



**International  
Handball  
Federation**



**IHF Lecturer : Alireza Habibi**



**IHF C LEVEL COACHING COURSE**

**26 May – 2 June 2022 Faisalabad / Pakistan**

## Head Coach of Men's National team of Iran



## 2015 World championship







# The IHF Coaching Education Structure



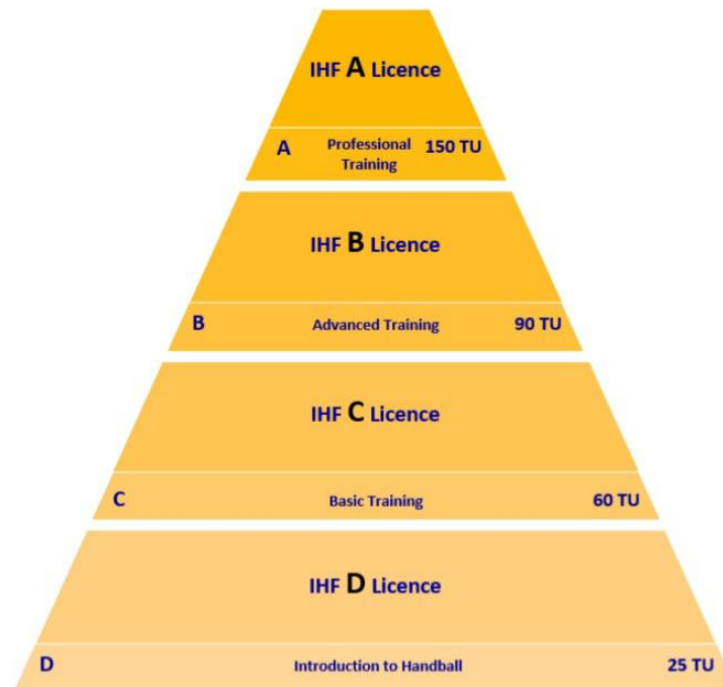
## ARTICLE 4

### IV. The IHF Coaching Education Structure

#### IHF Coaching Education Structure



#### Licence Levels

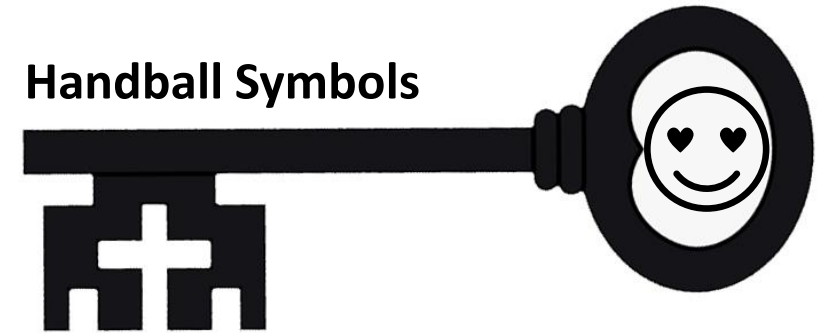


# Handball Symbols

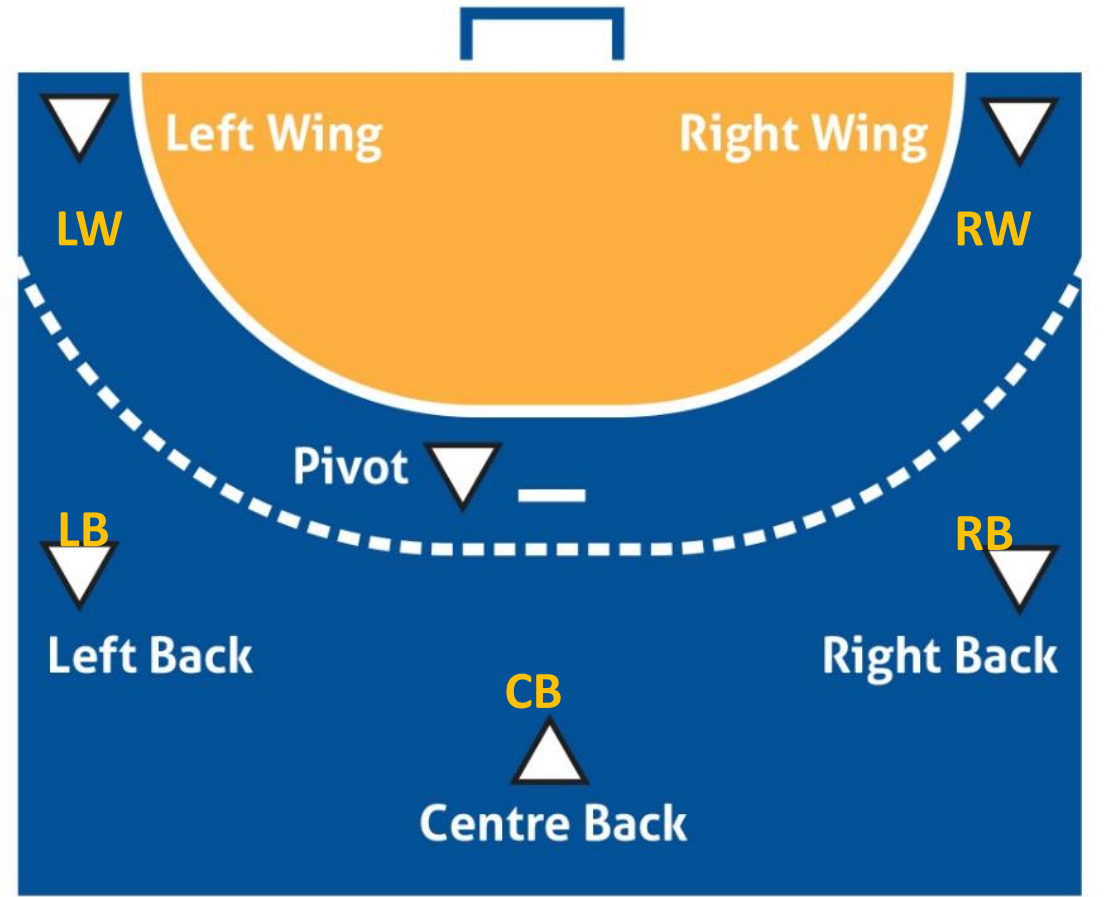
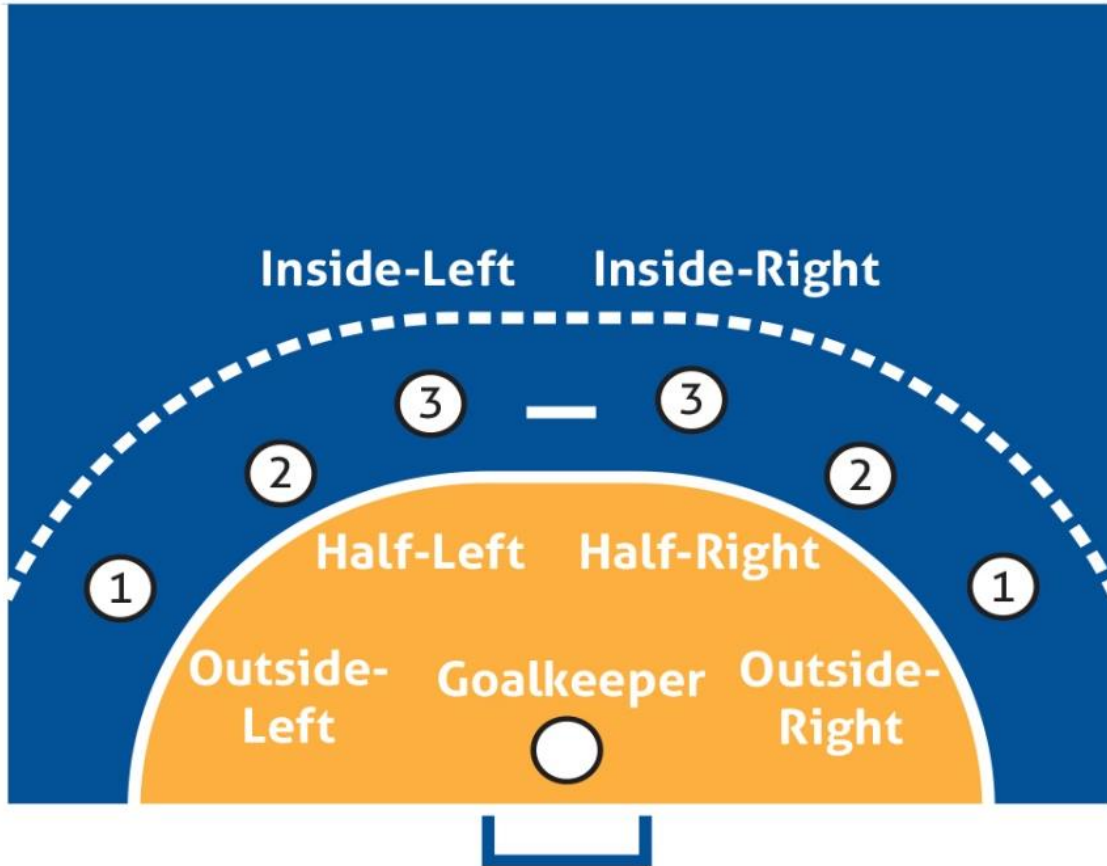
- △ Attacker or goalkeeper of the team in possession of the ball
- Defender or goalkeeper of the team out of possession of the ball
- Ball
- △ or △• Attacker with the ball
- △ or ○ New position of attacker / defender / goalkeeper
- ▶ or ● Orientation of attacker / defender / goalkeeper
- △ Supporter
- ⊗ Coach
- Path of player
- - - → Path of pass
- ⇒ Attacker moving with the ball (1, 2 or 3 steps)
- ~ → Attacker bouncing/dribbling the ball
- ┌ Defensive blocking
- ┌ or ┌ Screening
- ↗ Faking movement without the ball
- ⇒ Faking movement with the ball
- ↗ Pass fake
- ⇒ Path of shot
- ⇒ Shot fake
- ▲ Cone



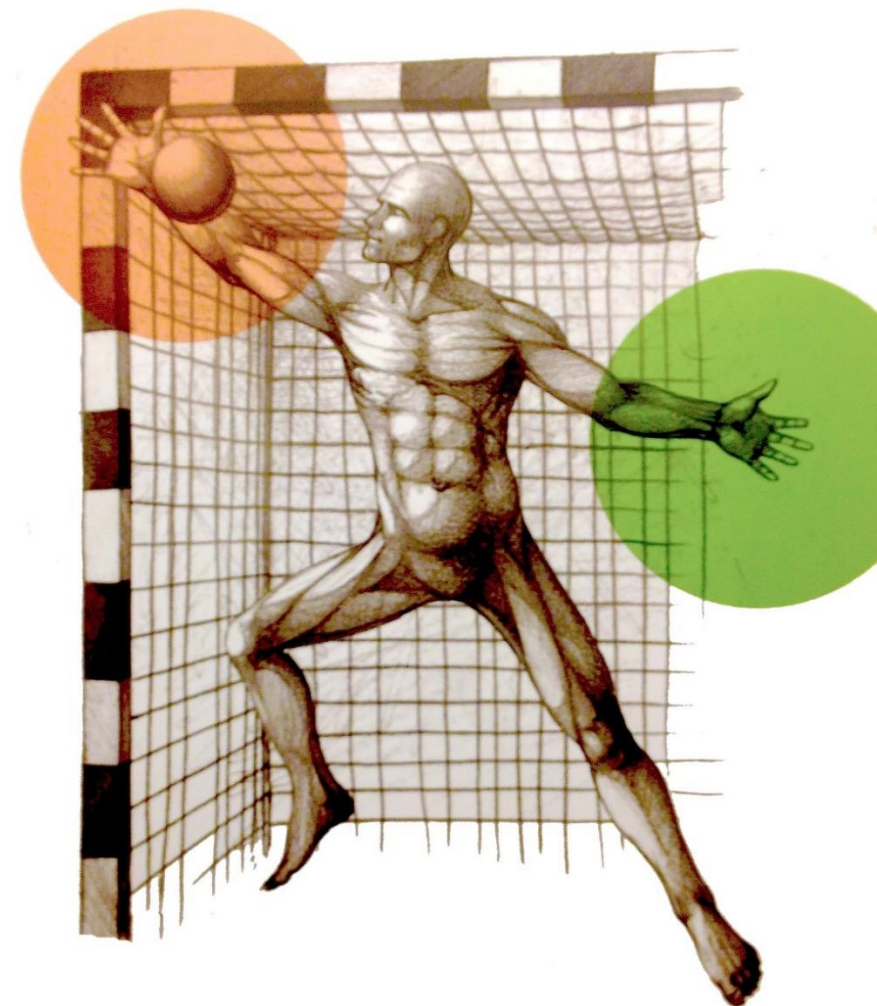
## Handball Symbols



# The Keys of Defenders & Attackers Positions

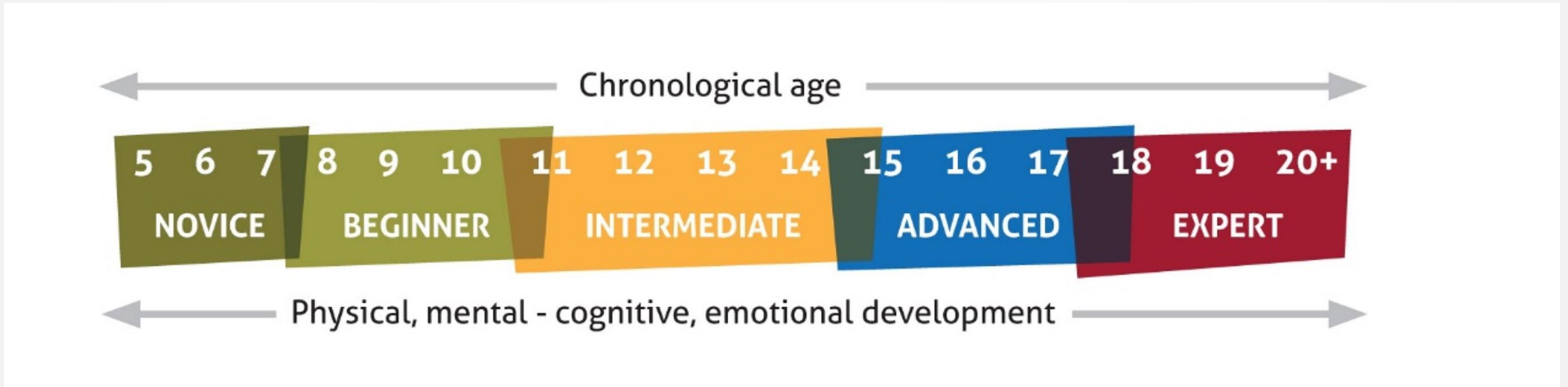


# How to Prepare the Team ?





# Chronological Age





1

# Preparation Steps Pyramid

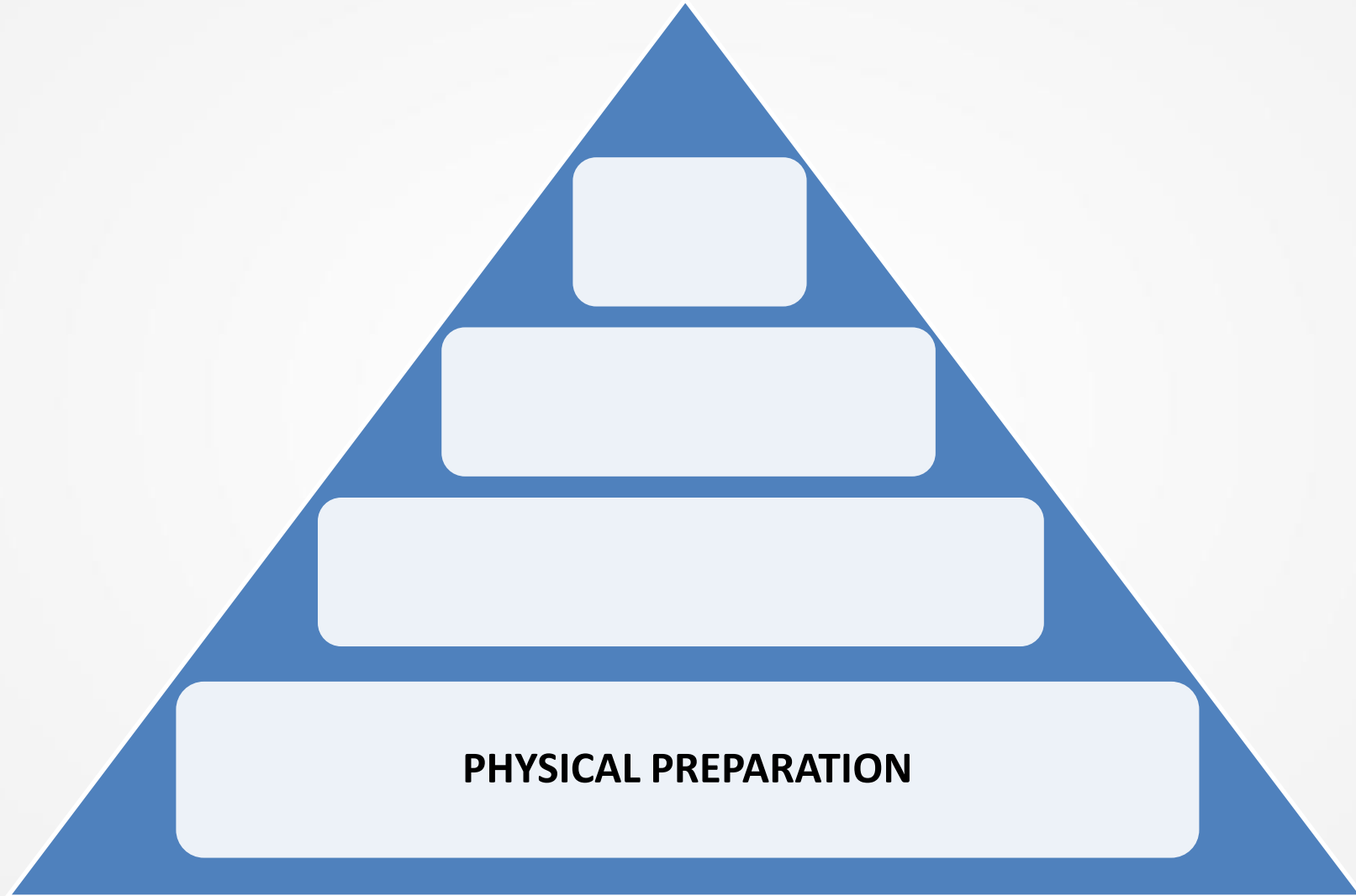


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1

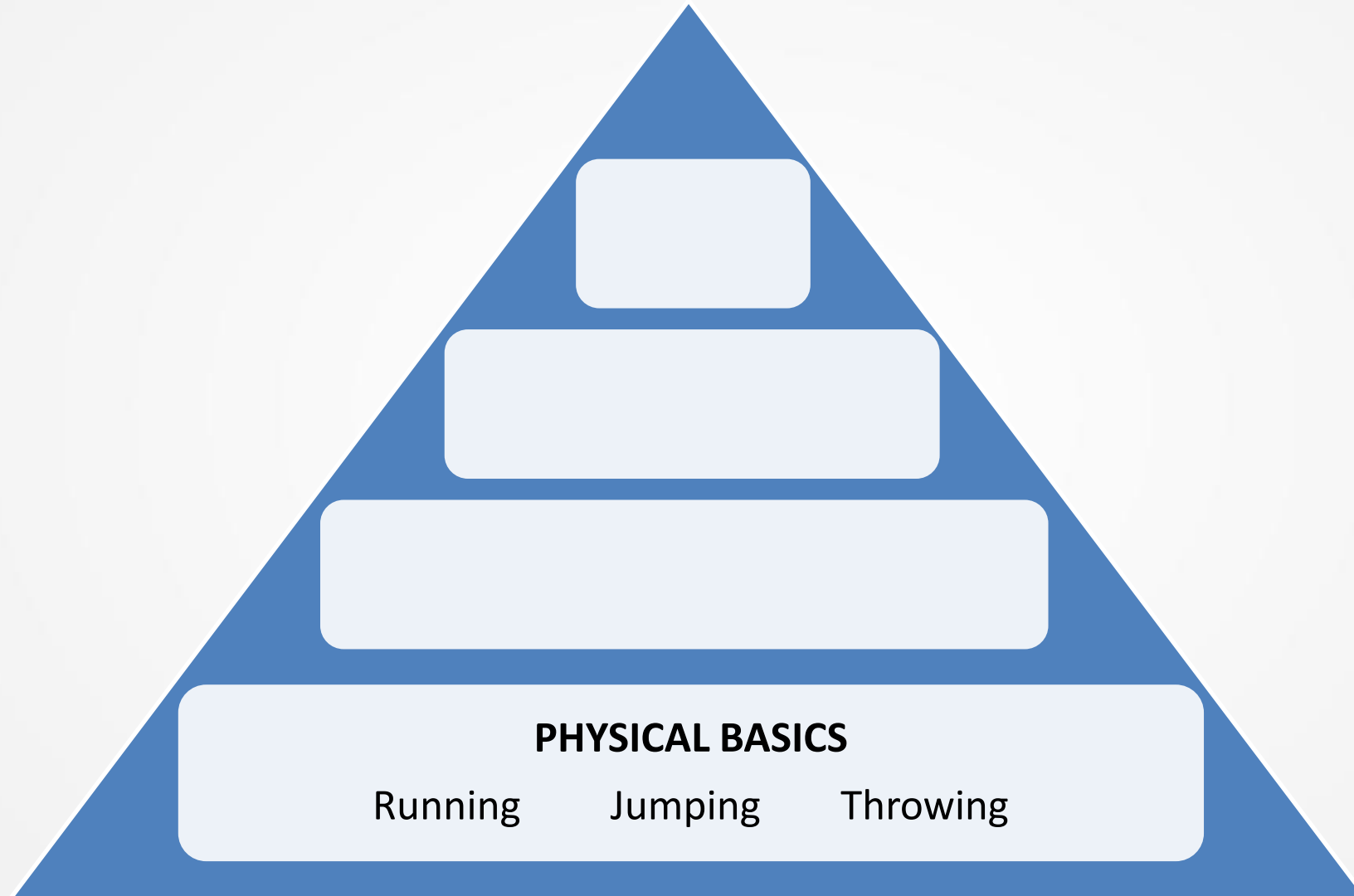
# Physical Preparation



**PHYSICAL PREPARATION**

1

# Physical Preparation

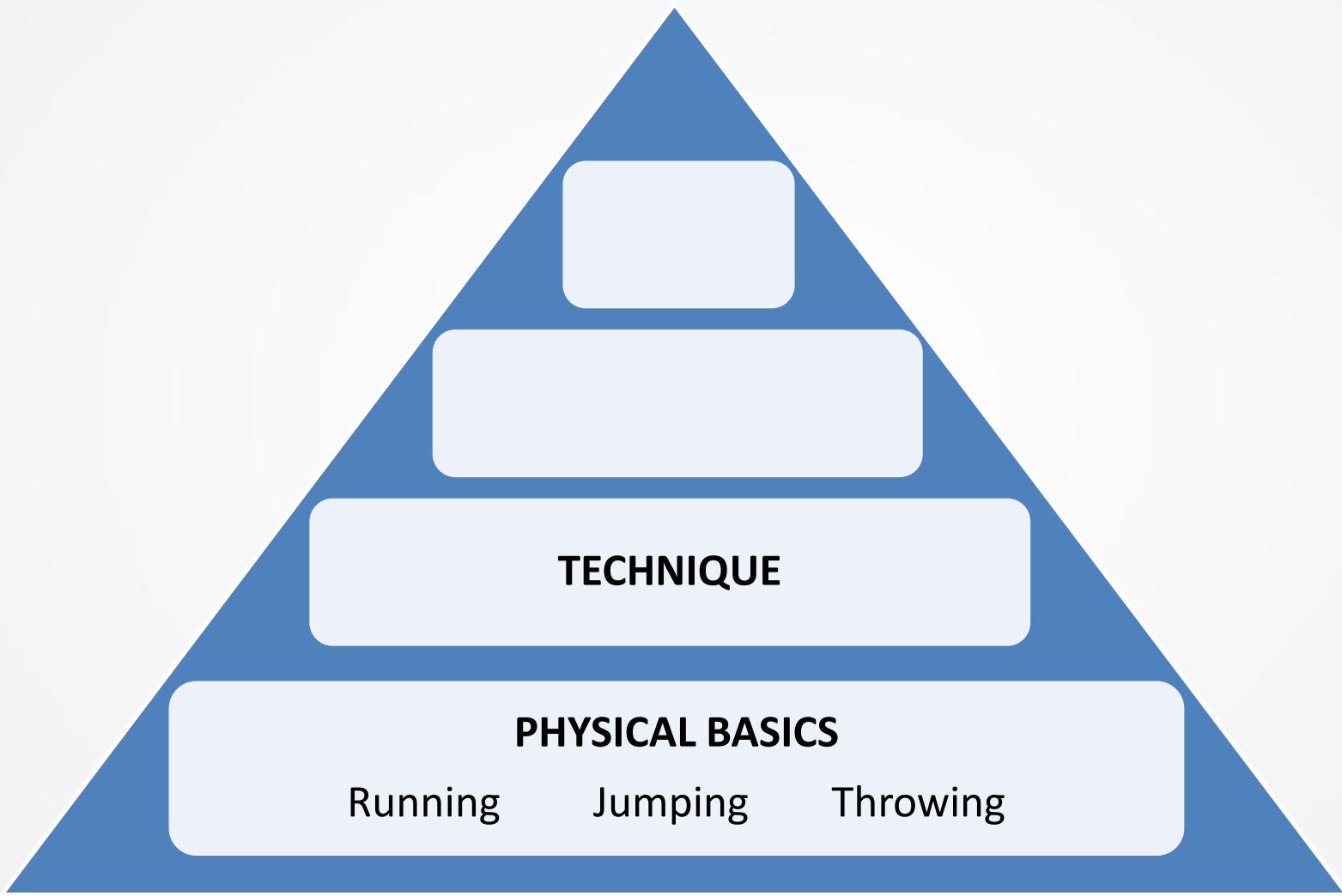


## PHYSICAL BASICS

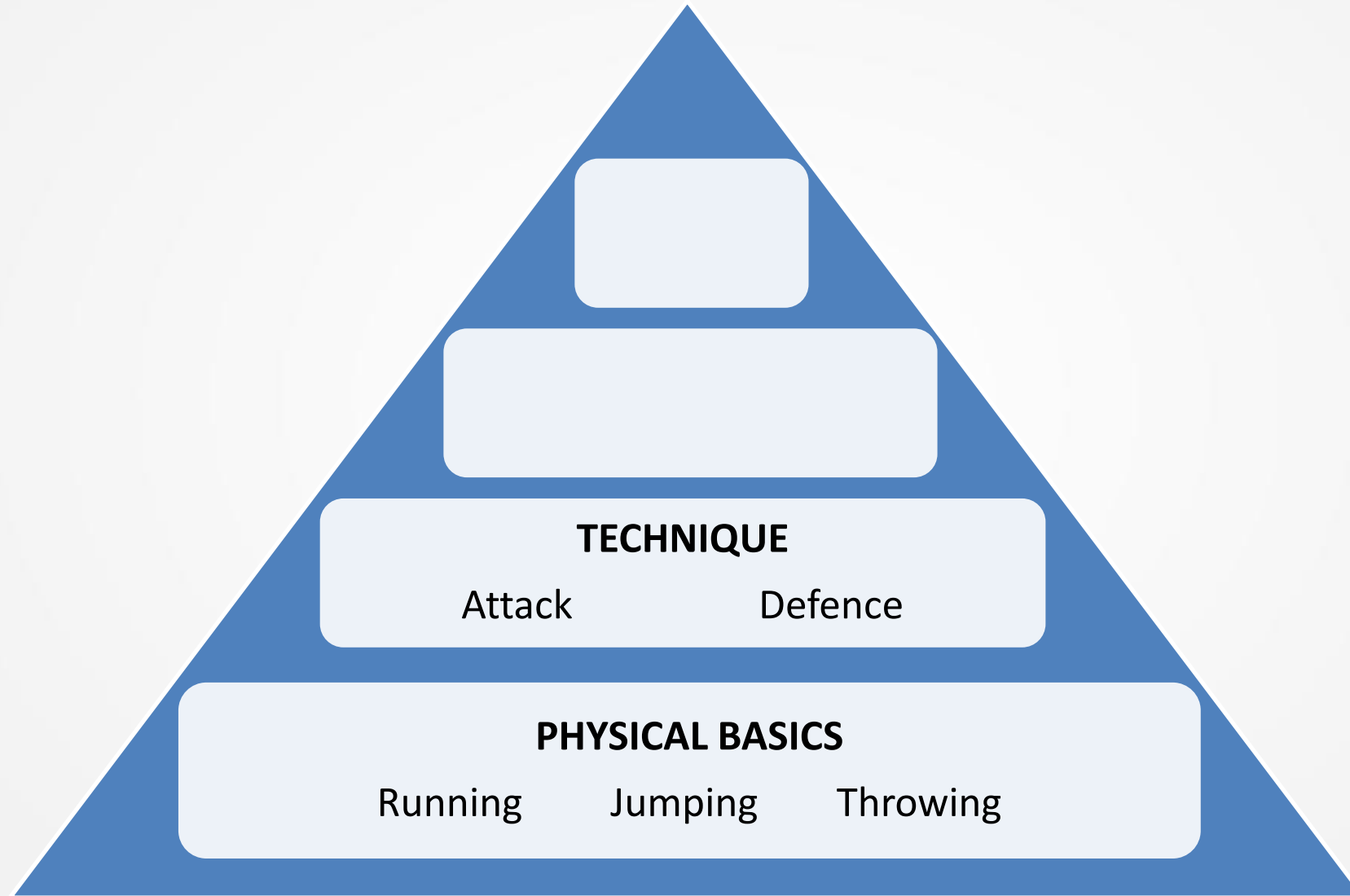
Running      Jumping      Throwing



# Technical Preparation

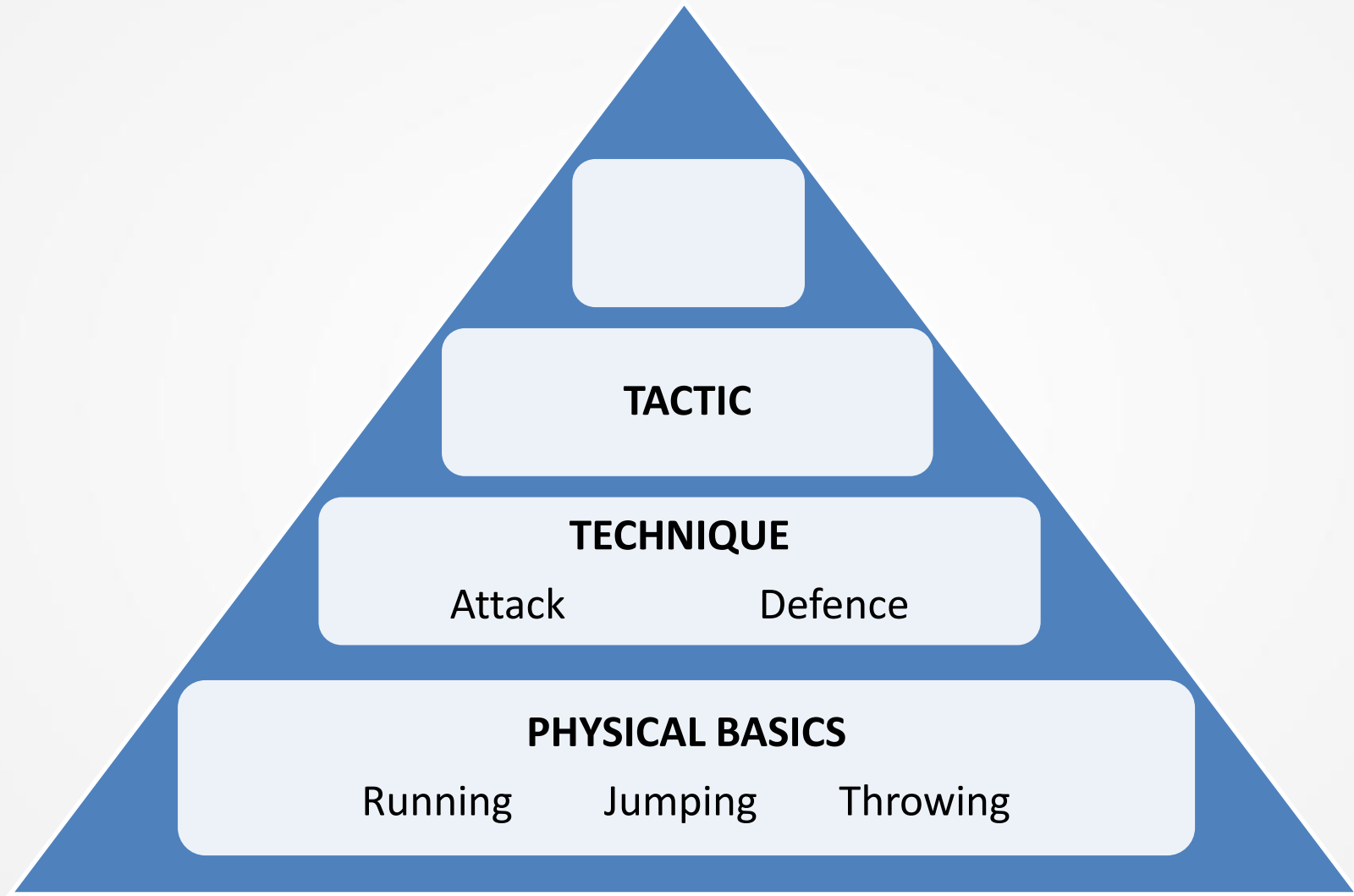


# Technical Preparation

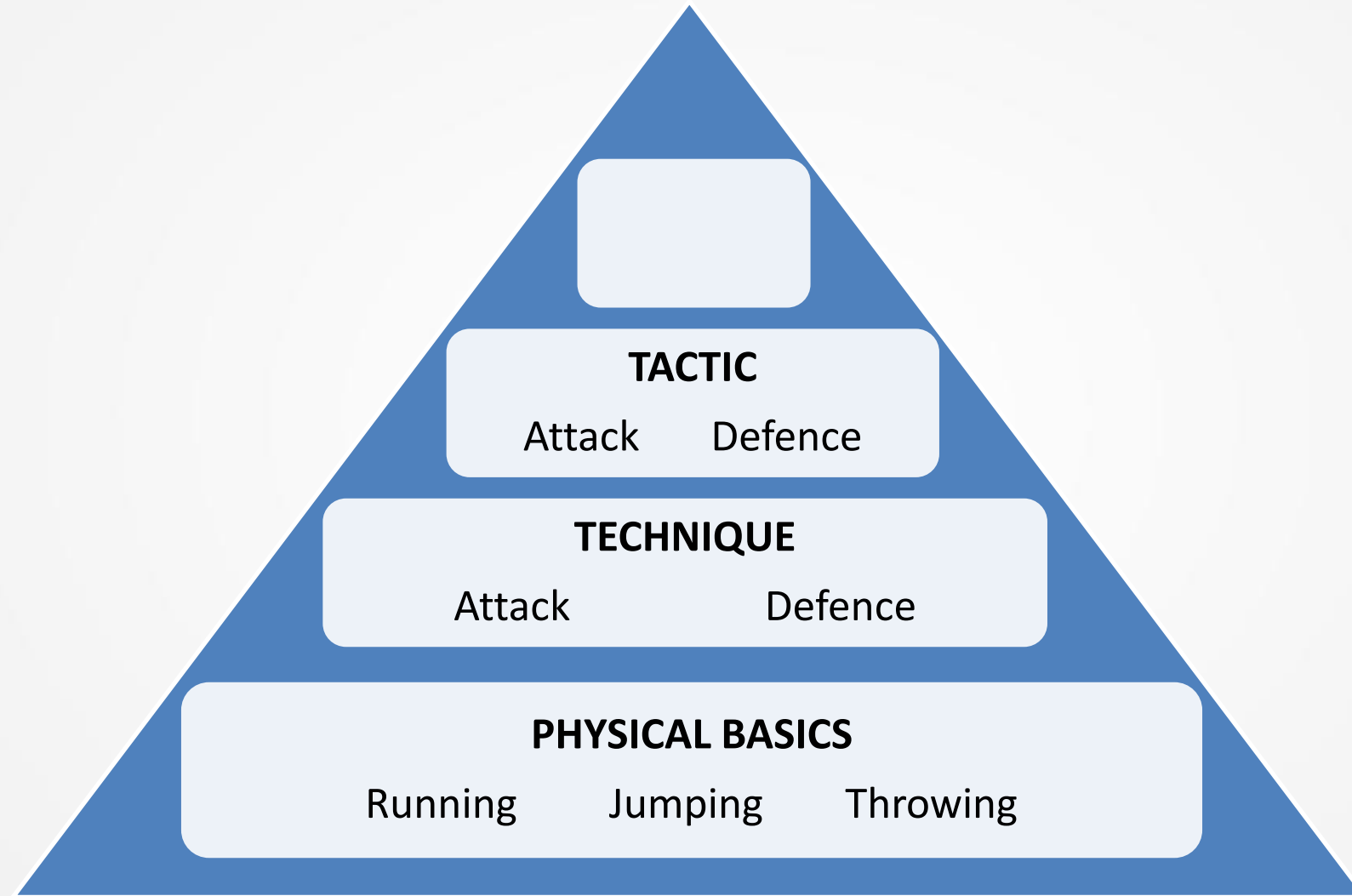




# Tactical Preparation

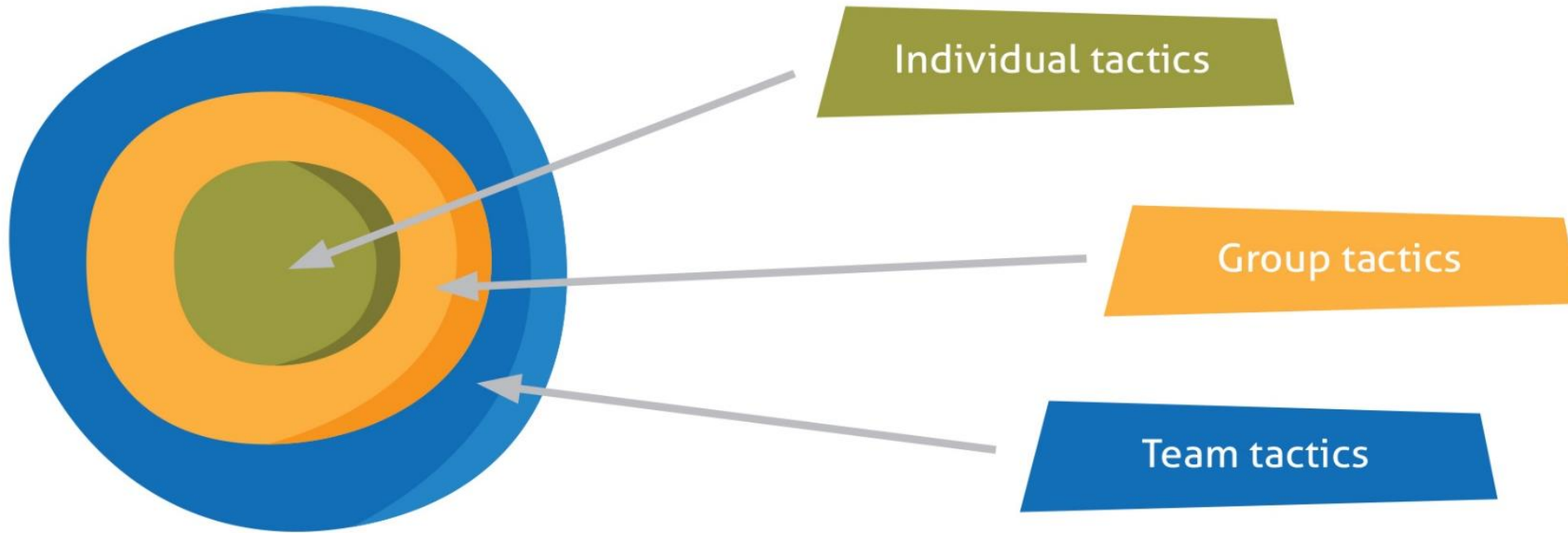


# Tactical Preparation ( Technic – Tactic )





# Tactical Preparation



*Different levels of tactical game play construction*



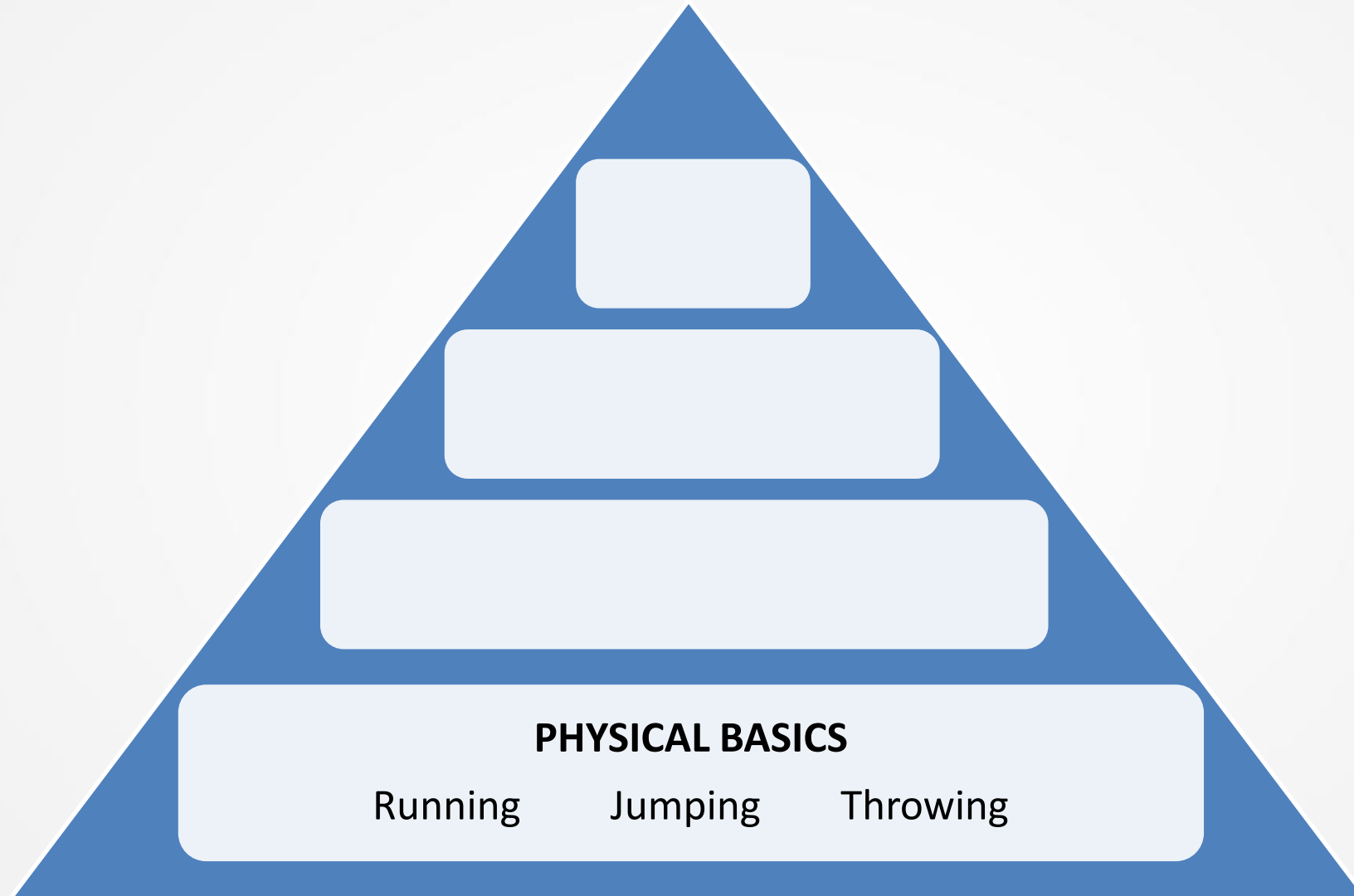


# Strategy ( Overall )



1

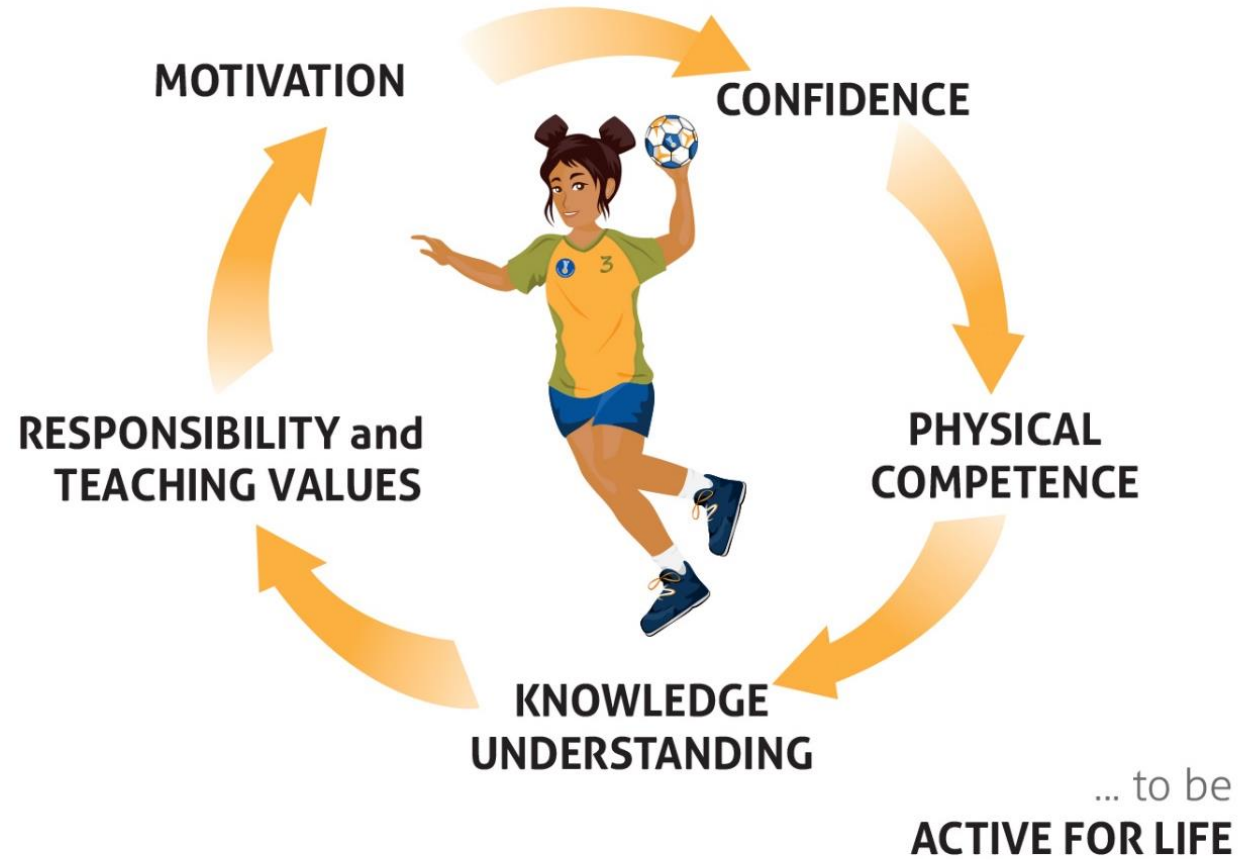
# Physical Preparation



## PHYSICAL BASICS

Running      Jumping      Throwing

The future of our sport is in the hands of children. Therefore, we must motivate them to be active, give them the opportunity to gain confidence, help them develop physical fitness and healthfulness, and promote the right values for life.





## Physical Basics ( Running – Jumping – Throwing )

➤ The **physical basics** are natural human movement elements of running, jumping, throwing and these ensure the fundamental conditions for playing the ball or obstructing its advance. On these basic movements then, the characteristic technique is built up, specialised for the attack and for the defence.



