

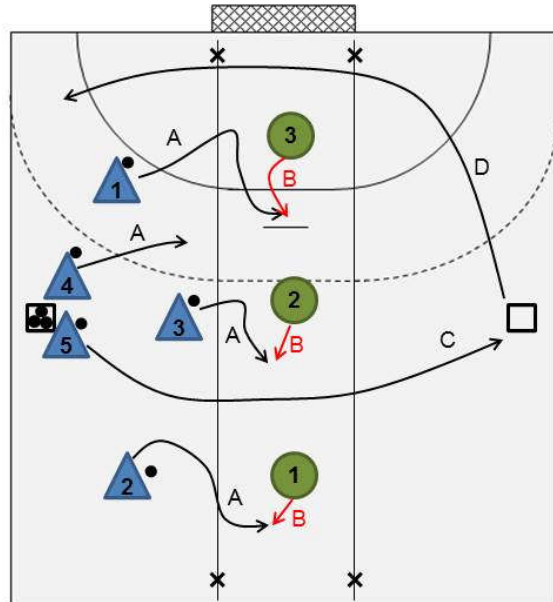
No. 10	Stealing the ball with varying attacking players	8	★
Equipment required:	2 ball boxes with sufficient number of handballs, 4 cones to define the playing field		

Setting:

- Define the defense zone with cones or existing lines; position a full ball box on the one side, and an empty ball box on the other side.

Course:

- Three players (1, 2, and 3 in the figure) start as defense players.
- The attacking players each pick up a ball and try to dribble through the defense zone (A) in order to put the ball in the empty box on the other side (C).
- Once they have put the ball in the box, the attacking players run back outside of the field (D) and pick up the next ball.
- The defense players try to interrupt the attacking players and to steal the ball (B) in order to roll it back behind the attacking players' starting line.
- How long does it take until the attacking players have put all their handballs in the empty box?
- Afterwards, the players start the next course with new defense players on the other side.



! The defense players should always focus on stealing the ball, but nevertheless obstruct the way to the other half of the playing field.

No. 28	Shielding off the pivot to prevent passes 3	7	★
Equipment required: 5 cones, ball box with sufficient number of handballs			

Setting:

- Define the zone of the pivot with four cones.
- Position another cone in direction of the center line to define the running path for the second action.

Course:

- As soon as (C) whistles, (2) and (3) start to pass a ball (A).
- Both players should try to pass the ball to the pivot ((1) (D)).
- (1) may move freely within his zone and try to get in a good position for a pass (B). While doing so, he must not stay on the line, but is allowed to move within the field defined with cones.
- (1) should try to prevent a pass to (1) for as long as possible (C).
- If (1) nevertheless received a pass (D), (1) tries to turn around and shoot at the goal (E).
- As soon as (1) is about to shoot or (C) whistles one more time after some time has passed (10-20 seconds), (1) sprints around the cone in the back (F) and approaches the goal.
- (1) receives a second ball from (C) (G) and shoots at full speed (H).
- (1) becomes the new defense player, (2) becomes the new pivot, and (4) moves on to the next position (in the next round, (3) will become the new pivot and (5) will take over his position).



⚠ The objective of the defense player is to prevent a pass to the pivot until (C) whistles again.

⚠ The defense player should start the second action as soon as the pivot is about to shoot or (C) has whistled the second time.