

## Special Handball Training 2 - Step-by-step training for successful offense strategies against the 6-0 defense system



Step-by-step training for successful offense strategies against the 6-0 defense system



PDF

Rating: Not Rated Yet

### Price

Sales price 14,99 €

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### Description

These training units elaborate initial actions against the 6-0 defense system as well as variable options for continued playing. The first three training units teach the tactical basics of playing against the 6-0 defense on an individual and a small-group basis. This includes the dynamic piston movement with breaking through decisions as well as the basics of crossing movements and team play with the pivot. The subsequent three training units introduce crossing of the center back with the wing player as an initial action and provide three more options for the team to overcome the defense through continued playing.

**Content:** 6 methodically elaborated 90-minute training units

**Sample picture:**



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**Pages:** 63

**Difficulty Level:** Intermediate requirement (youth teams under 15 years of age and adult teams)

**Delivery time:** direct download after payment