# Running



- 1- Starting
- 2- Running
- 3- Changing Direction
- 4- Stopping



**(Speed & Endurance & Agility )**

# Jumping

1- Building up Impetus

2- Push - off

3- Air work

4- Landing

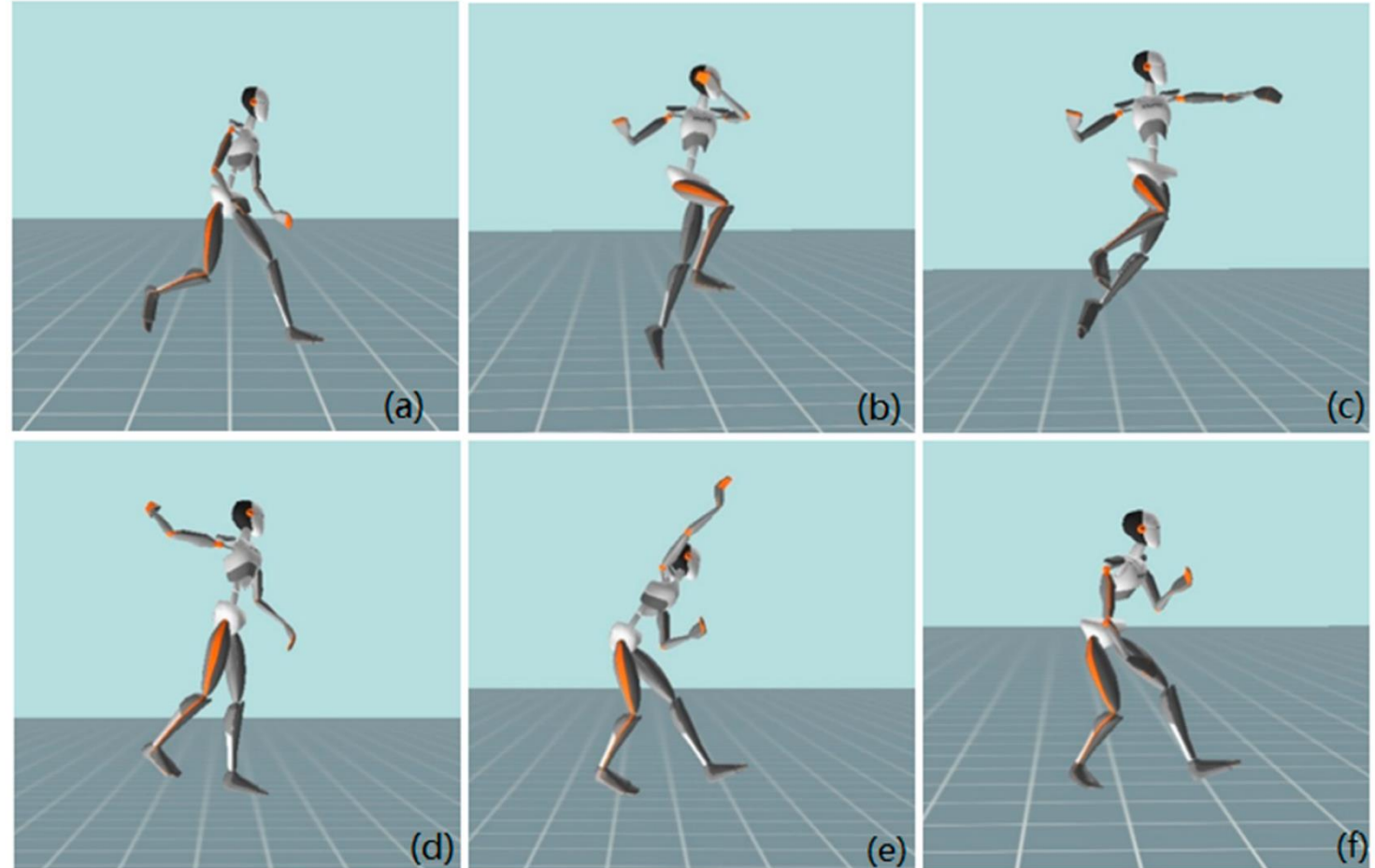
( Falling by )

- Landing on the Arms

- Rolling Over

- Tumbling

- Sliding on the Chest



# Physical Fitness Factors



- 1- Strength & Power
- 2- Muscular Endurance
- 3- Flexibility
- 4- Speed
- 5- Cardiac and Respiratory Endurance
- 6- Coordination
- 7- agility
- 8- Balance
- 9- Matching
- 10- Skill





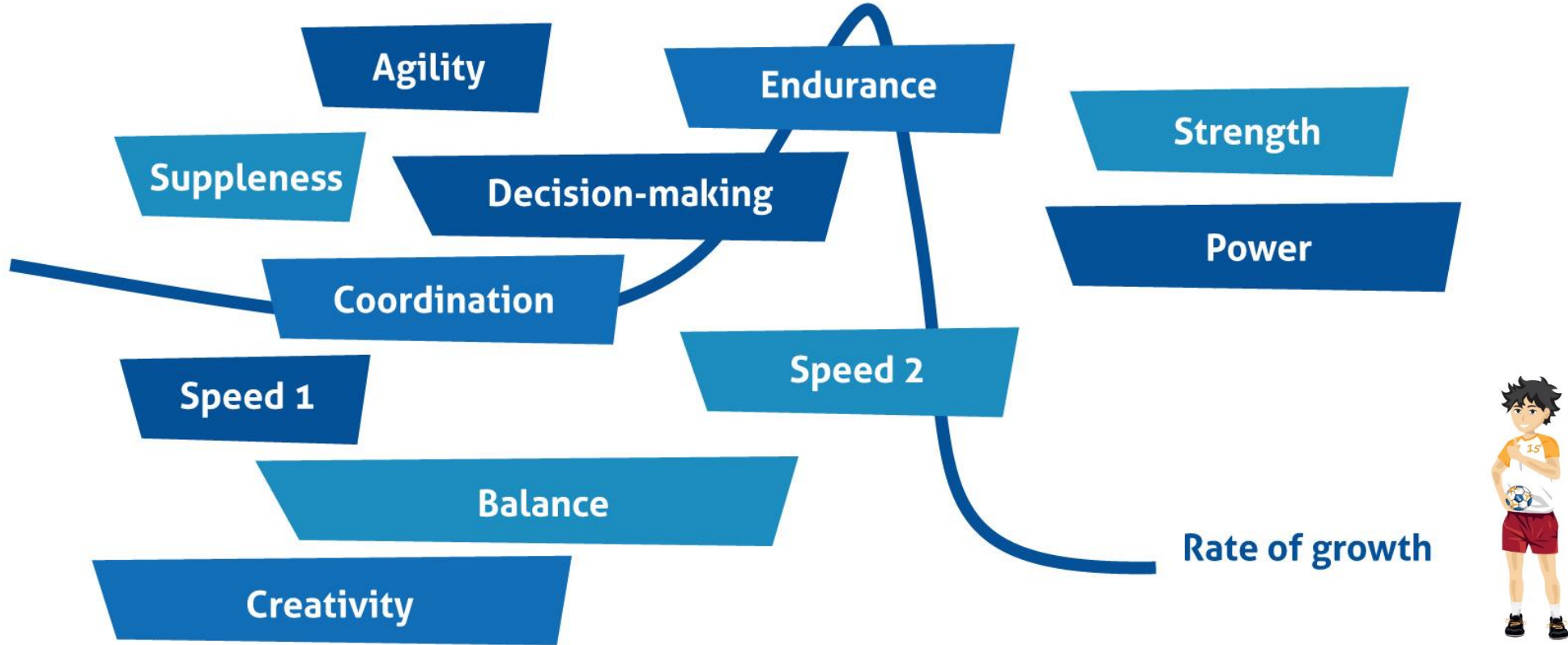
Motor skills development is important for all sports. PE teachers should include general motor skills development into the practice of handball, especially when introducing and teaching handball to young students. These foundations include **agility, speed, strength, power, coordination, balance, suppleness (flexibility), endurance, etc.** This acquisition is not only based on physical, psychological, and biological development, but also the chronological, biological and sporting age of the child .

These motor skills are trainable across the lifespan, but improve at a greater pace if the proper workouts are applied during the right periods of child development. These periods are referred to as the optimal windows of trainability (sensitive period)



# Rate of Growth Males

MALES



# Rate of Growth Females



## FEMALES



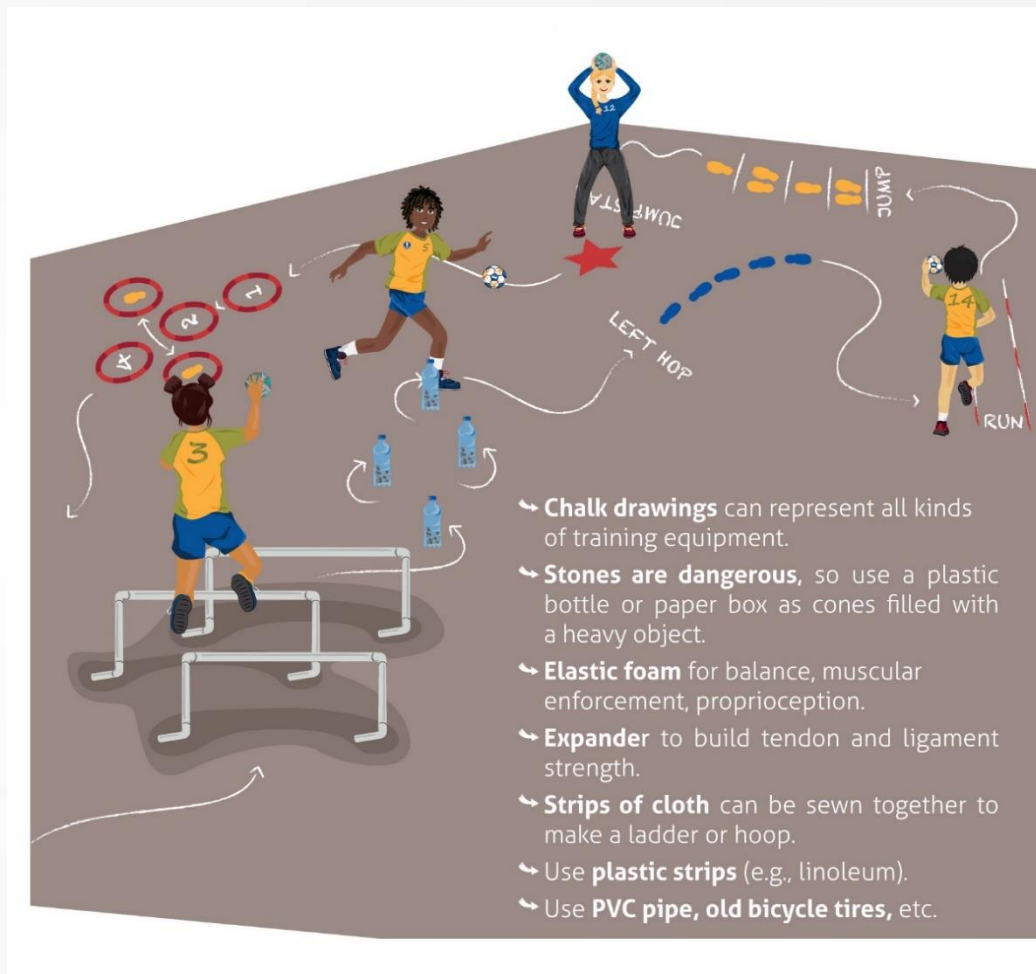


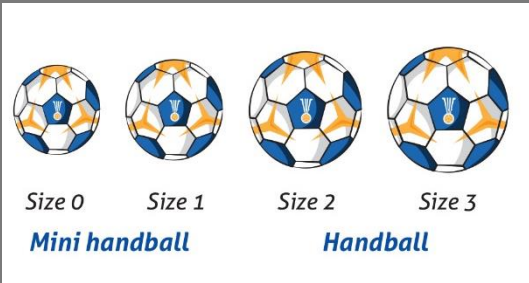


# Improving your equipment



- If you don't have any equipment , you can make it.
- If you don't have the right equipment , get started with what you have , and work your way toward getting the right equipment .
- No budget , No problem , be creative and enterprising .
- Regulation handball goals are last concern for children's handball.
- Design your space and your lessons with equipment always in mind .





Standard Handball Balls



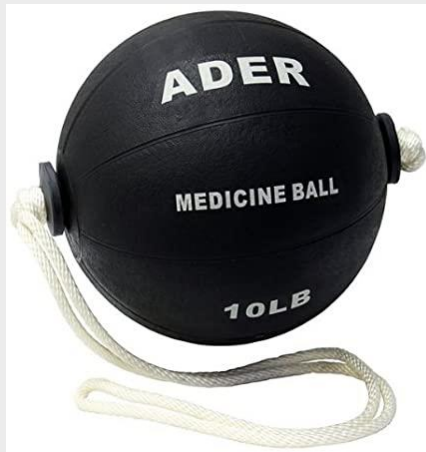
Soft Handball Ball



Medicine Balls



Medicine Balls



Rope Medicine Ball



Gym Ball



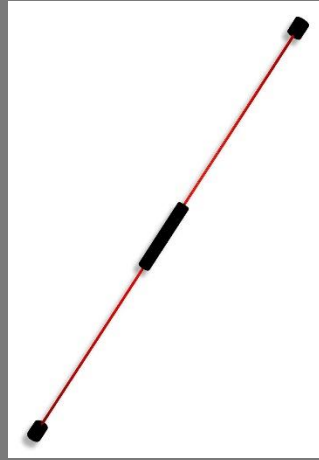
Reaction Ball



Tennis Ball



Agility Ladder



Flexi Bar



TRX Rip



TRX



Pilates Ring



Tuner Balance



Balance Disc



Mini Band



Pro Battle Ropes



Weight Sled



Ab Wheel



Kettle Bell

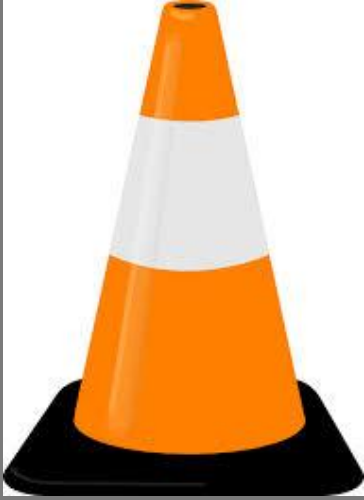


Dumbbell & Barbell

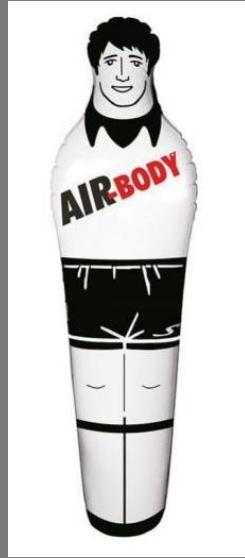


GYM





Cons



Air body



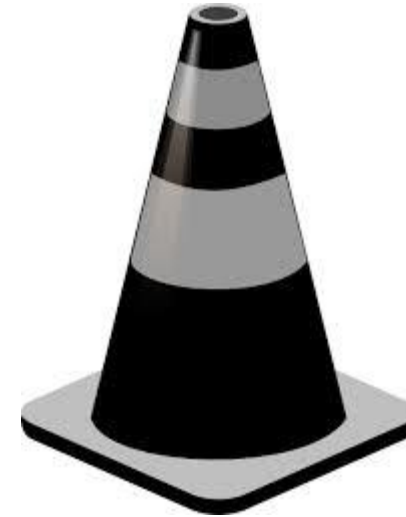
Jumping



Step



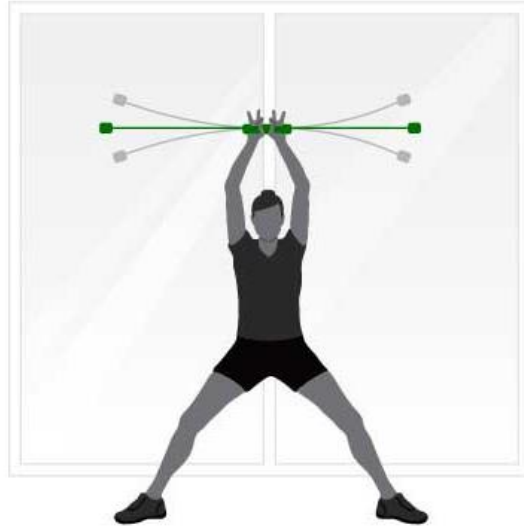
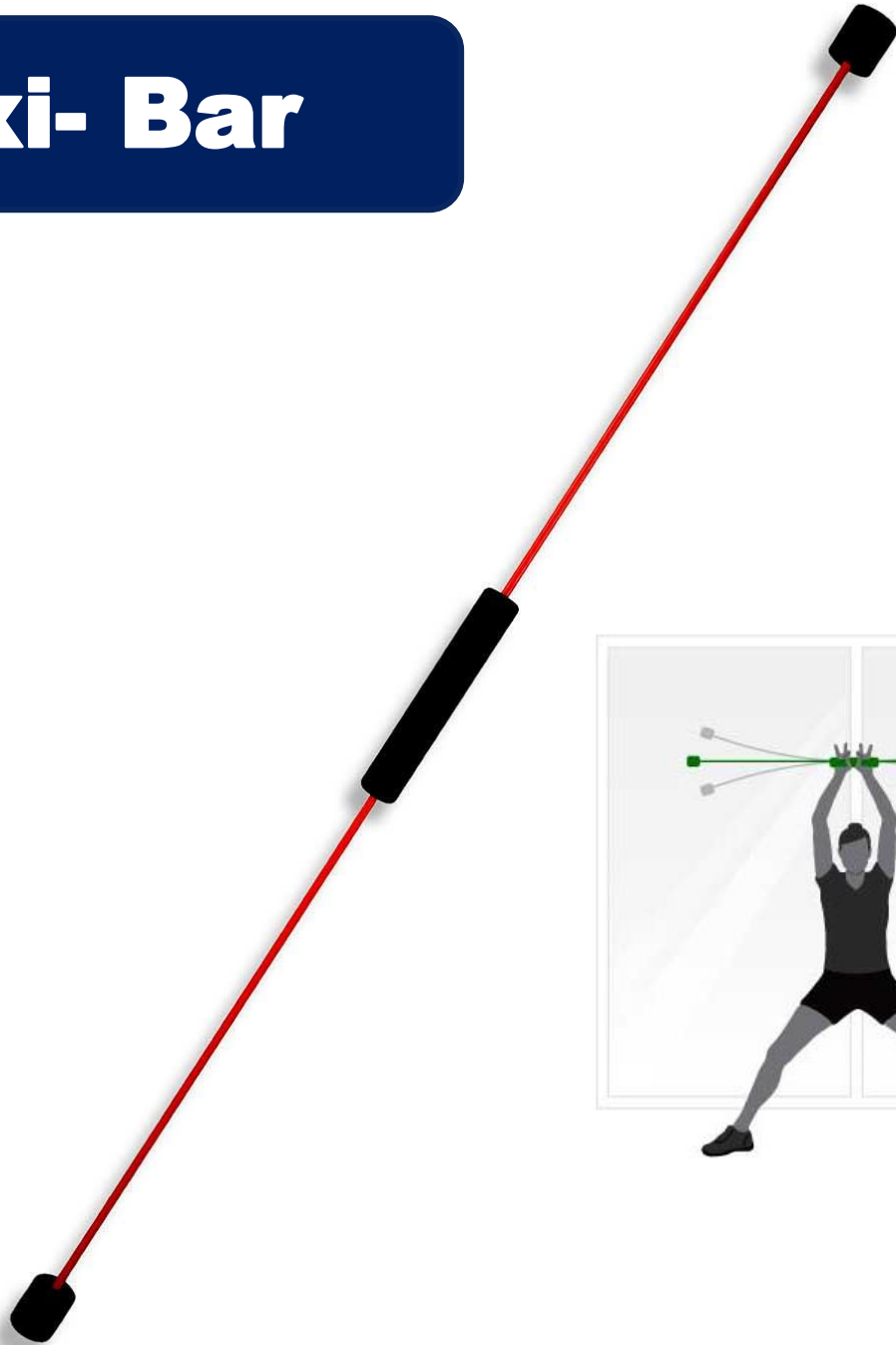
# Cone



# Agility Ladder



# Flexi- Bar





**BODY**  
SCULPTURE

SINCE 1965





# TRX<sup>®</sup>

# RIP

## trainer

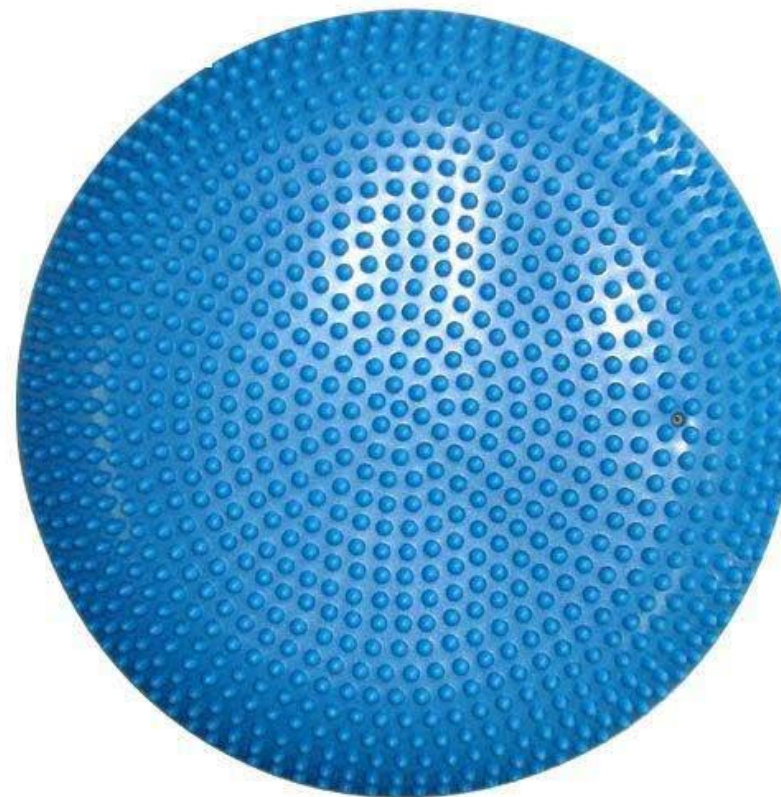




# Pilates Ring



# Tuner Balance



# Balance Disc



# Gym Ball





**Air Body**





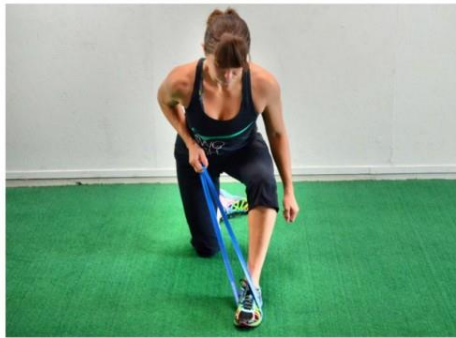
# Reaction Ball

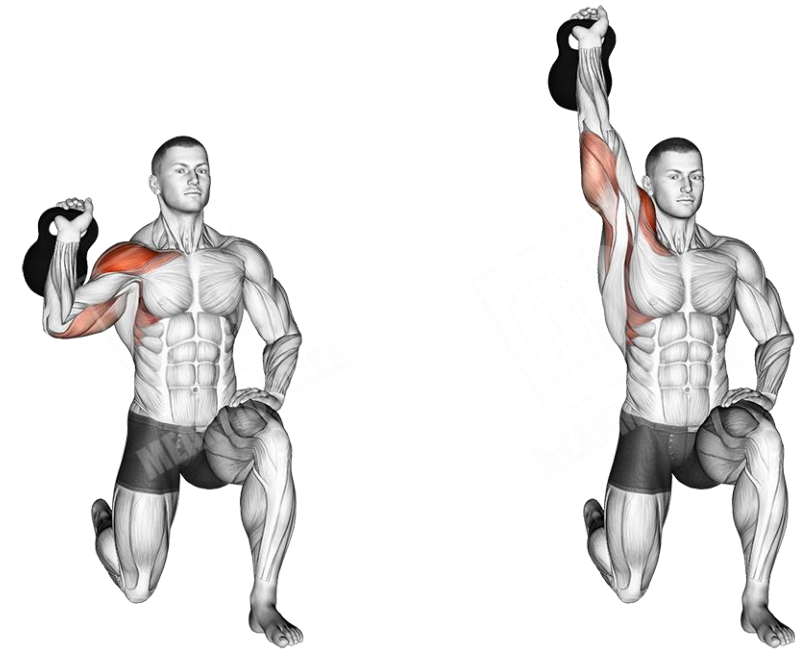
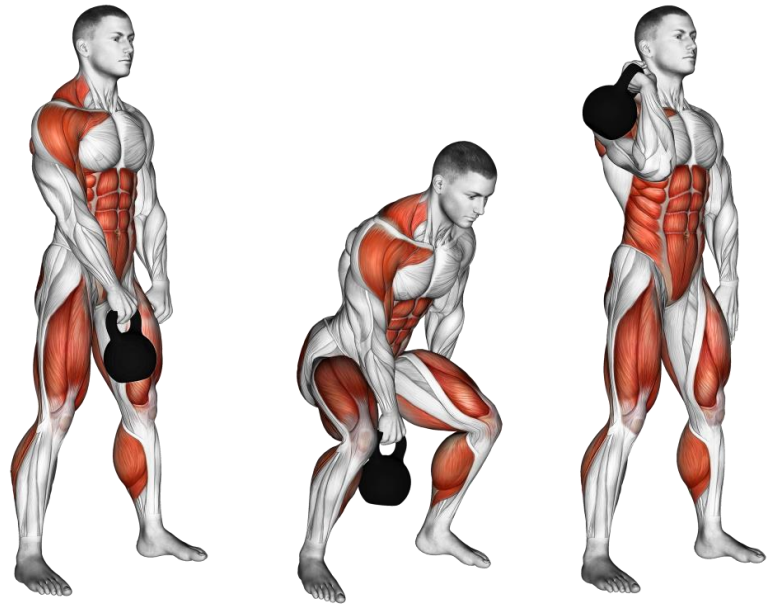
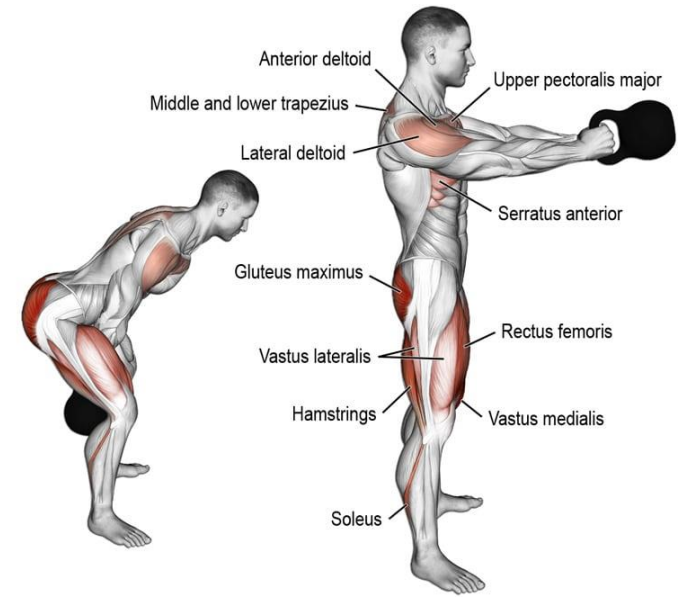


# Mini Band









# THE KETTLEBELL SNATCH



# THE KETTLEBELL SWING





# Medicine Ball



ALIREZA HABIBI

Step





# Weight Sled







# Pro Battle Ropes



Pro Battle Ropes



Weight Sled



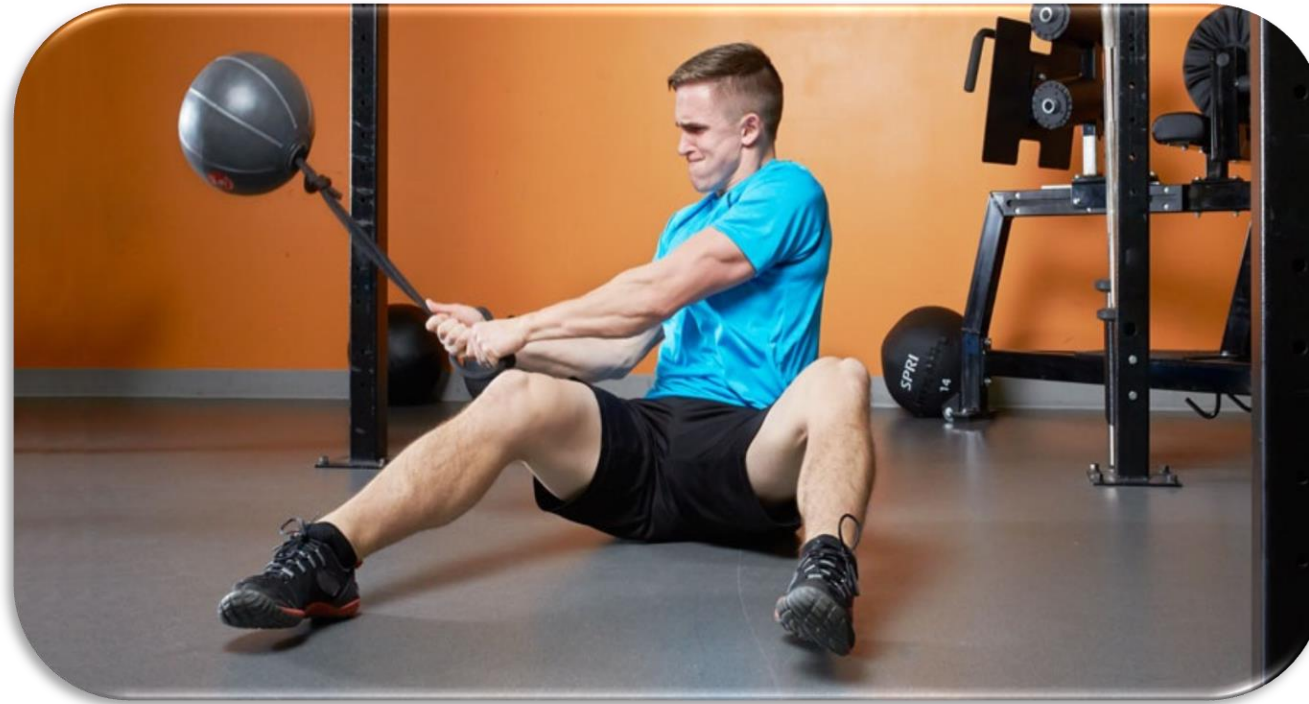
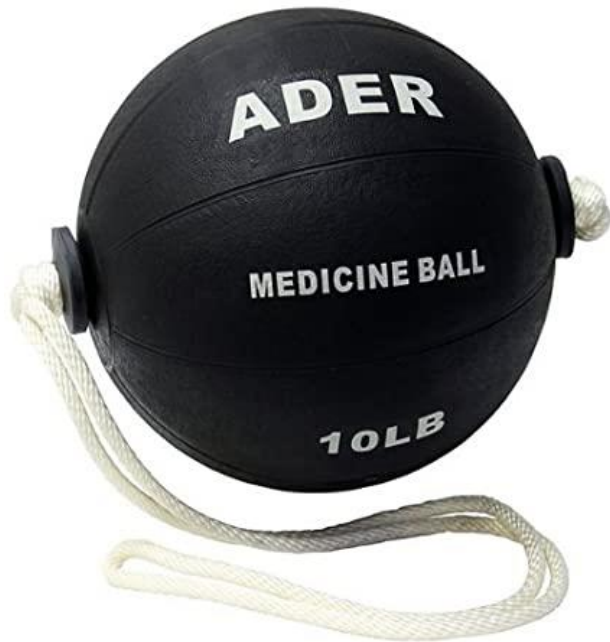


# FITLIGHT

TRAINER™ | SEE THE LIGHT



# Rope Medicine Ball






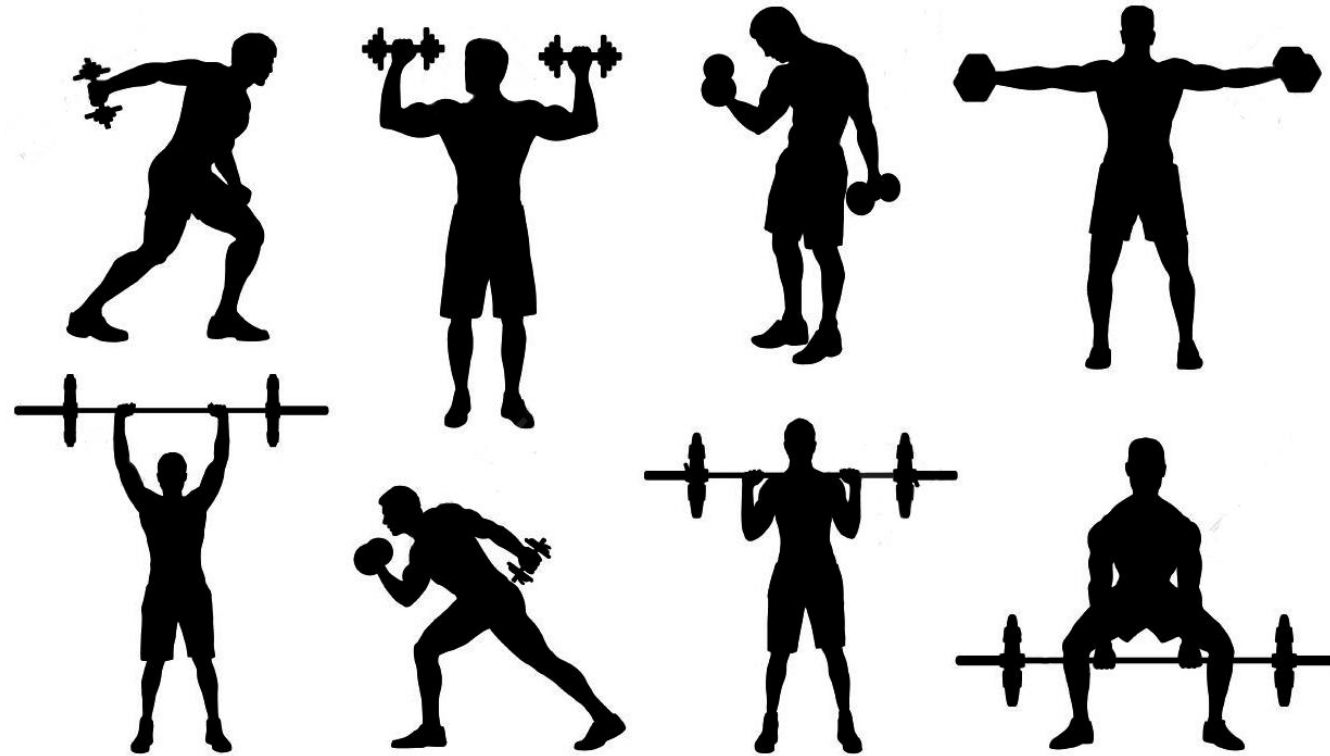
# Ab Wheel





A wide-angle shot of an indoor handball court. In the foreground, a player in a grey and black uniform is lying on the floor, being attended to by two other players in white and black uniforms. Another player is lying on the floor in the background. The court is surrounded by blue and yellow bleachers. A blue banner with logos (Qatar Handball Tour, gfi, Nike, QNB) runs along the back of the court. The ceiling has large fans and bright lights. The text 'QATAR HANDBALL TOUR' is in the top left, and 'PSG HAND TV' is in the top right.

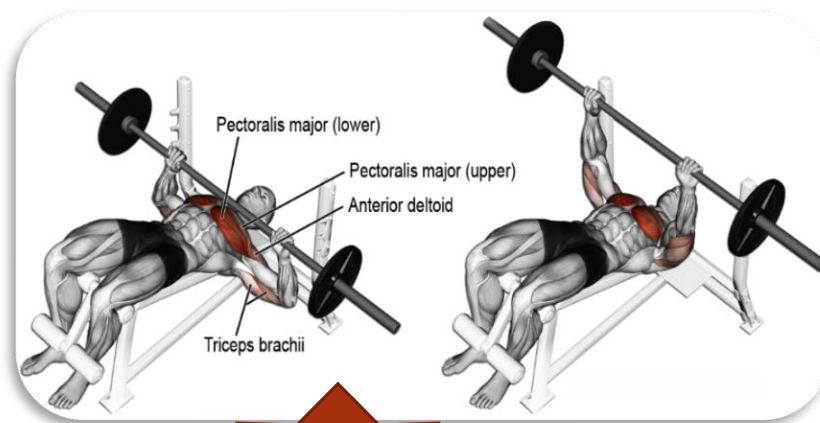
L'ambiance est déjà bonne dans le groupe. La mayonnaise a déjà commencé à prendre.



