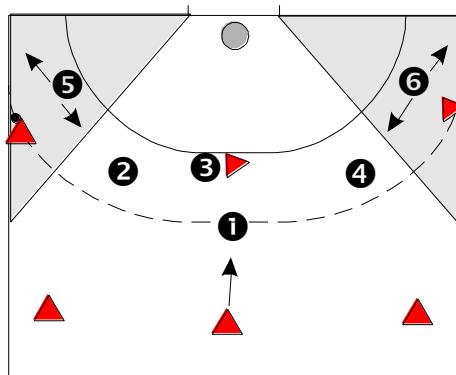
Problems

Screen / Cross
 Fast pace

Initiative and attack

Characteristics

3 – 2 – 1 / 5 – 1 defense



Strength

Weakness

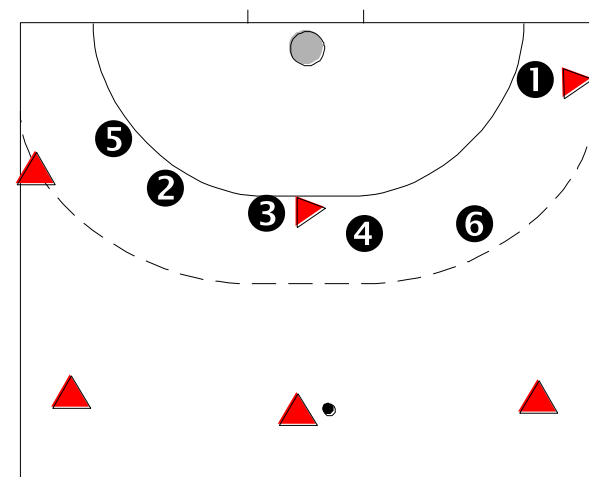
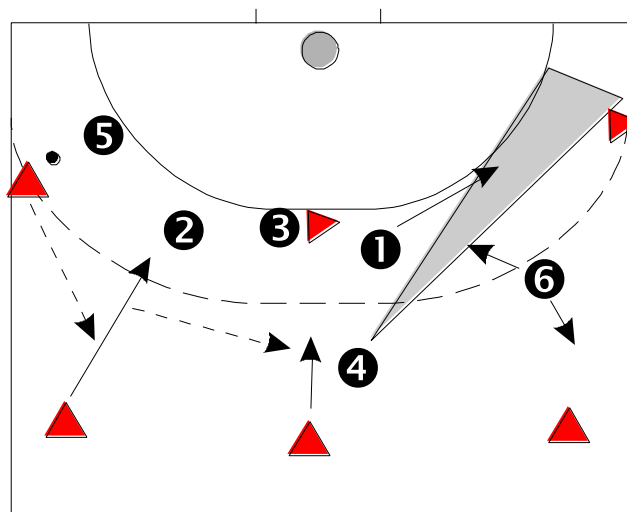
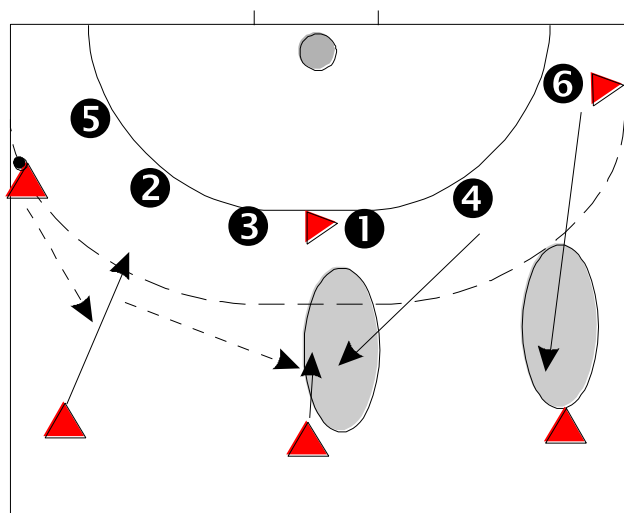
Problems

1- 1 Errors
Initiative

Clear roles /
Fighting / Interrupt

Individual errors
Action without ball

Cross



Creative