

Handball Practice 10 - Modern speed handball: Fast adjustment to the 1st and 2nd wave



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PDF

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Price

Sales price 9,99 €

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Description

Fast breaks are an important factor for successful handball game outcomes in modern handball. Further positive aspects include motivation of the team through quick goals in connection with demoralization of the opposing team as well as improvement of the attractiveness of the handball game itself. Quick adjustment from defense to offense play after winning the ball (or after a fast throw-off following a goal) in order to take advantage of the off-guard situation and score a goal through increased speed of play is the central objective of speed play with fast breaks.

From winning the ball and

- quickly adjusting from defense to offense play
- to initiating the first or subsequent second wave
- and a well-structured action following the second wave
- or the fast throw-off

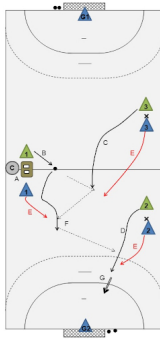
all these fast break elements are dealt with during the following five training units.

The first two units focus on fast break initiation and the improvement of passing precision and passing decisions for a first wave as well as carrying the ball forward after gaining ball possession. The third unit focuses on the decision-making process in outnumbered situations that may be created during the first or second wave, whereas the last two units practice well-structured playing against an off-guard and passively acting defense formation.

With these five training units, the collection offers ideas and incentives for practicing the individual fast break phases and provides the opportunity to implement a comprehensive concept that involves both the first and second wave and the fast throw-off.

Content: 5 training units

Sample picture:



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