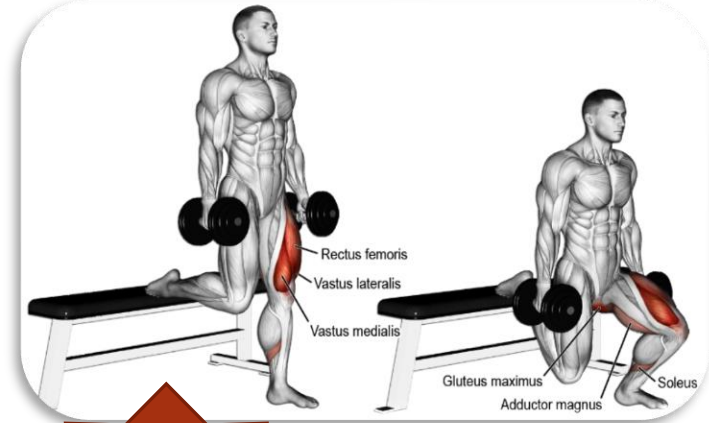
# Body Building Station Work



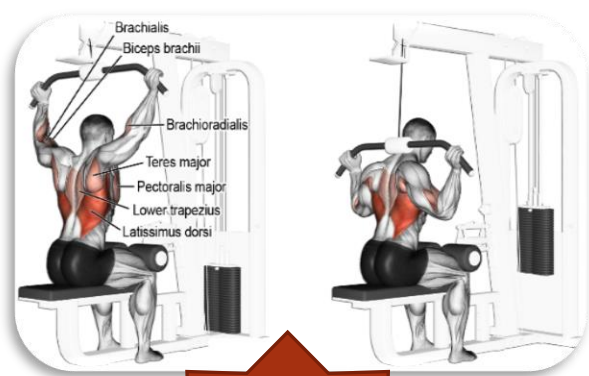
**Station 1**



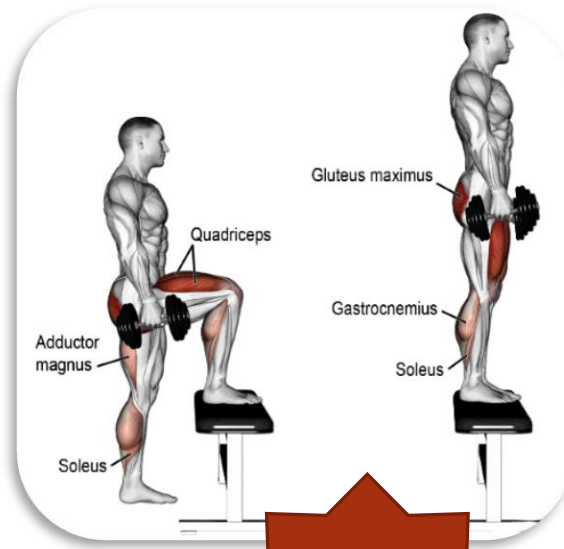
**Station 2**



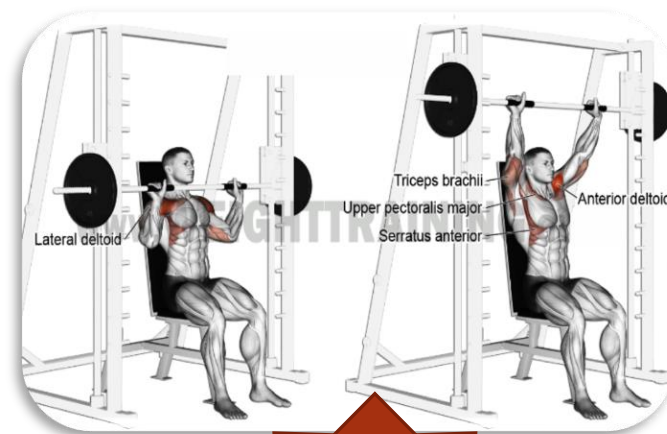
**Station 3**



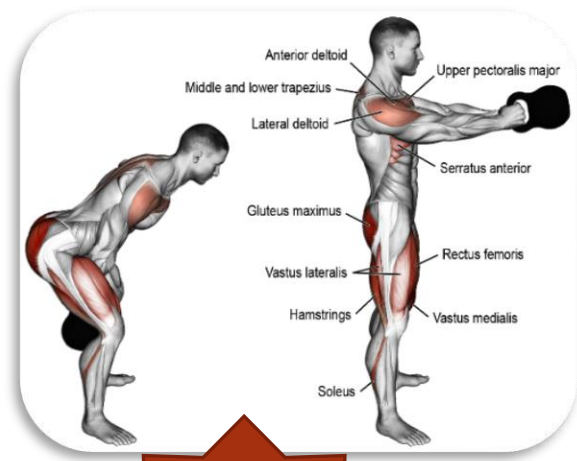
**Station 4**



**Station 5**



**Station 6**



**Station 7**







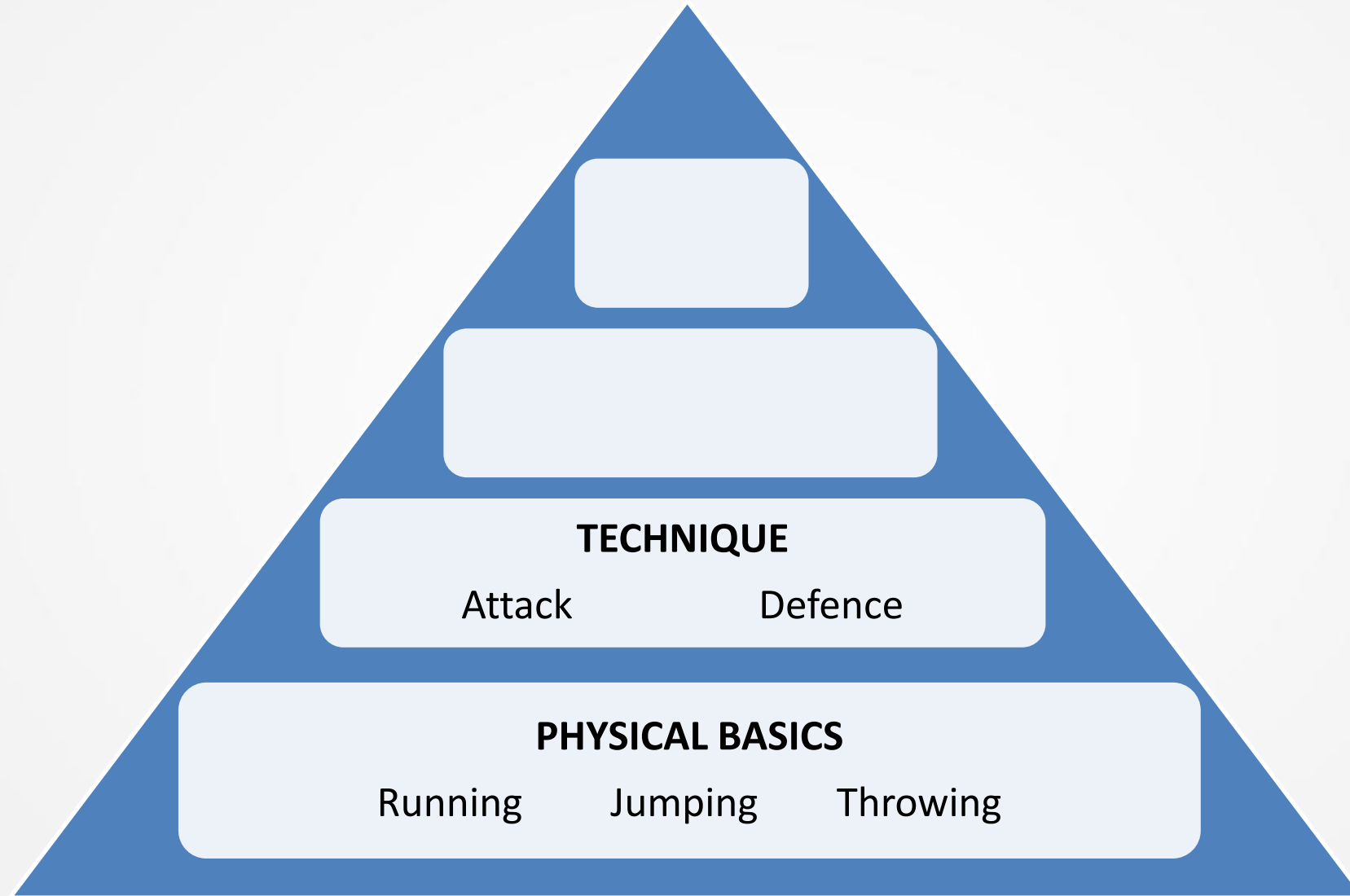


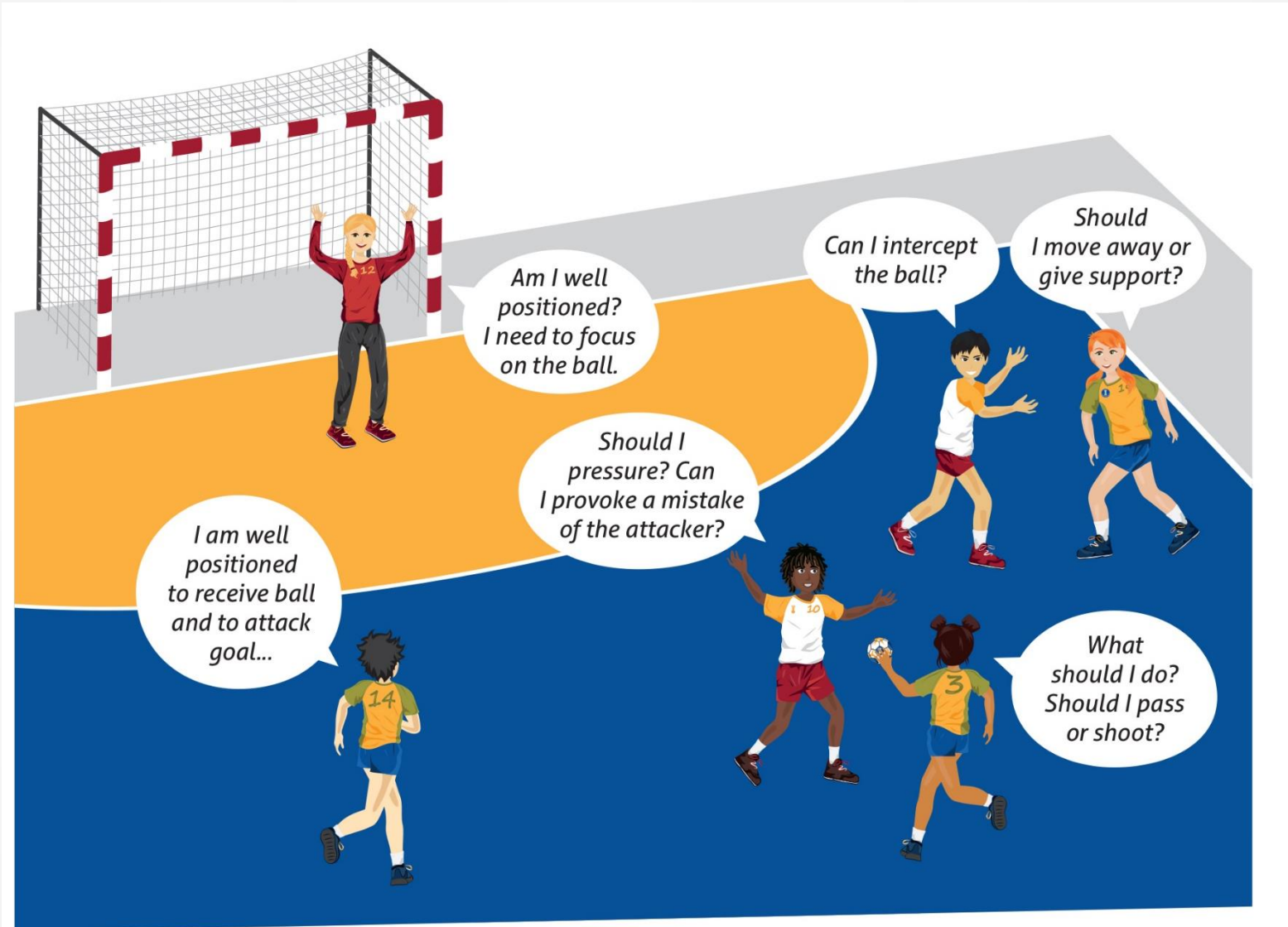






# Technical Preparation





# Attack Technics



## Attacker with the ball



## Attacker without the ball





# Basic Position

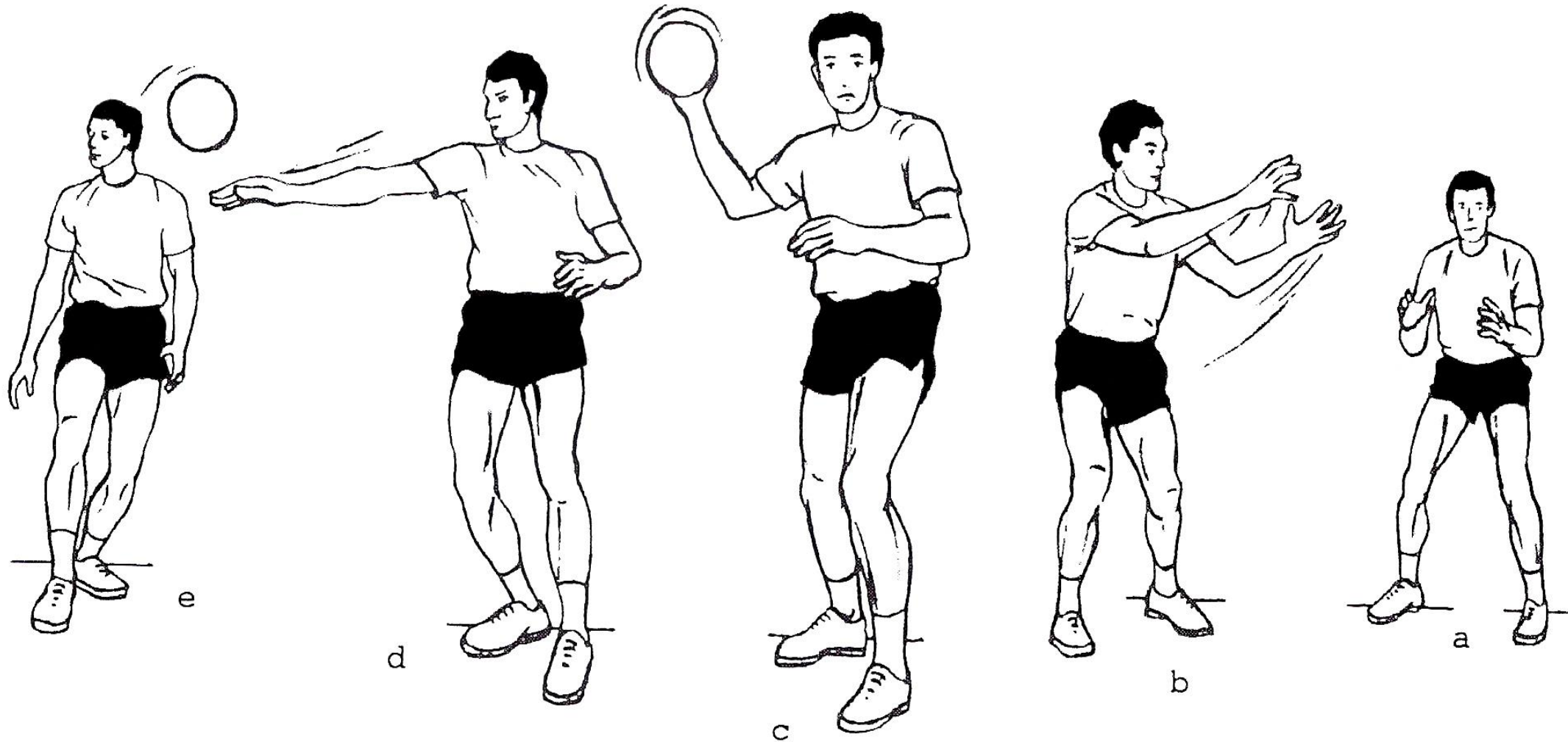


- Head
- Arms
- Torso
- Legs

# Basic Position

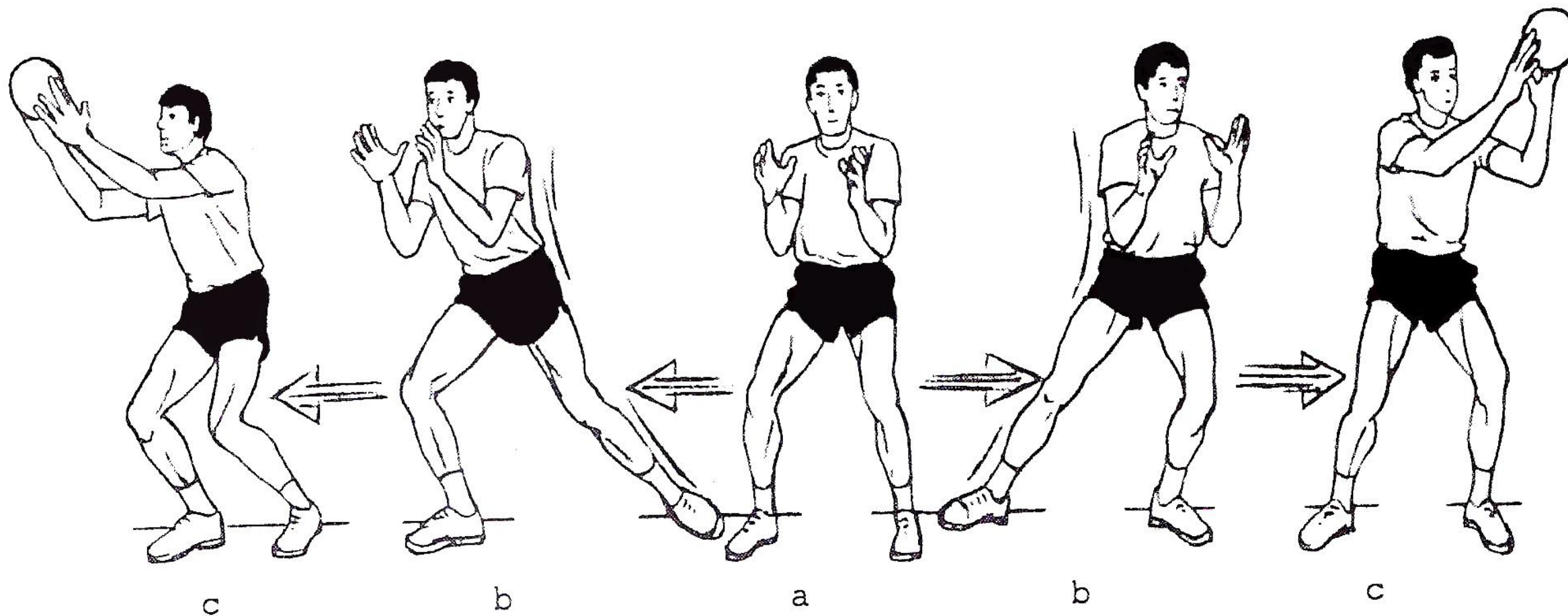


# Piston Movement

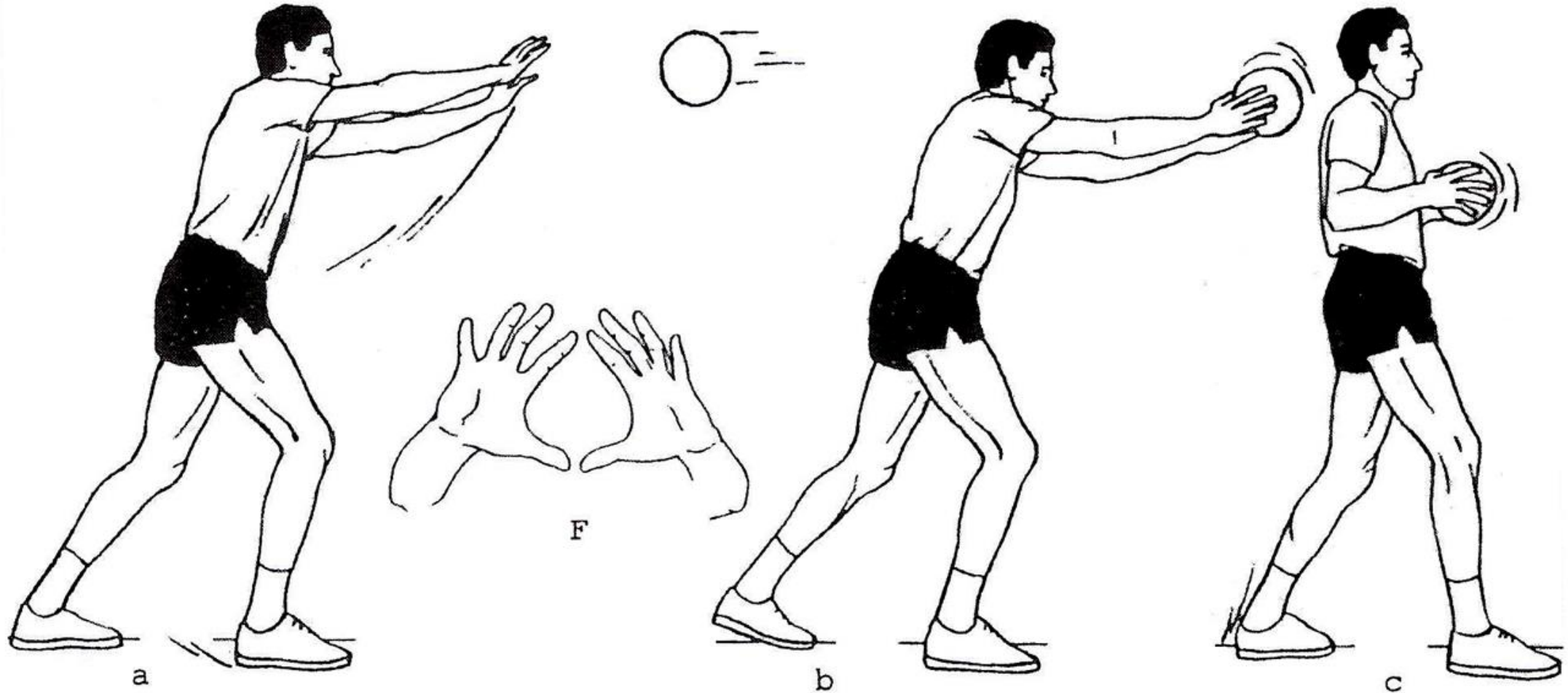




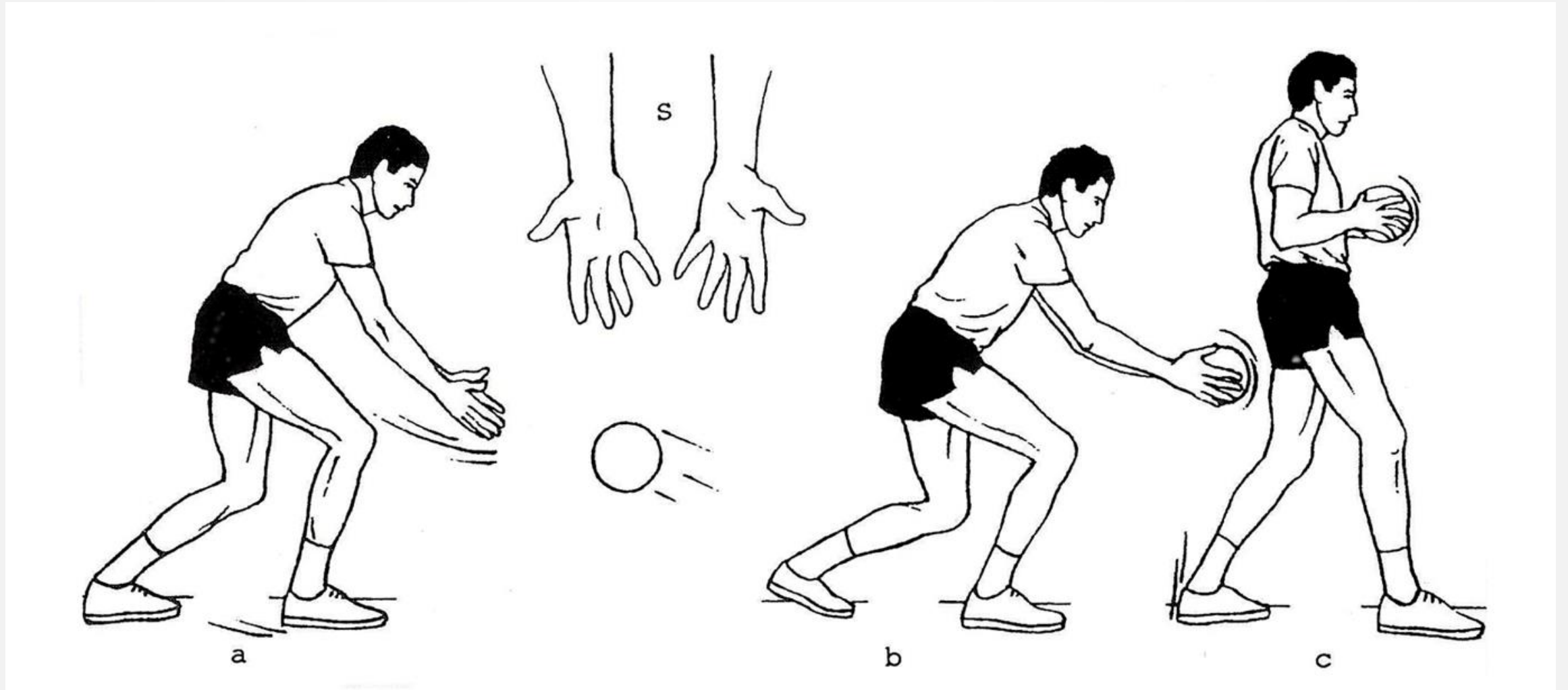
# Side – Stepping



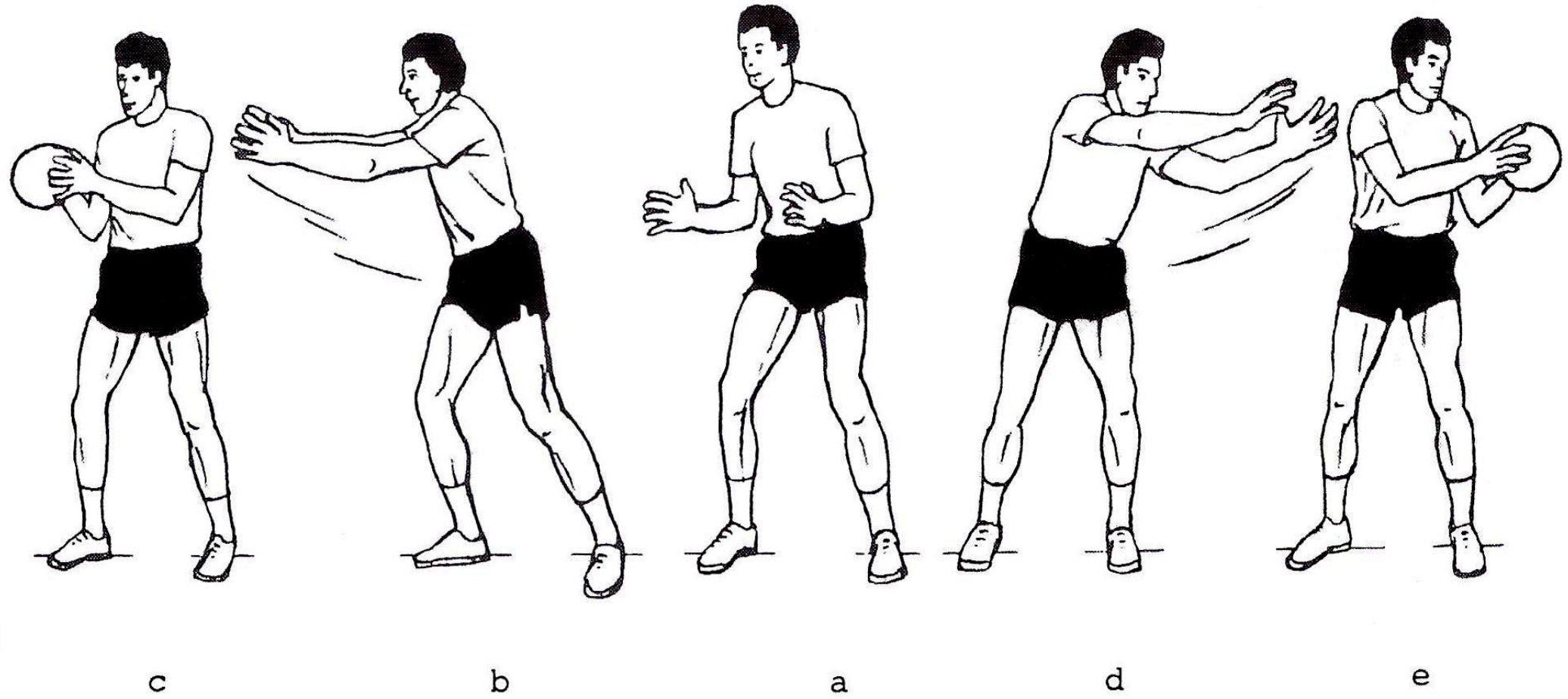
# Upper Catching with Both Hands



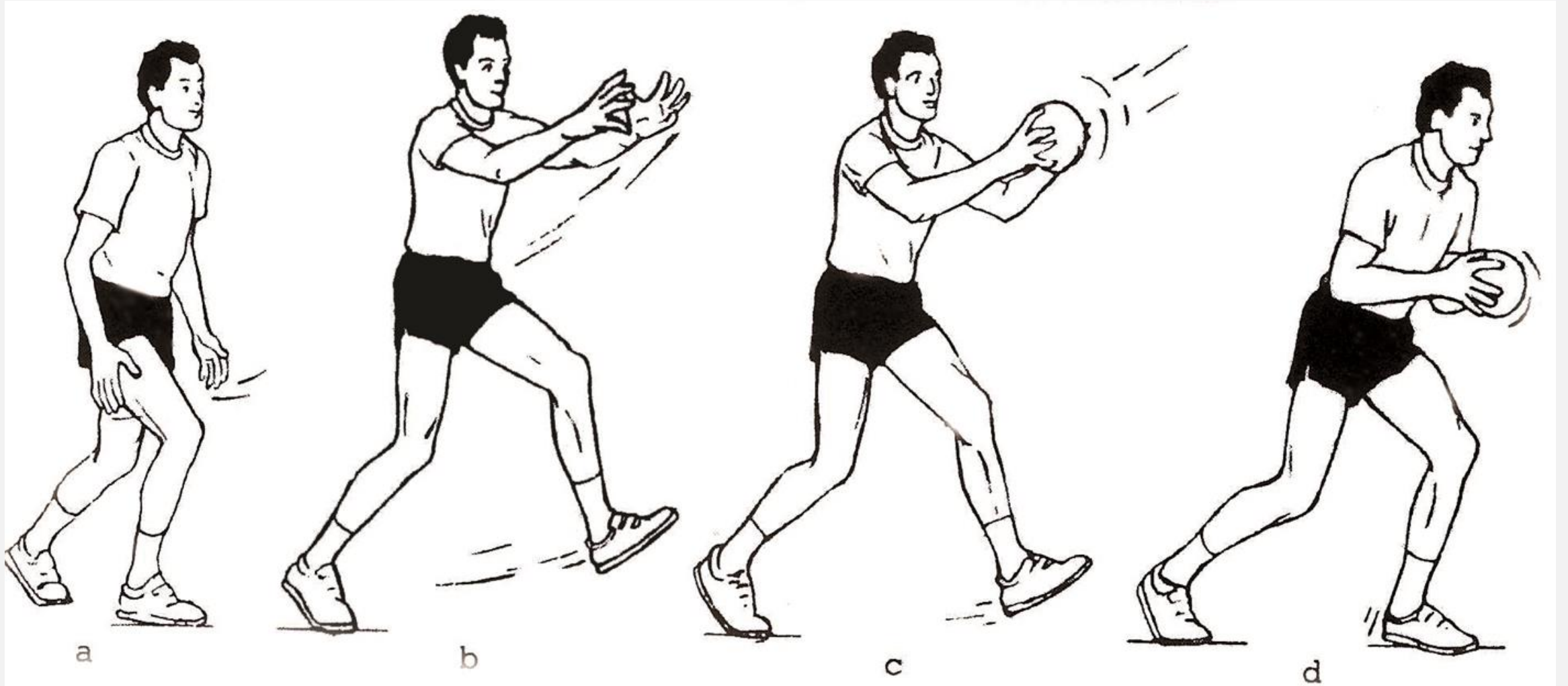
# Lower Catching with Both Hands



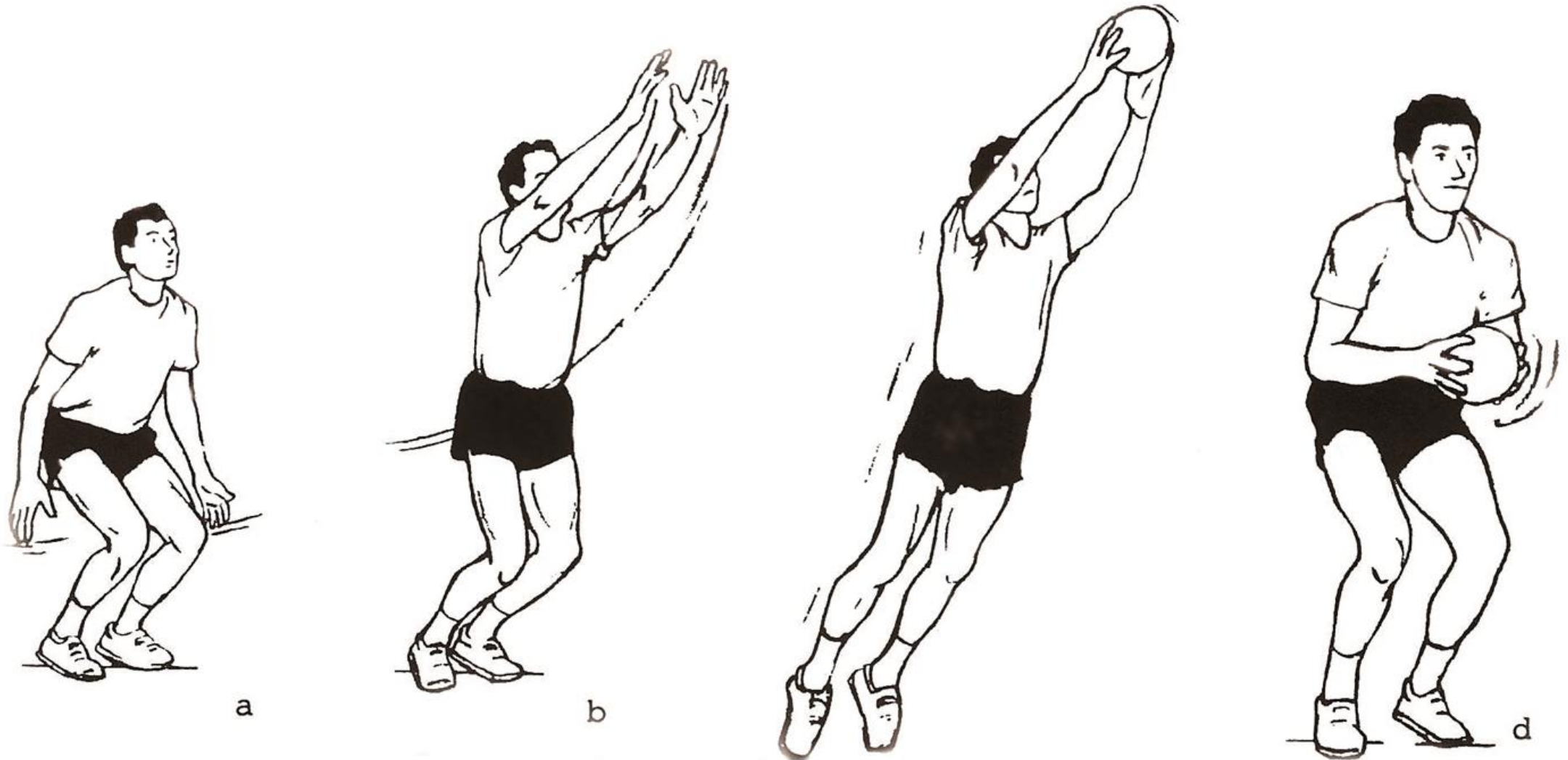
# Catching the Ball Sideways



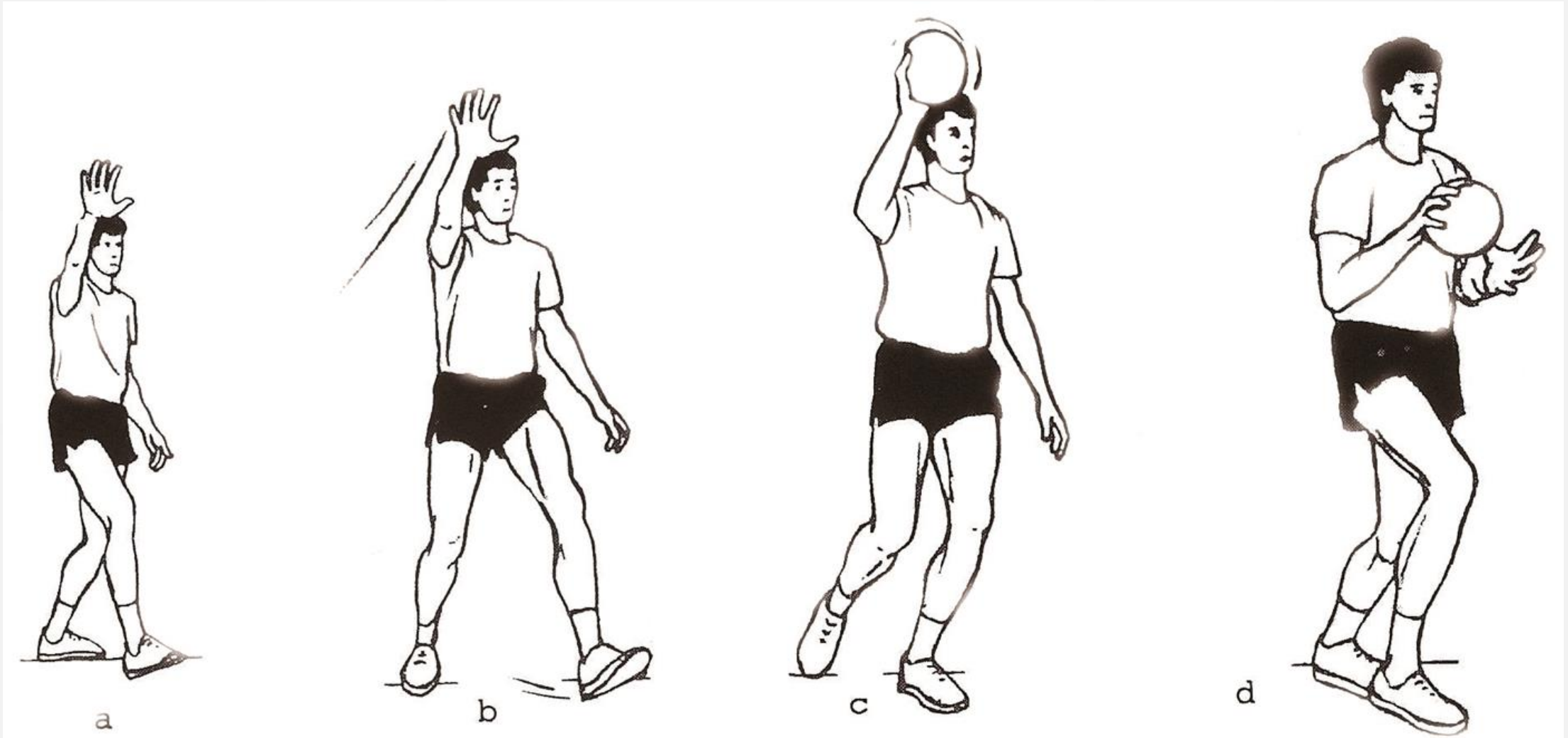
# Catching The Ball while Running



# Catching the Ball while Jumping

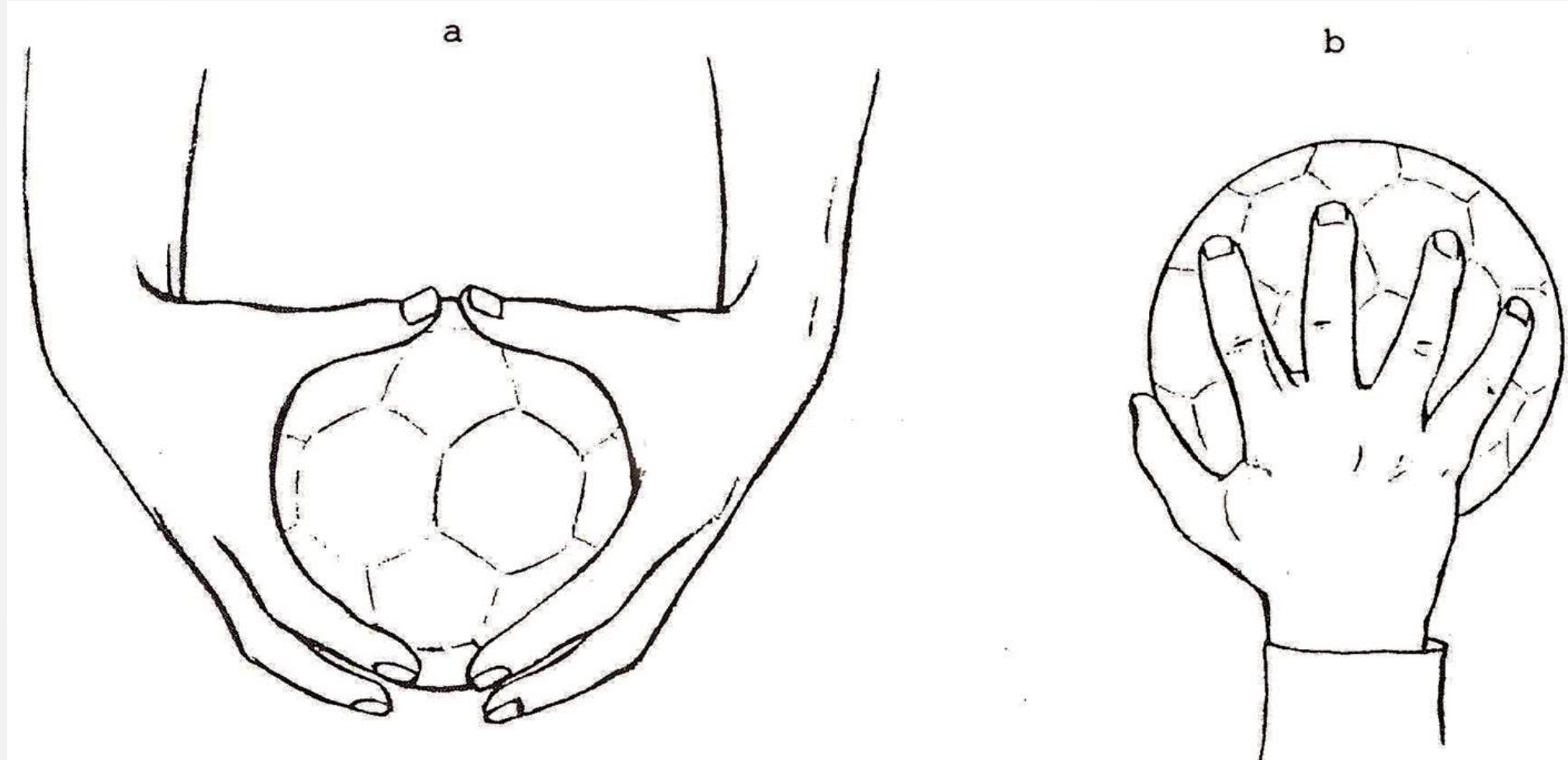


# Catching the Ball with One Hand





# Holding the Ball

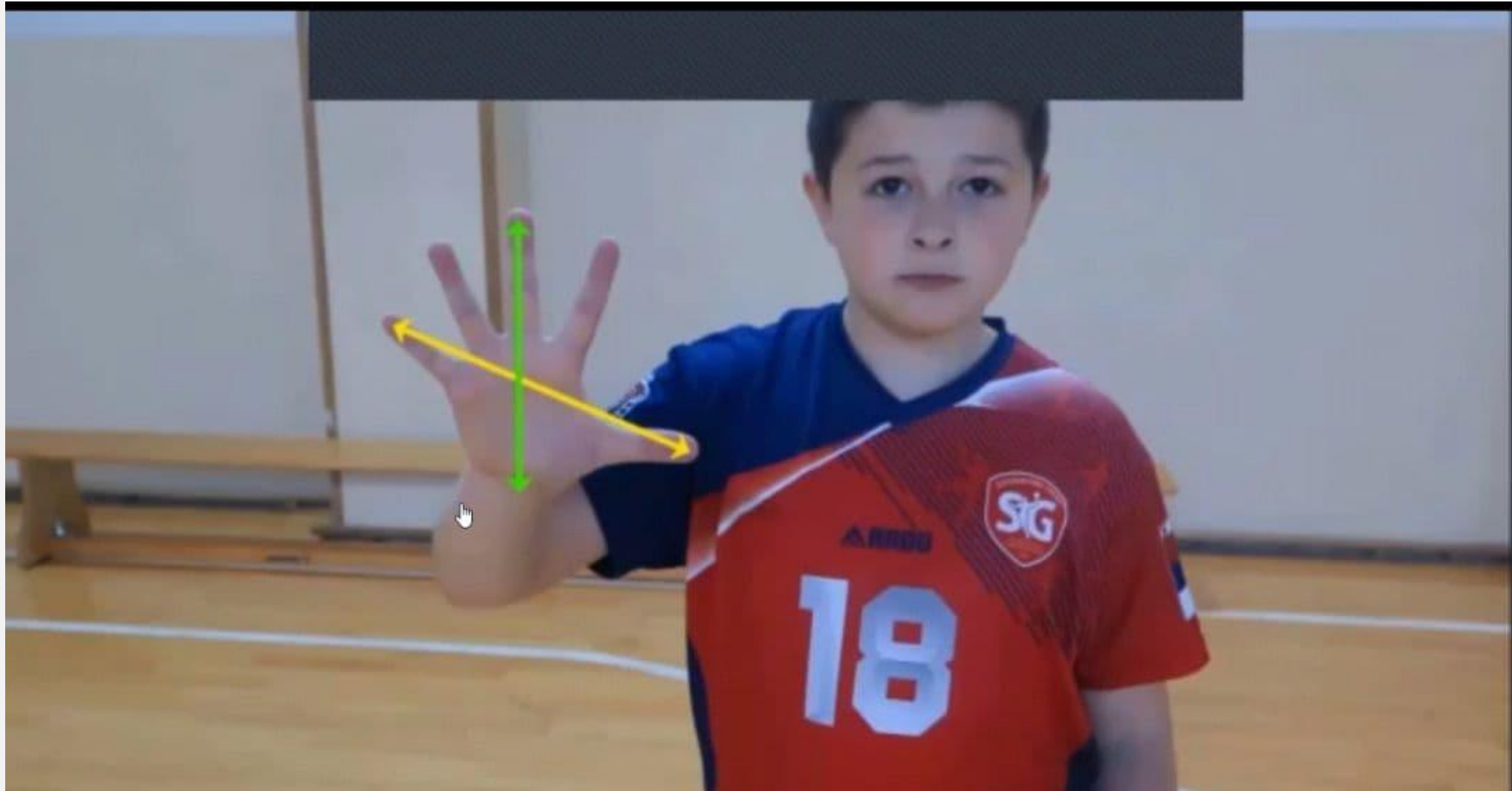


**Both Hands**

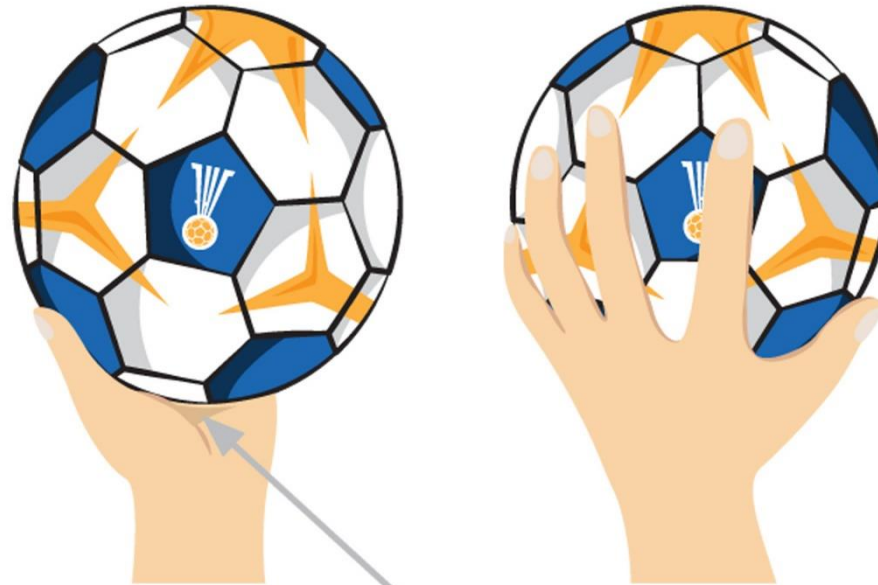
**One Hand**



# Holding the Ball with One Hand



# Holding the Ball with One Hand



*Gap between the palm  
and the ball*

# Passing – Catching



- The basis of cooperation and a key element for collective play

## Technical Aspects :

- **Passing with dominant / Non dominant Hand**
- **Position of throwing arm and legs**
- **Player should coordinate and balance**
- **Catching the ball with 2 Hands**

## Tactical Aspects :

- **Take Information**
- **Passing should be as simple as possible**
- **Passing player is responsible for quality of pass**
- **Teammate has to be ready to receive the ball**

A Good Pass is one that a teammate can catch .

# Basic Position of Passing

*Basic position of passing*

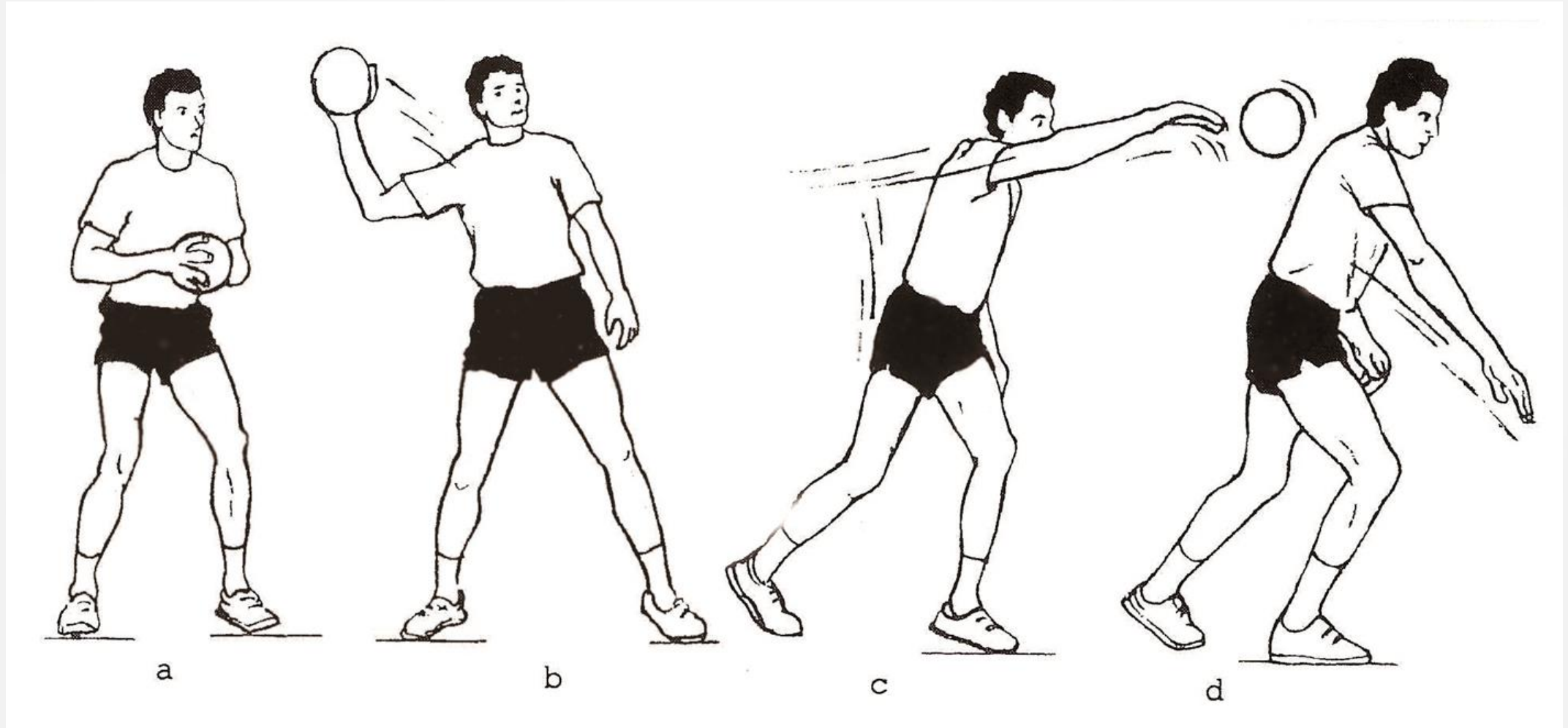




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# Overarm Pass



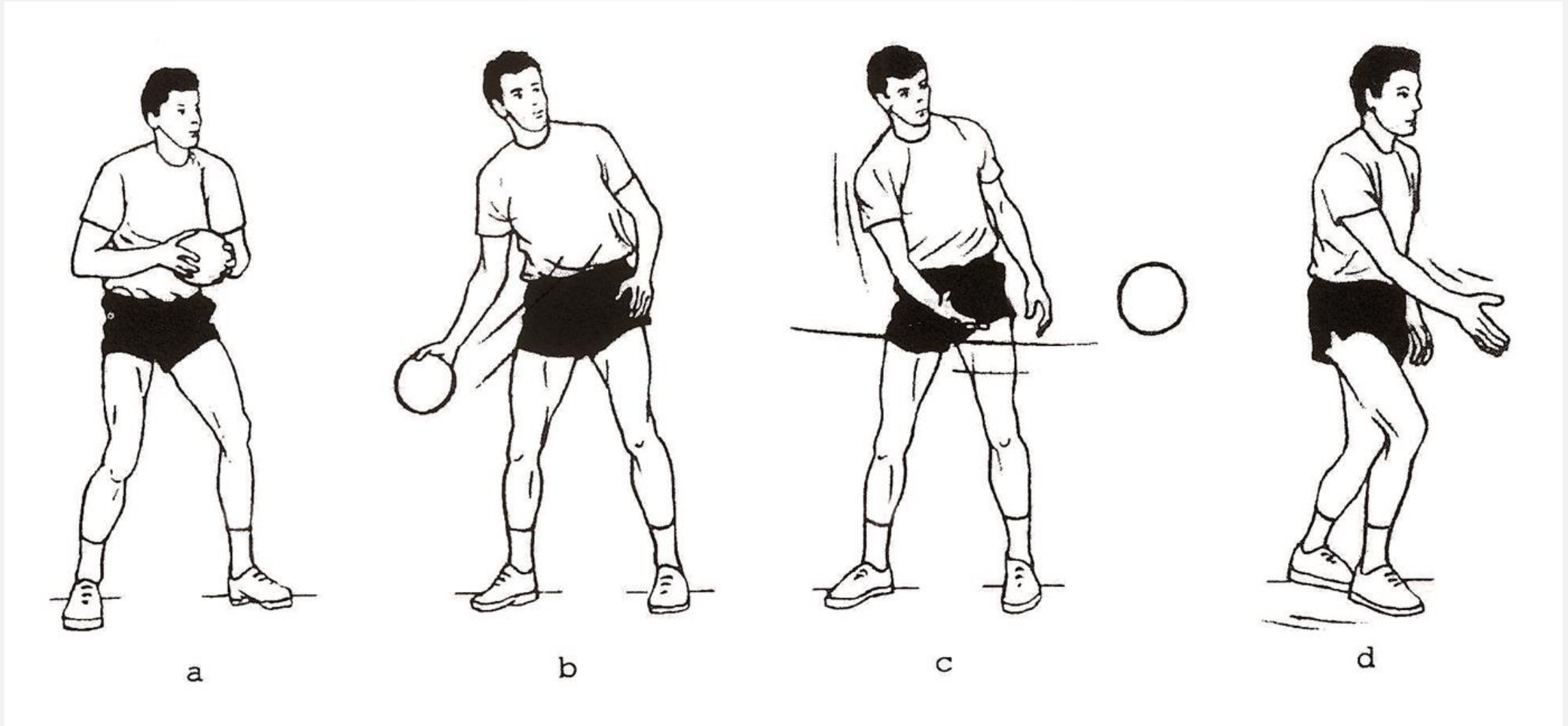


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Dave Winter

870634270



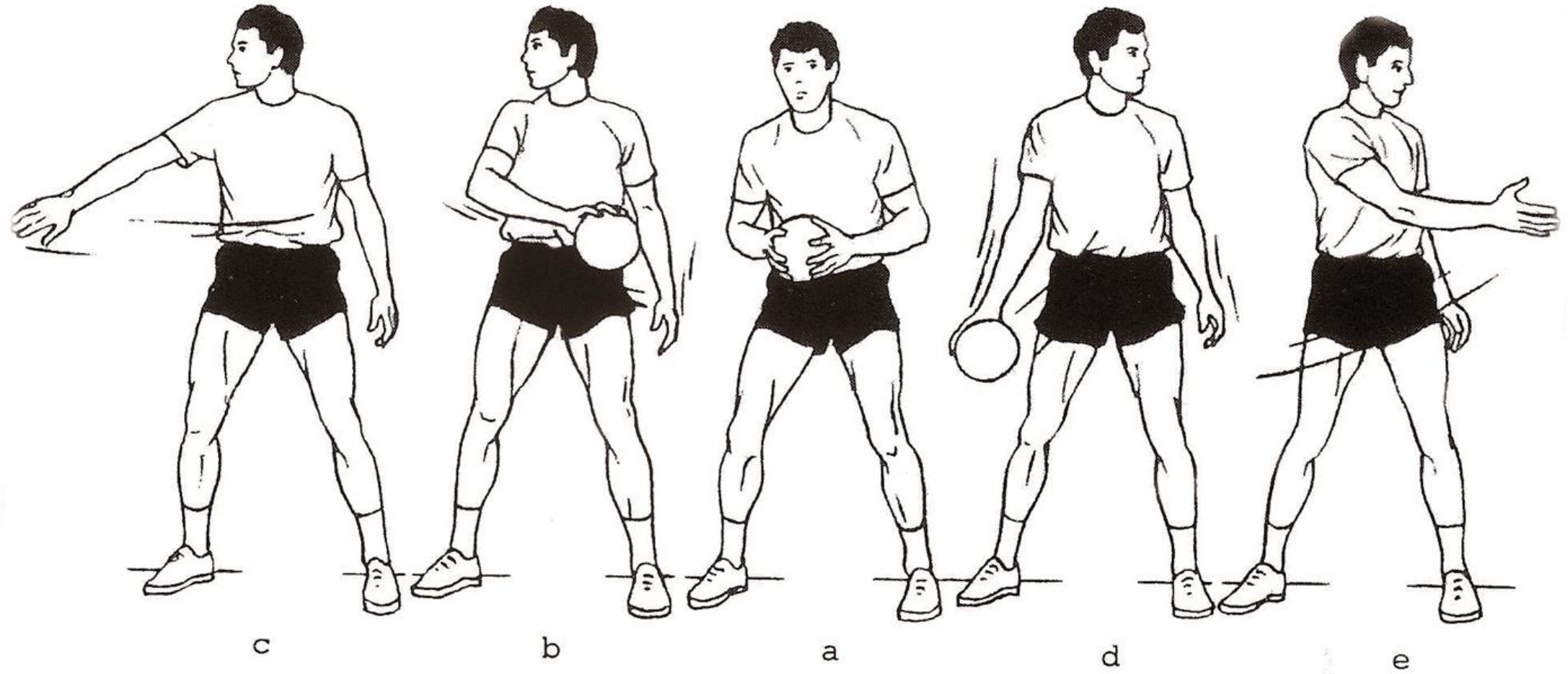
# Under Arm Pass





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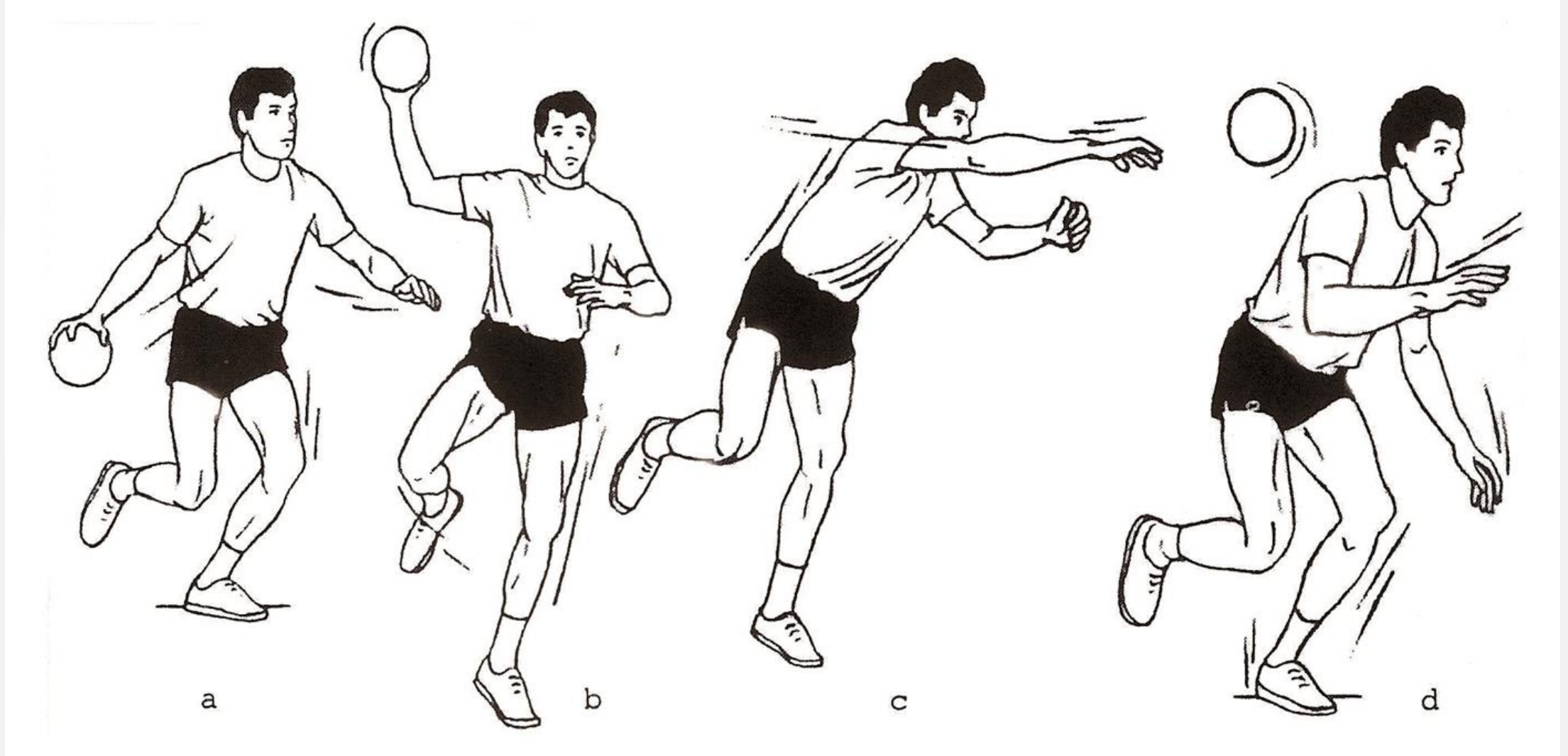
# Wrist Pass



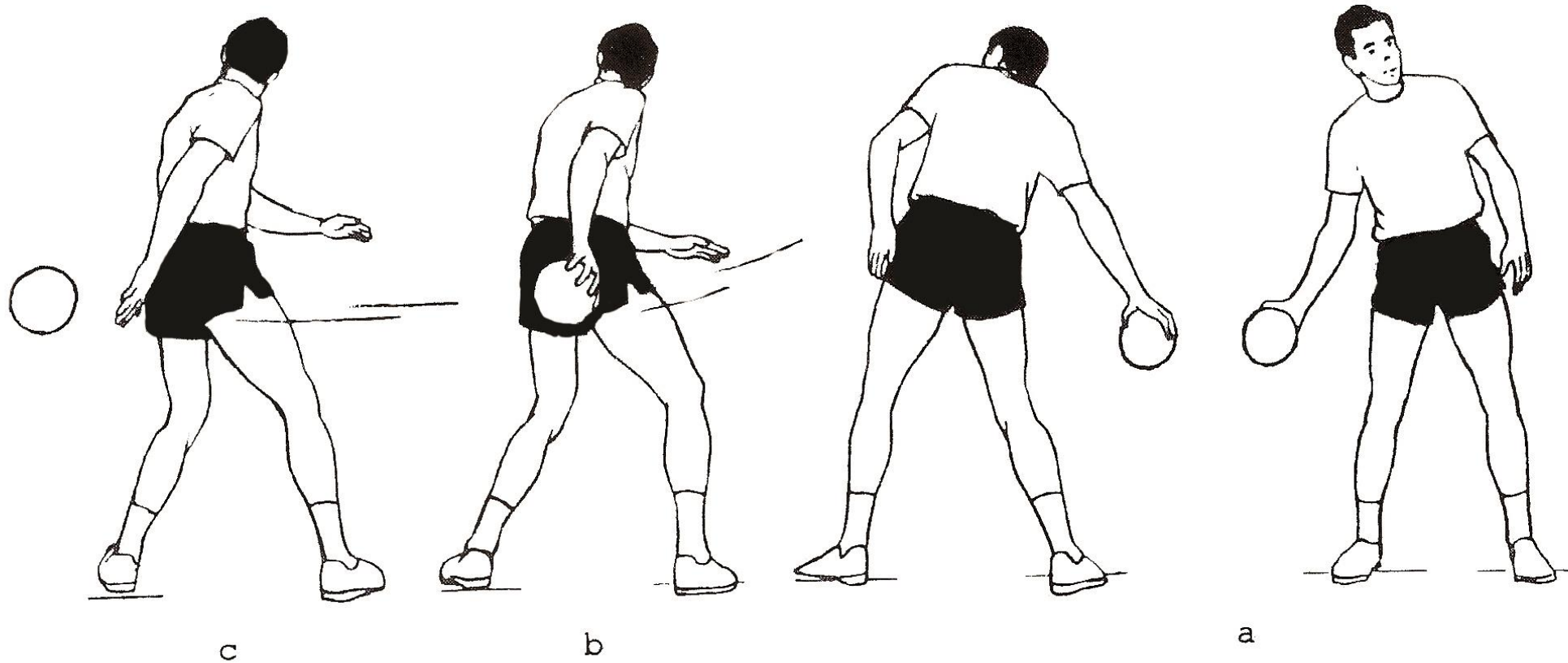


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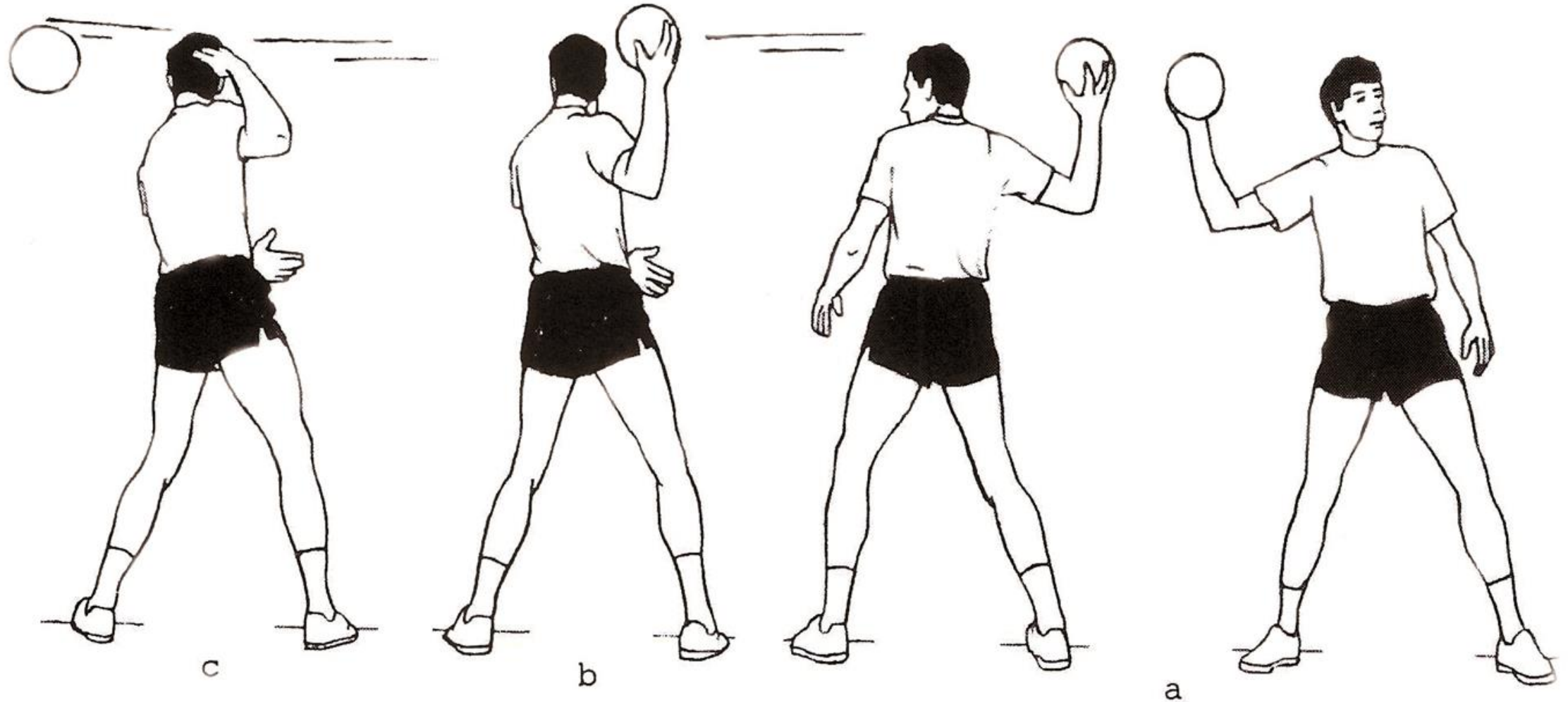
# Jump Pass



