

Category 2: Free-throw and putting pressure on the defense immediately by a back player

In this free-throw category, the players should immediately start putting pressure on the defense to create a shooting opportunity directly out of the free-throw situation. To do so, the player receiving the first pass, must attack a defense gap dynamically, starting from a standing position or with a short running move. The objective is to get a player in a free shooting position with only few passes.

The dynamic approach required to create the pressure, is dealt with in the basic exercises (chapter 1) during training.

All variants of this category require several passes left to be played; i.e. the variants are suitable for situations, in which the referee has not yet given a forewarning signal for passive play, and in particular, if a forewarning signal for passive play has been given, but the team has at least four passes left until they have to shoot at the goal.

The free-throws of this category are usually carried out immediately and swiftly. A quick block – or no block at all – is needed; the other attacking players keep their positions and the pivot brings the ball into play as quick as he can. This way, the attacking players may take advantage of the defense players' potential lack of concentration after the referee's whistle blow.

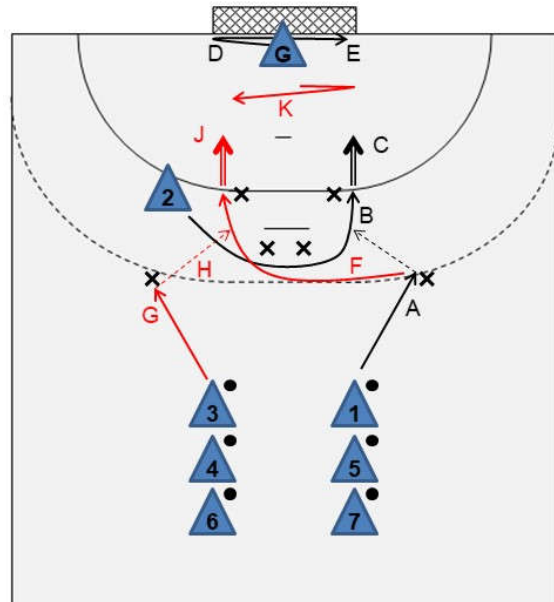
No. 2-1a	Preparatory exercise: Goalkeeper warm-up shooting	8	★★
Equipment required: 4 cones, sufficient number of handballs			

Setting:

- Position four cones as shown in the figure to define the running paths.

Course:

- **1** has a ball and does a dynamic forward piston movement towards the cone (A).
- **2** runs a curve, receives a pass from **1** (B), and shoots at the right side of the goal as instructed (bottom, middle, top) (C).
- **G** starts in the center of the goal, dynamically sidesteps to the left, touches the goalpost (D), dynamically sidesteps back, and eventually saves (E) the ball shot by **2** at the right side of the goal (C). Afterwards, **G** immediately goes back to his initial position, the center of the goal.
- Following his pass (B), **1** immediately moves to the left in a dynamical manner, beginning at the cone, and moves around the two cones in the center (F).
- **3** does a dynamic forward piston movement towards the cone (G) and passes the ball into the piston movement path of **1** (H).
- **1** shoots at the left side of the goal as instructed (top, middle, bottom) (J).
- **G** starts from the center of the goal, dynamically sidesteps to the right, touches the goalpost, dynamically sidesteps back, and saves (K) the ball shot by **1** at the left side of the goal (J). Afterwards, **G** immediately goes back to his initial position, the center of the goal.



⚠ **G** should time his sidestepping moves in such a way that he is able to save the shots while starting from the center (E and K).