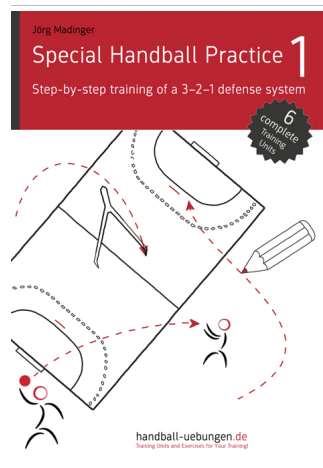


## Special Handball Training 1 - Step-by-step training of a 3-2-1 defense system



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**eBook:** The 3-2-1 defense system is an excellent strategy to put the attacking players under pressure in their initial actions. This often results in quick turnovers and fast breaks. However, a good basic fitness as well as a thorough 1-on-1 defense training are prerequisite for this. To make your youth training comprehensive, include practicing the 3-2-1 defense system as a mandatory element. As in each volume of the handball-uebungen.de series, this book has its focus on practical exercises which can be integrated in each handball training unit. Get inspired, learn how to develop a 3-2-1 defense system, and don't forget to be creative on your own! A short theoretical introduction to the general training schedule will help you to integrate training units into your own annual schedule.

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**Price**

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Description **Description of content:** [Find the Paperback here](#)

**Product number** 490039

**E-book format:** PDF

**Title:** Special Handball Practice 1 Step-by-step training of a 3-2-1 defense system  
**ISBN:** 978-3-95641-222-6

**Delivery time:** direct download after payment

**No.:** 6 methodically elaborated 90-minute training units that are based on each other and develop the 3-2-1 defense system step by step

**Pages:** 61

**Date of publication:** 15.09.2018

**Difficulty level:**

Intermediate requirement (youth teams under 15 years of age and adult teams)

**Description:**

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3-2-1 defense system as a mandatory element.

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**Sample pictures:**

Defense/Individual      Defense/Small groups