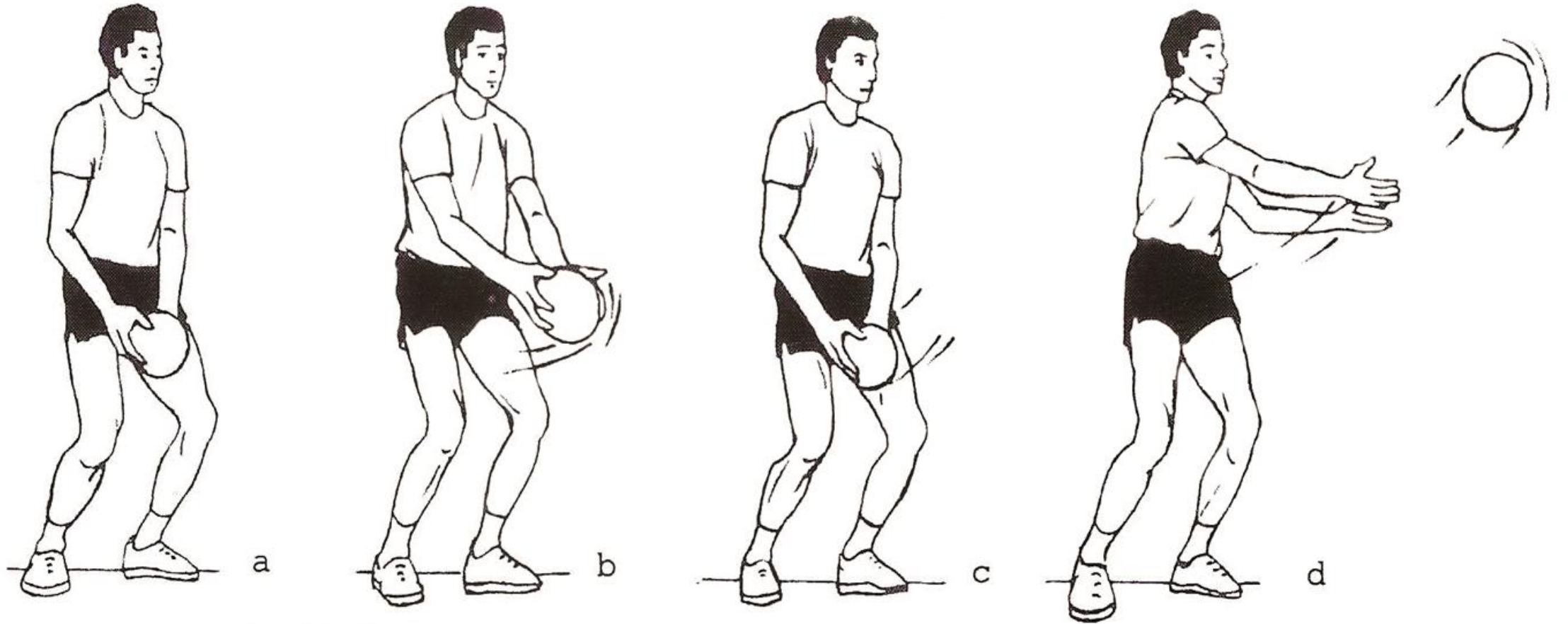
# Back Hand Pass : Behind the Back



# Behind the Head



# Lower Pass





# Offensive Blocking



- From The Back
- From The Side
- From The Front
- Moving to the Blocking



# Characteristics offensive Blocking

## Unobvious



**Defender position**  
**Attacker correct position**  
**To create the right space**

## Timing

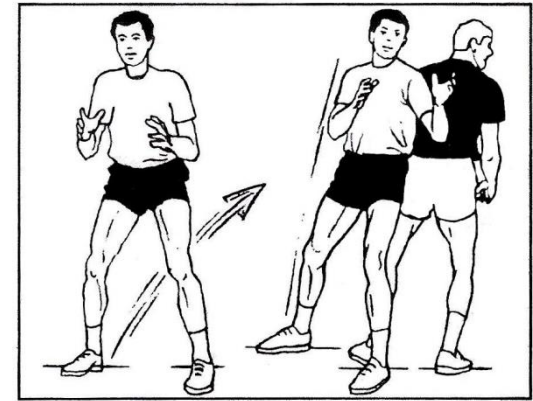


**Attacker Correct Technic**  
**Defender Reaction**

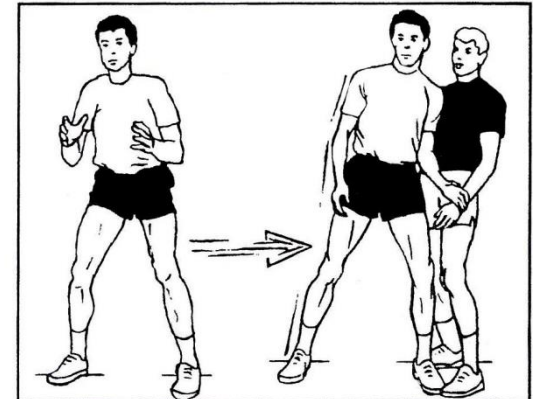
# Kinds of Offensive Blocking



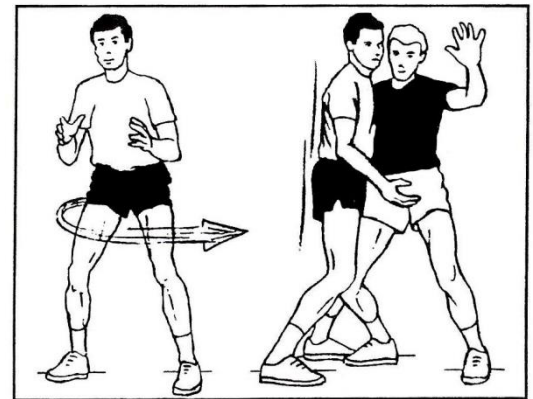
- Blocking with the Back



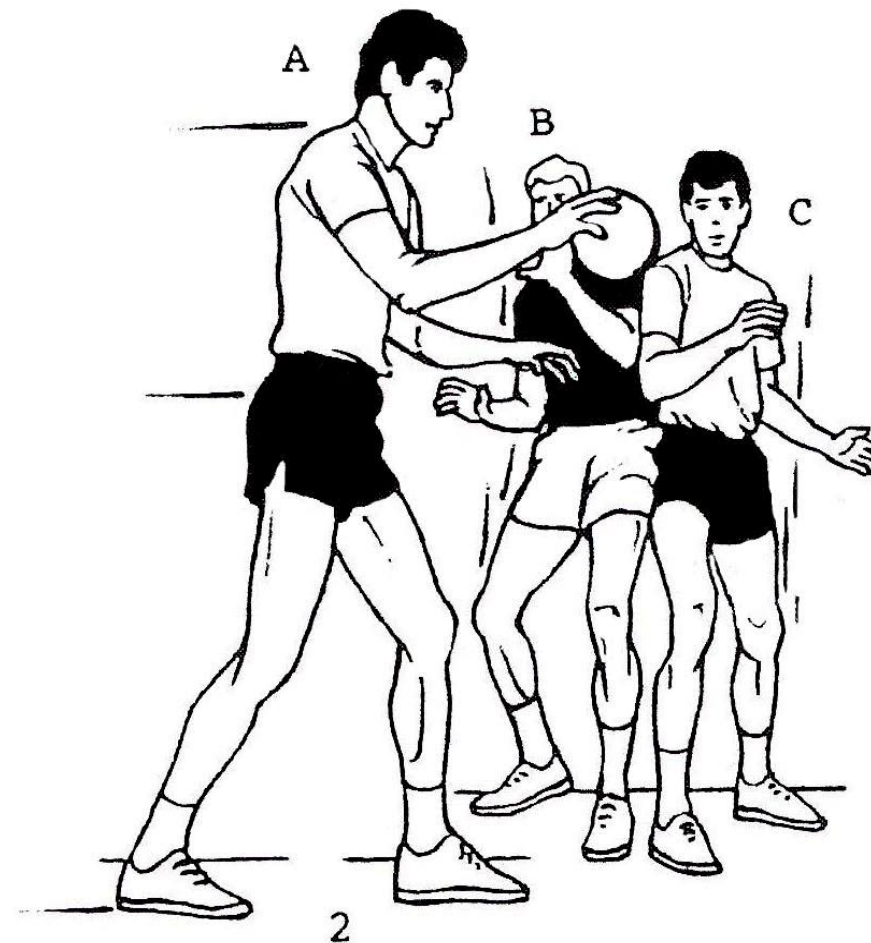
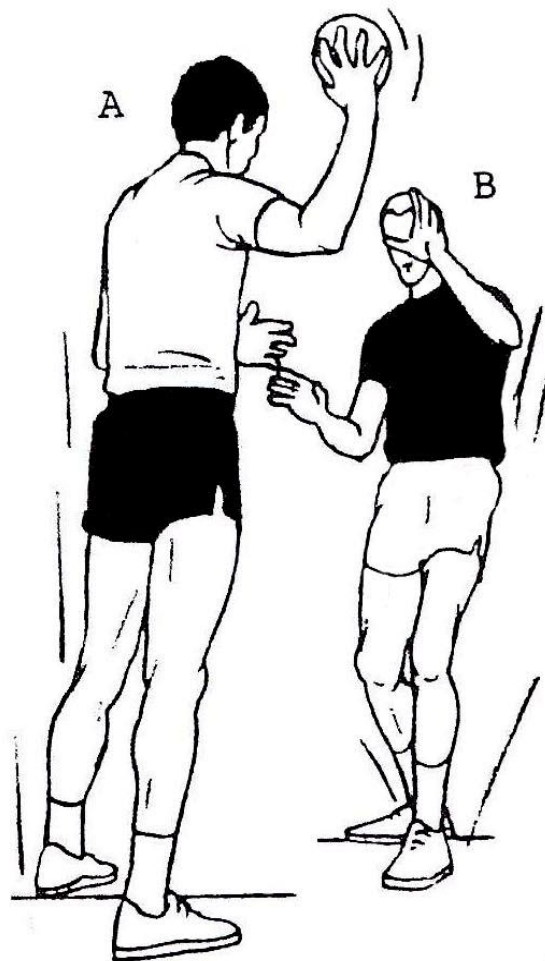
- Blocking with the side



- Blocking with the Chest



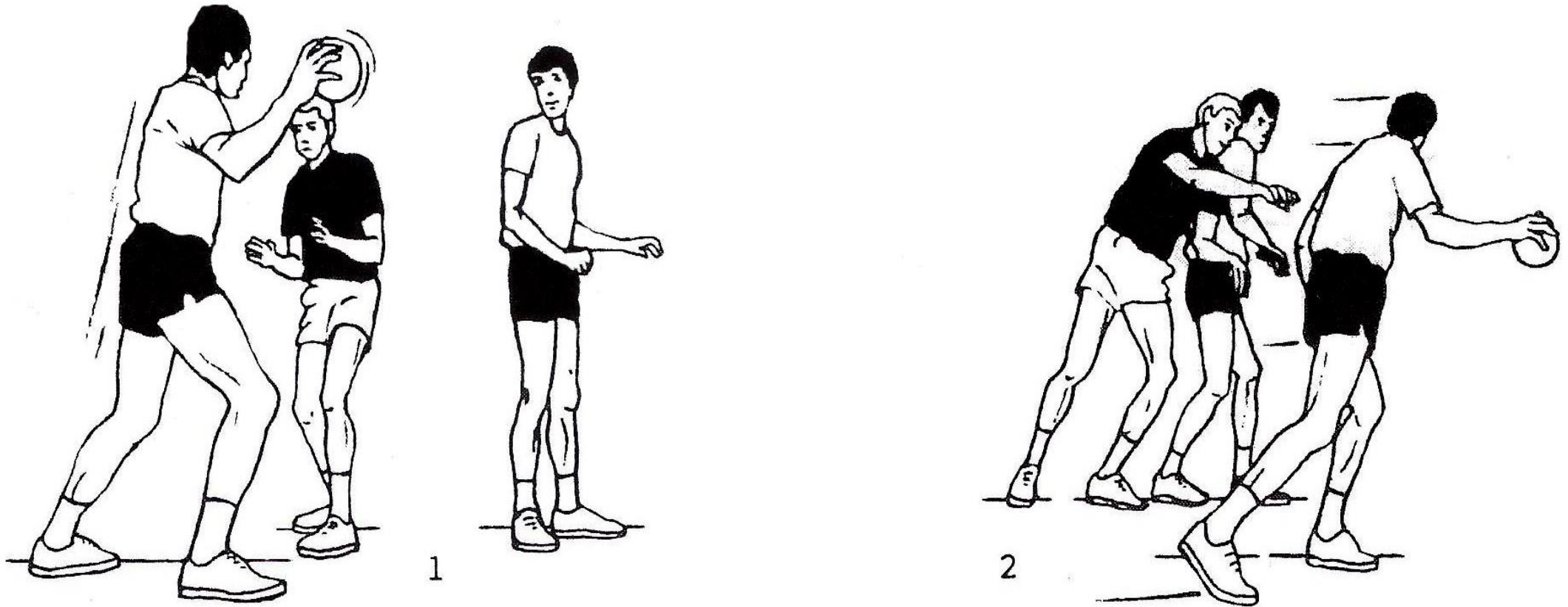
# From the Back

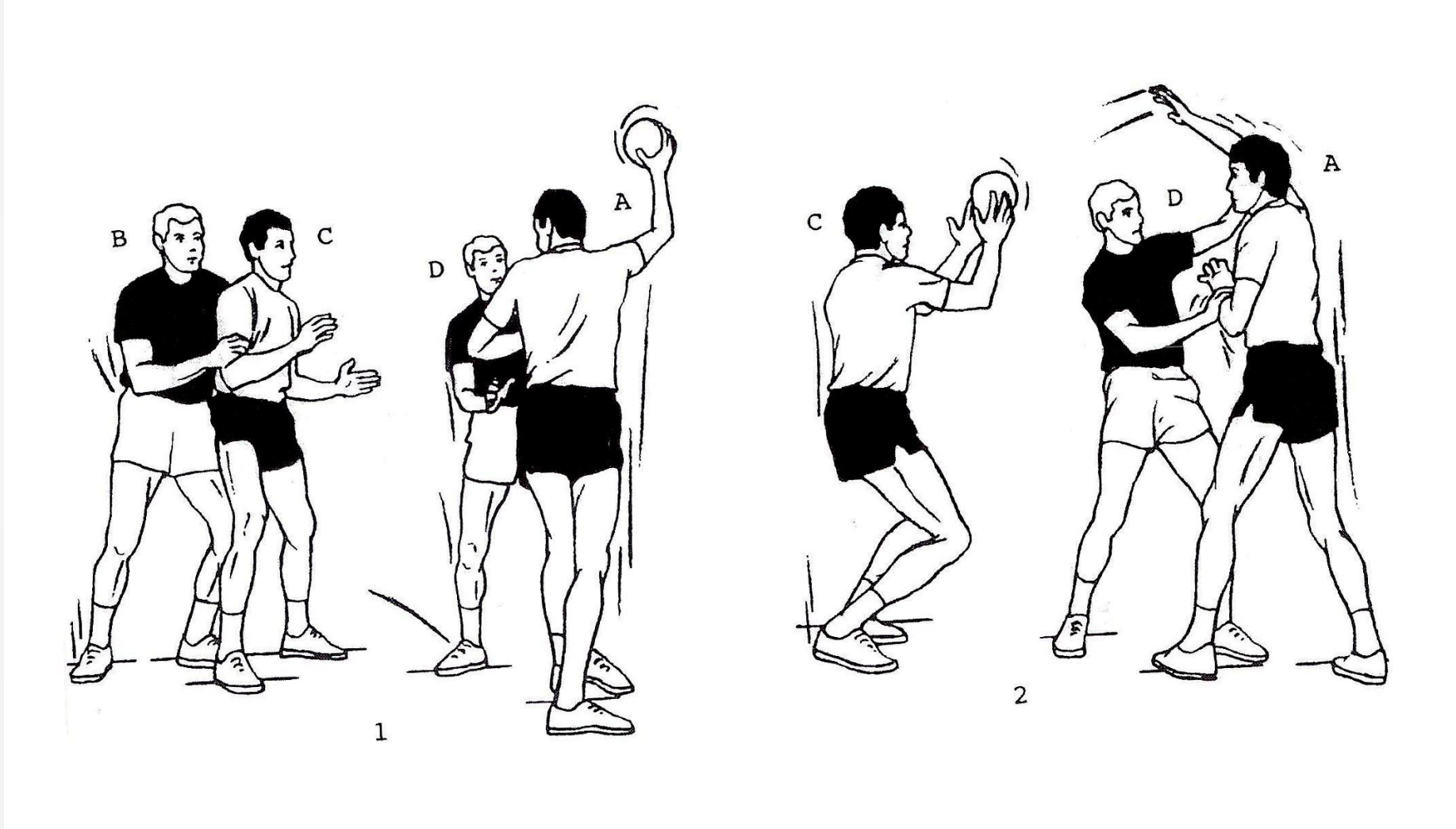


# Offensive Blocking



# Moving to the Blocking





Feint is a very important attack technique that allows the attacker a better space  
Create a shot or pass or move in empty space to receive the ball

# Feints





A Feint involves one or more moves, such as running , passing , and shooting , that are completely real

# Feints

Use The space  
opposite side  
of direction

Change of  
Rhythm and  
explosive speed

The first step in  
longer to create  
more space

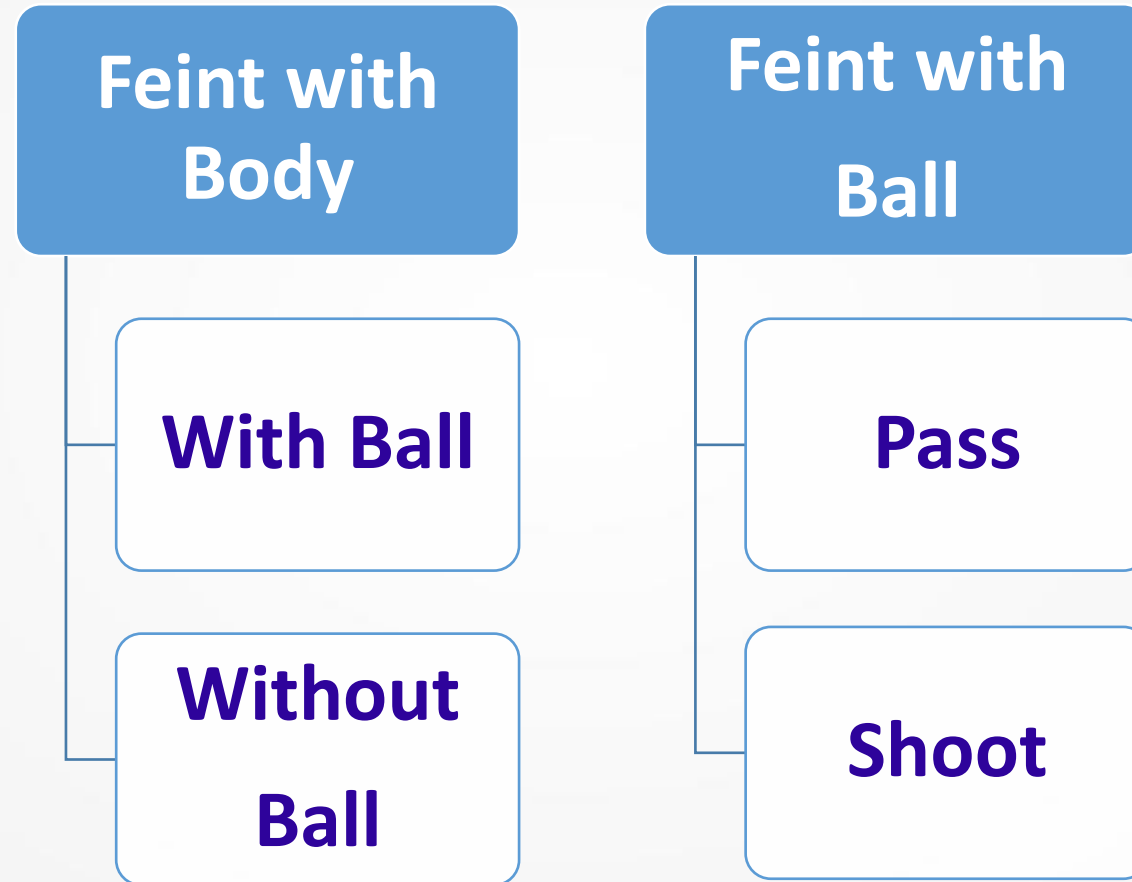


Real

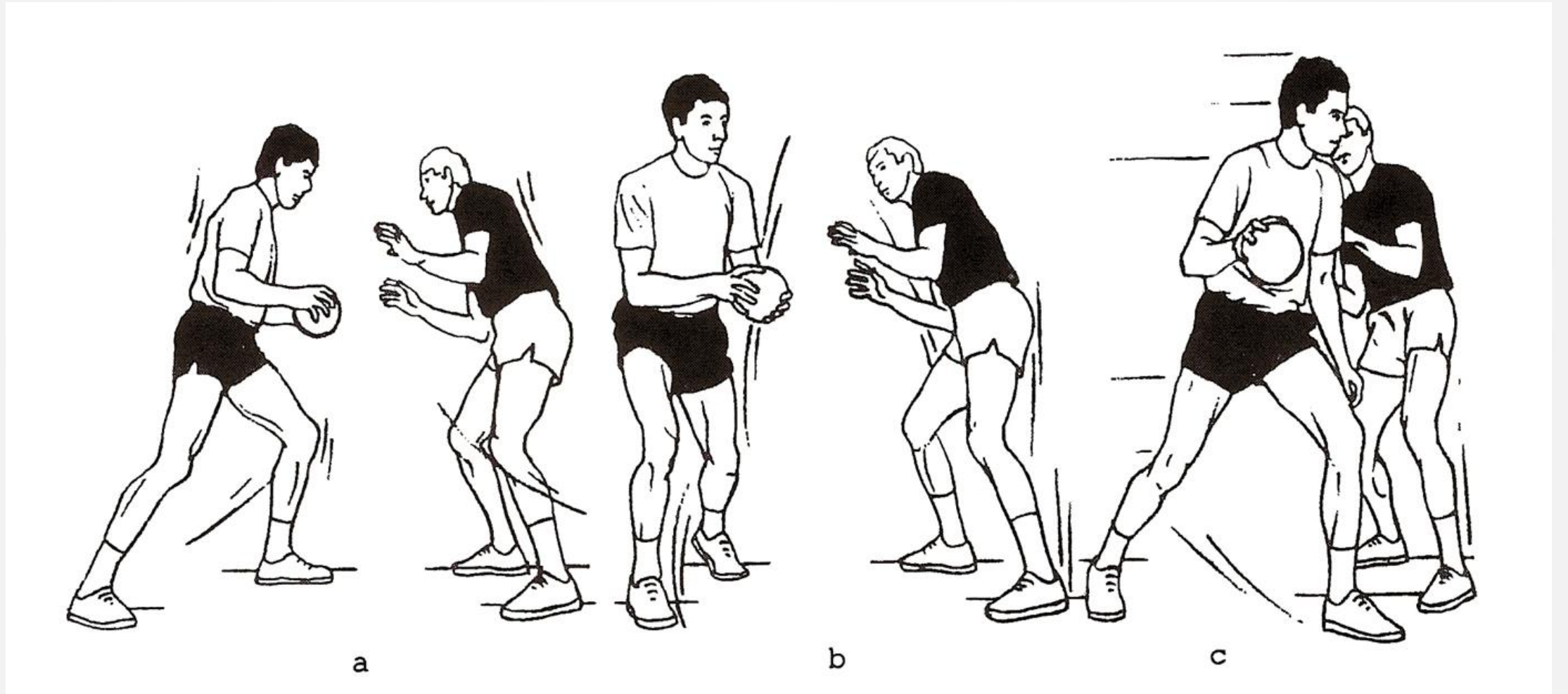
stimulation  
deception  
defender

Quick conversion  
feint to move and  
change direction

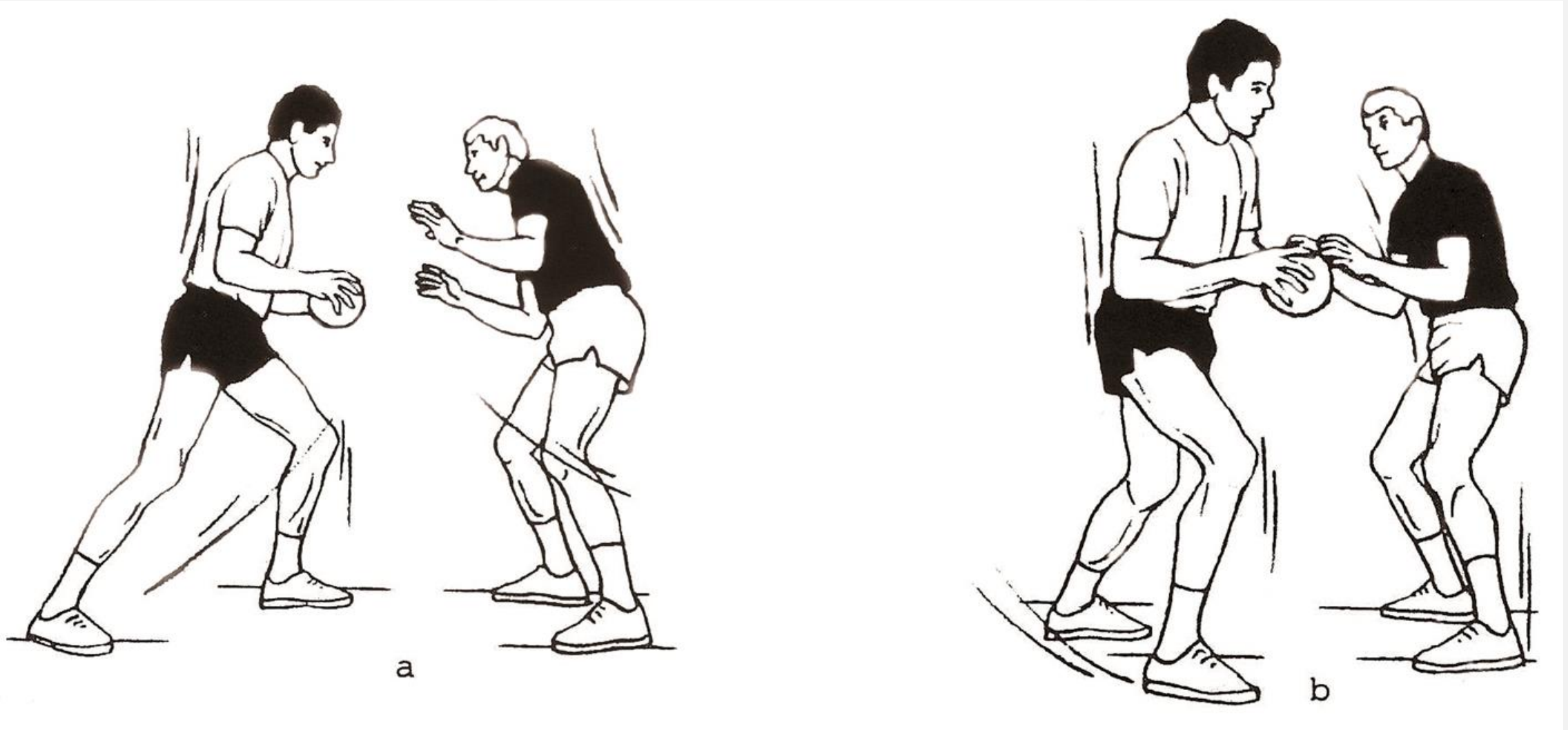
# Feints



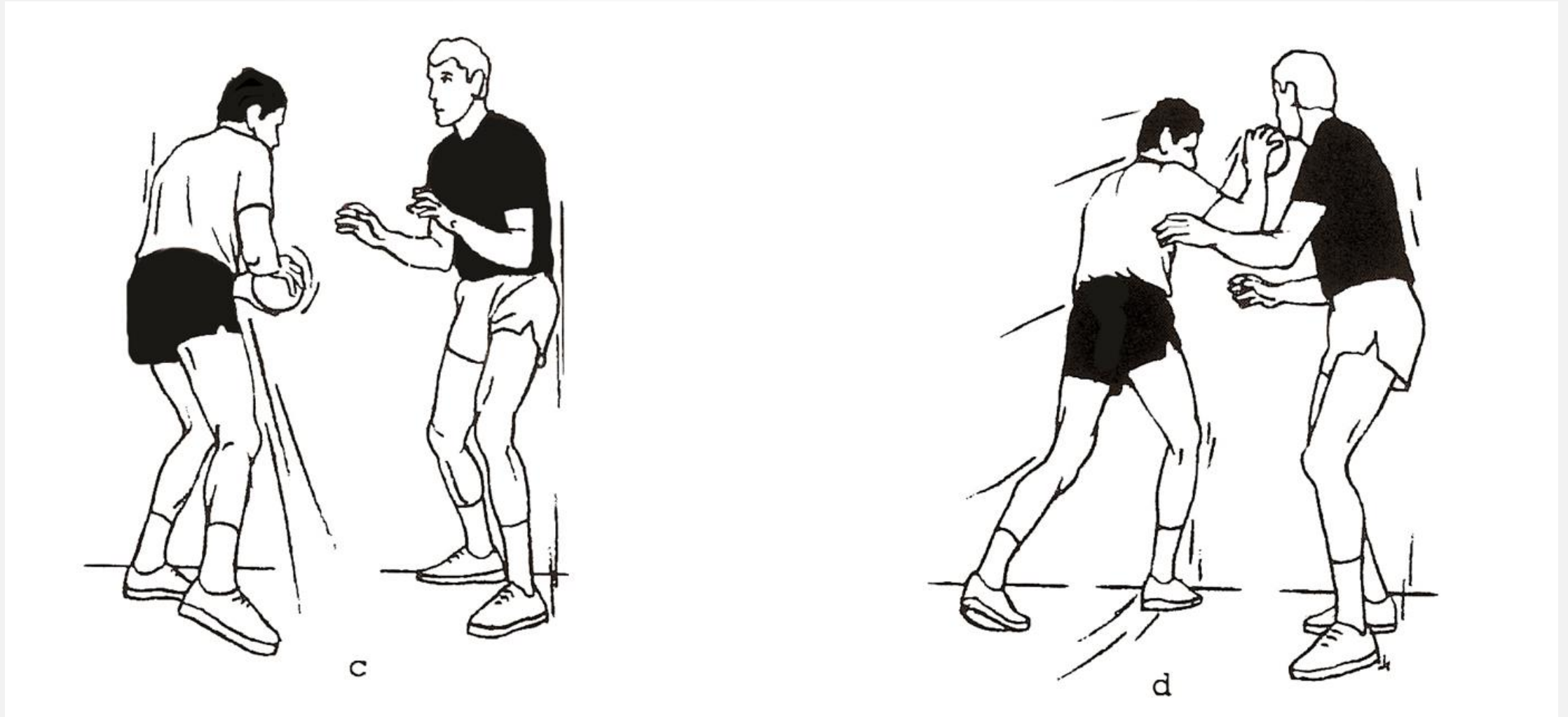
# Simple Starting Fake



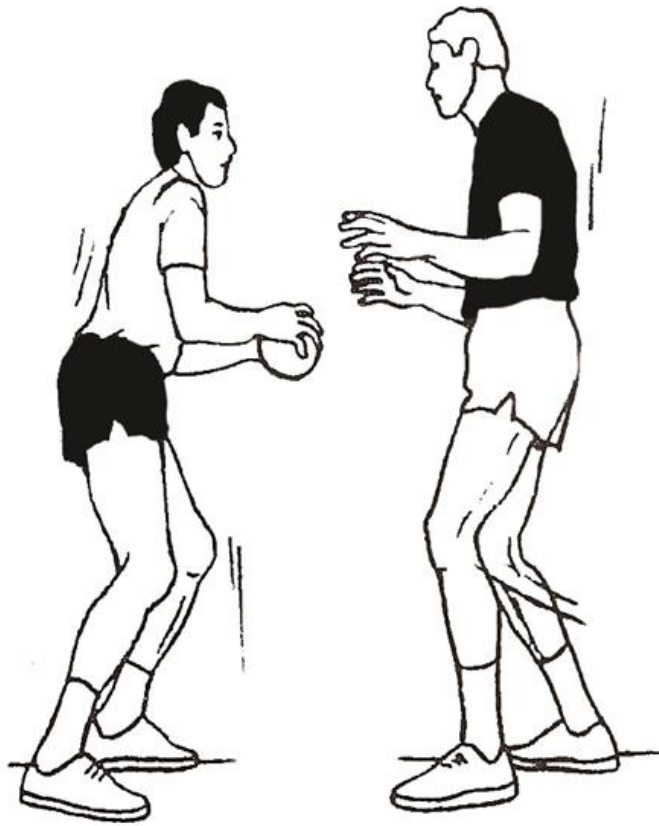
# Combined Starting Fake 1



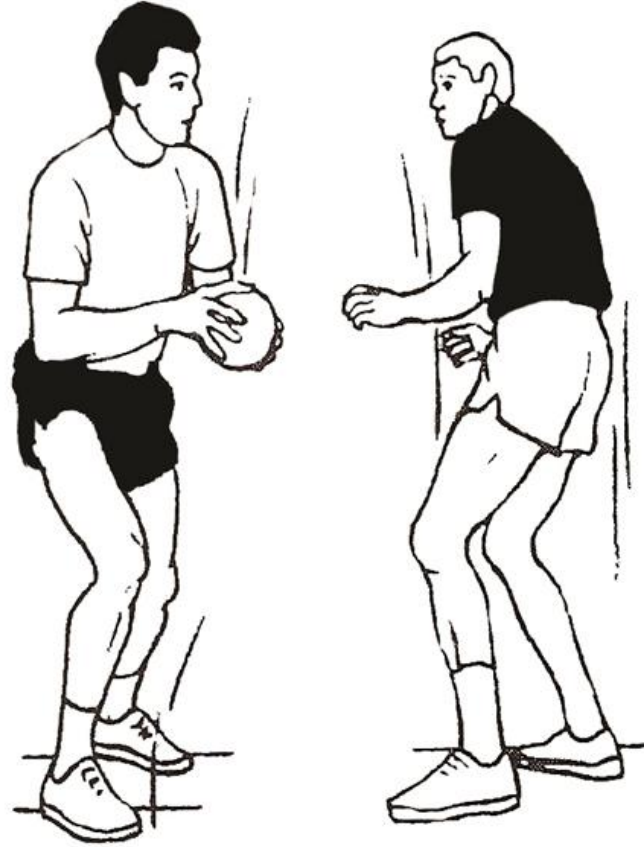
# Combined Starting Fake 2



# Body Fake



a

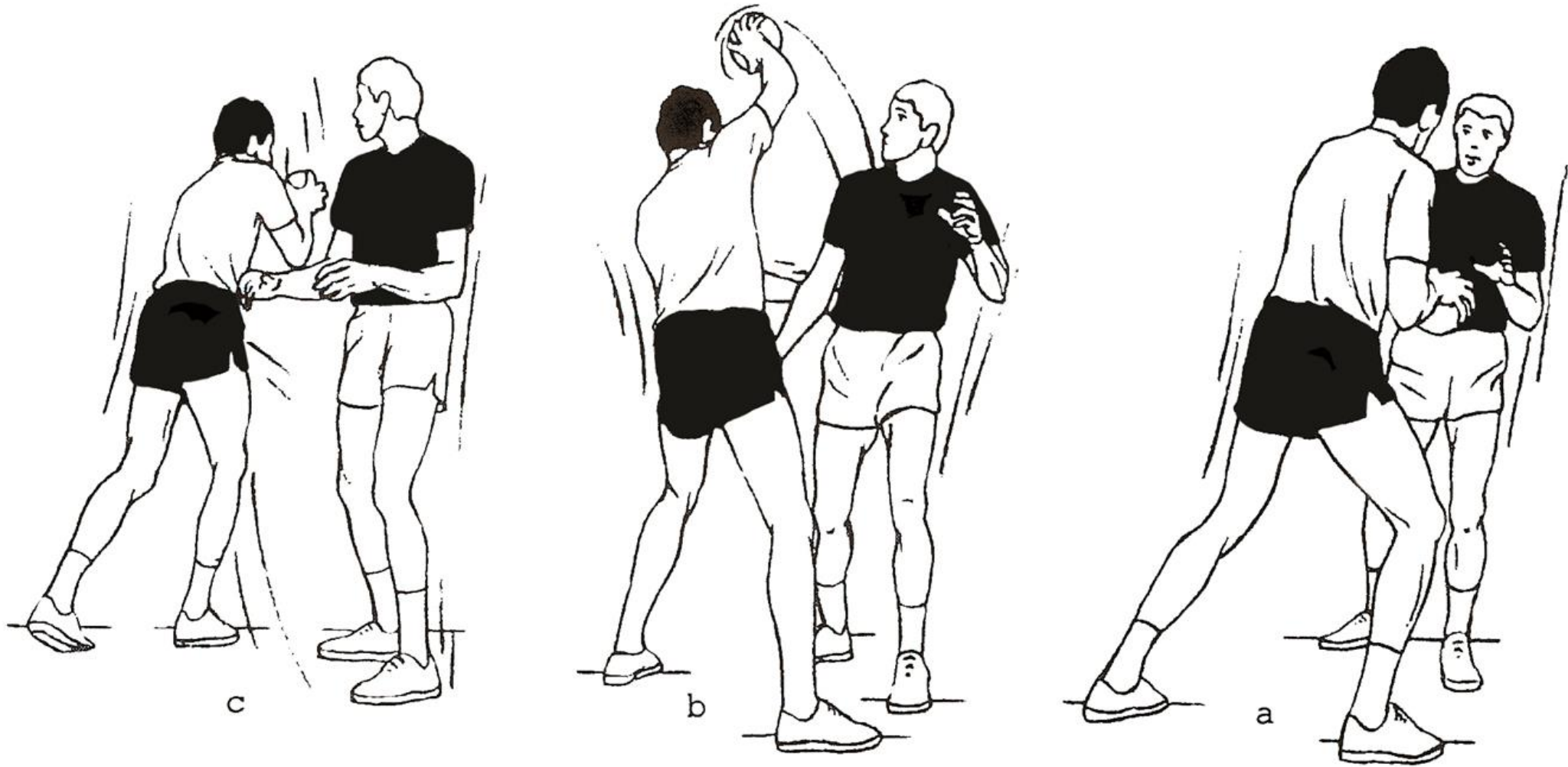


b

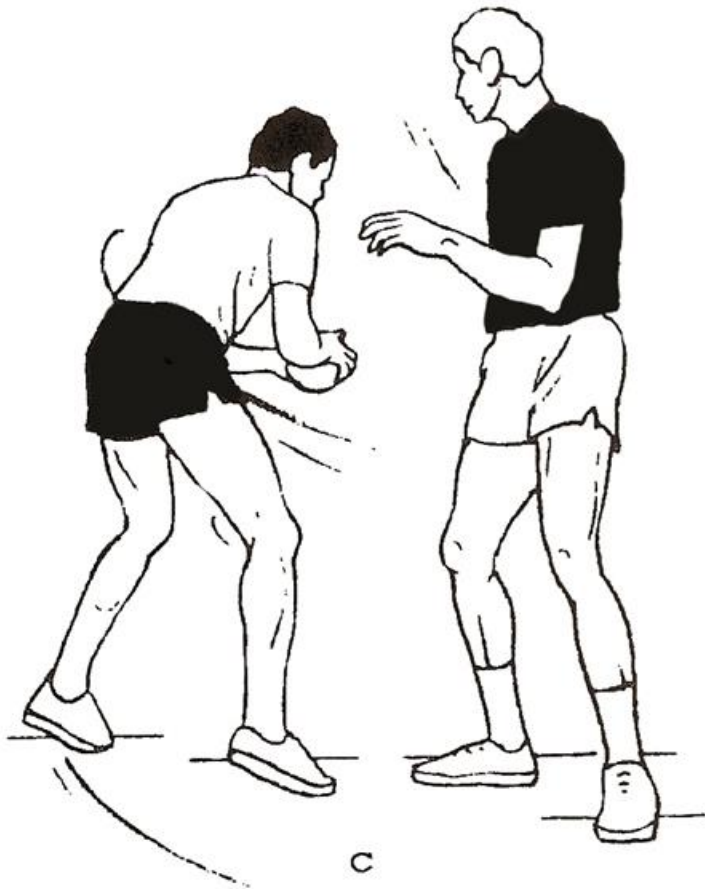


c

# Arm Swinging Fake

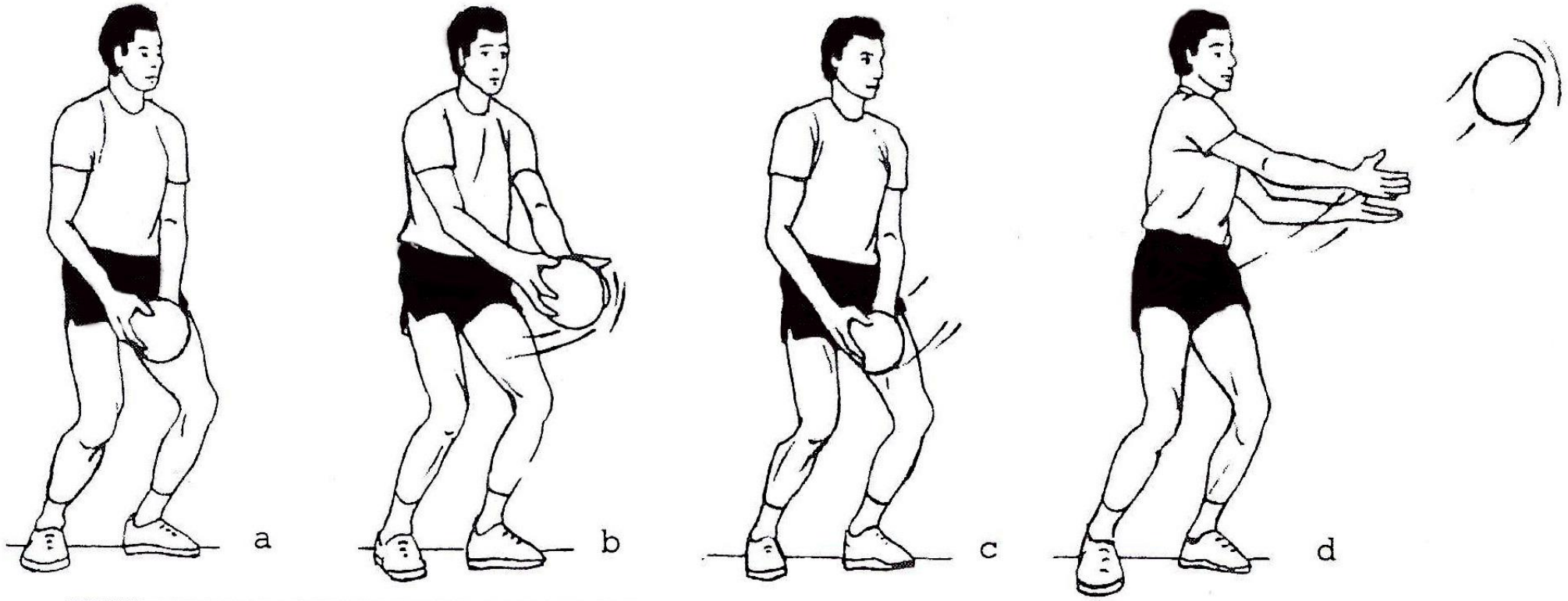


# Rotation Fake

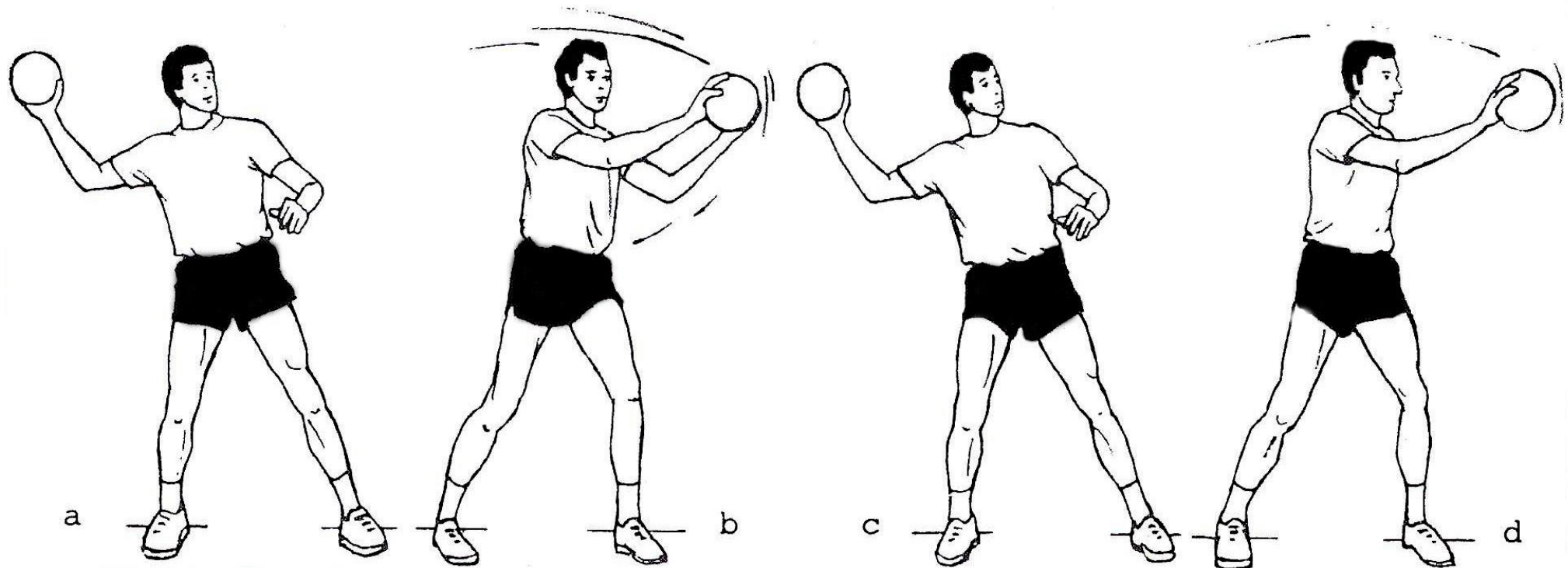




# Passing Fake with Both Hands



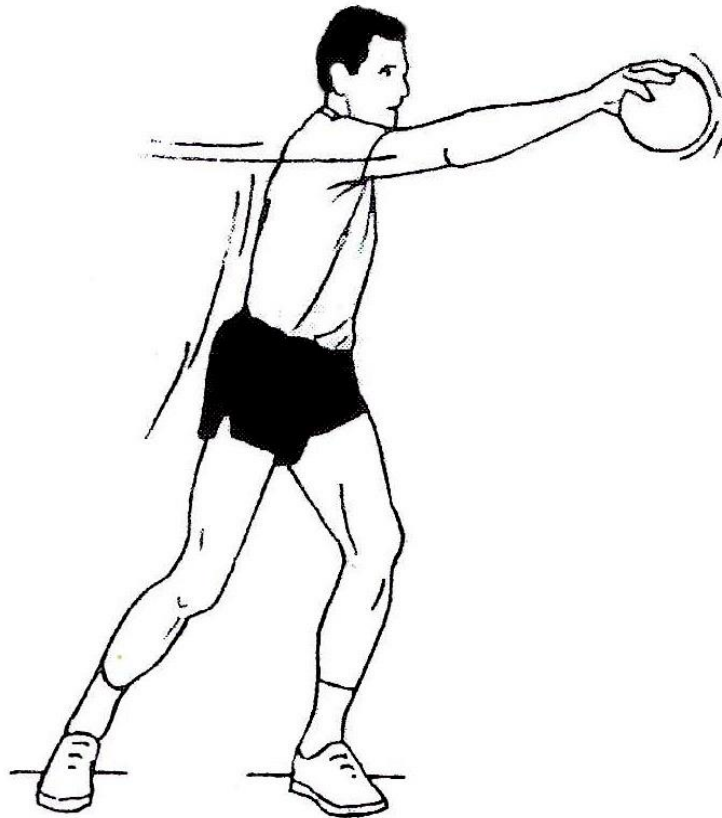
# Passing Fake with One Hand



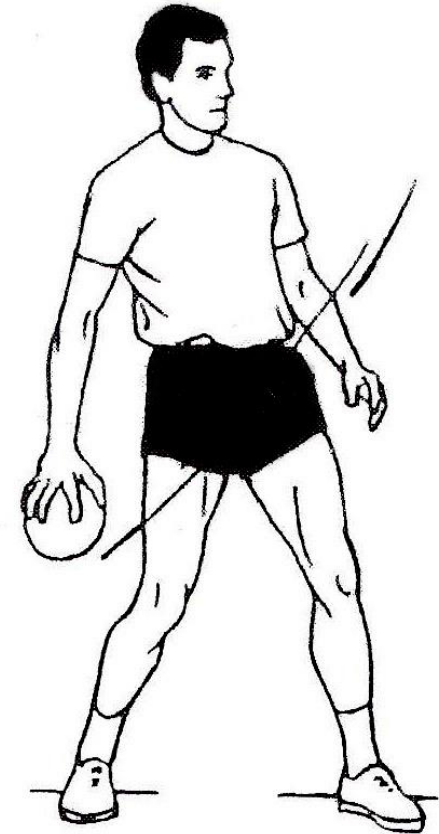
# Moving The Ball Forward and Stopping it



d



e



c

# Dribbling



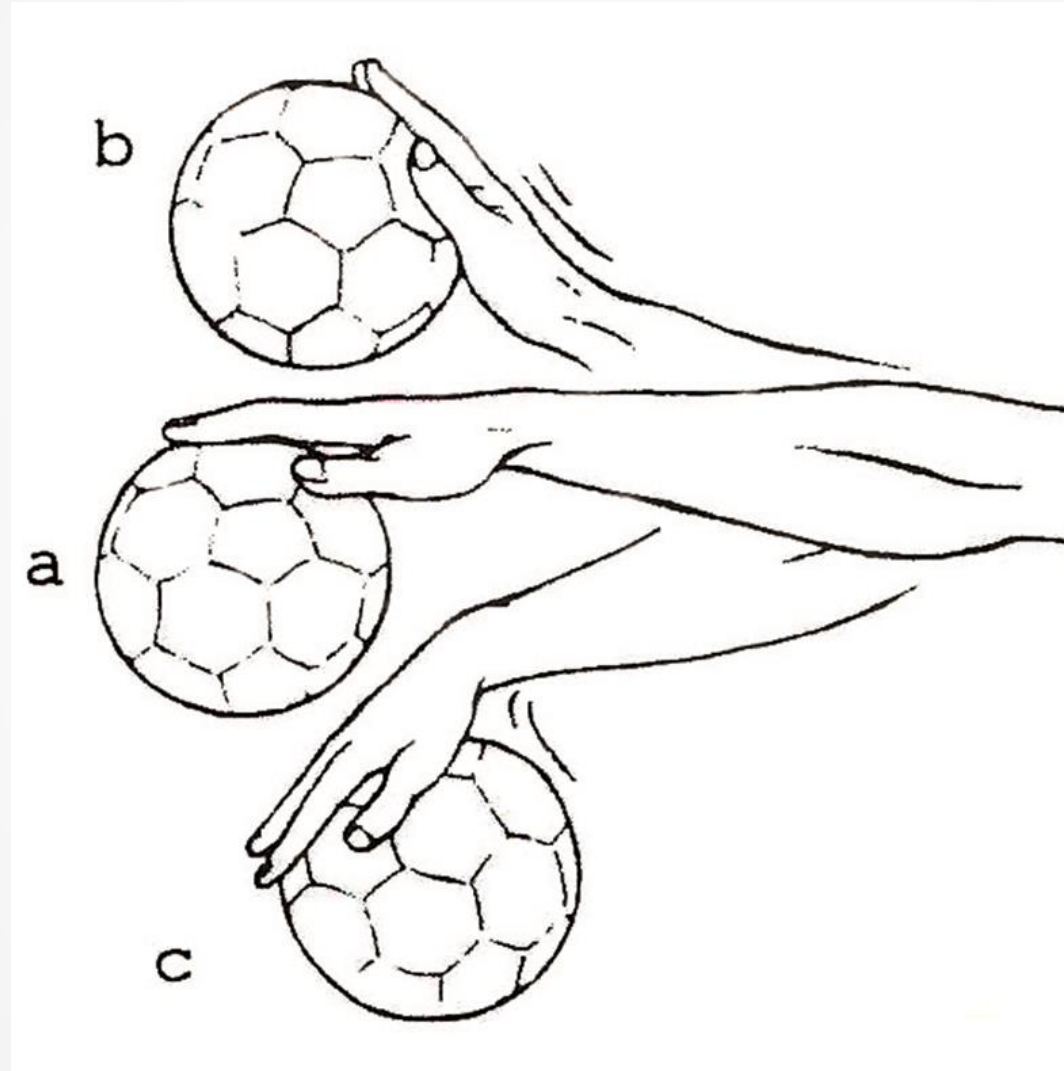
# Dribbling



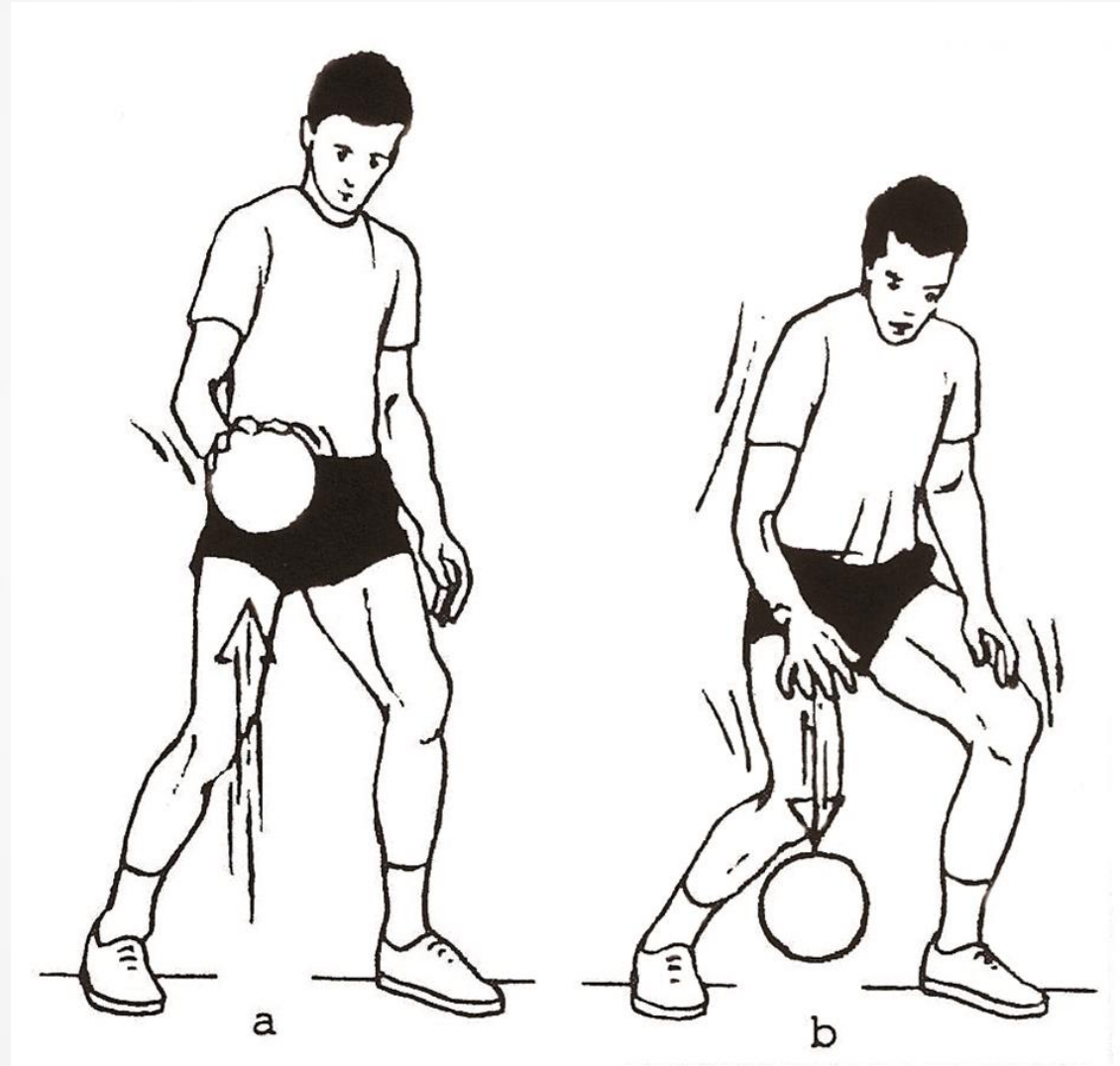
- More use of medium and high dribbles than short and high dribbles
- Dribbling on the side of body and using both hands
- Ball protection from defenders
- Using the arm , forearm , wrist and move it towards the ground
- To Pull the ball , not to hit



