

Jörg Madinger

Training of defensive and semi-offensive cooperative defense strategies for handball teams

60 exercises – From 1-on-1 to small group and team defense



Introduction

A good defense is a prerequisite for modern team handball. The intention is not only to prevent goals but also to actively win the ball and subsequently initiate a fast attack. The offense should permanently be put under pressure and forced to make mistakes.

The exercises in this collection initially deal with the individual basics of defense play. Individual and position-specific training marks the starting point for subsequent cooperative defense play and allows for choosing the appropriate defense system. The basics both include exercises on legwork, 1-on-1 defense and covering the pivot in combination with fast adjustment to subsequent actions as well as blocking and anticipating on the wing positions of a proactive defense system.

The second part of the collection deals with cooperative small group defense play and focuses on handing over/taking over attacking players along the defense line (width of defense) and on making agreements when defending against the pivot.

The third chapter introduces cooperative team defense in 6-0, 5-1, 3-2-1, and 4-2 defense systems along with possible variants.

Get inspired by the exercises, develop your own defense concepts, and make use of the individual strengths of your defense players for optimal cooperation.

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Editor's note

Further reference books published by DV Concept

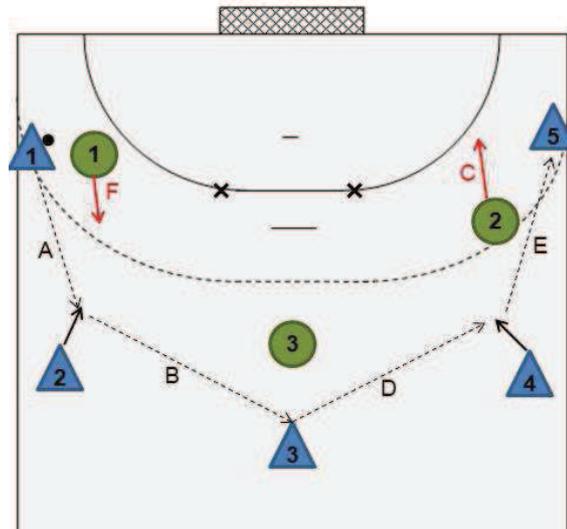
| | | | |
|--|--|---|----|
| No. 29 | Active wing player on the opposite side | 8 | ★★ |
| Equipment required: 2 cones, 1 handball | | | |

Setting:

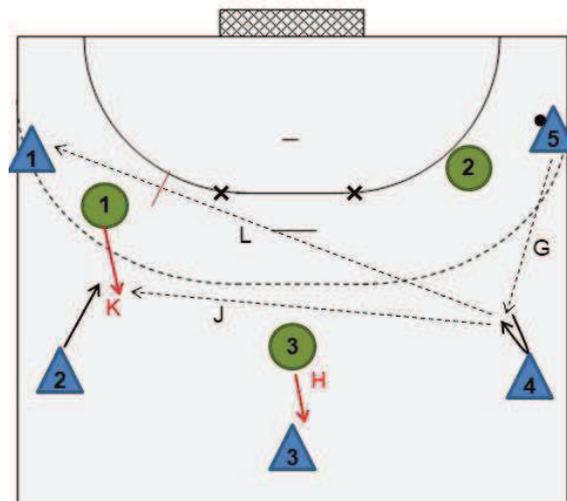
- Position two cones in line with the goal posts.

Course 1:

- ① and ② practice the running moves of the wing players in a defense system with offensive wing players on the opposite side; ③ acts as defense player on the center front position.
- The players pass the ball several times from left to right (A to E) and from right to left (figure 1).
- During the pass from the center to the right back (D), the defense wing player who is on the opposite side of the ball holder (①) steps forward offensively (F).
- As soon as the players pass the ball back to the center and to the other side again, the defense wing players move back again to their former defense wing position (C).



(Figure 1)



(Figure 2)

Course 2 (figure 2):

- Extension of the basic move: The players play a long pass from back position to back position.
- During the pass from the wing player to the back player (F), ③ steps forward into the passing path to ③ (G) and forces a long pass from ④ to ② (H).
- ① tries to catch the ball on his offensive position (J) (figure 3).
- ① must not start too soon, as otherwise ④ could possibly play a pass to ① (K).



(Figure 3)

- Switch tasks after several catching attempts of both wing players.

! The back positions players should start running towards the passing path as they would do in a real game, even though they know that the wing player could try to catch the ball.

! The wing players should try to catch the ball as close to their opponent as possible.

