

Handball Practice 14 – Interaction of back position players with the pivot – Shifting, Screening, and Using the Russian Screen



hp14engl.jpg



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Price

Sales price 9,99 €

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Description

The small group play of the back position players and the pivot is an important offense element in almost each age group. The basics of interacting with the pivot should already be established in the training of youth teams. Positioning and screening play an important role here. The first three training units in the book provide different options of interacting with the pivot.

With increasing age, the space for team play gets smaller. This leads to more challenging running paths for the back position players and higher requirements for the pivot's screening.

Particularly in adult teams, the physical characteristics of the pivot play a role, too. The last training unit focuses on achieving positional advantages by positioning the physically stronger pivot next to a physically weaker defending player (mismatch).

The courses of each training unit are set up step by step and have numerous supporting notes.

Content: 5 training units

Sample picture:



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Difficulty Level: Different levels of difficulty and complexity for all age groups

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