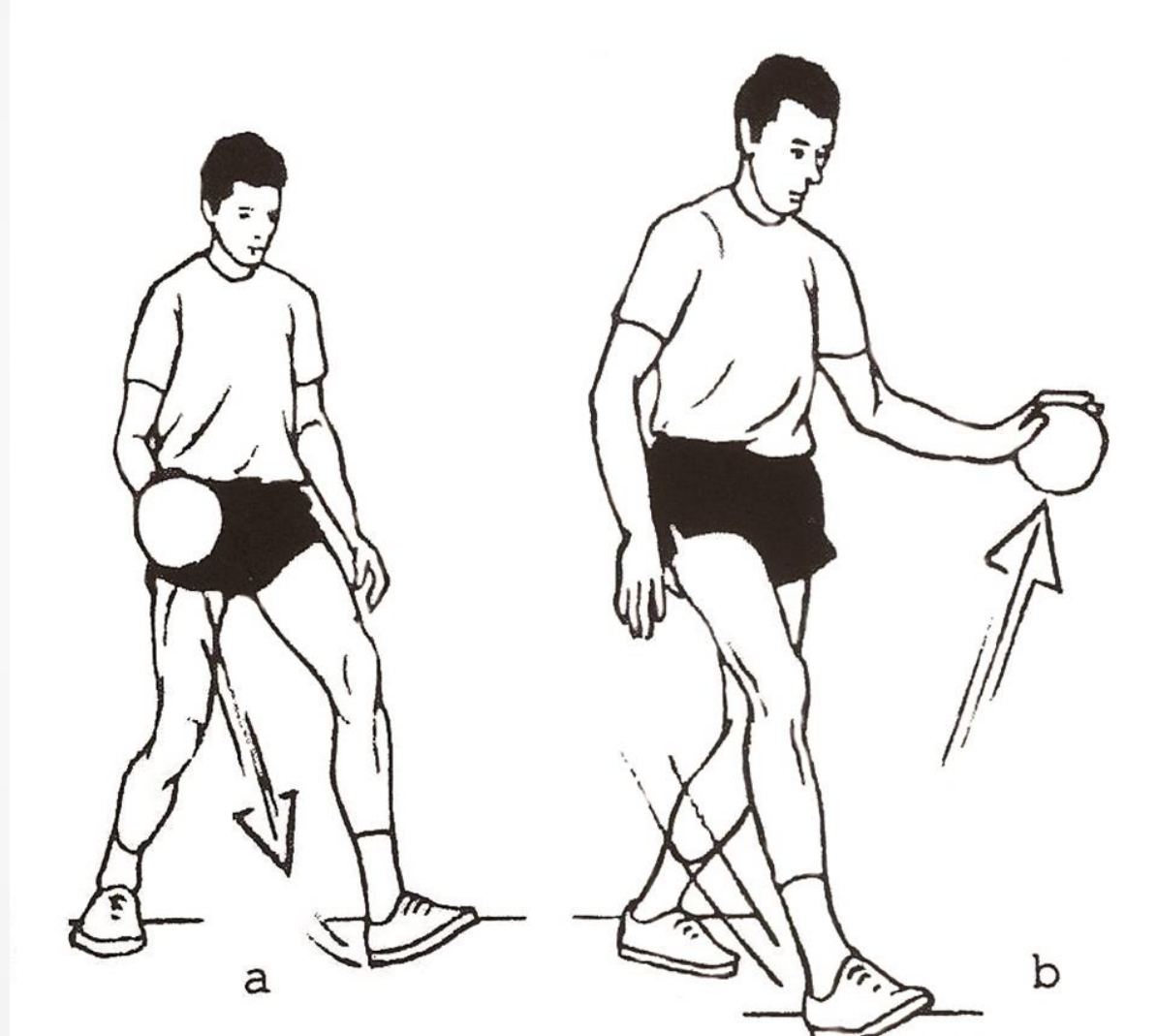
# Bouncing / Dribbling the Ball



# Bouncing the Ball in Basic Position

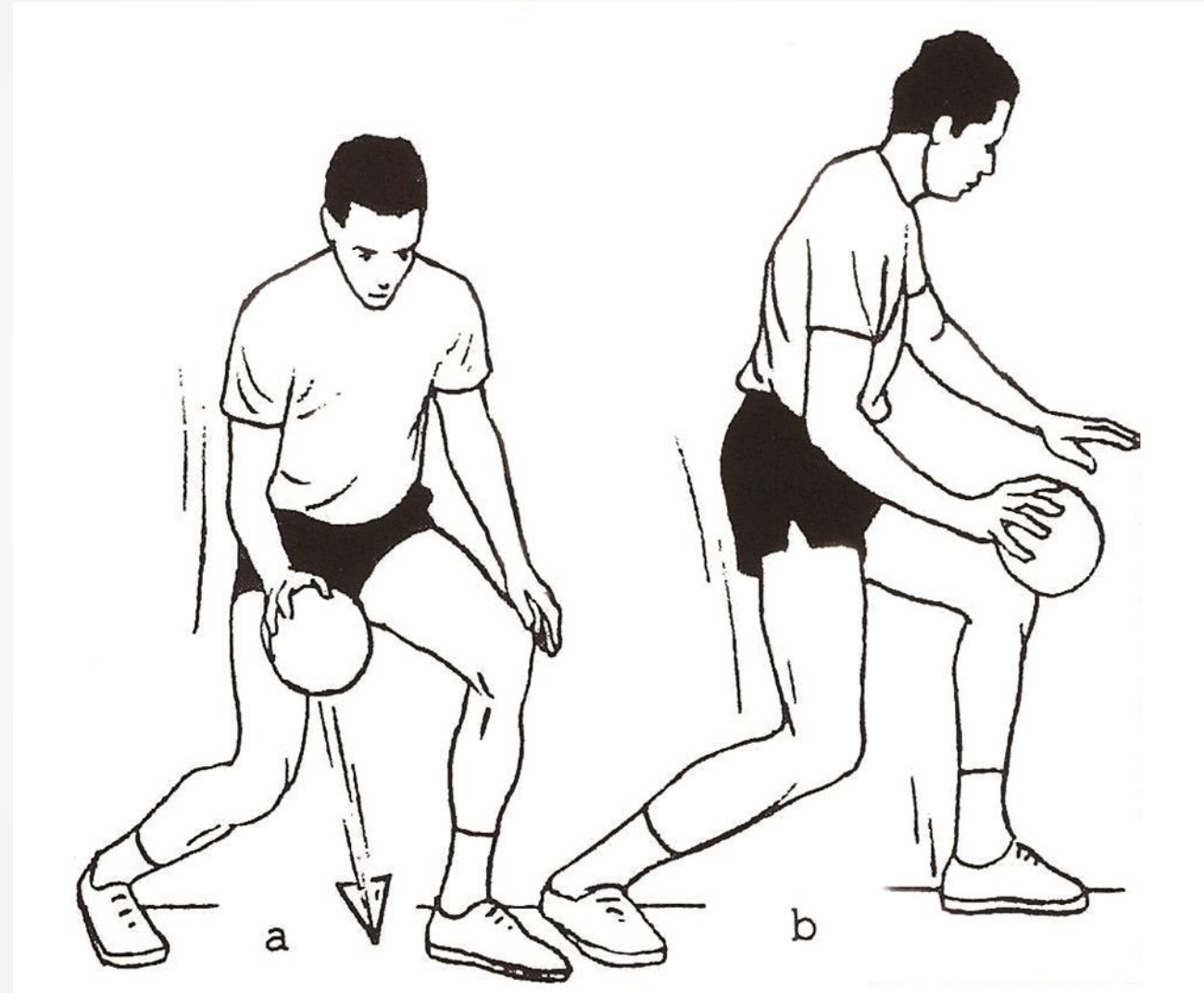


# High Dribbling





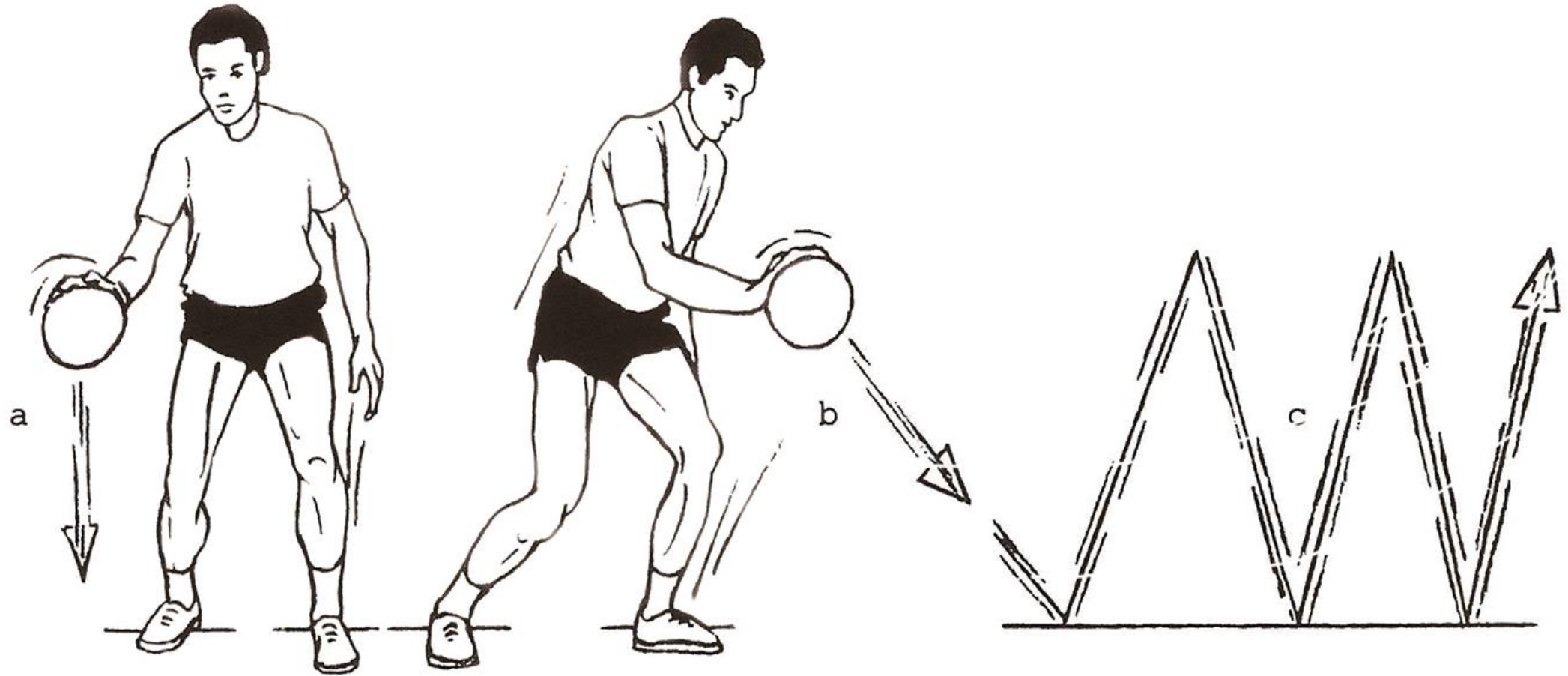
# Low Dribbling



# Dribbling

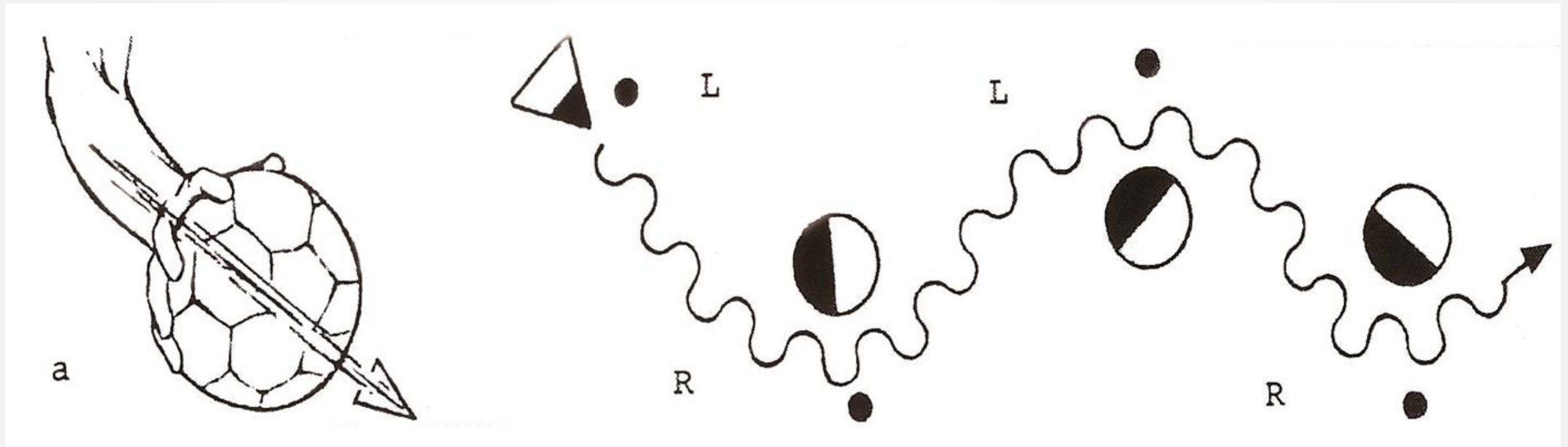


# Dribbling while Moving



# Dribbling while sides moving

When the change direction





# Attacking the Goal and Shooting



Novice / Beginner level

## Creating and taking scoring opportunities :

- Creating an opening – good situation to score
- Development of shooting skills
- Development fake and cutting moves without and later with the ball in big space
- Learn problem – solving in situations with advantage in wide open space



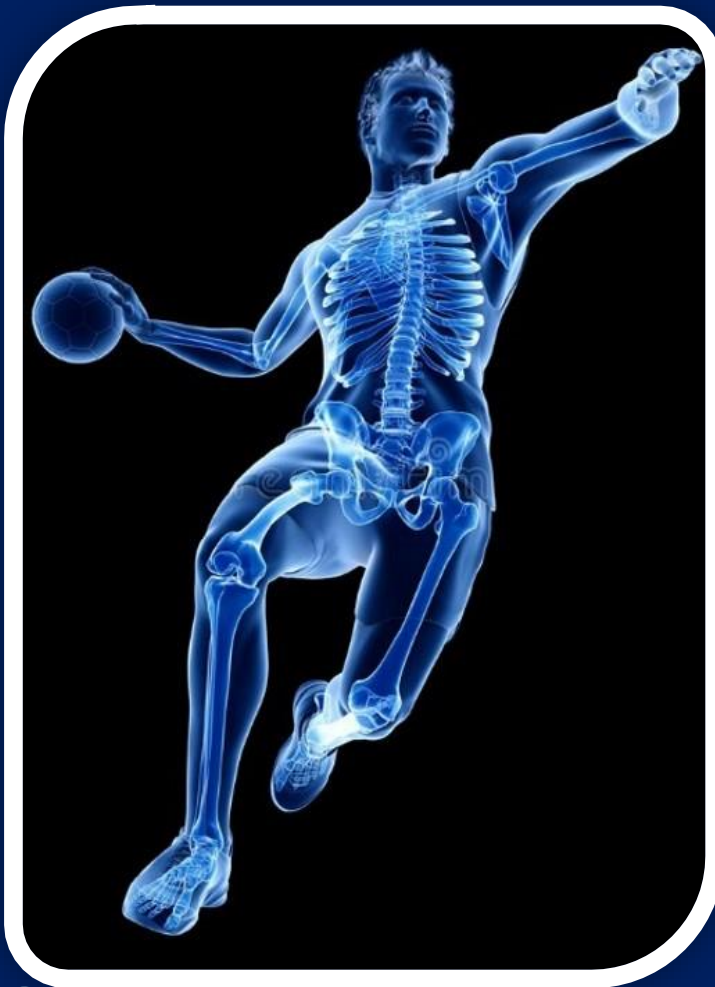
The development of shooting skills requires good coordination.

# Shooting

Distance and shooting angle to the goal

Right shooting position

Variety in the shoot and improvement



Power , speed

Rotate , placement

Shooter body mobility  
Standing , Walking ,  
Running , Jumping  
Landing



# Goal Shooting

Zone of the Long Range Shots

Goal Shooting

Zone of the Close Range Shots



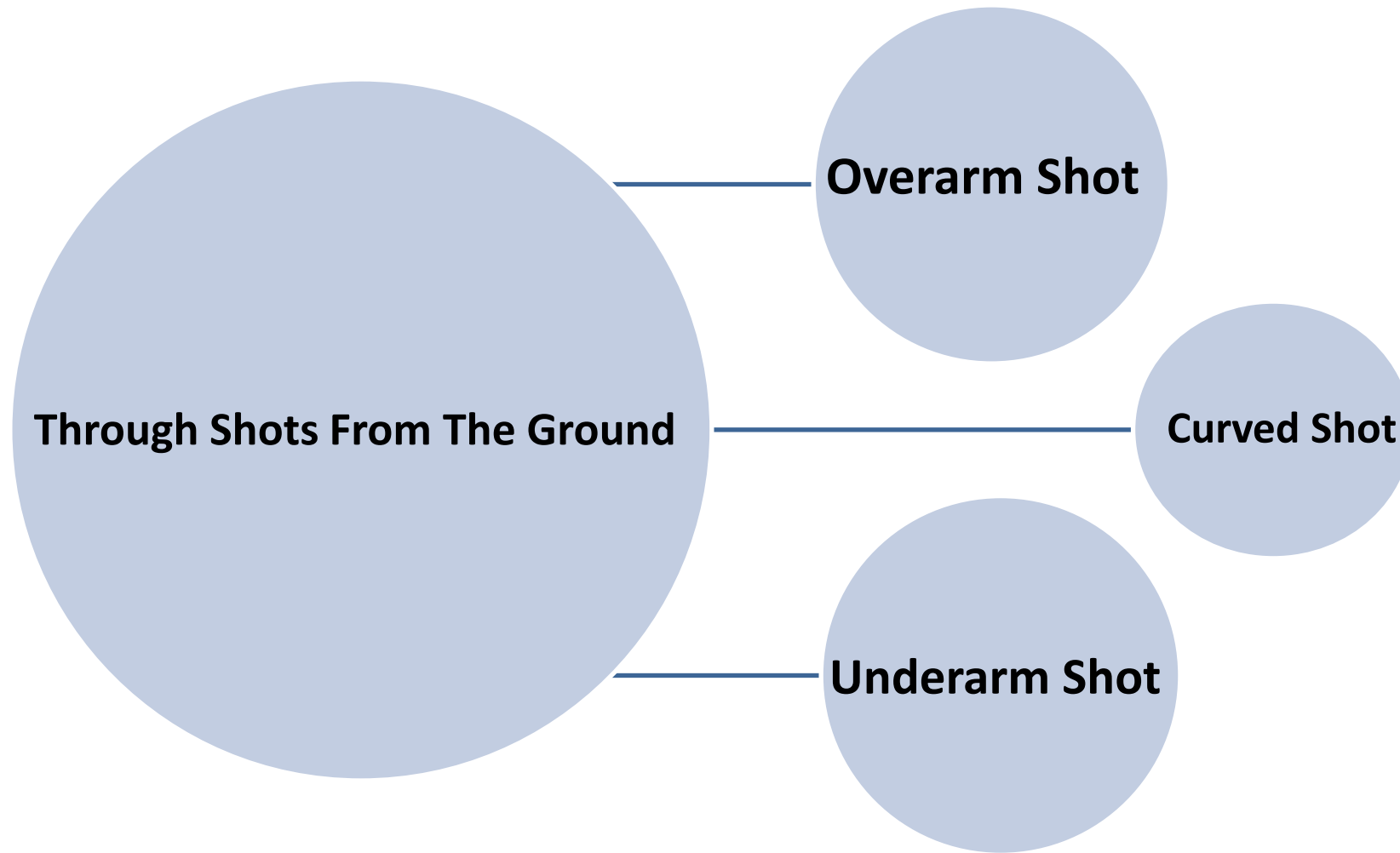
# Zone of the LONG Range Shots



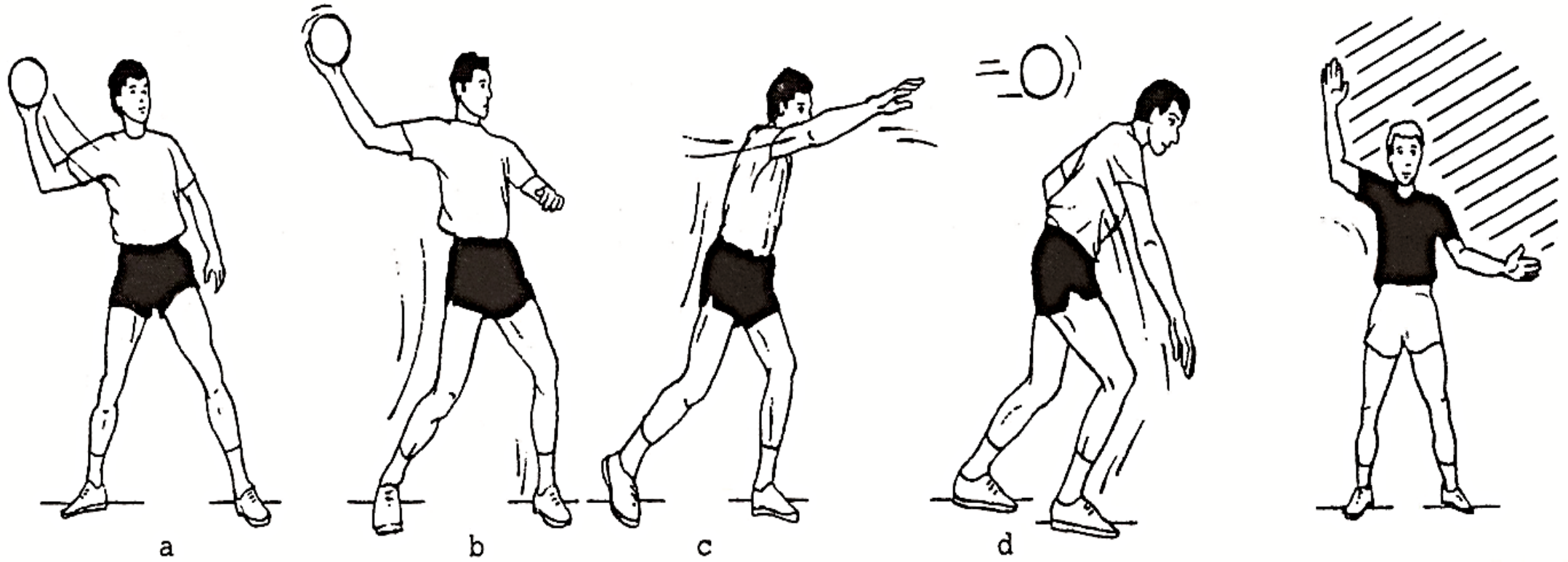
## Zone Of The Long Range Shots

Through Shots  
From The Ground

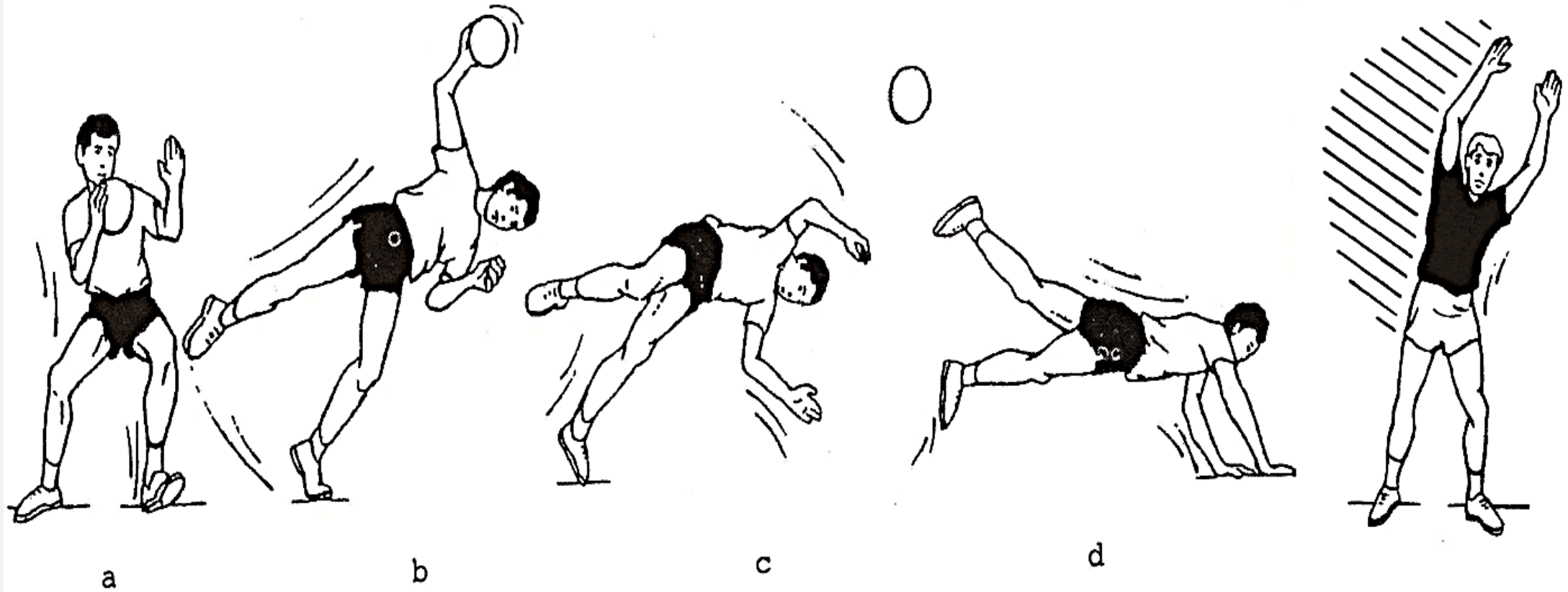
Through Shots  
From The Air



# Overarm Shot



# Curved Shot



# Underarm Shot



a



b

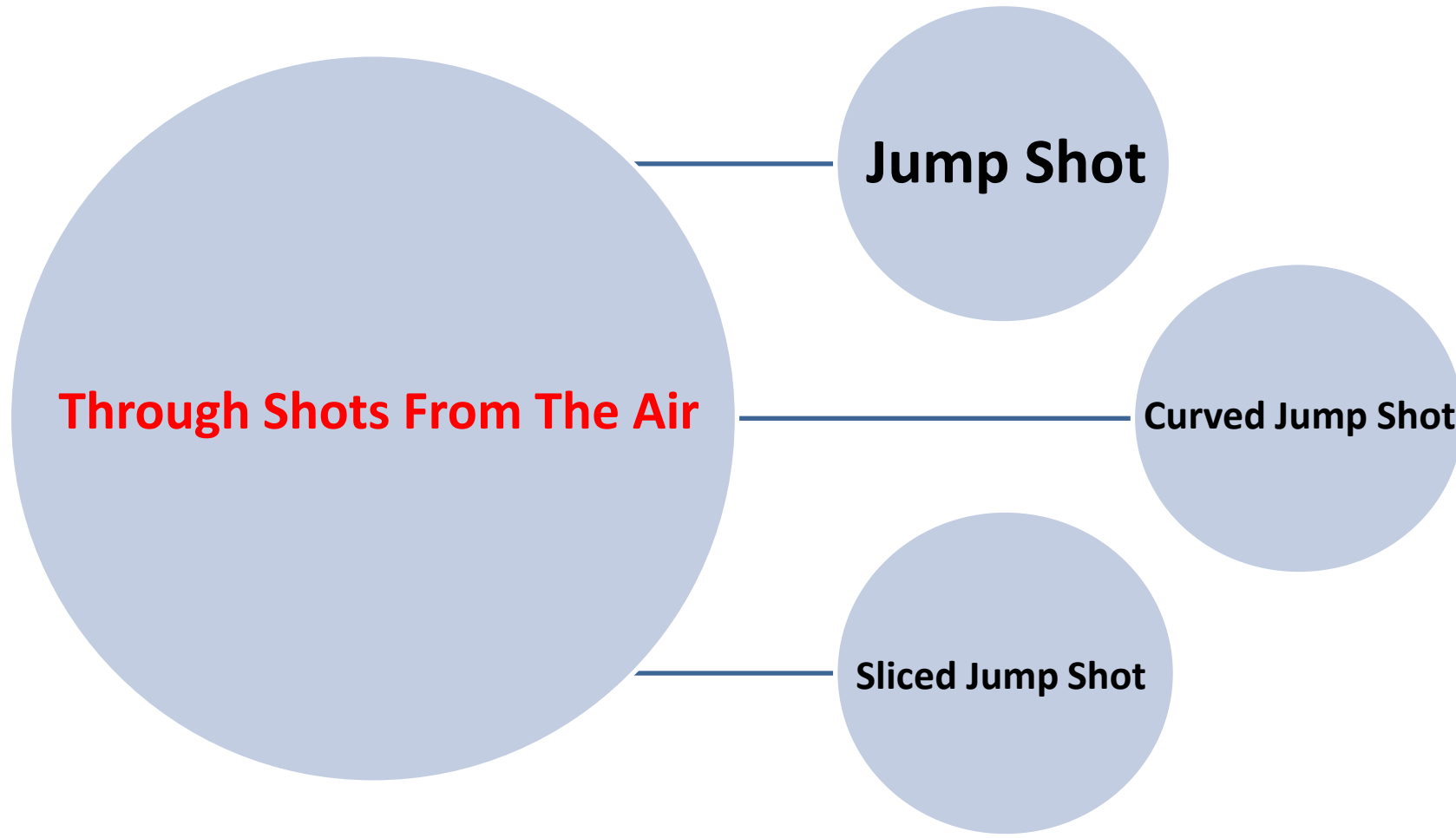


c



d

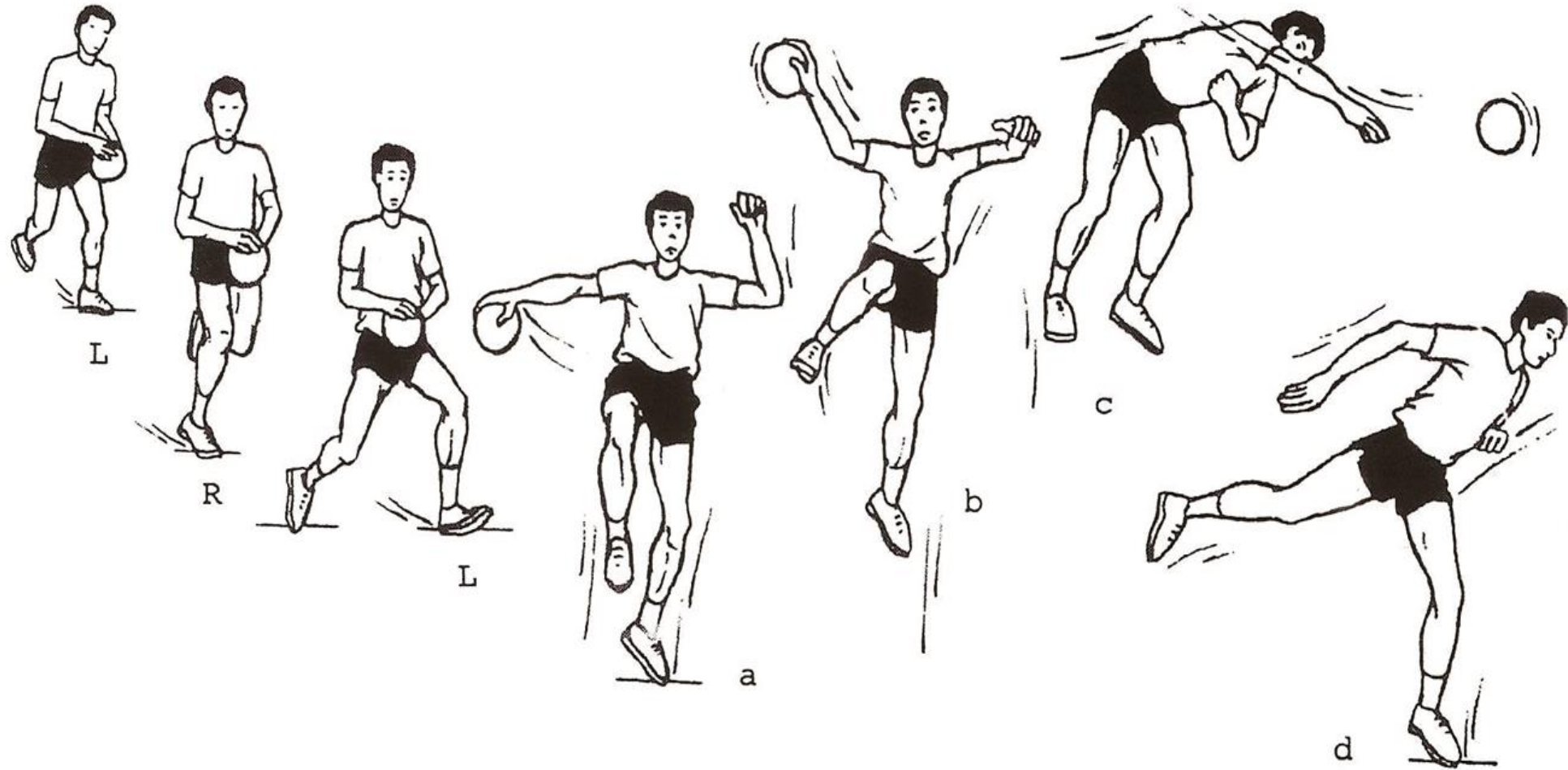




# Jump Shot over the Defense



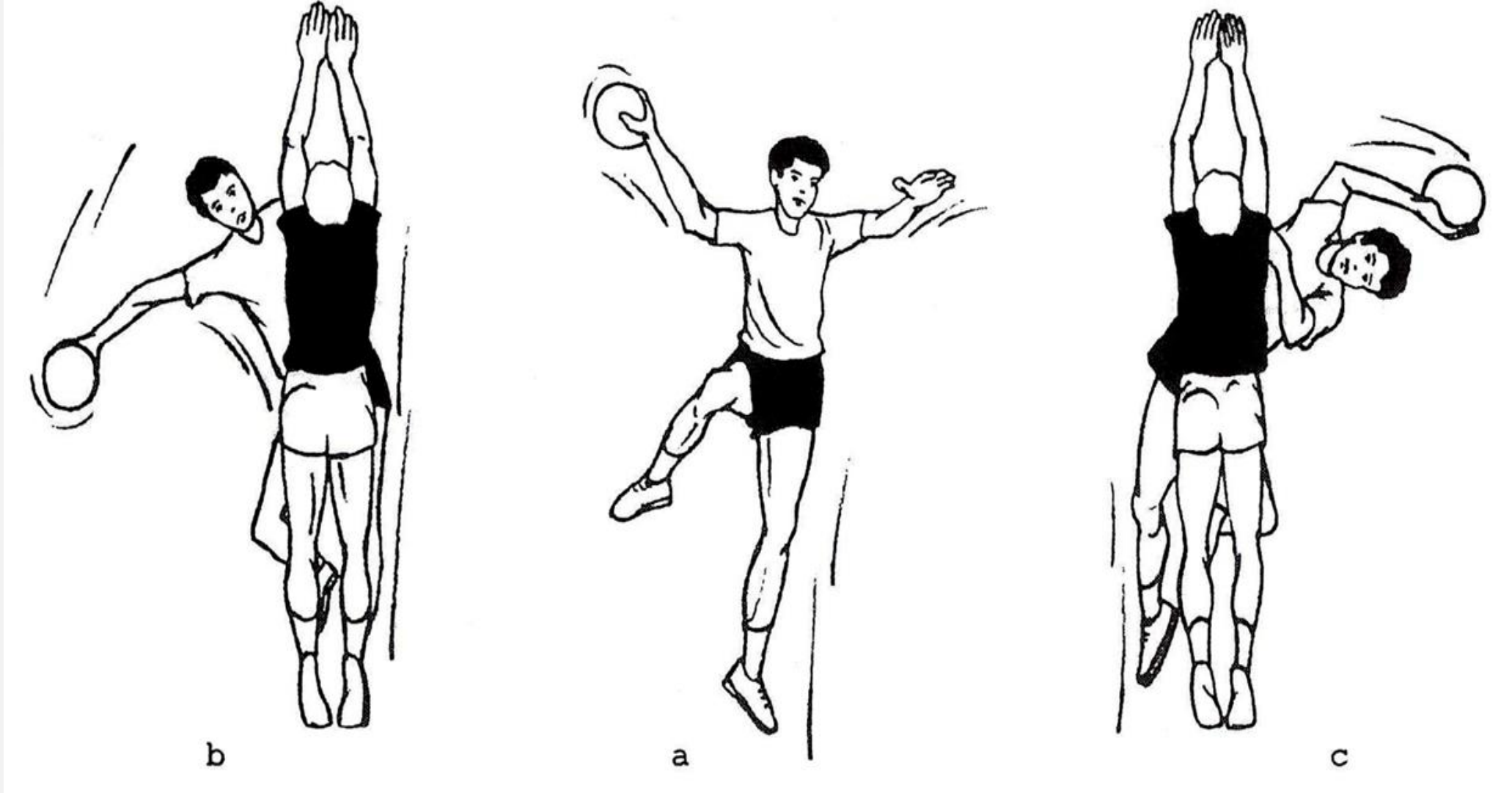
# Jump Shot



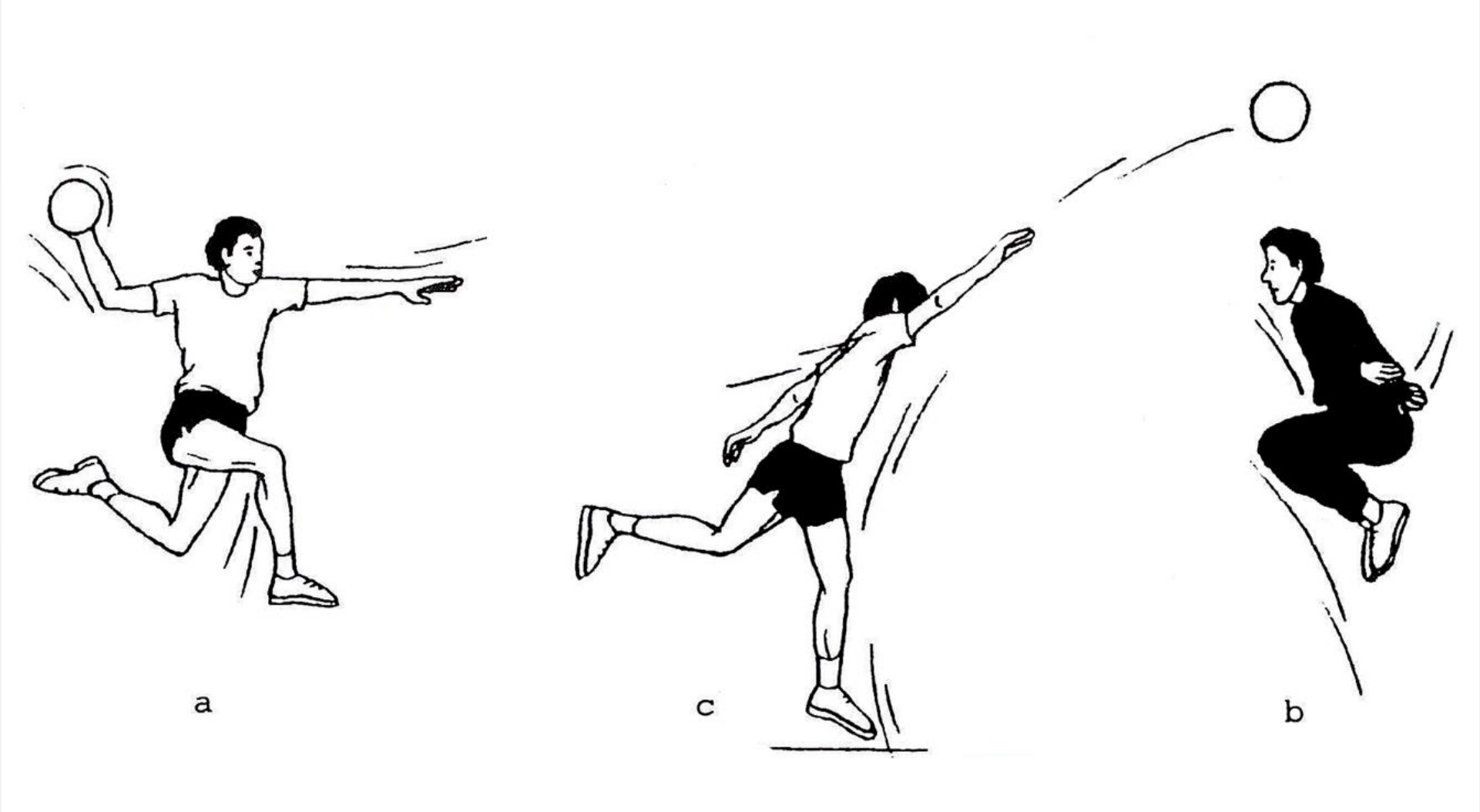




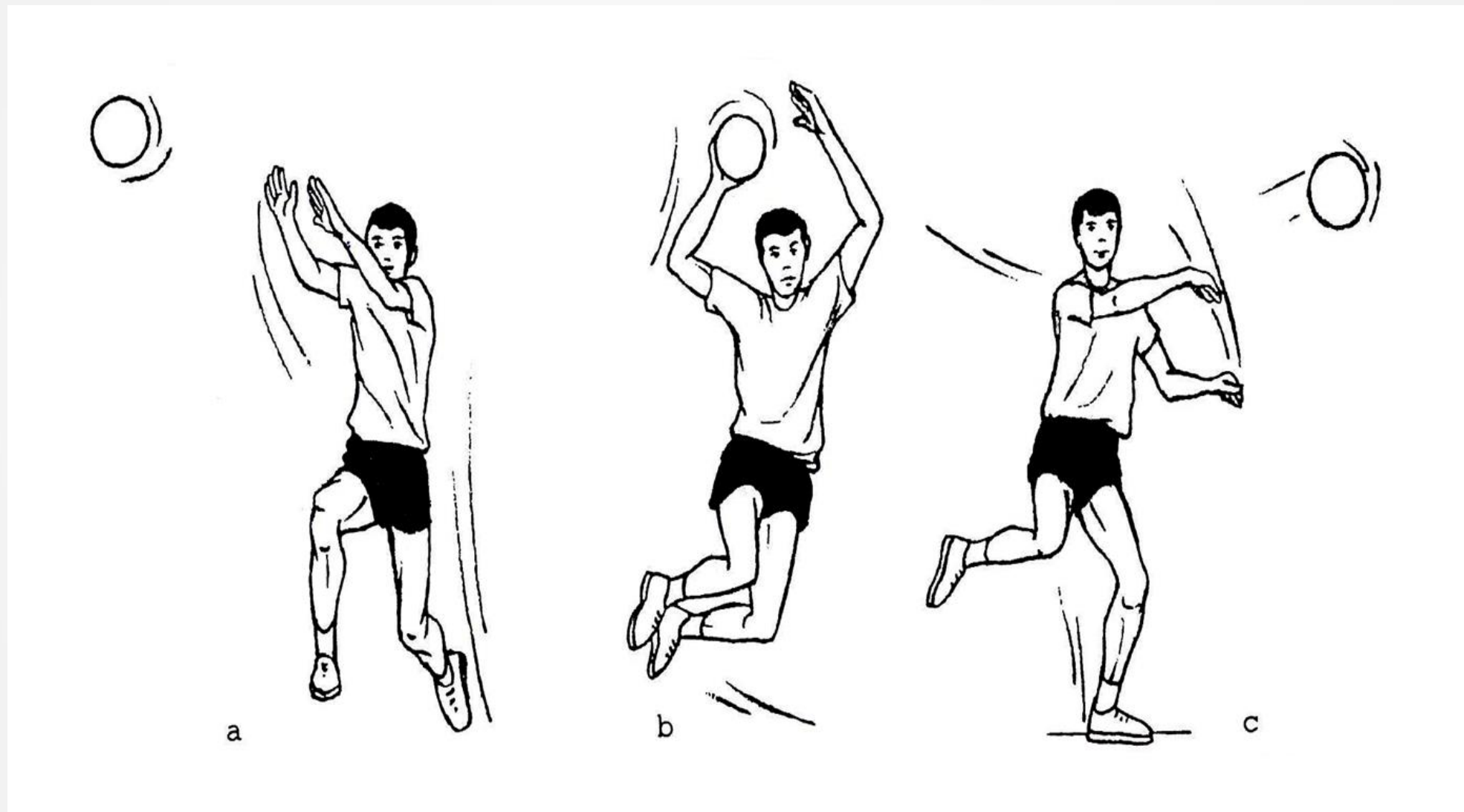
# Sliced Jump Shot



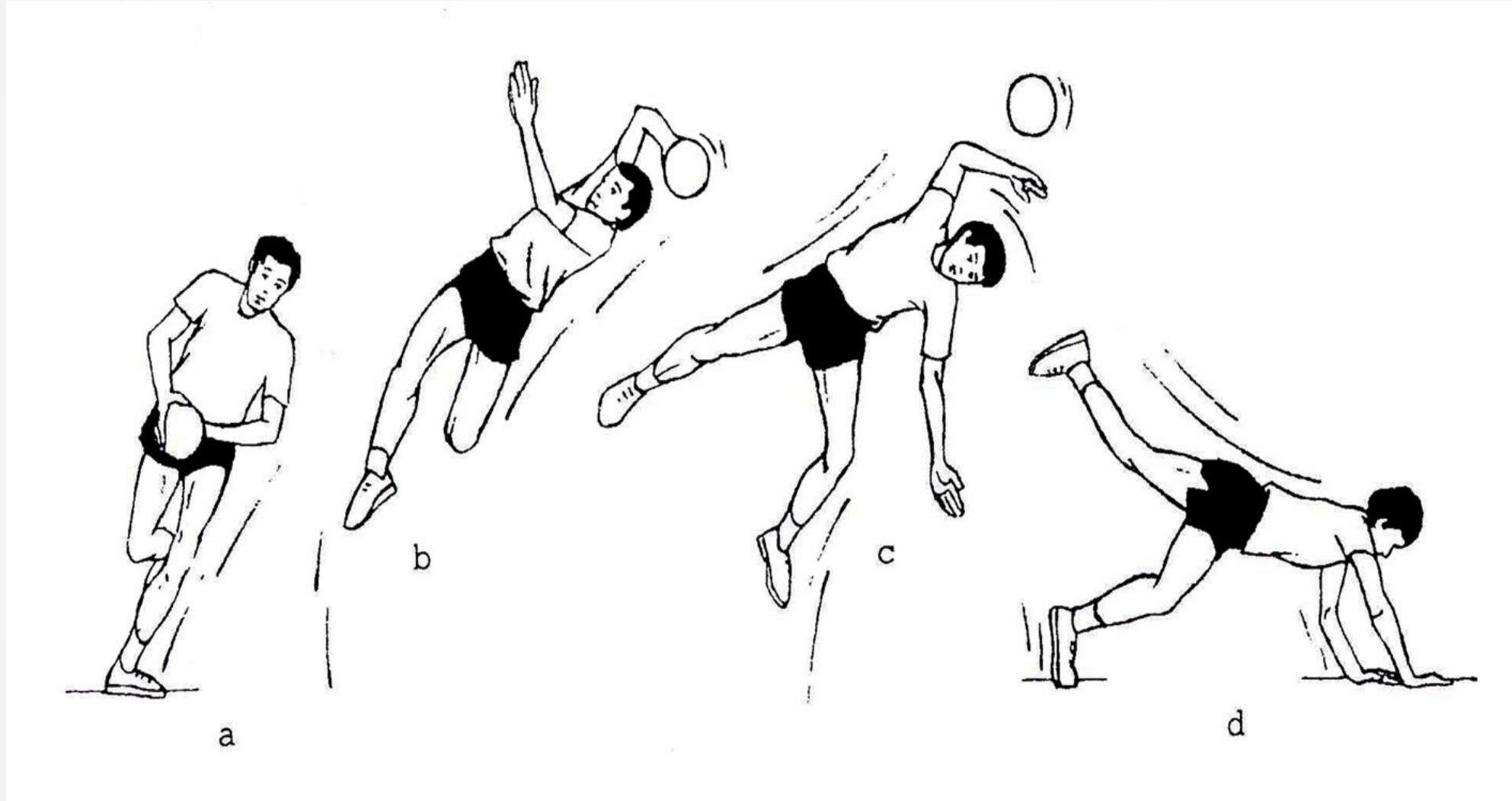
# Lob Shot



# Volley Shot



# Curved Dive Shot





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Vincent Michel

887917612

# Defender of Attacker

## Defender of attacker without the ball



## Defender of attacker with the ball



# The Mindset of the Defender



- **Constantly striving to regain ball possession**
- **Intercepting the ball**
- **Forcing the attacker to make technical mistakes**
- **Forcing the attacker to shoot from weak position**
- **Delaying the game ( giving the defense time to go back )**
- **Constantly Suppressing possible scoring by the opponents**