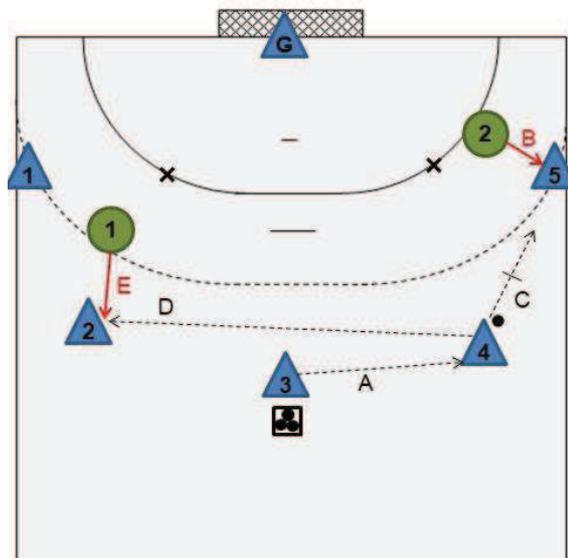
| | | | |
|--|---|---|----|
| No. 30 | Pressing on the wing positions and active wing player on the opposite side | 8 | ★★ |
| Equipment required: 2 cones, 1 ball box with sufficient number of handballs | | | |

Setting:

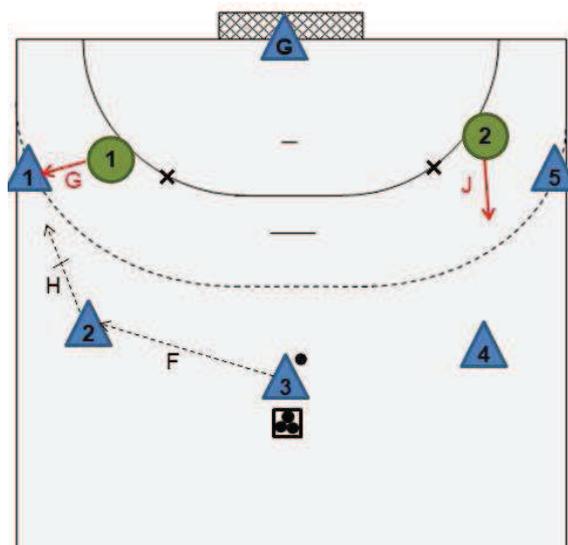
- Position two cones as shown in the figure.

Course:

- **3** starts the drill and passes a ball to **4** (A).
- **2** offensively makes a step forward towards **5** (B) and prevents **4** from playing a pass (C).
- **1** also acts offensively (E) in order to prevent long passes from **4** to **2** (D) or to **1** (not shown in the figure).
- If the players pass the ball back to **3** (figure 2), both defense players get in a more defensive position.
- During the pass from **3** to **2** (F), **1** offensively makes a step forward towards **1** (G) and prevents **2** from passing (H); **2** prevents long passes to the right side (J).
- Switch the defense players after several actions.



(Figure 1)



(Figure 2)

Editor's note

JÖRG MADINGER, born in Heidelberg (Germany) in 1970

July 2014 (further training): 3-day coaching workshop: “Basic components of goalkeeper training”, held by the **German Handball Association (Deutscher Handballbund, DHB)**

Lecturers: Michael Neuhaus, Renate Schubert, Marco Stange, Norbert Potthoff, Olaf Gritz, Andreas Thiel, Henning Fritz

May 2014 (further training): 3-day coaching further training during the VELUX EHF Final4, held by the **German Handball Coaching Association (Deutsche Handball Trainer Vereinigung, DHTV)/DHB**

Lecturers: Jochen Beppler (DHB coach), Christian vom Dorff (DHB referee), Mark Dragunski (coach of TuSeM Essen, Germany), Klaus-Dieter Petersen (DHB coach), Manolo Cadenas (coach of the Spanish national team)

May 2013 (further training): 3-day coaching further training during the VELUX EHF Final4, held by the **DHTV/DHB**

Lecturers: Prof. Dr. Carmen Borggreffe (University of Stuttgart, Germany), Klaus-Dieter Petersen (DHB coach), Dr. Georg Froese (sports psychologist), Jochen Beppler (DHB base camp coach), Carsten Alisch (young talents' hockey coach)

Since July 2012: A-License, DHB

Since February 2011: Handball club trainings, coaching (training and competitive areas)

November 2011: Foundation of the Handball Specialist Publishing Company (Handball Fachverlag) (handball-uebungen.de, Handball Practice and Special Handball Practice)

May 2009: Foundation of the handball online platform handball-uebungen.de

2008-2010: Youth coordinator and youth coach, SG Leutershausen (Germany)

Since 2006: B-License

Editor's note

In 1995, a friend convinced me to join him in coaching a handball youth team (male, under 13 years of age).

This was the beginning of my career as a team handball coach. Ever since I enjoyed working as a coach and had high requirements concerning my exercises. Soon, the standard pool of exercises wasn't enough for me anymore and I started to modify and develop drills myself.

Today, I coach a broad range of youth and adult teams with different performance levels and adjust my training units to the individual needs of the teams.

A few years ago, I started selling my exercises and drills online at handball-uebungen.de. Since, in handball training, there is a tendency towards a general athletic training that focuses on coordination work – especially in the training of youth teams –, a large number of my games and exercises can be applied to other sports as well.

Get inspired by the various game concepts, be creative, and rely on your own experiences!

Yours sincerely,

Jörg Madinger