Defense

Court Player

Goal Keeper



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# Court Player



## BASIC POSITION

Basic Movement

- Falling Out
- Shuffle Step

## CHECKING

On the Ground  
In the Air

## GAINING POSSESSION OF THE BALL

Snatching the Ball Away  
Knocking the Ball Away  
Spinning Out the Ball

## DEFENSIVE BLOCKING

### Individual

- Blocking Overarm Shots
- Blocking Curved Shots
- Blocking Underarm Shots

### Group

- Side by Side Blocking
- Supplementary Blocking



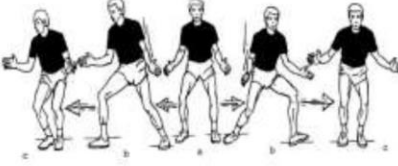
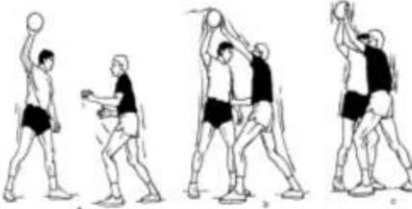

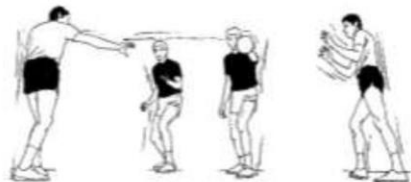
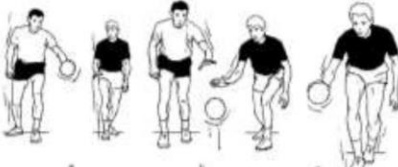
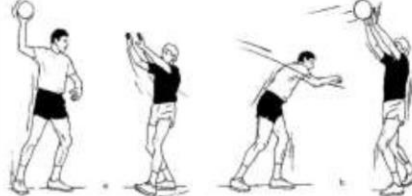
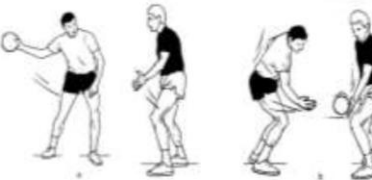

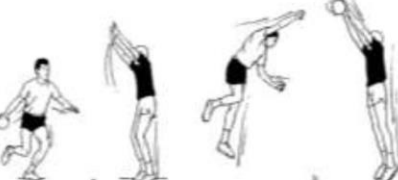
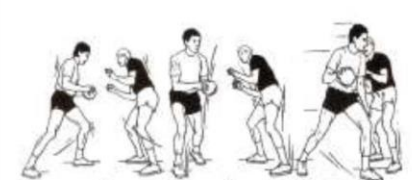
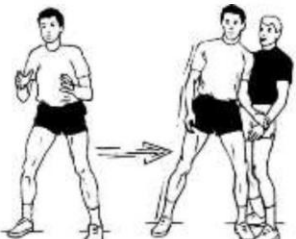
# The Defender's Basic Position



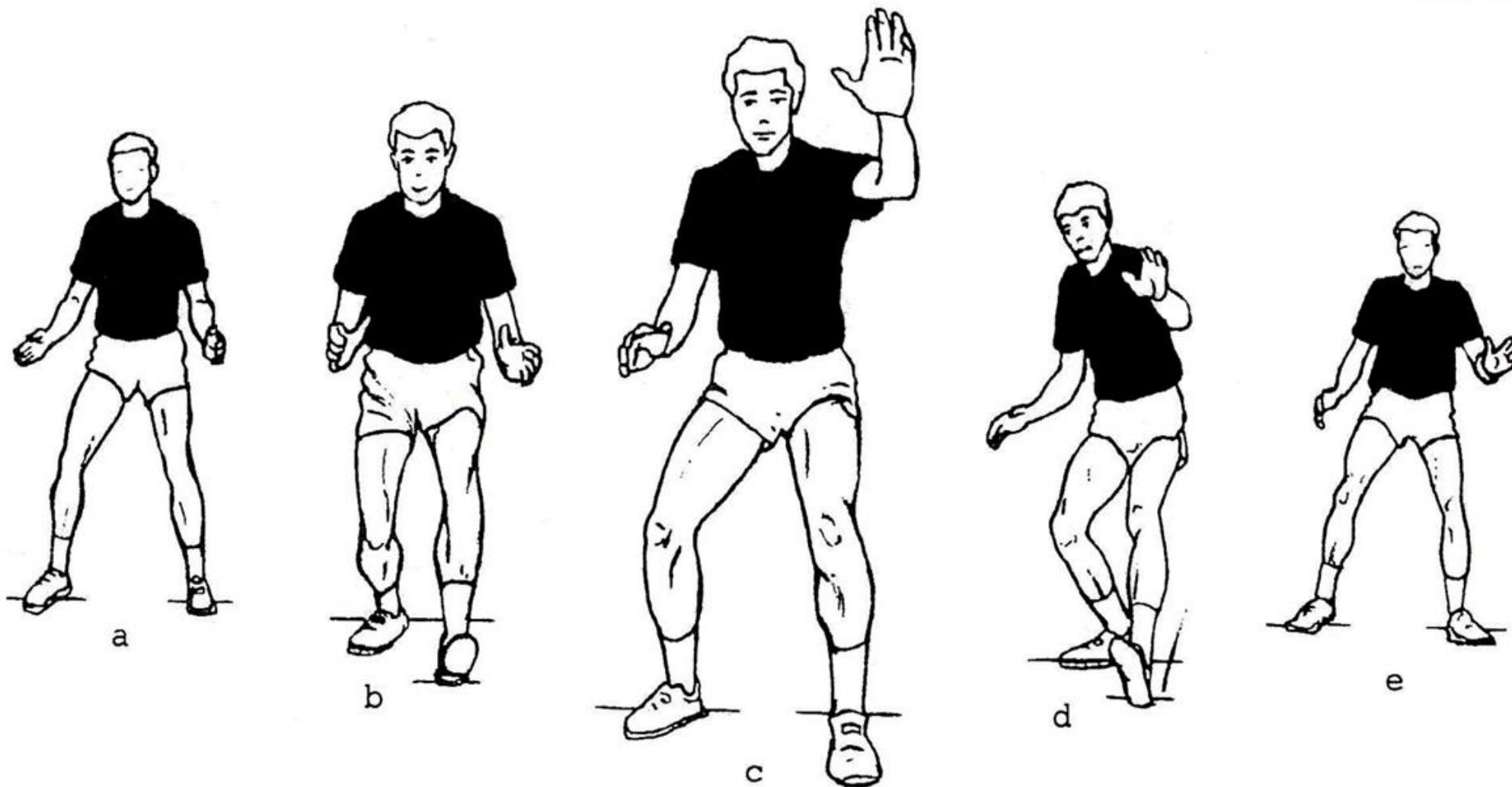
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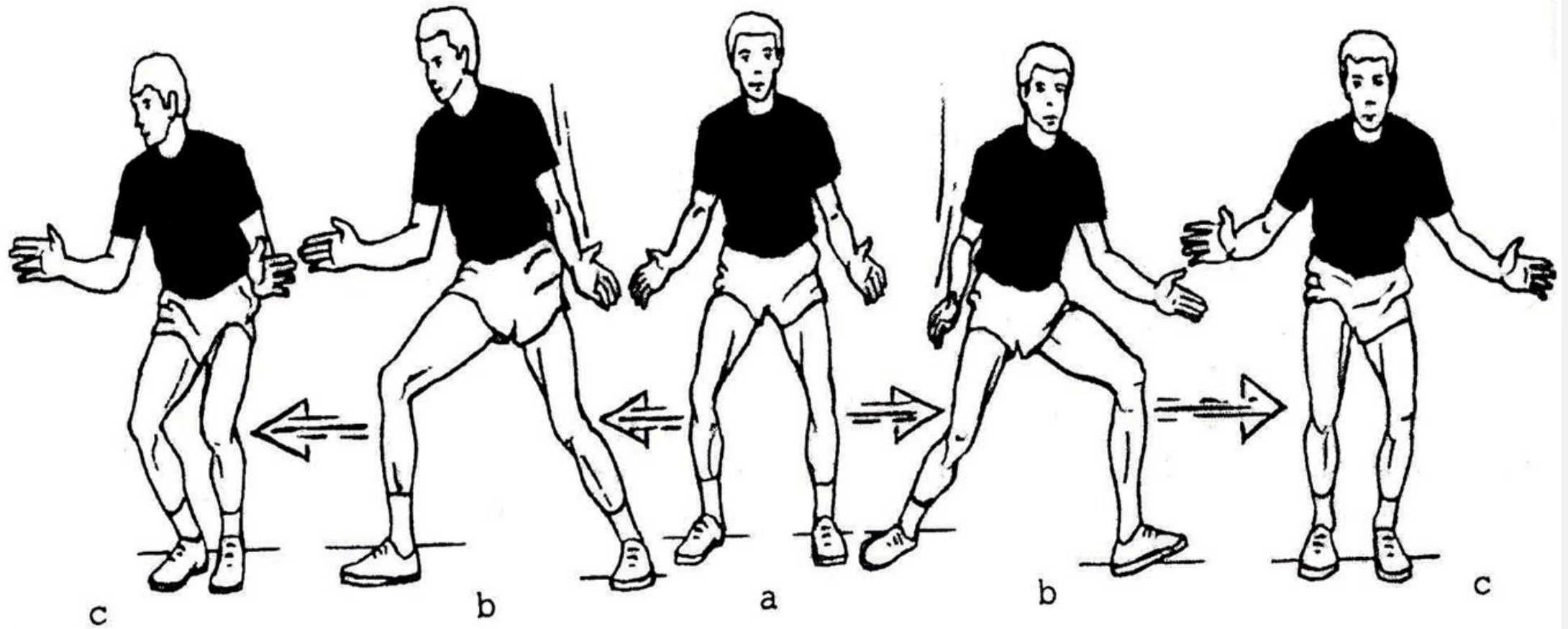


			
<b>Basic Position</b>	<b>Falling Out</b>	<b>Shuffle Step</b>	<b>Checking on the Ground</b>
			
<b>Checking in the Air</b>	<b>Snatching the ball a way</b>	<b>Knocking the ball Away</b>	<b>Blocking overarm shots</b>
			
<b>Blocking underarm shots</b>	<b>Blocking curved shots</b>	<b>Blocking Jump shots</b>	<b>Against Faking</b>
			
<b>Against Pivot &amp; Blocking</b>			

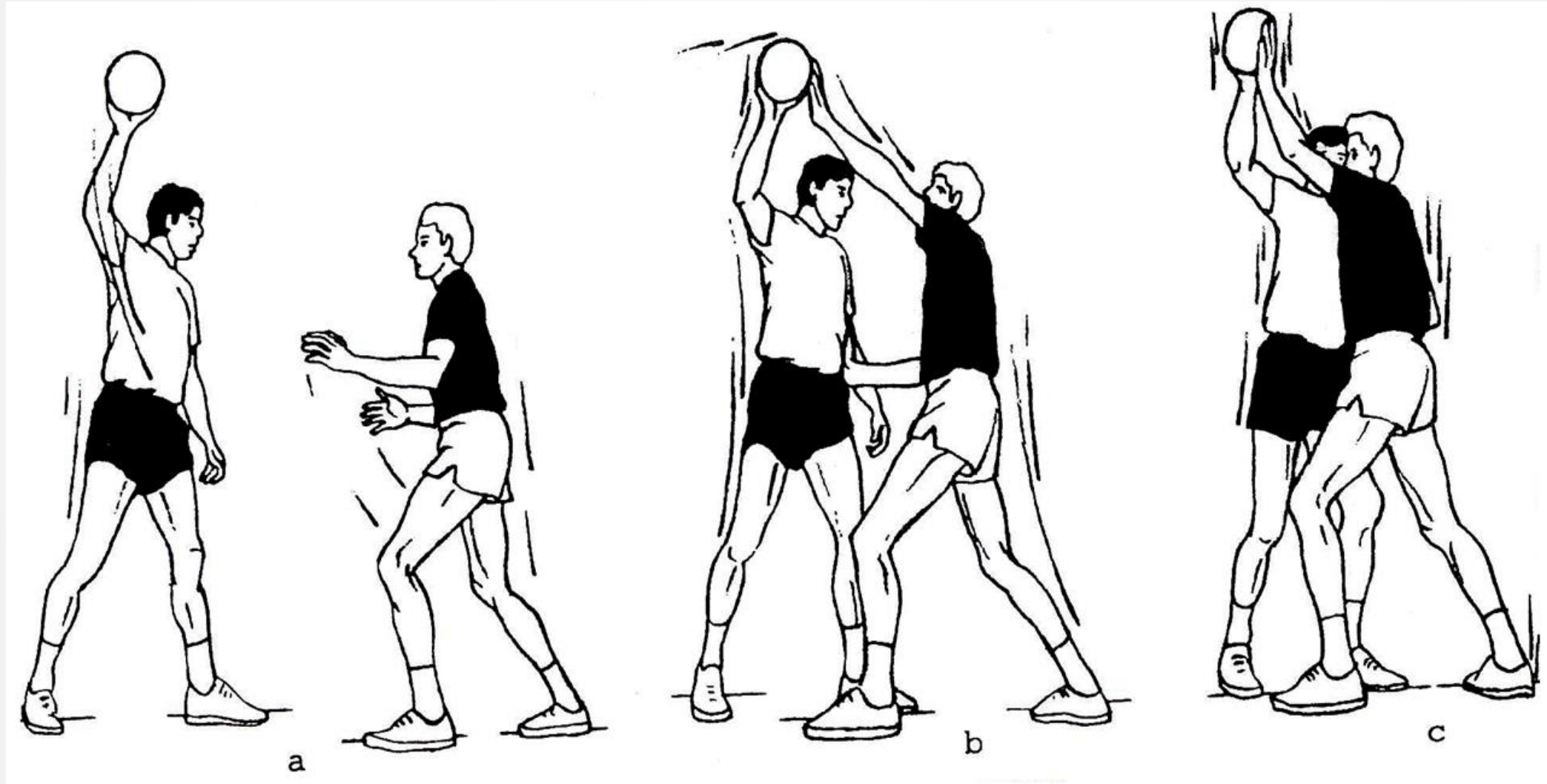
# Falling Out



# Shuffle Step



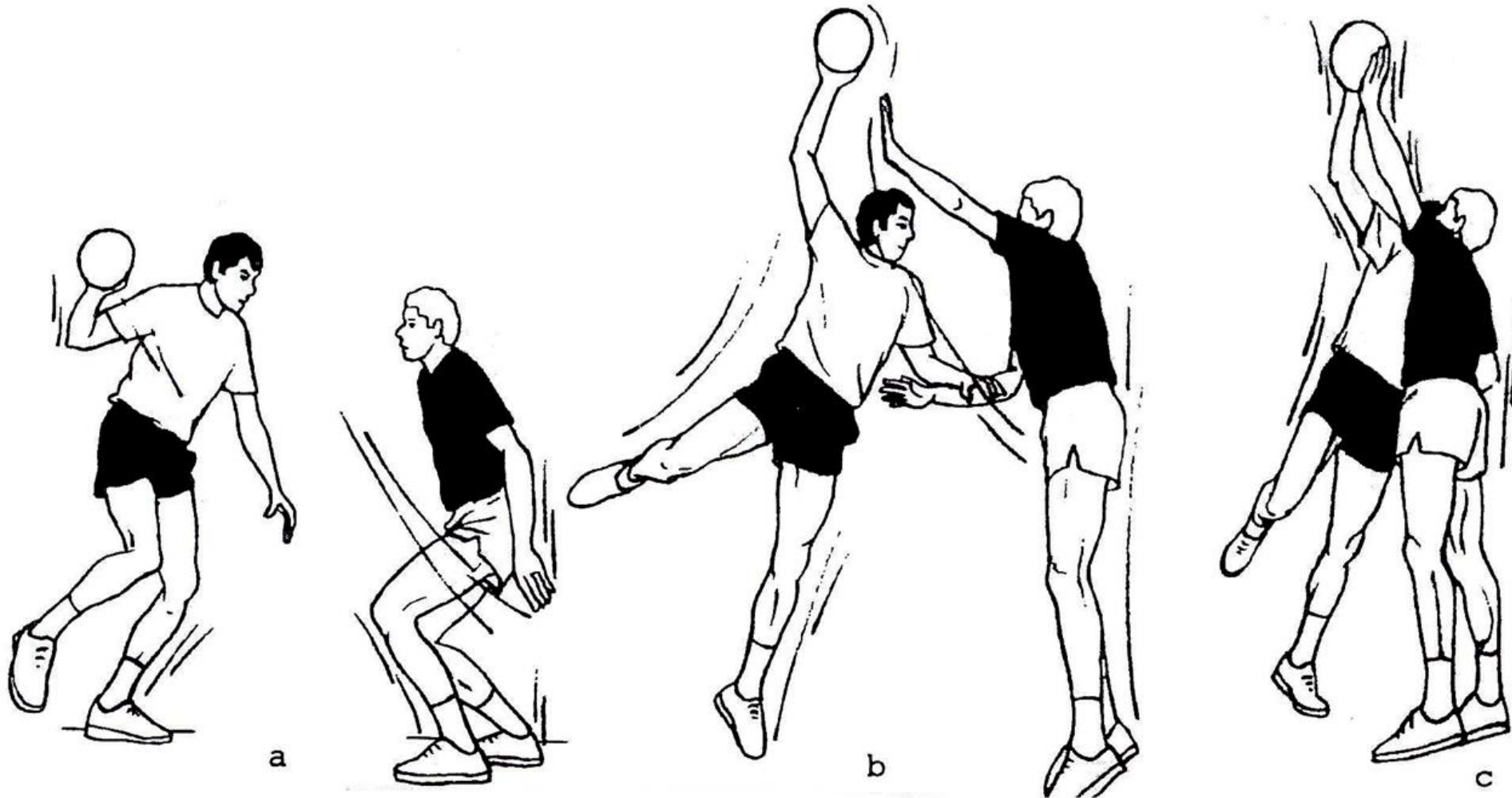
# Checking on the Ground







# Checking in the Air





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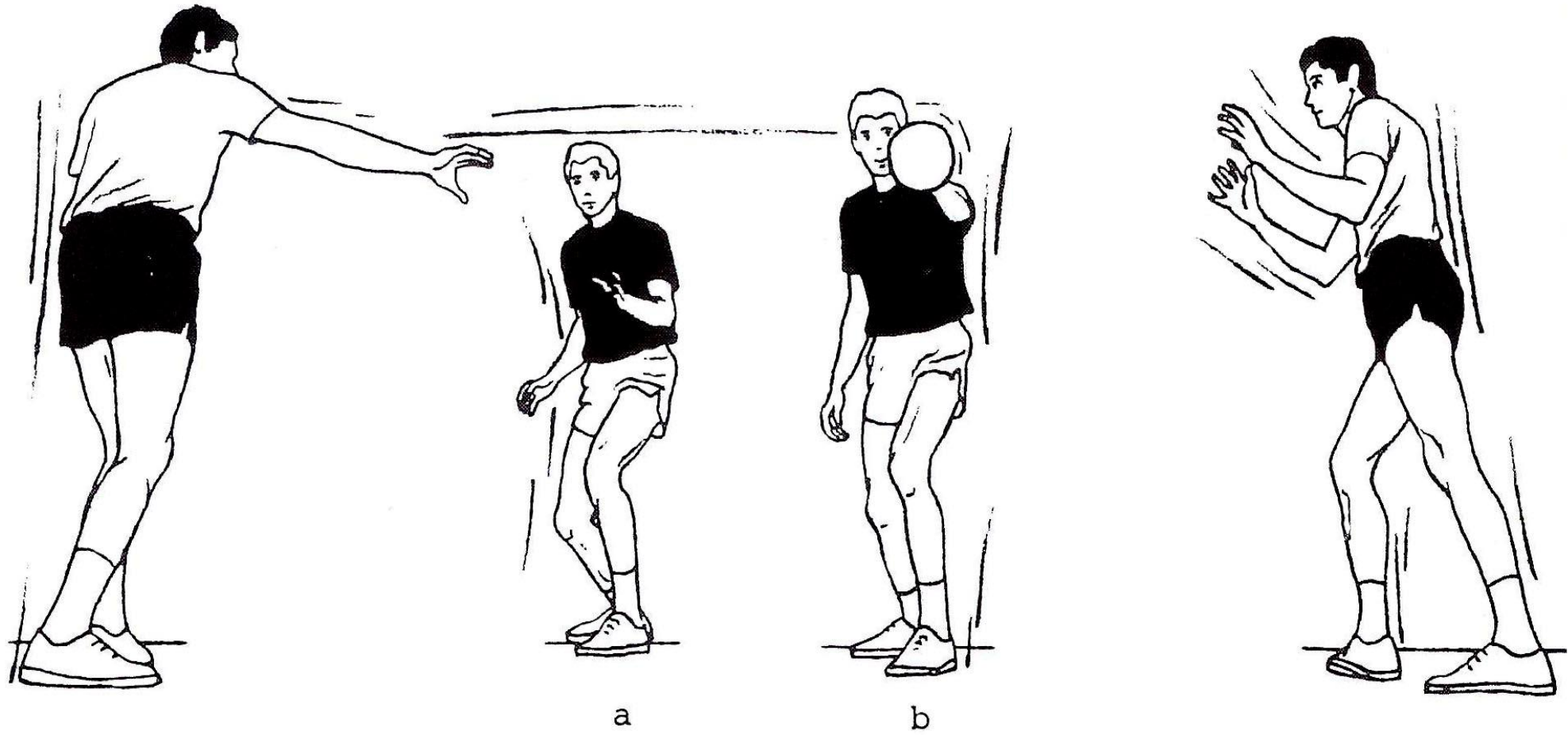
gettyimages  
Cathrin Mueller



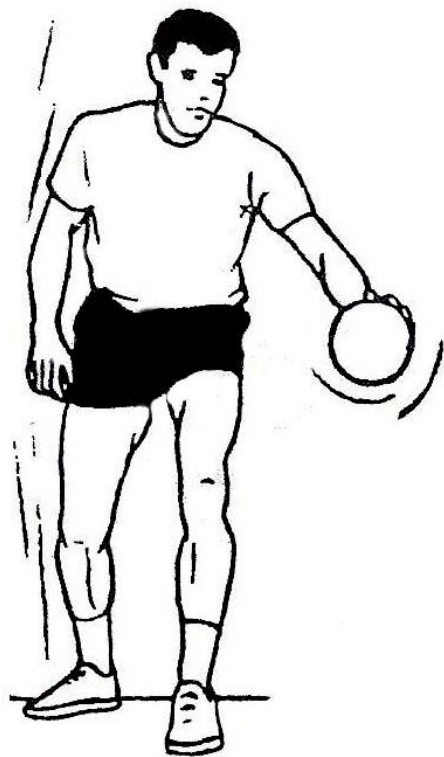


3352

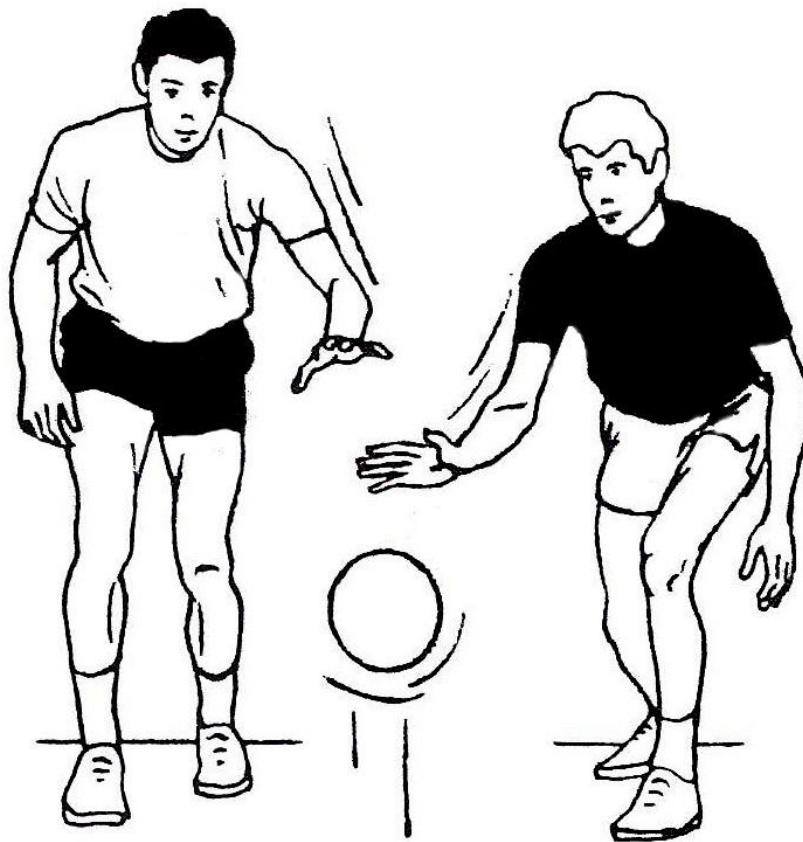
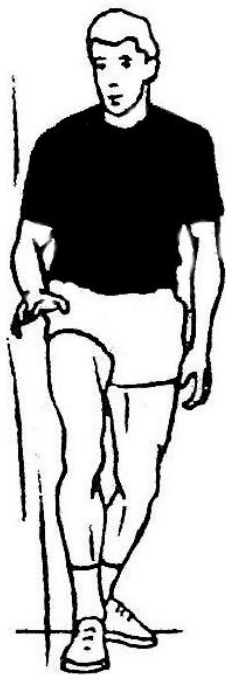
# Snatching The Ball Away



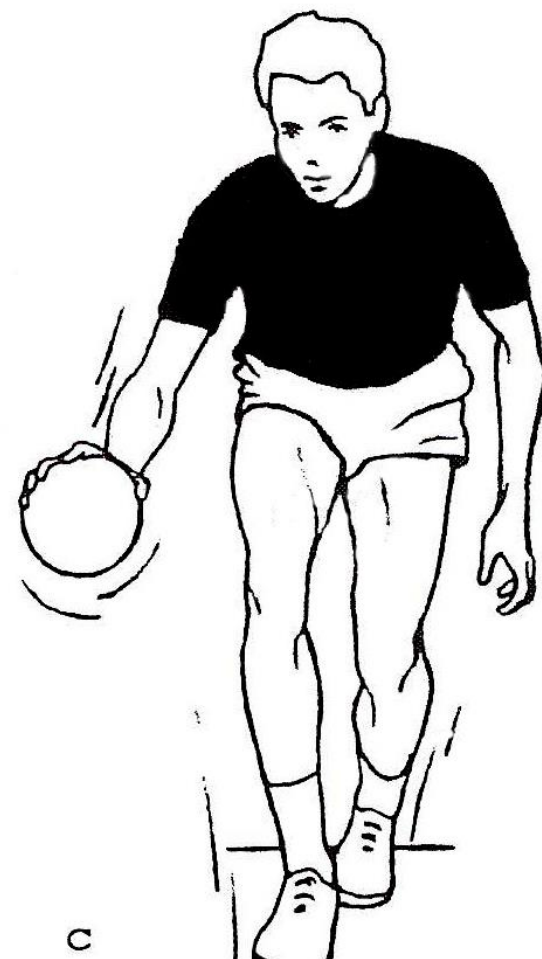
# Knocking The Ball away



a



b



c

# Blocking



## Blocking



*Jump shot blocking*

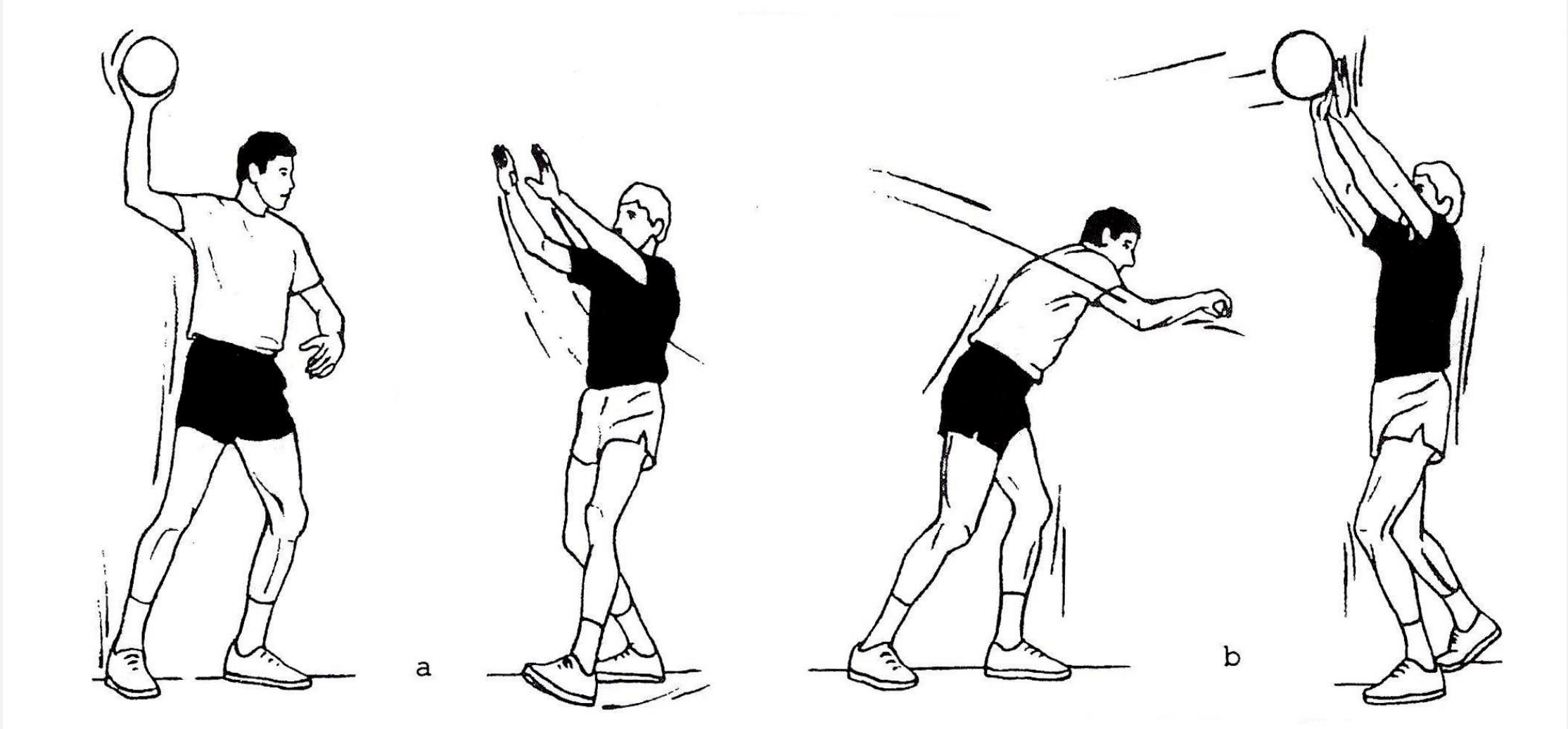


*Run shot blocking*



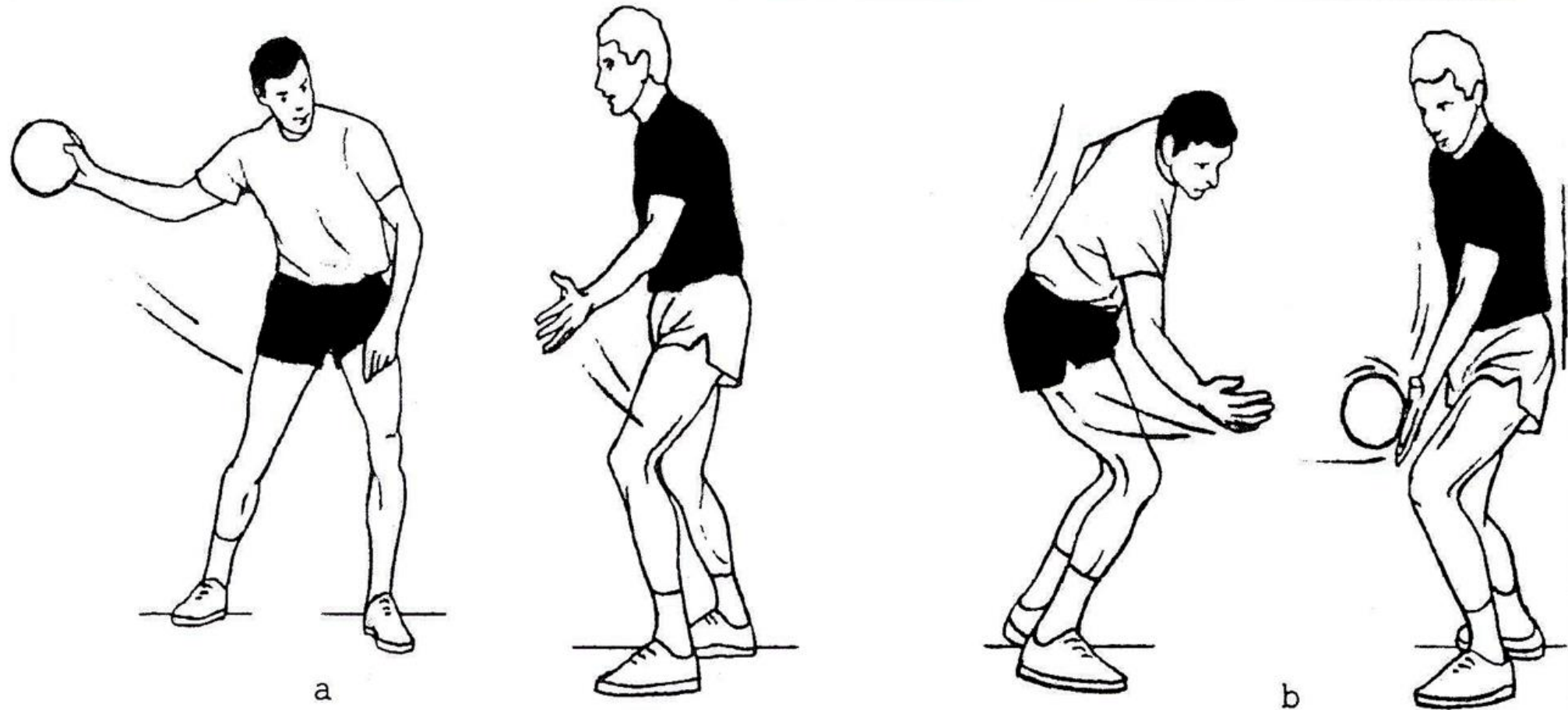
*Underarm shot blocking*

# Blocking Overarm Shots





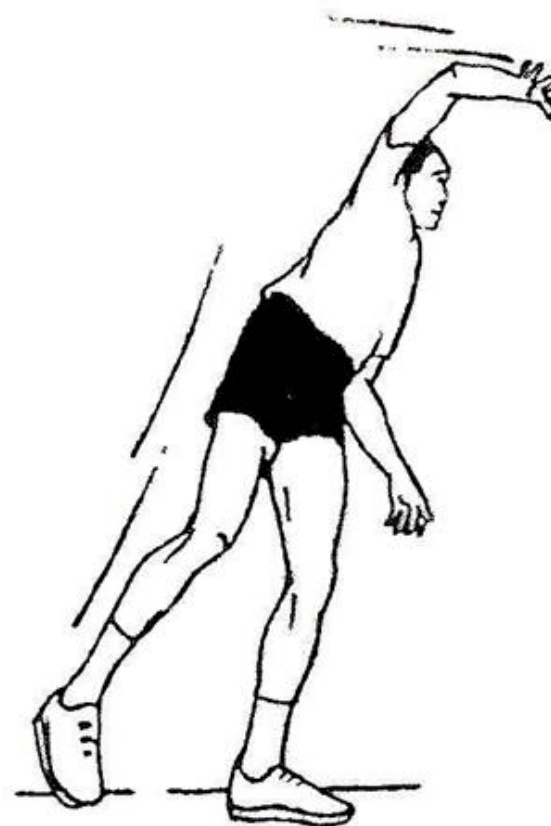
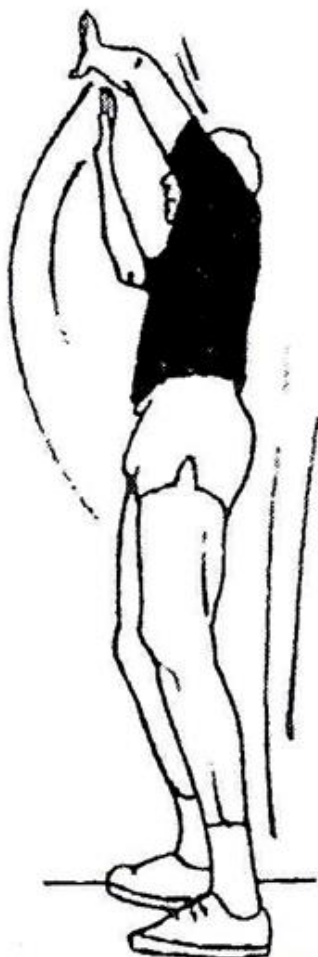
# Blocking Underarm Shots



# Blocking Curved Shots



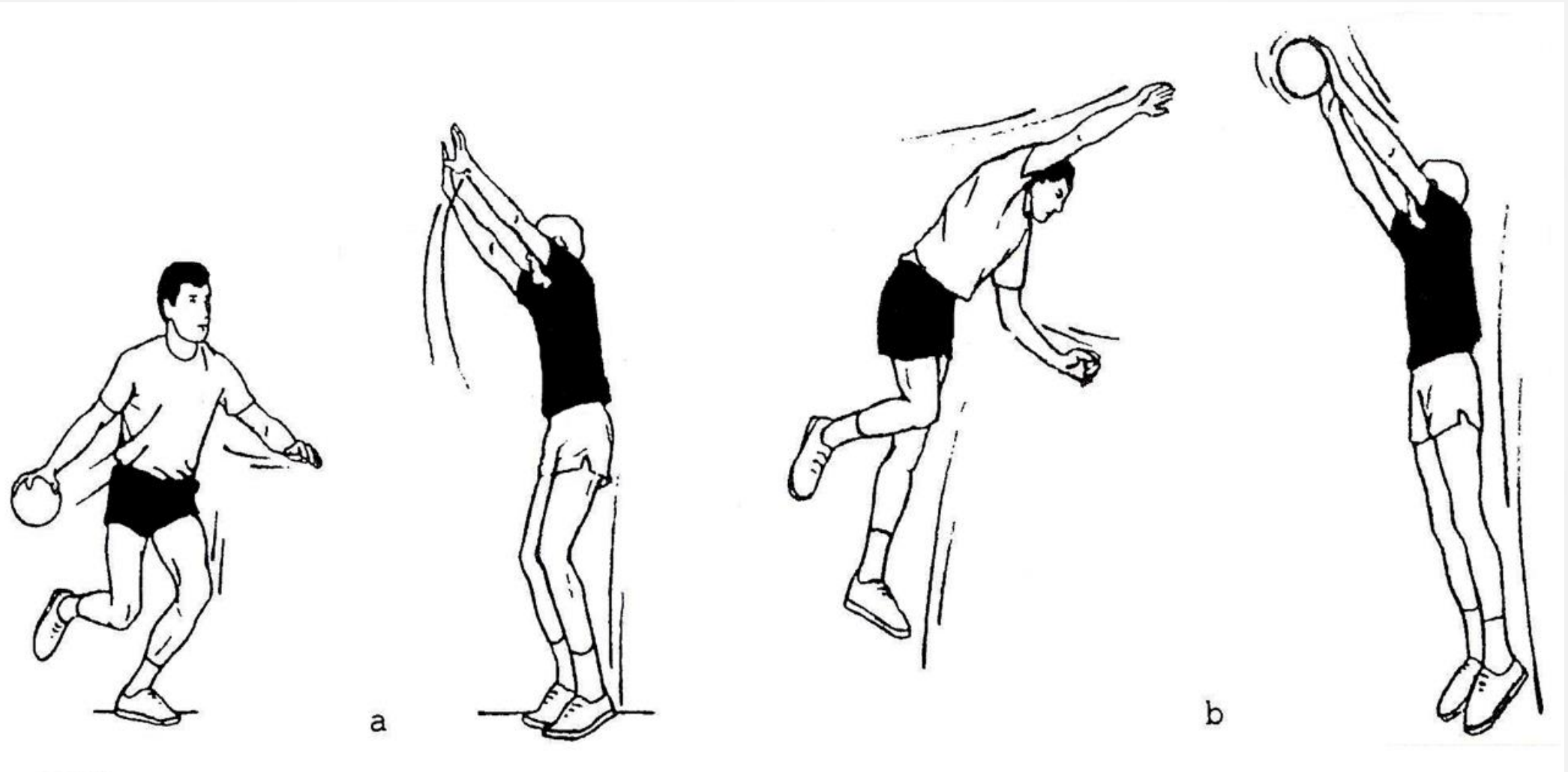
a



b



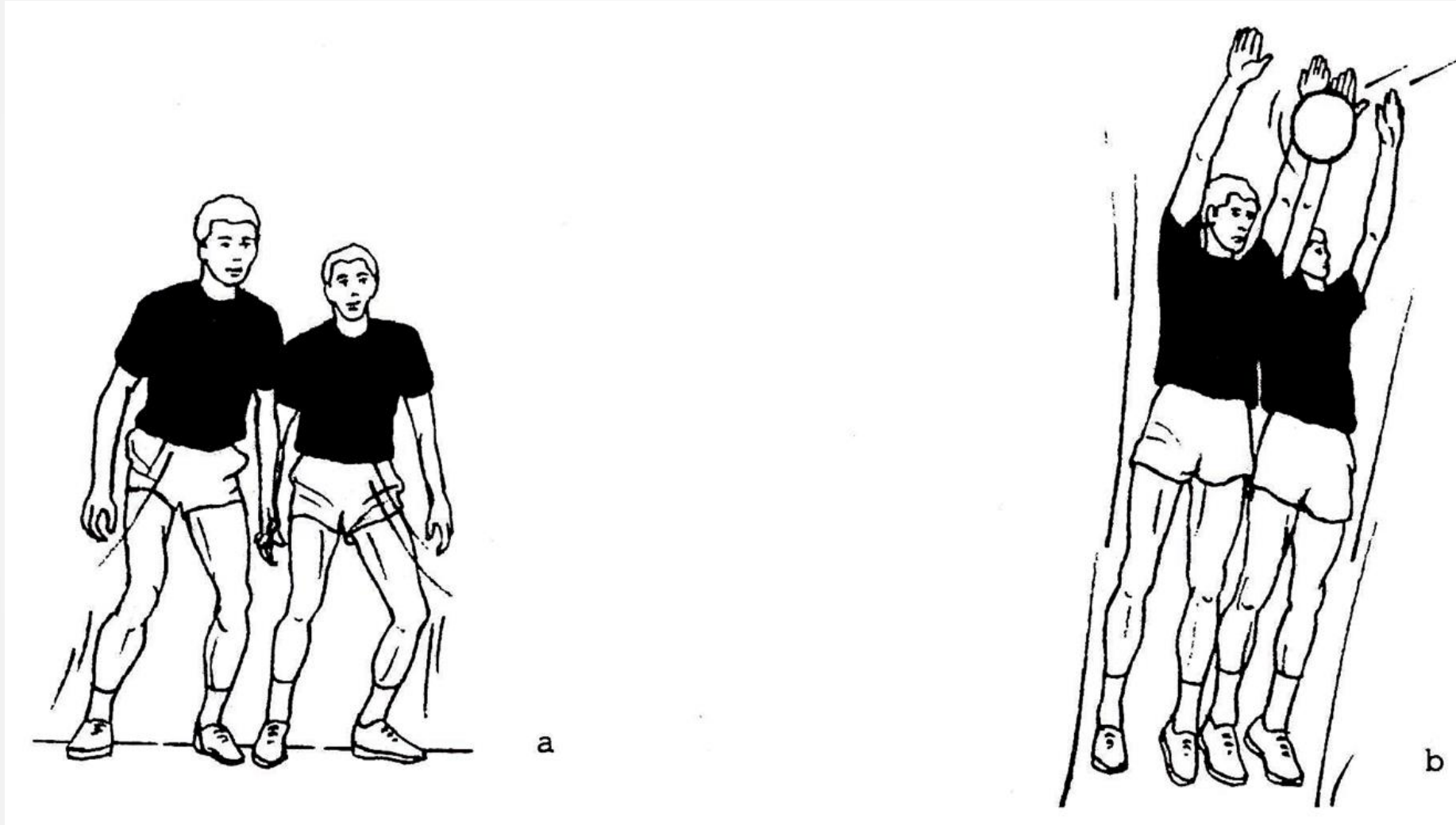
# Blocking Jump Shots





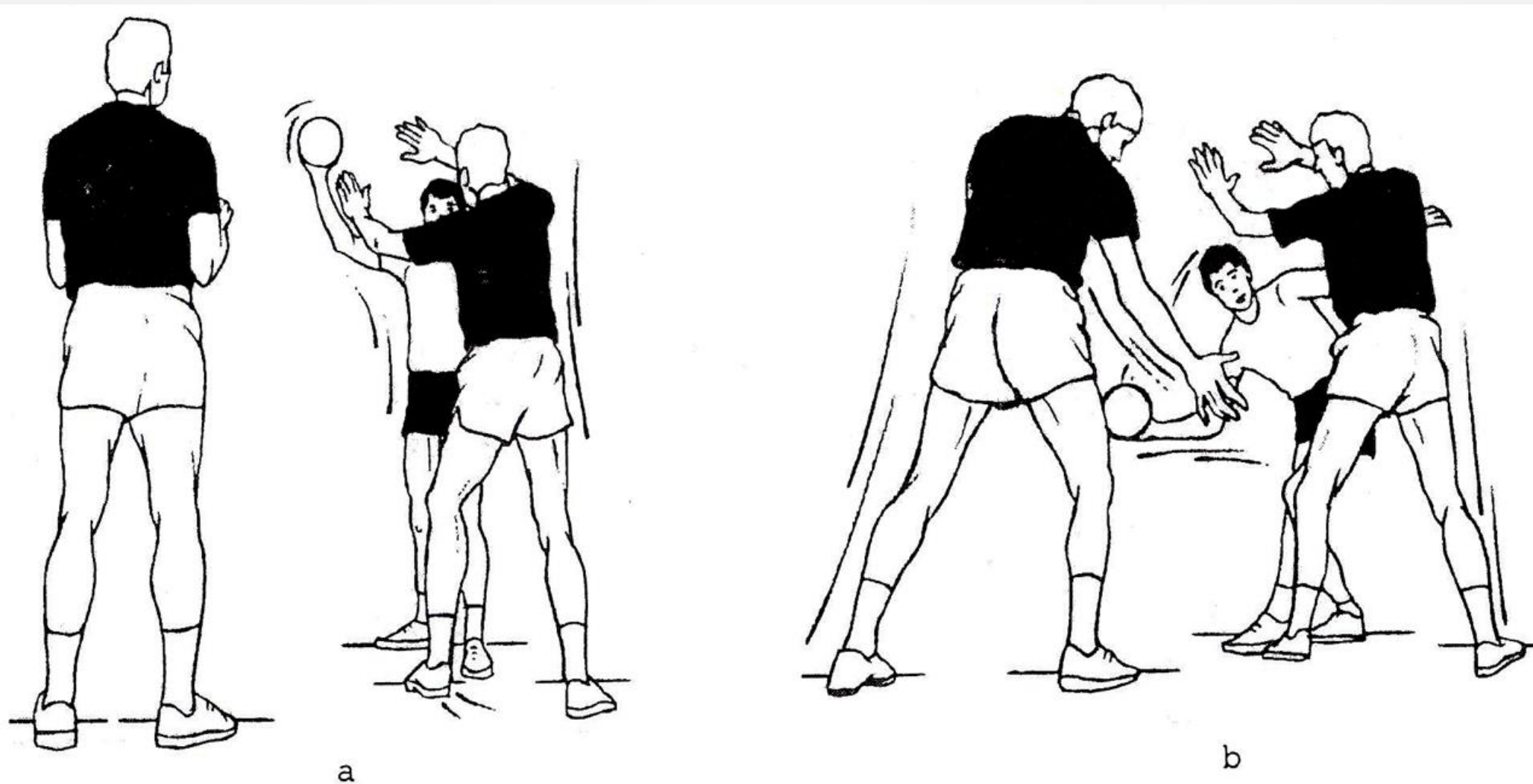


# Side – By – Side Blocking





# Supplementary Blocking





# Orientation for Coaches



## Orientation for coaches

Training Level	Match system	Defence Formation
<b>5</b> <b>Connection Training</b> 19 to 23 years	<b>Opponent-orientated variations</b>	<b>Flexible opponent-orientated defence variations</b>
<b>4</b> <b>Advanced Training II</b> 17 to 18 years	<b>Game in tight spaces</b>	<b>5:1/6:0 defence</b>
<b>3</b> <b>Advanced Training I</b> 15 to 16 years	<b>Game in 2 lines</b>	<b>3:2:1- defence (ball-orientated)</b>
<b>2</b> <b>Basic Training</b> 13 to 14 years	<b>Transition: man- to space-orientated</b>	<b>1:5/3:3- defence (man-orientated)</b>
<b>1</b> <b>Handball for beginners</b> 6 to 12 years	<b>Man-orientated game</b>	<b>(6-6, 2x 3-3)</b>

## 3.2.1 Defense System



# 3.2.1 Defense System



# Introducing the 3.2.1 Defense System



**3.2.1 Introduced in 1960 in Ex Yugoslavia by Vlado Stencil**

**3.2.1 is one of the oldest and most important defense in Handball History**

**3.2.1 always in the shape of a **Tringle** and players always move towards the ball**



**3.2.1 has 3 layers and lines **3** . P in 6m line + **2** . P in 7-8 m + **1**. P in 9 m**

**3.2.1 shape of  allows defenders to move towards more than their basic positions**

**All defenders must gain experience in all spaces and positions of the game to move**

**All defenders need excellent individual performance and cooperation between themselves**

## Basic & General Principles of 3.2.1 Defense



-  **Individualization**
-  **Collectivity ( Coordination between all individual activities)**
-  **Aggressiveness (Pressure on player with the ball )**
-  **Overload ( Numerical advantage )**
-  **Anticipation ( Read the Game ) & Adaptation**

# Basic & General Principles of 3.2.1 Defense



-  **Cooperation with the Goal keeper**
-  **Discipline ( Respecting the defensive principles )**
-  **Keeping active position**
-  **preparation defenders against attack – play without the ball**
-  **motivation to improve (Encouragement & stimulation )**
-  **Tactical Flexibility**

# Advantages of 3.2.1 Defense System



**Avoid Long Shots in CB , Backs positions**



**Fast Transition to Fast Break**



**Fast conversion to other defenses systems**



**The tasks of defenders in this system are simpler than other defense systems**



**Interrupt in the timing attack tactics**



**Reduce pass speed**



**Overload ( Defenders Numerical Advantage toward the Ball )**



**Any fouls in defense that to lead the 9m throw is a positive points for defense**

## Disadvantages 3.2.1 Defense System



**Need High Physical Fitness**



**If the defenders are not in the right positions , their running lines will cross each others to transfer to the fast breaks**



**There is more space for wings and pivot**



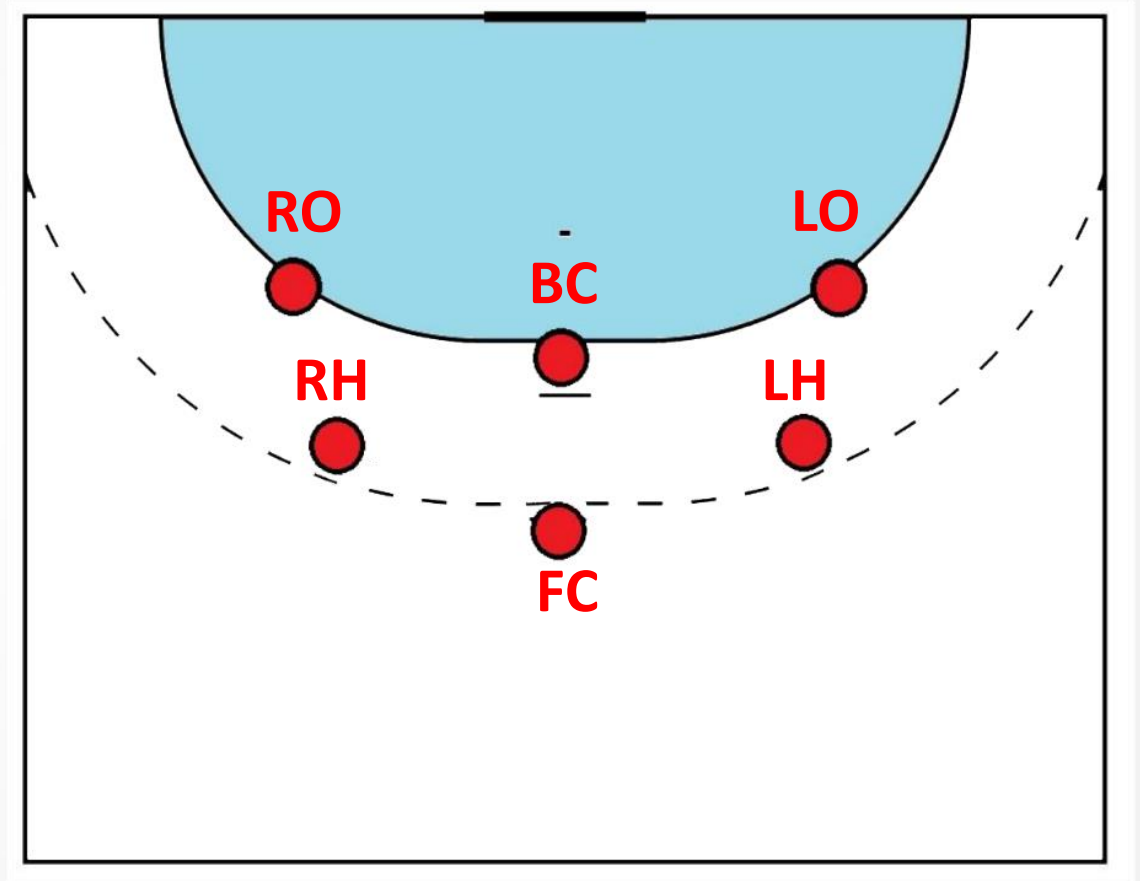
**Major problem against 4:2 attack , 2 line of defense against Blocking , crossing , 2 pivot**



**Need to play so active and full of physical contact and continuity and high risk for suspension**



# Basic Positions is 3.2.1 Defense System



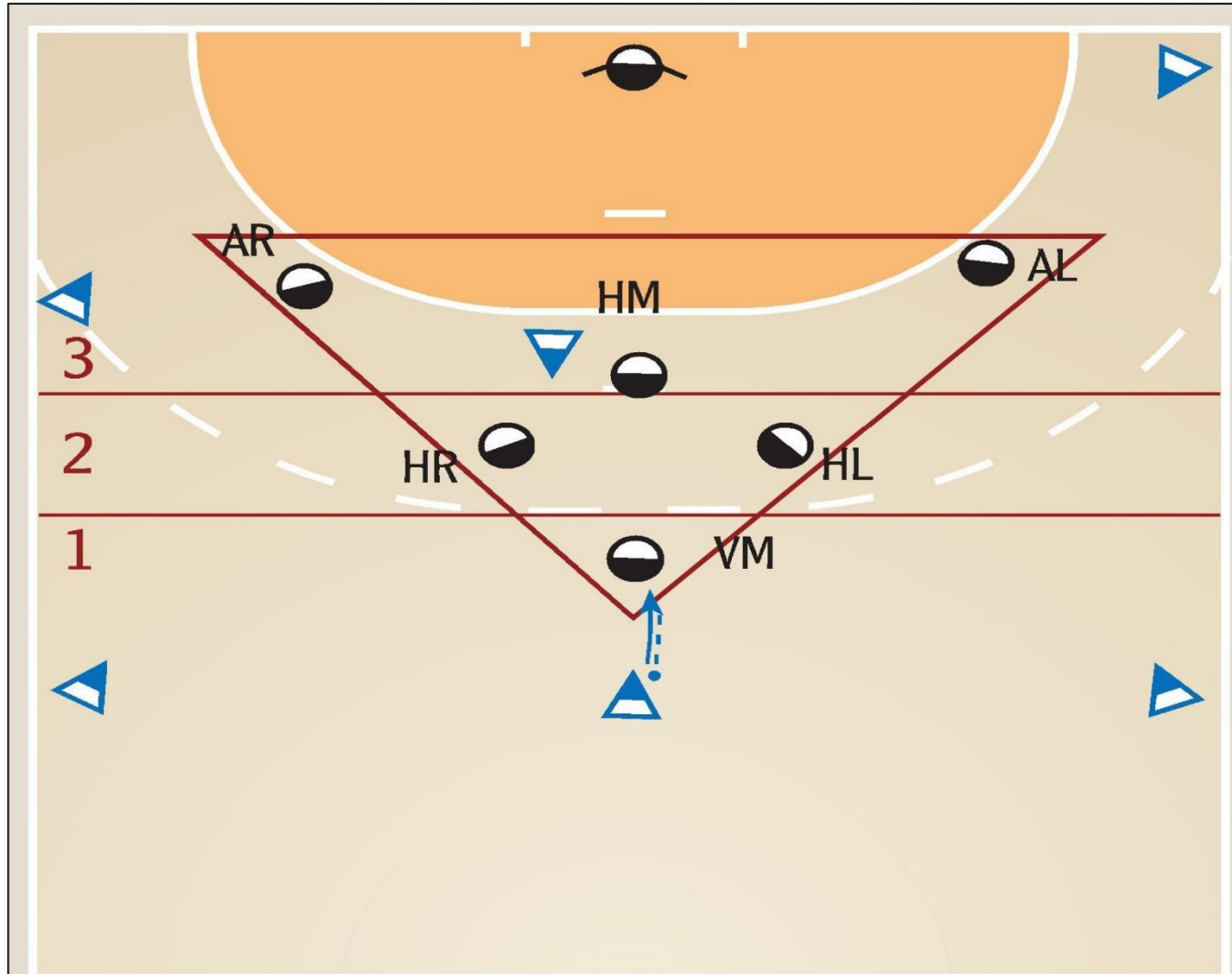
# CONCLUSION



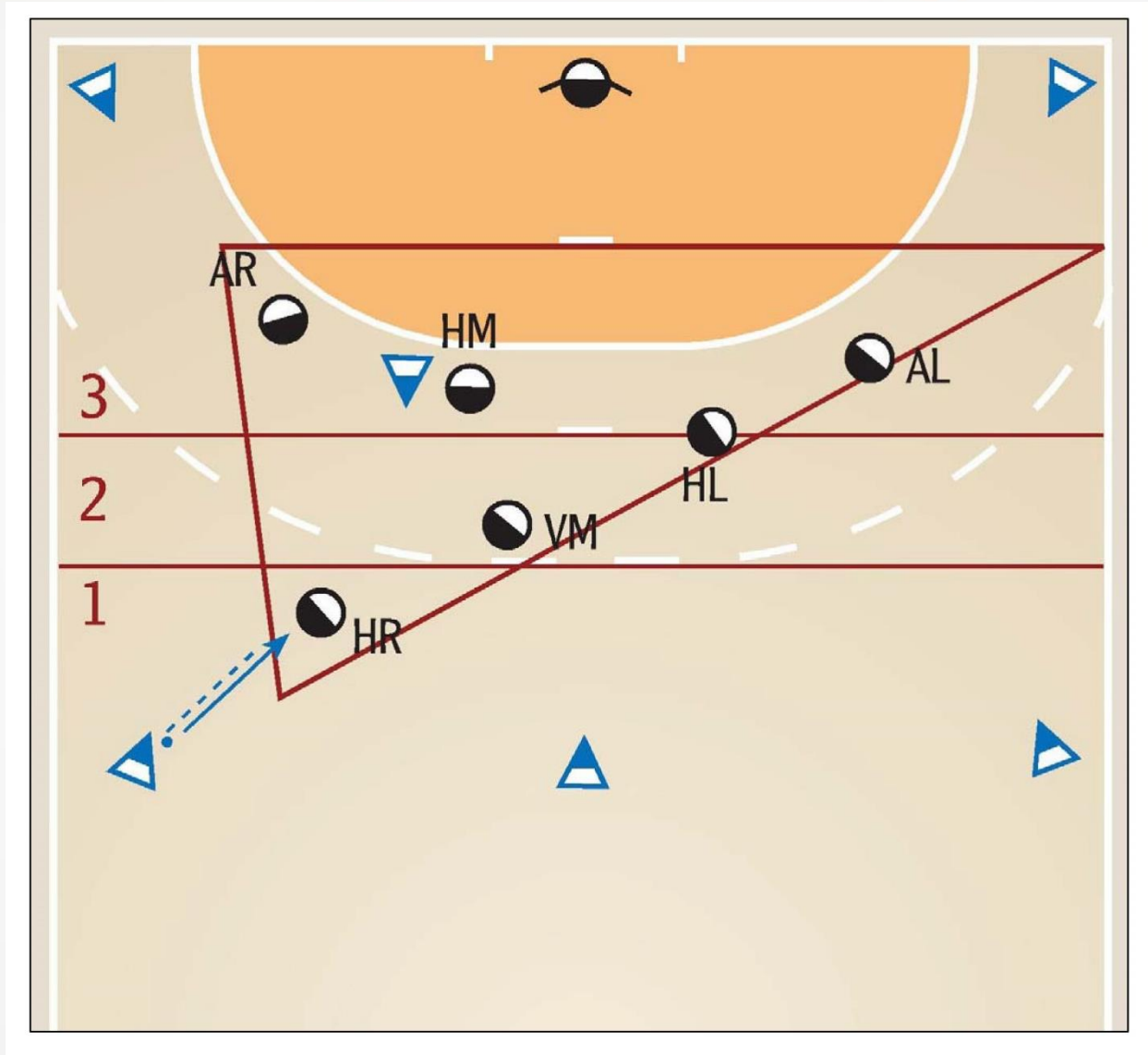
**The ideal formation of 3:2:1 which we have already talked about would be:**

- Playmaker as a BC**
- Wings as a LH , RH**
- Pivot as a forward center**
- Right and Left back as a RO , LO**

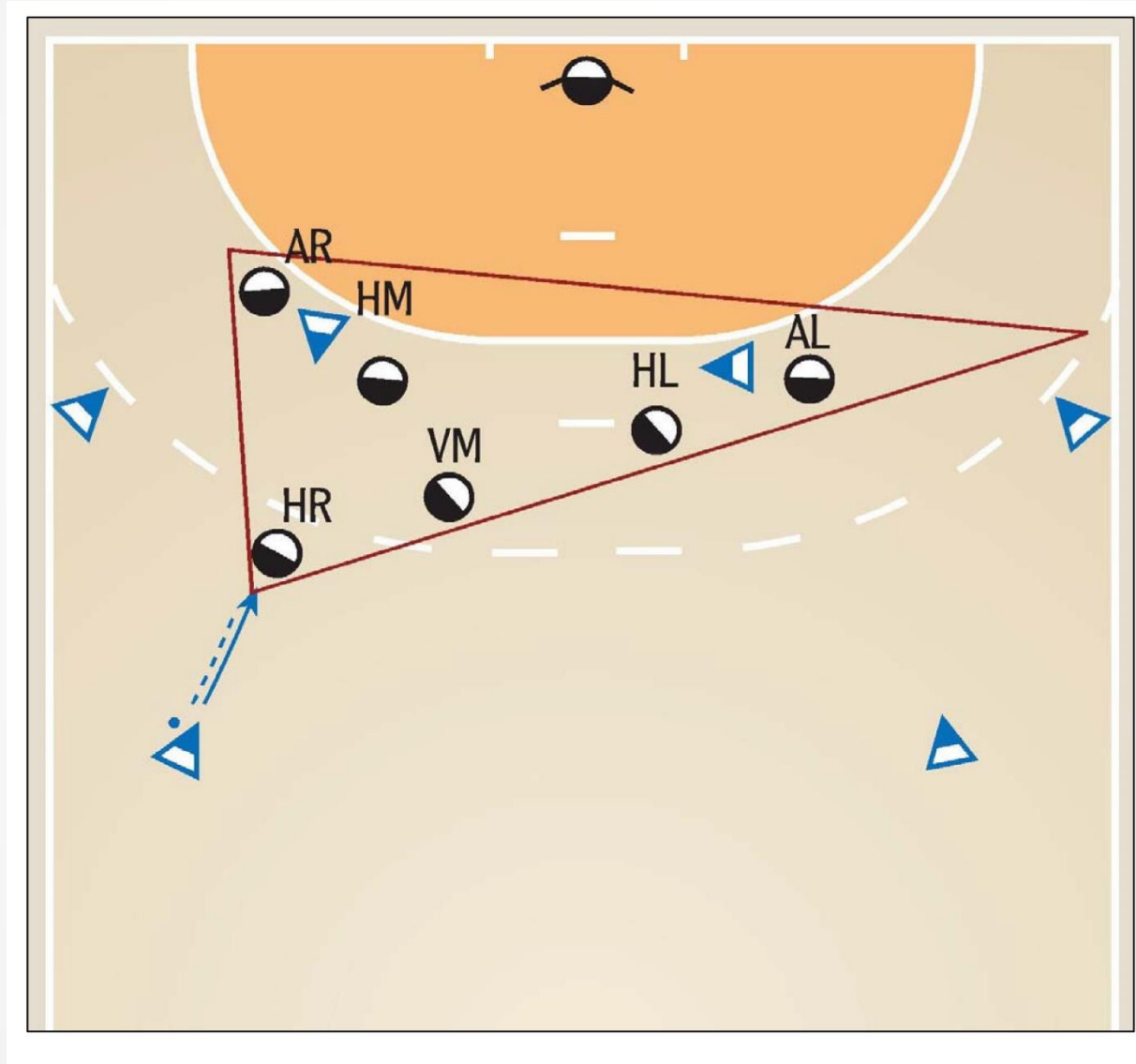
# Triangle shape in 3.2.1 Defense

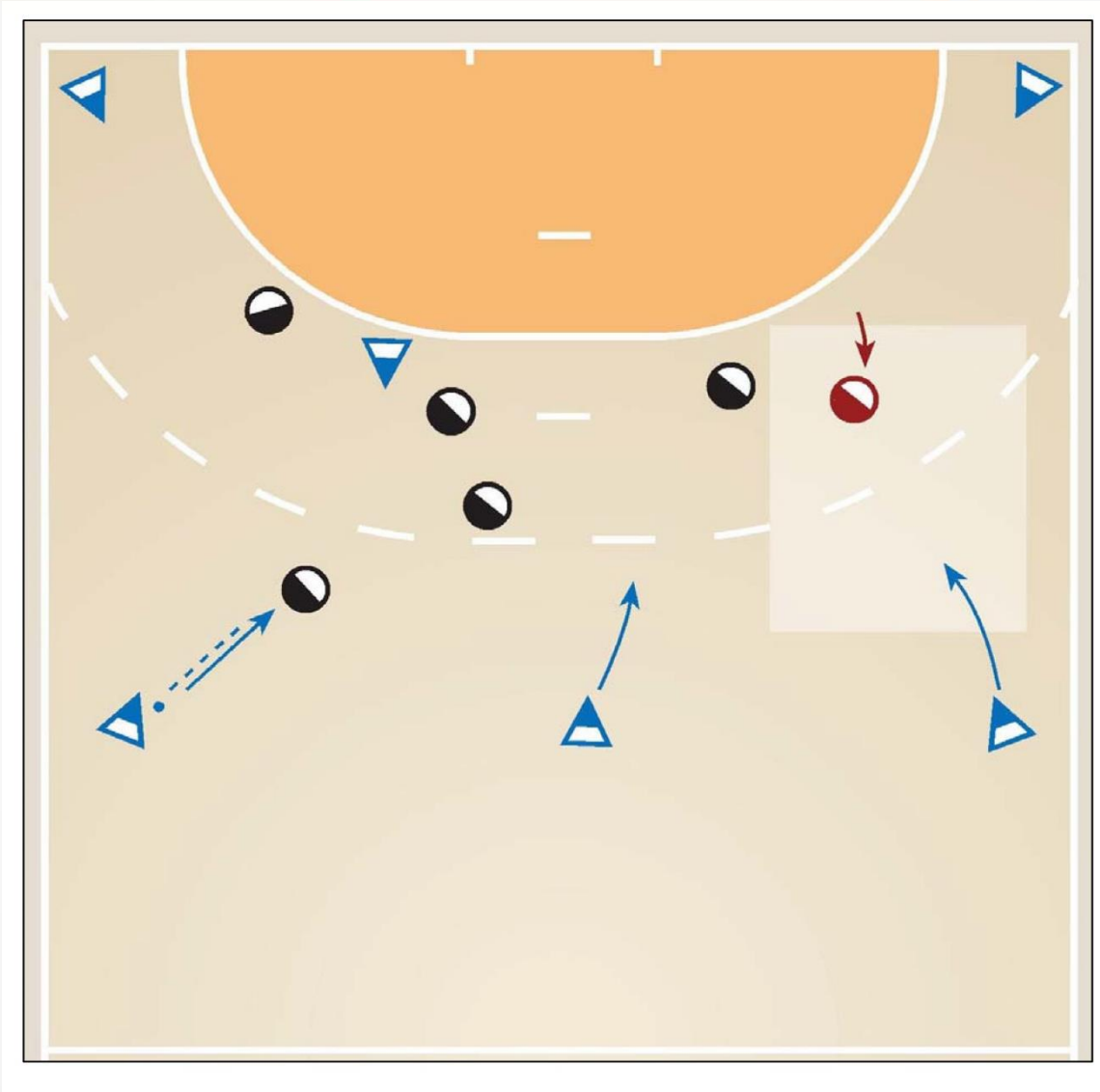


# Triangle Shape , Diagonal line



# Triangle , Diagonal Line

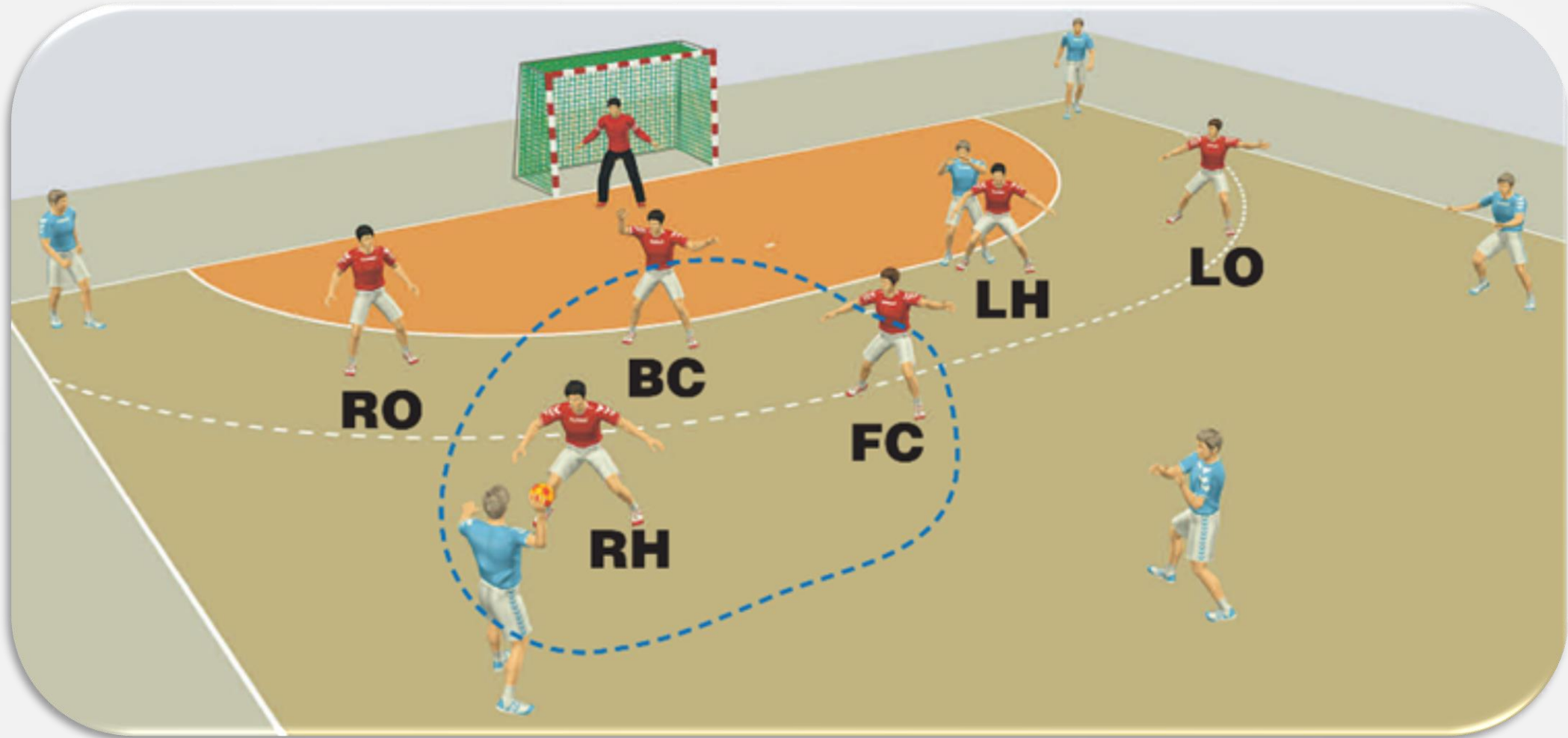




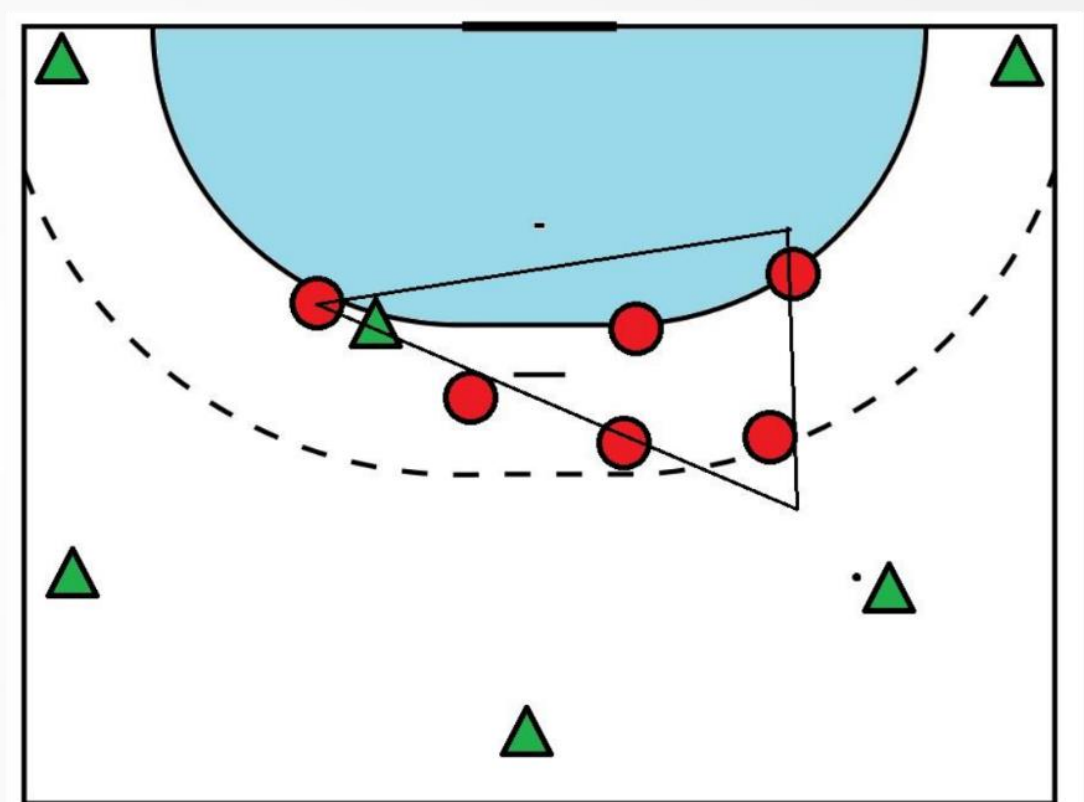
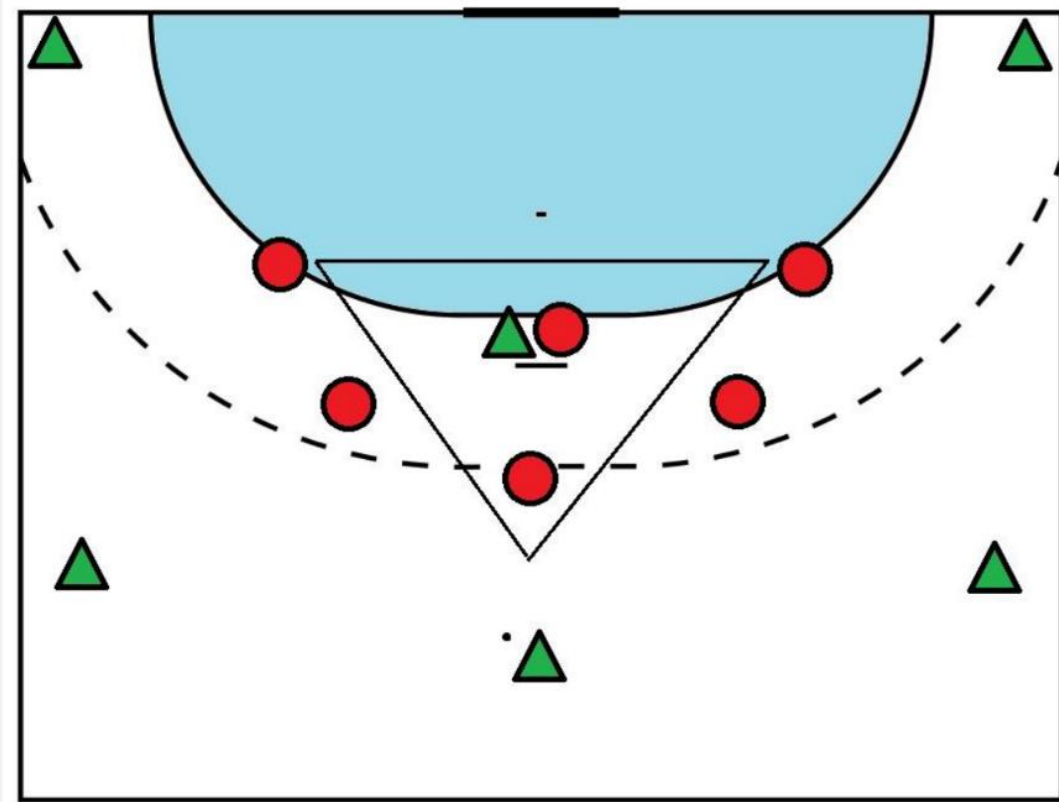
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# Basic Positions is 3.2.1 Defense System



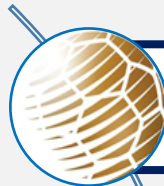

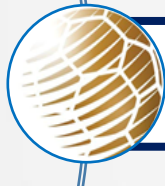

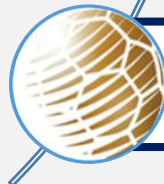
# Defenders Positions in the shape of triangle and move it towards the Ball

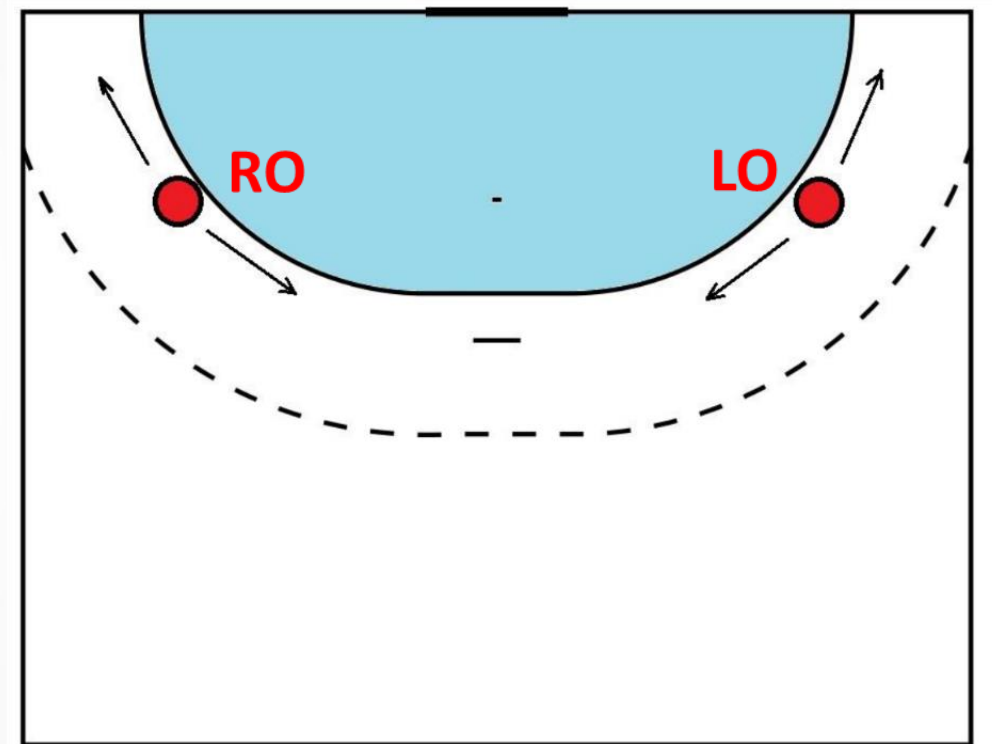




# Defenders Tasks in RO , LO Positions



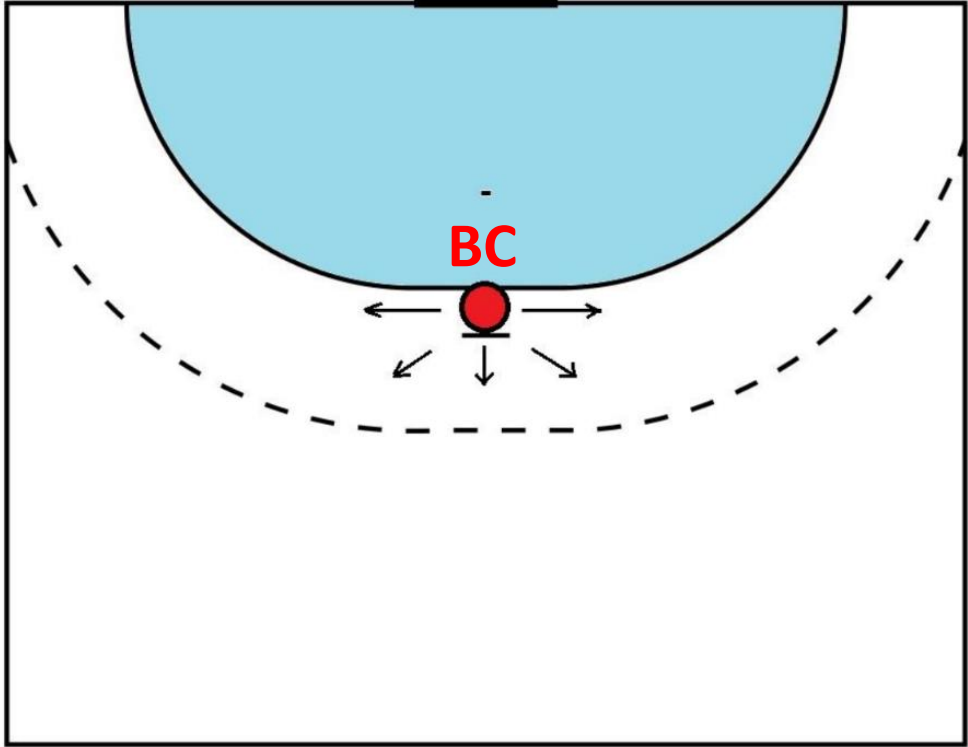
-  **Cover the own area , protect wing player , Avoid shooting , moving to the width and line**
-  **Standing in side position on the 6 m**
-  **Deeply movement only in exceptional cases when to cover or compensation mistakes team mates**
-  **It has no duty to prevent passes between backs and center**
-  **Control the density and cover the defense towards the middle**



# BC Defender Tasks



- Protect Pivot with cooperation other team mates
- Assist other team mates at the same time as needed , move to the ball side , Blocking the shoots , prevent backs
- Libero in defense as a modifier
- Basically BC movements are limited to the 6 m area even when pivot try to blocking out defenders
- In these cases out defenders not allow to the pivot to blocked themselves and should run away from blocking and play against own player
- BC defender is always located between GK and LB , RB , CB



# RH , LH Defenders Tasks



They are placed from 7 to 9 m

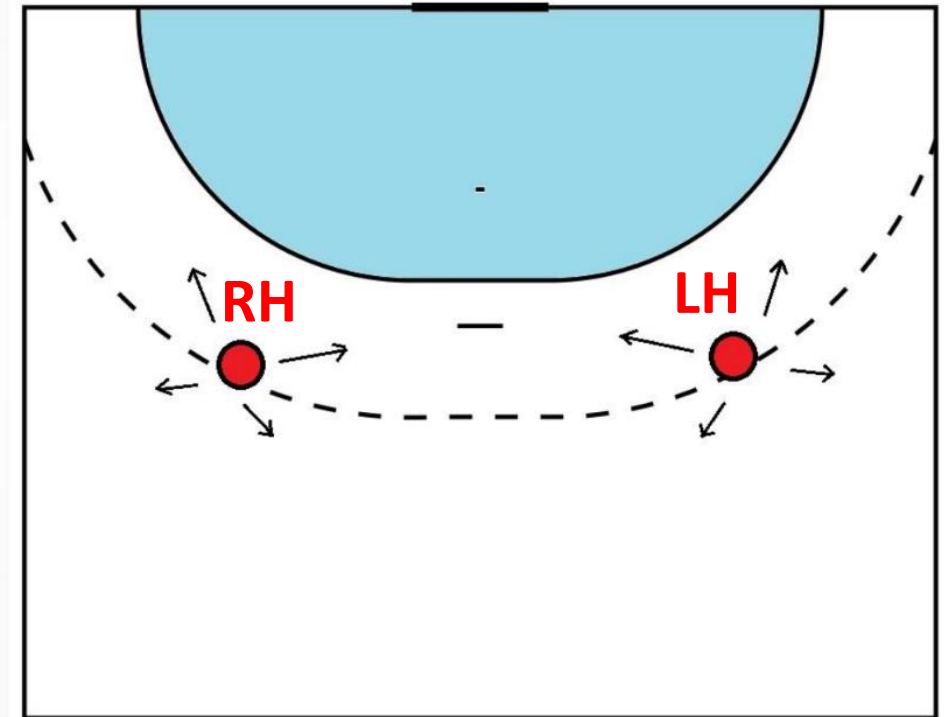
In their space they must stop shots or feints of Backs

They must stop penetration of the CB on the L , R of FC

They must assist to covering pivot when the ball is on the other side of the attack

They have to keep their arms in the air always to stop passes to the pivot

Triangular movement with high vision of the field and attackers



# FC Defender Tasks



Most changes , its Main role to avoid Shots , feint CB from the middle

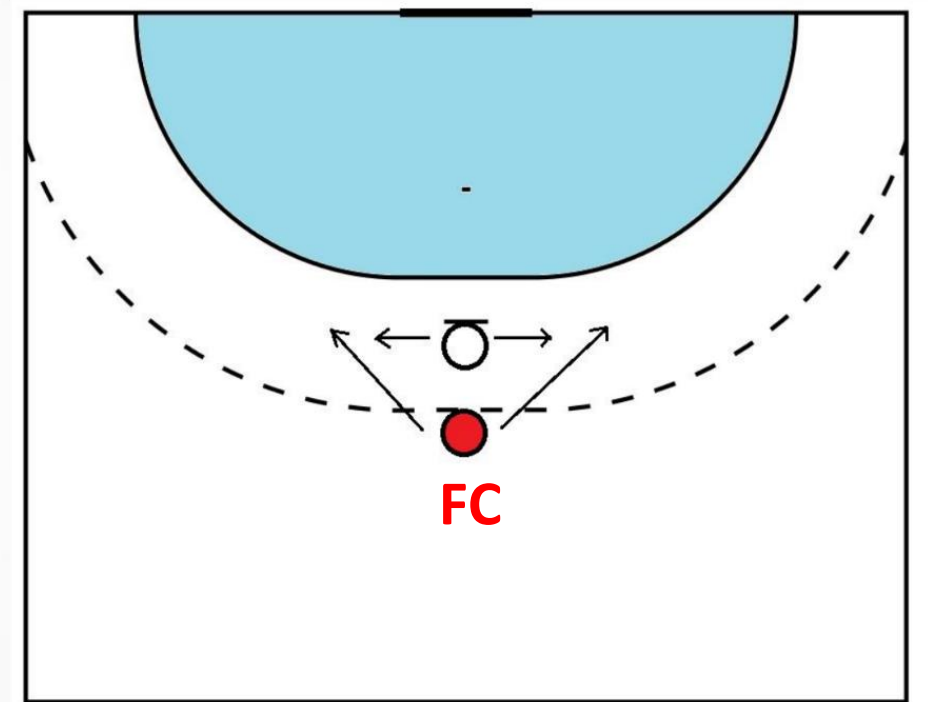
Usually without CB player because CB Mostly play as a second pivot or chance his place

Different Tasks , move to Back side and cover and assist , carefully avoid the diagonal passes

Must have Control the center area

Backs players or any other players who moves to the middle will prevent it so quickly from moving and long shooting

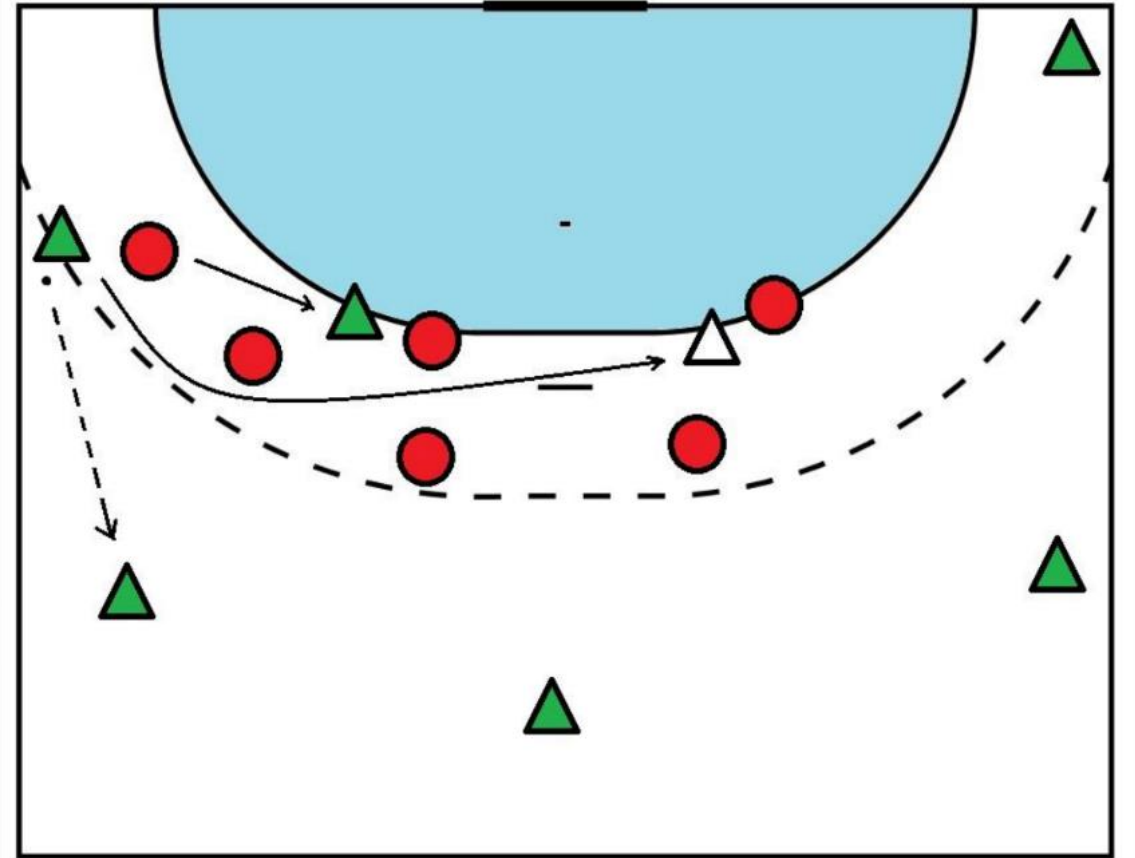
Quick , Right , on time reaction against crosses and 2 pivots( 4 : 2 attack )



## When wing player play as a second pivot



When the wing player is going to line as a second line player, the defense must keep the shape of 3:2:1 defense with an exception of far back player to create more density by moving towards the pivot and he has to watch that back players do not try to penetrate the defense from wide positions (wing positions).

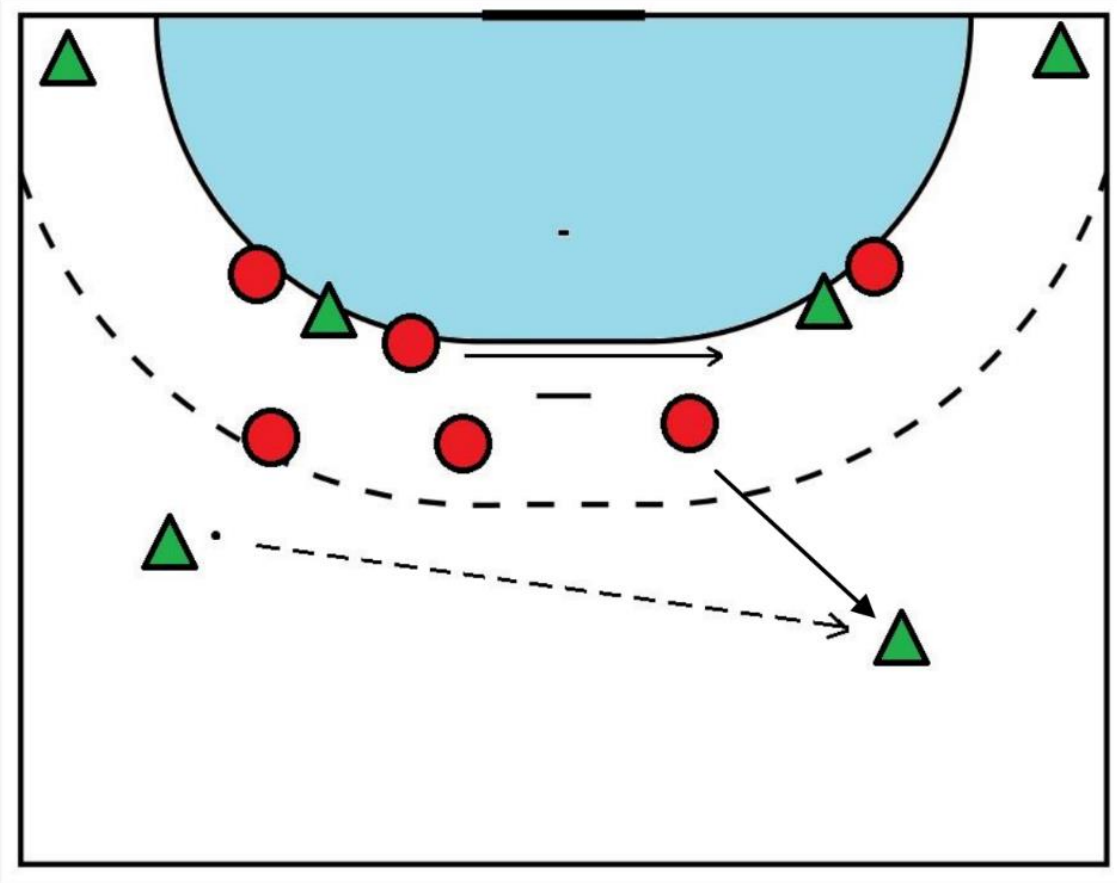


LW going to the 6 m line



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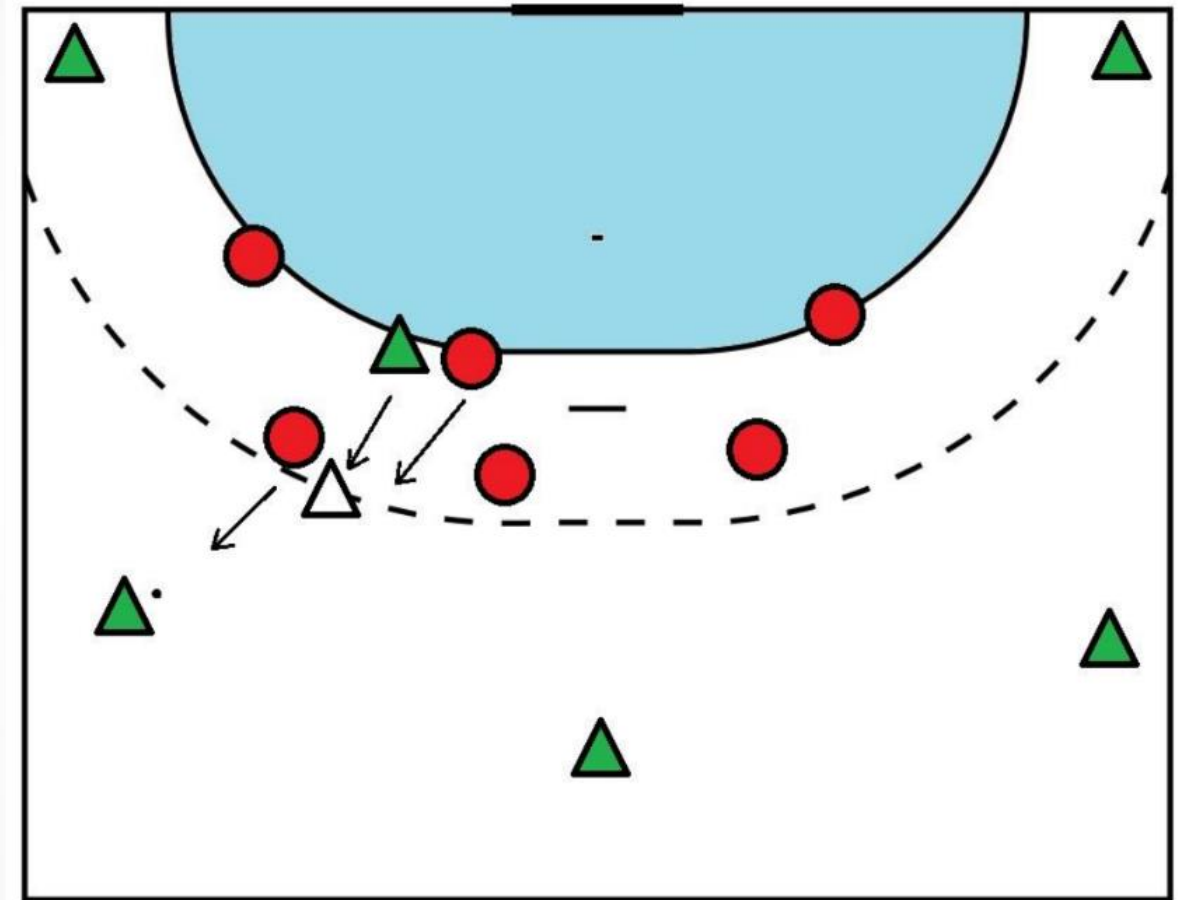
# Against 4 : 2 Attack



# Blocking the Half defenders by pivot

The main problem of a 3:2:1 defense is pick & roll. The most typical situation is when the line players is trying to create a block on a half defender. To stop the block the defensive players must communicate on time, half defense players must go out towards left or right back aggressively two or three steps with a main purpose that the block will happen 10 to 12 meters away from the goal.

Information , Escape from the Block , pivot with BC

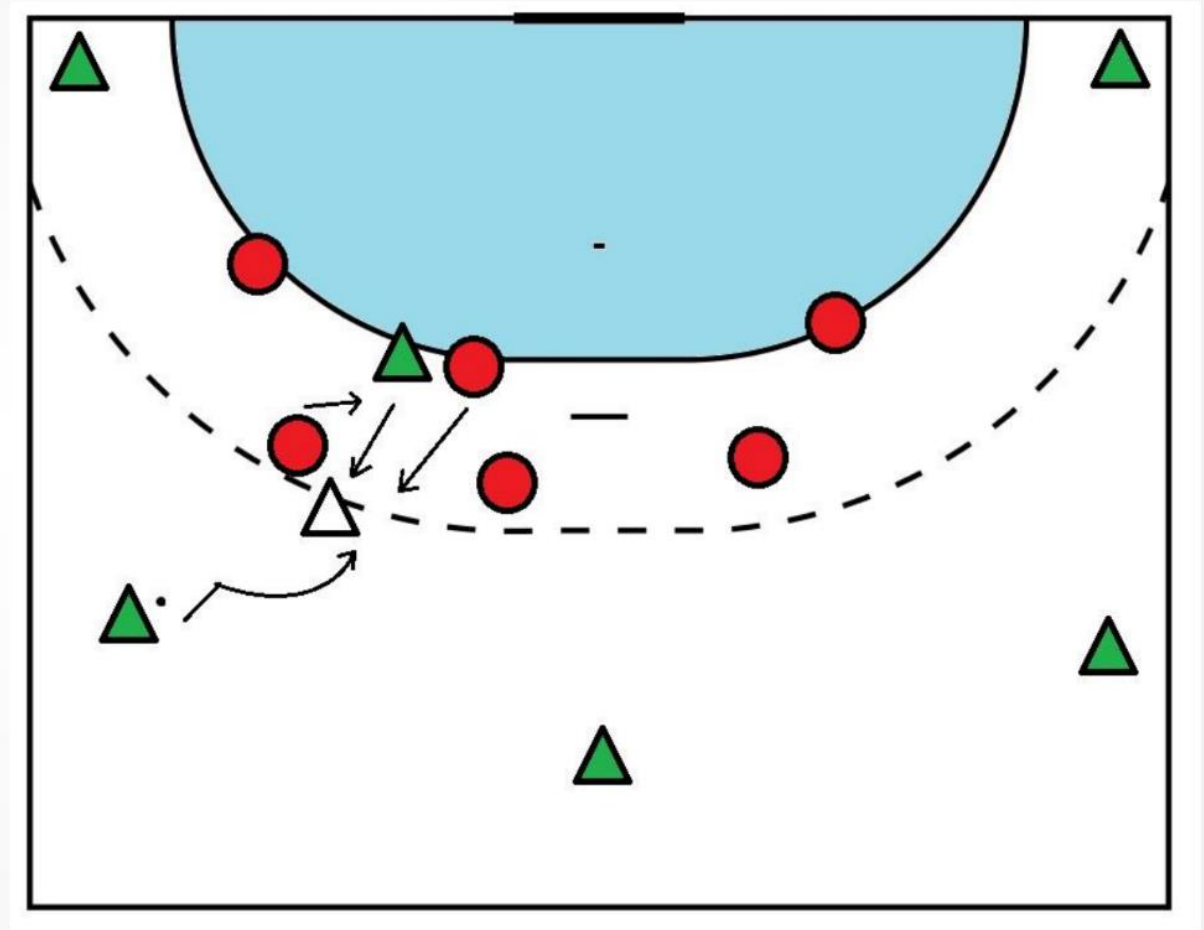


1



Second option to solve blocks is simultaneously covering attackers so that line player is not allowed to separate from the half player towards six meters while center back is taking over the backcourt player. That is the only situation when the center back is leaving the area of six meters

Pivot with RH and LB with BC



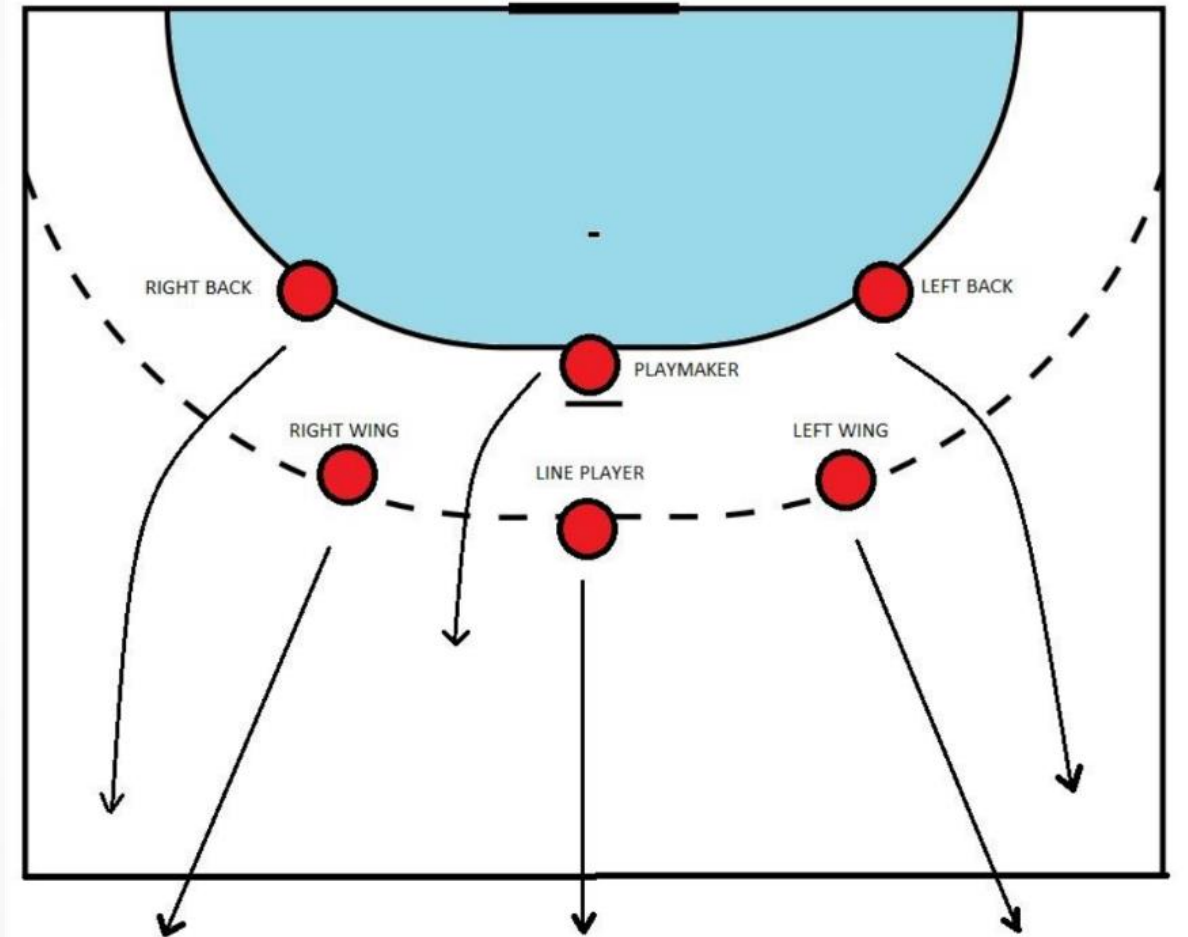


## 3.2.1 Ideal formation for fast break



in ideal 3:2:1 formations the ideal defensive positions of players because of the counter attacks are:

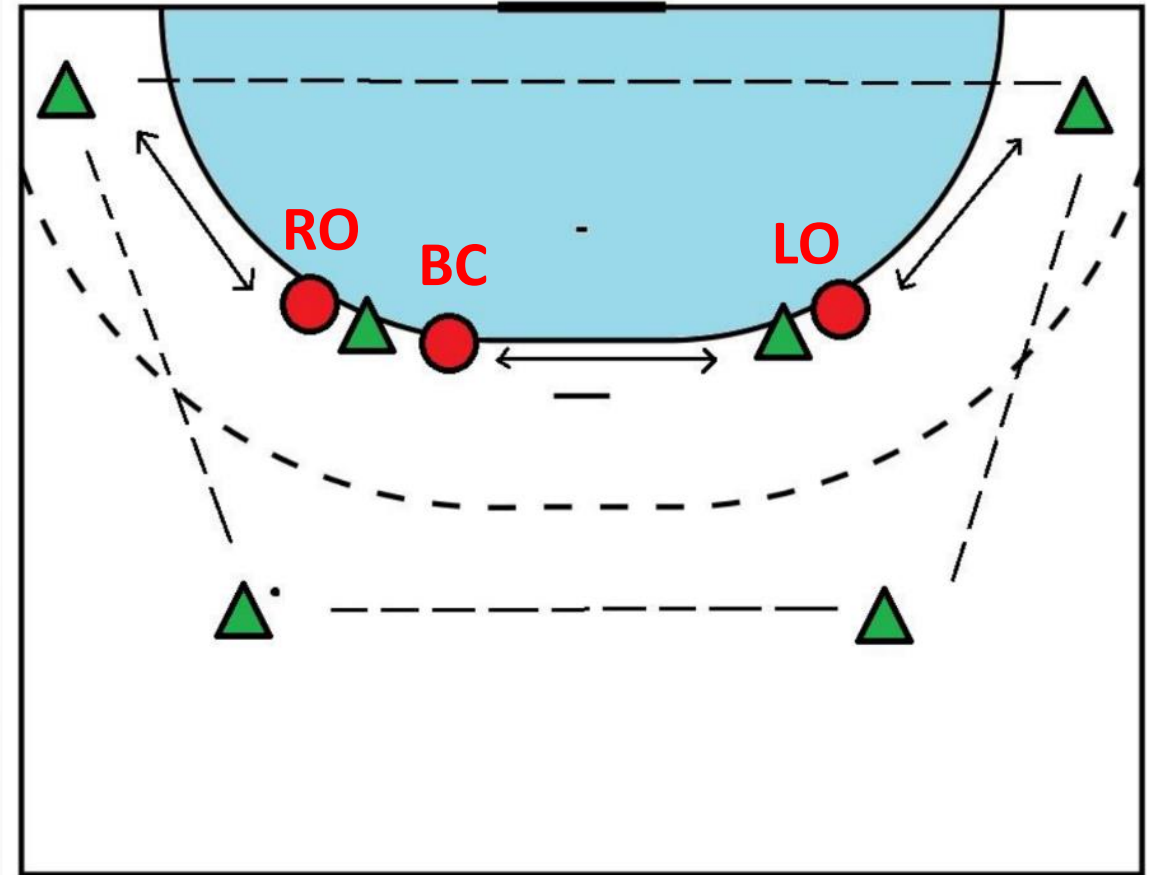
- **Playmaker - Centre back**
- **Right and left wing - Half backs**
- **Right and left backs – outside defenders**
- **Line player - Front center (= point )**



## Practice for line 3 ( LO , BC , RO )



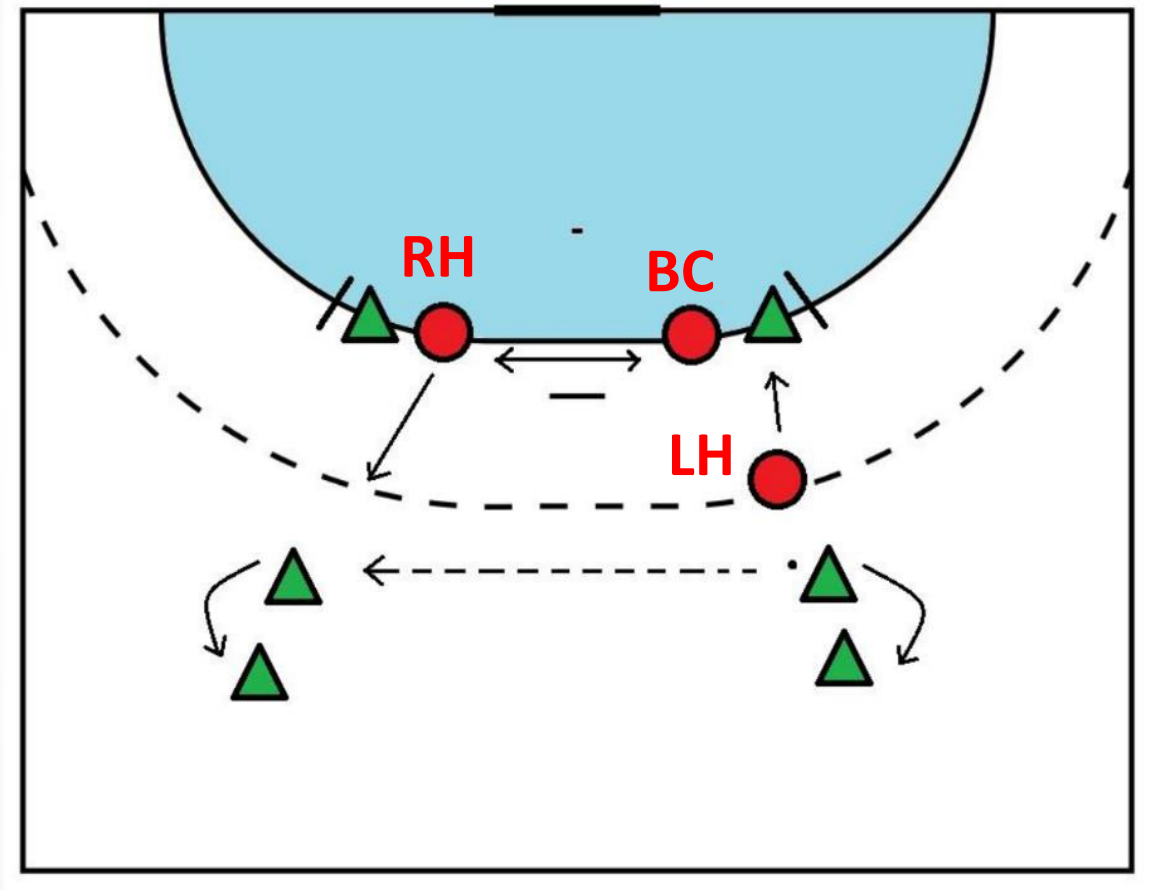
Practice of a lateral movement of a far LO , RO , BC . Their duty is to screen passes towards the pivot. pivots are static, right and left backs can pass to a pivots, wing player and to another back court player. We have variations with and without a shot on the goal .



## Practice for Line 2 ( LH , RH )

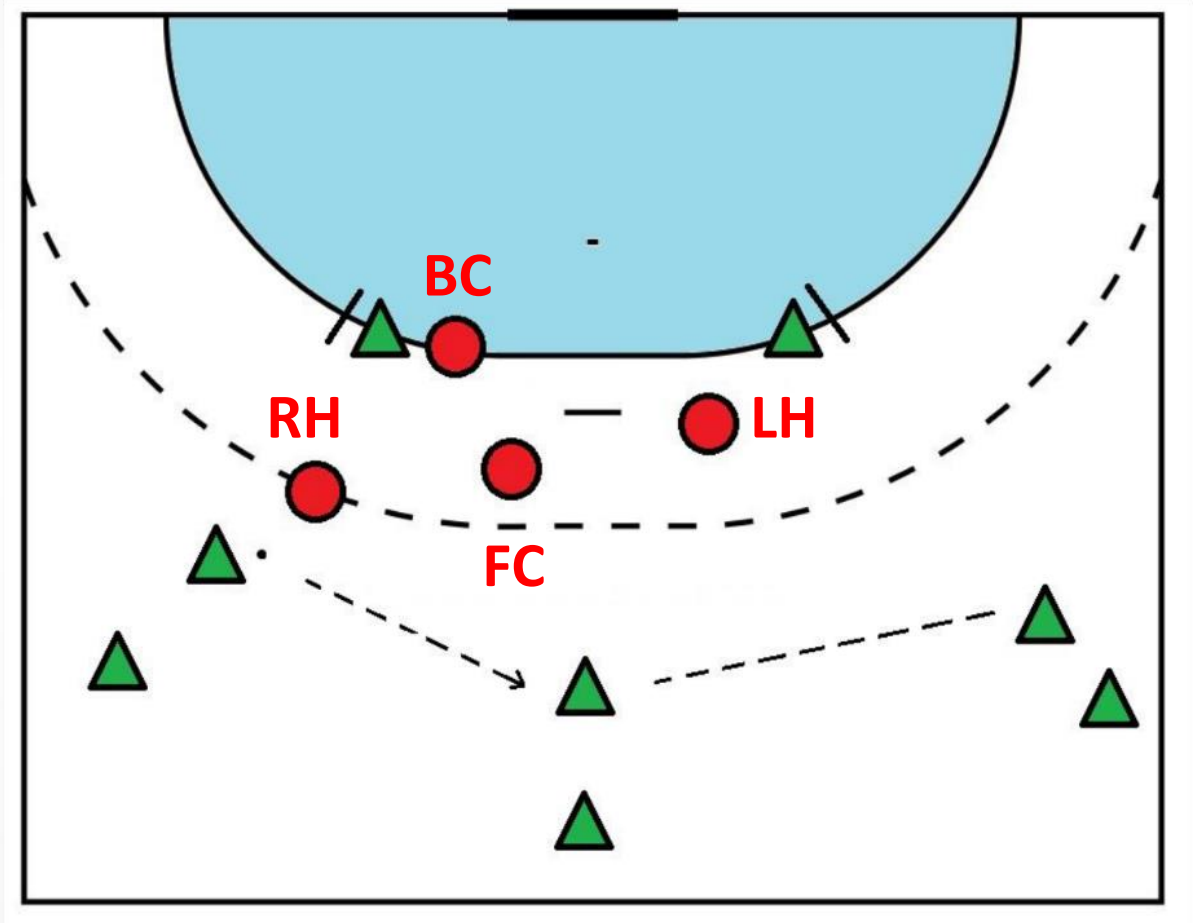


Practice for a RH , LH. Left and right backcourt players are constantly attacking the 9 meter line. The mission of RH , LH is to go out towards right and left back while the BC is covering the pivot behind their back. Left and right backcourt players can pass towards both pivots.



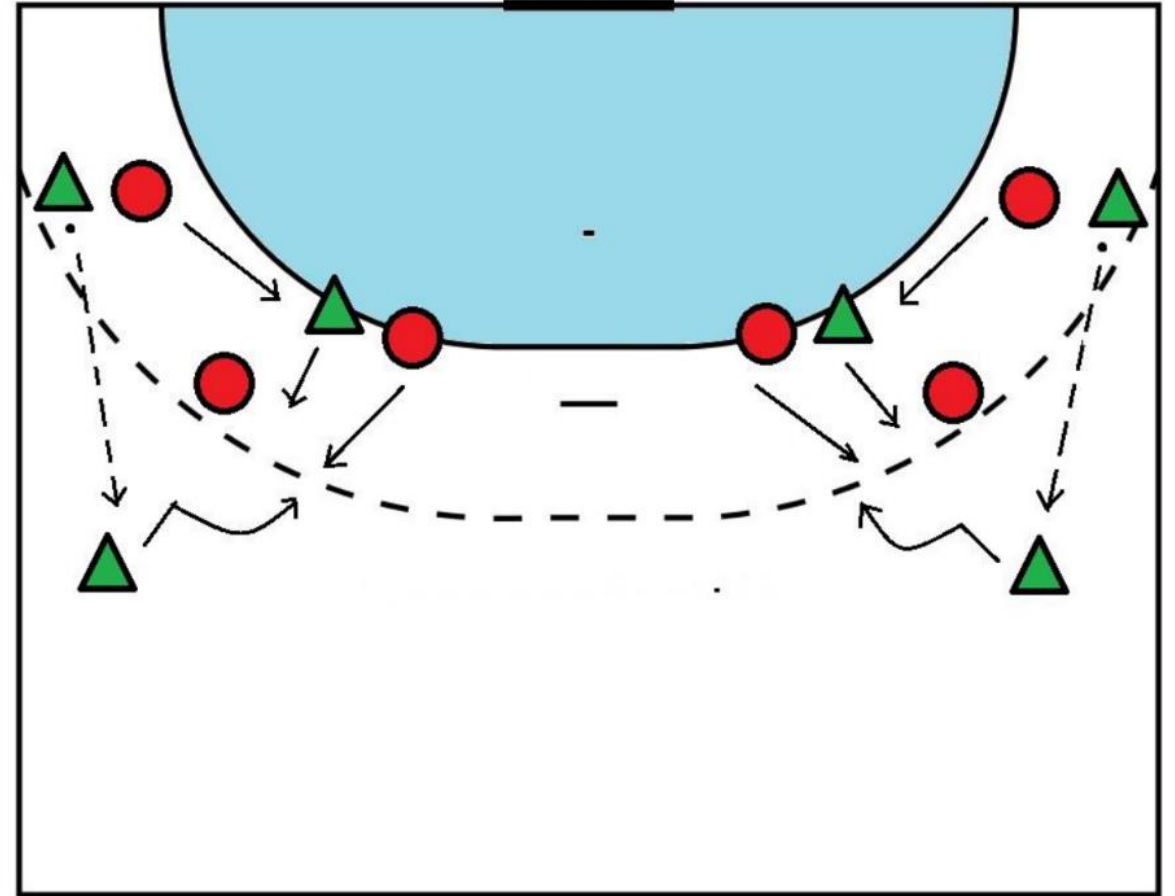
# Practice for ( BC , LH , FC , RH )

This is the key practice for a BC , LH , FC , RH . Here they practice density, lateral movements, positioning and teamwork. pivots are static, attackers can cross ball, pass to pivot and shoot. Offense has one player more.



## Practice 3 against 3 left and right side

practice is pick & roll of a pivot on the LH , RH  
The mission of the defensive players is to solve the block by communicating and taking over right and left backs with LH , RH or BC .  
Attackers can also shoot on goal and the main purpose of this practice is to learn how to play against pick & roll.



## TRANSFORMATIONS FROM 3:2:1 TO 6:0 AND 4:2

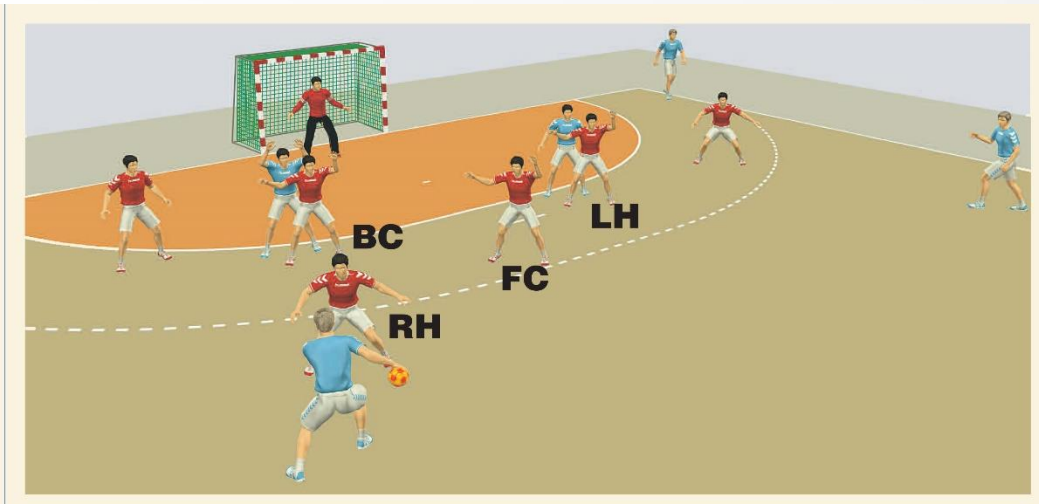


Considering the fact that the defense 3:2:1 is often attacked with transitions to a second pivot from wing or back positions, the tendency is to keep the defensive shape. In some situations when the coach assess that his team can not defend their goal anymore he has to change the tactic. There are a couple of solutions and the most common are:

1. transformation to 6:0

2. transformation to 4:2

3. combined transformation to 5:1 Which transformation to suggest it is up to every coach to assess the possibilities of his own



# Transformation to 5 : 1 Defense



# Transformation to 4 : 2 Defense



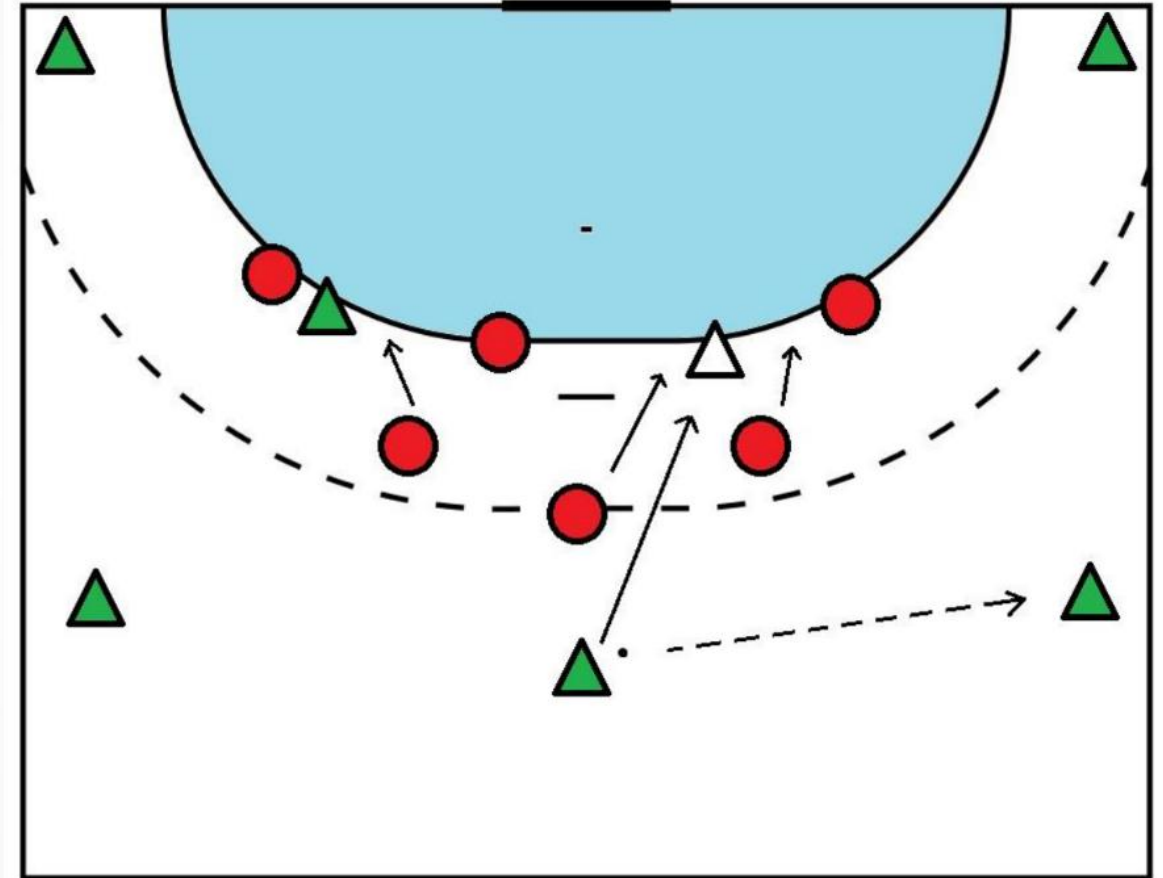


# Transformations from 3:2:1 to 6:0



Why are we doing this transformation?

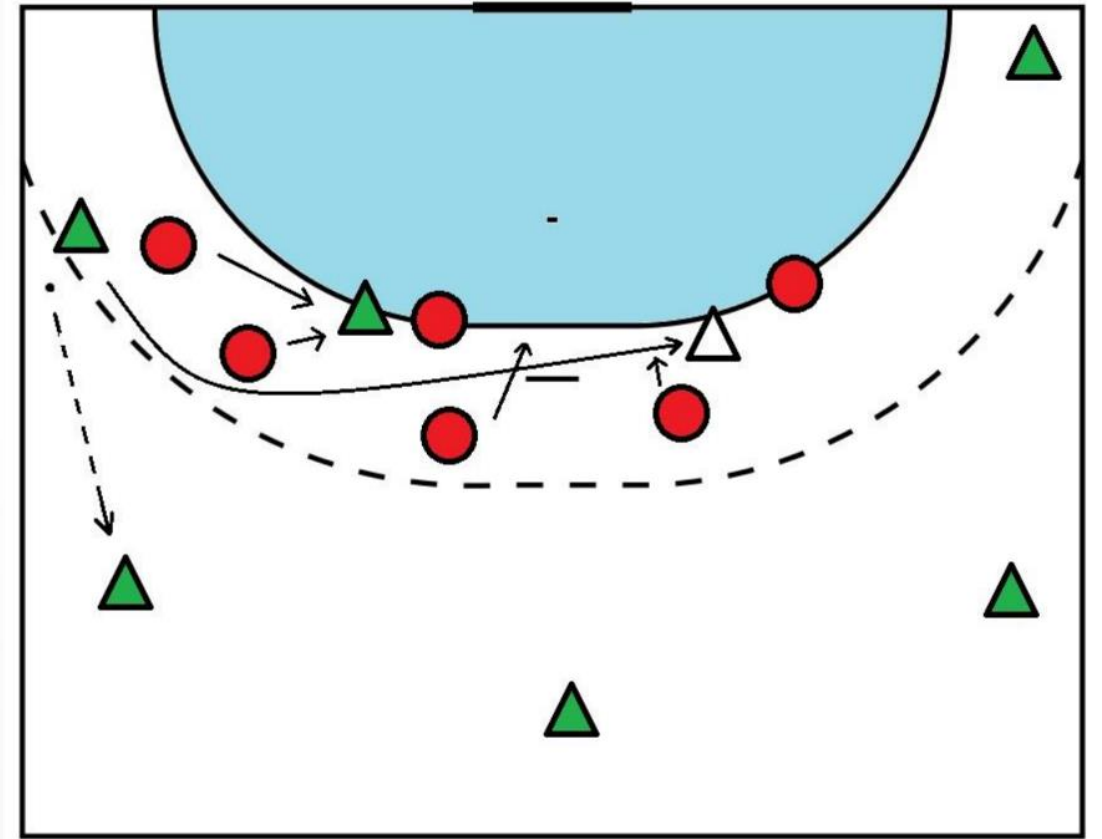
When the attack decides to make a move with a second pivot, we are moving the front center back to the six meter line so that the defense can easier cover the line. It would be ideal that the front center is a tall player so that we can get density and height in the center of the back with this transformation. In this situation we also have to be ready stop playing by the basic principle of 3:2:1 defense and that is stopping shots from back positions. In my paper I will show some transitions to 6:0 defense when wing and back players are making transition to a second pivot . On the picture we have a playmaker transition to second pivot. Front center is withdrawing to the six meter line. Very good example of this transition is the Croatian team with Igor Vori who as a front center is tall and he fits ideal to a 6:0 zone.



Center Back going to second pivot

# 1 Left Wing Going to second pivot

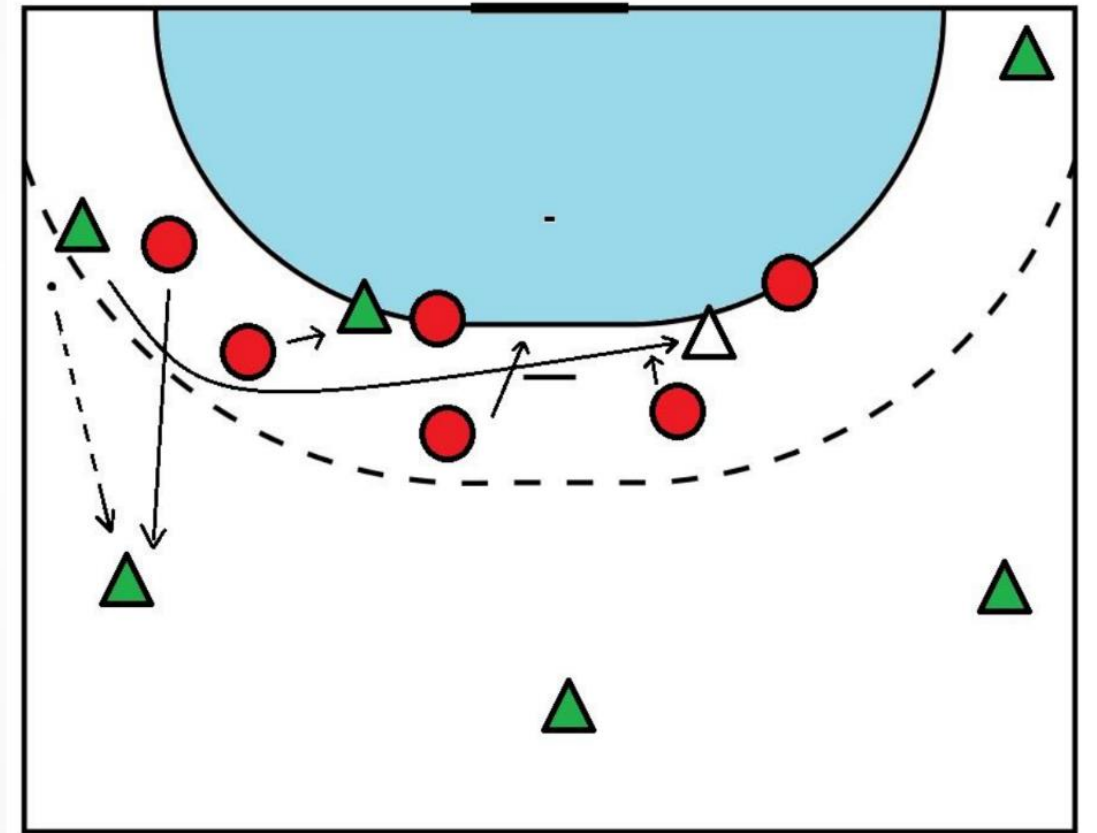
On the picture we can see the left wing going to second pivot after passing the ball to left back. Front center withdraws to six line meter, far back which player went to line creates density by pushing first line player and taking care that the left back does not penetrate defense from wide position .



1. Left Wing Going to second pivot

## 2 Left Wing Going to second pivot

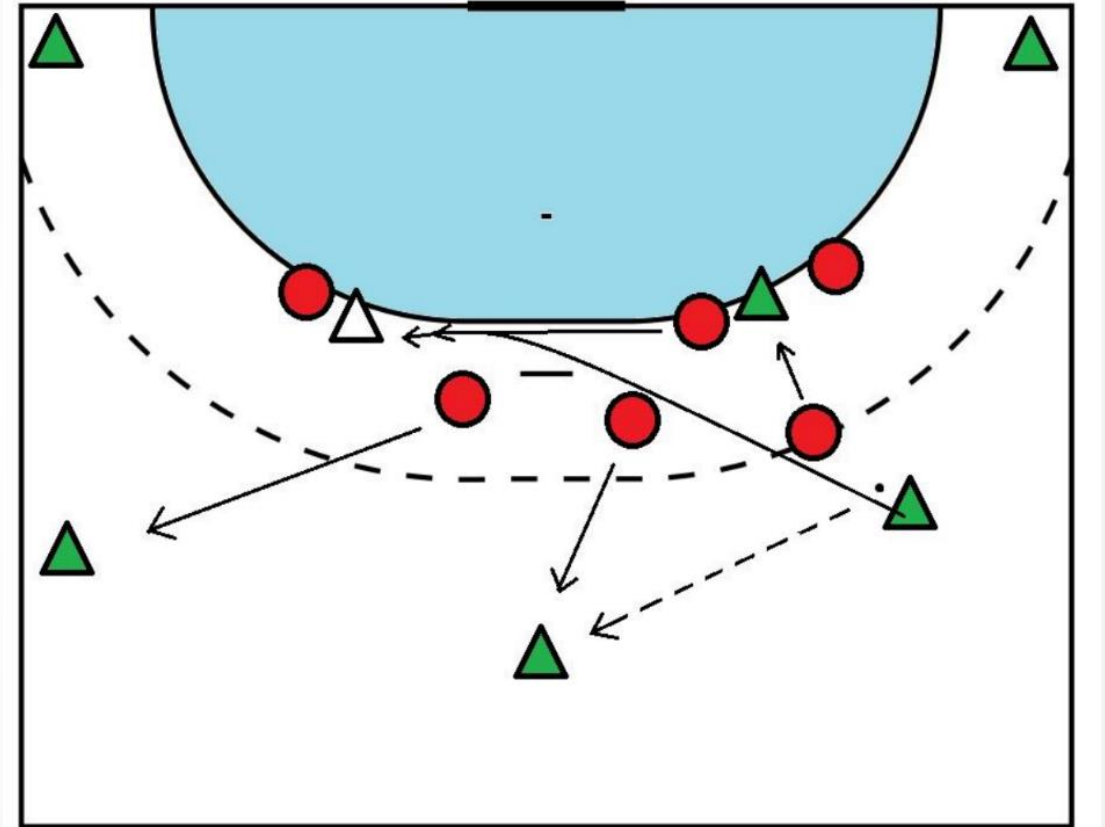
Second variation of a wing player going to second pivot on the picture . Far back this time is taking the left back while the half back from that side takes control of a pivot. Center back again withdraws to six line meter.



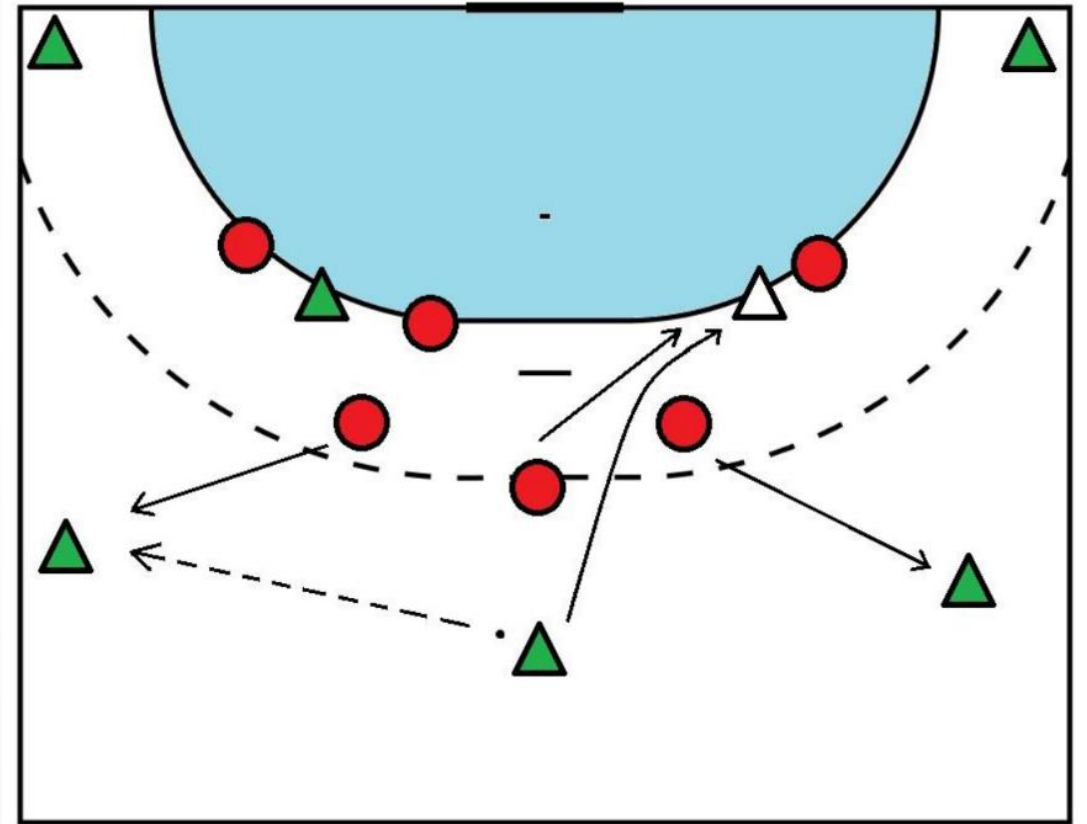
2 . Left Wing Going to second pivot



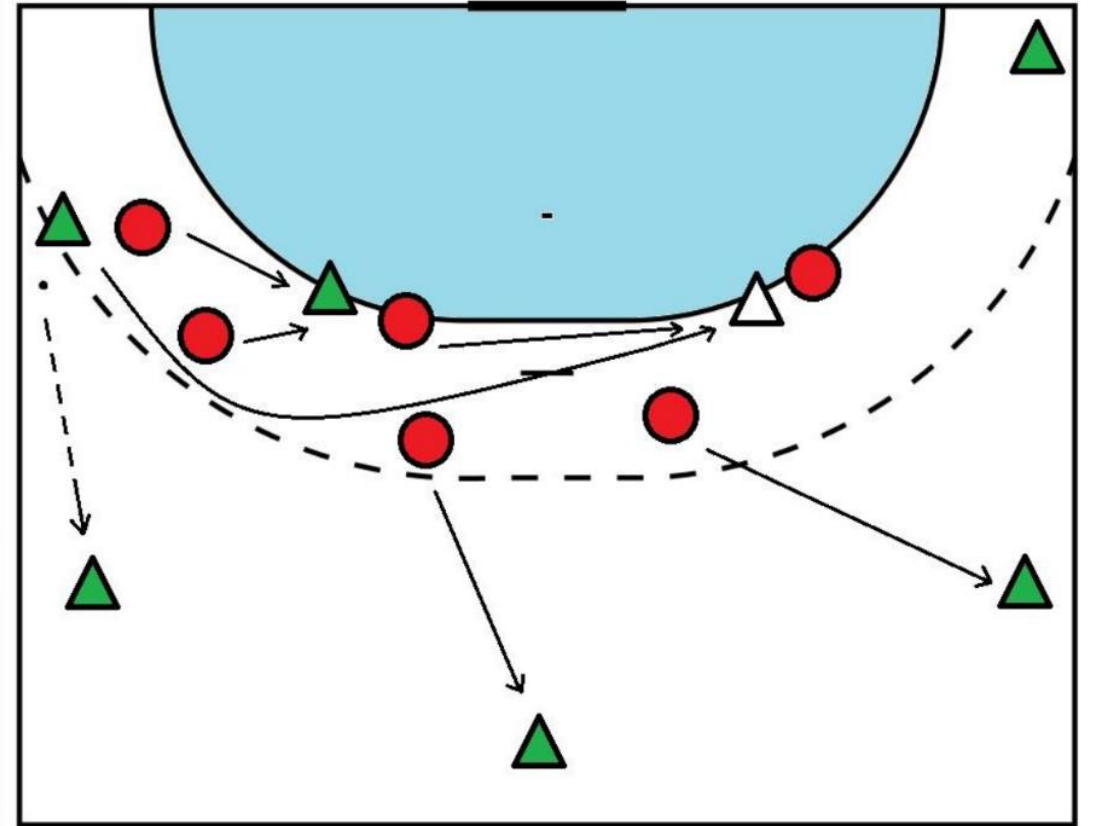
In the picture right back goes as a second pivot , his half back is withdrawing to the six meter line, center back follow right back while front center and other half back start defending playmaker and left back in front of nine meters.



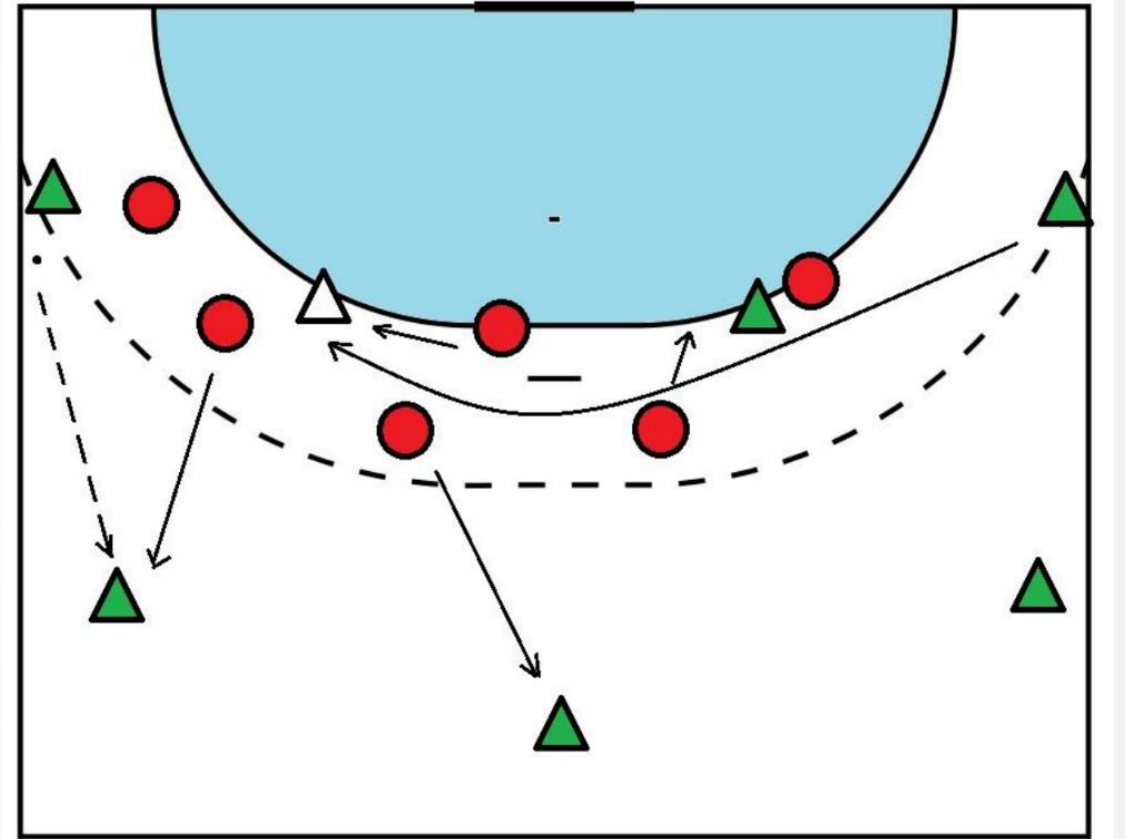
On the picture the playmaker is going to the six meter line. Forward center follows playmaker to the line while the two half backs start defending both backcourt players in front of the 9 meter line



On the picture left wing is passing the ball to left back and running to six meter line. far back which wing went to six meter line is creating density by moving to first line player while front center and other half back start defending playmaker and right back.



Next example is a transition of a wing without a ball. Center back follows the wing, left half withdraws to the 6 meter line while front center and right half start defending playmaker and left back in front of nine meters



# Who is Goalkeeper ?

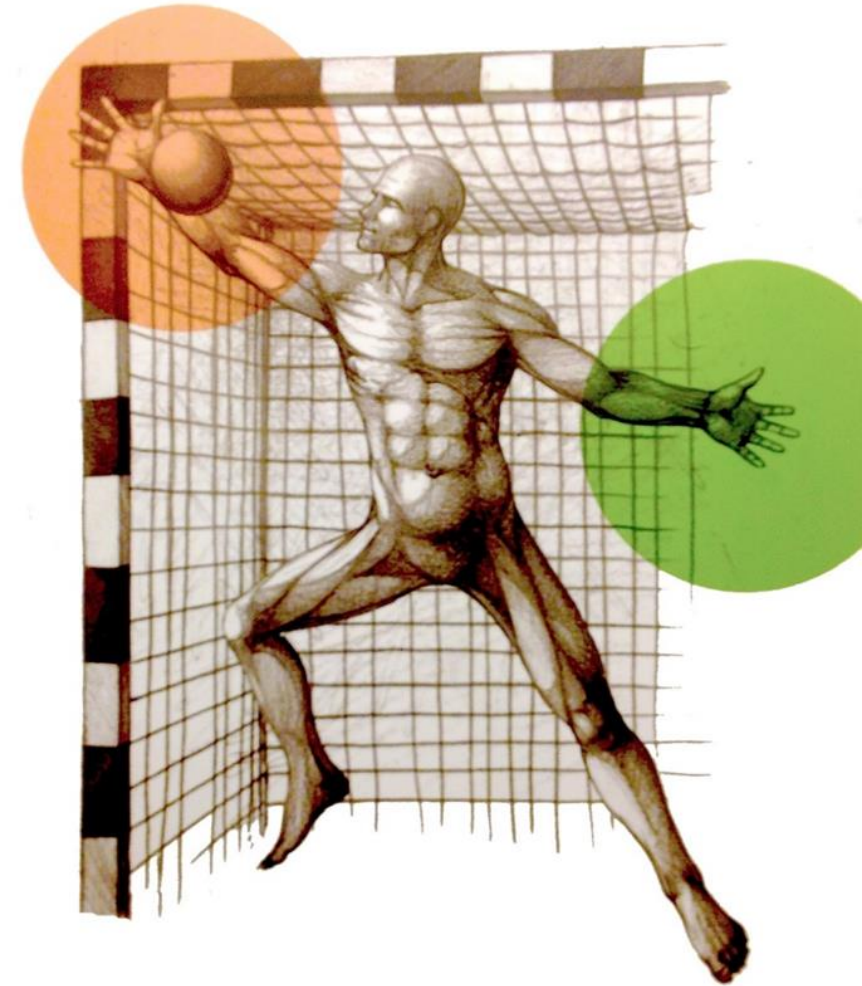


- The last defender and the first attacker .
- Different position , different requirement , different mentality .
- It is most important position (could be the most neglected )
- Not every one can be a goalkeeper , but every one can try
- The master of the game is the goalkeeper .



## Body and Technically particulars for Goal Keepers

- Tall ( Min 190 cm )
- Tall Hands & Big and Fit upper part of body
- Smart and creative
- On time & High speed and reaction
- Ability of High assessment
- Sharp & Ability to high anticipation
- High Agility
- Balance and keep it on difference situations
- Physical Preparation
- Knows all positions to save the ball and join to attack as a player



# Goalkeeper



## BASIC POSITION

## Basic Movement

### I. SAVING LONG RANGE SHOTS

High Positioned Balls - One Handed - Two Handed

Medium - High Positioned Balls

Low Positioned Balls - Sliding-Out - Breaking-Out

### II. SAVING SIDE SHOTS

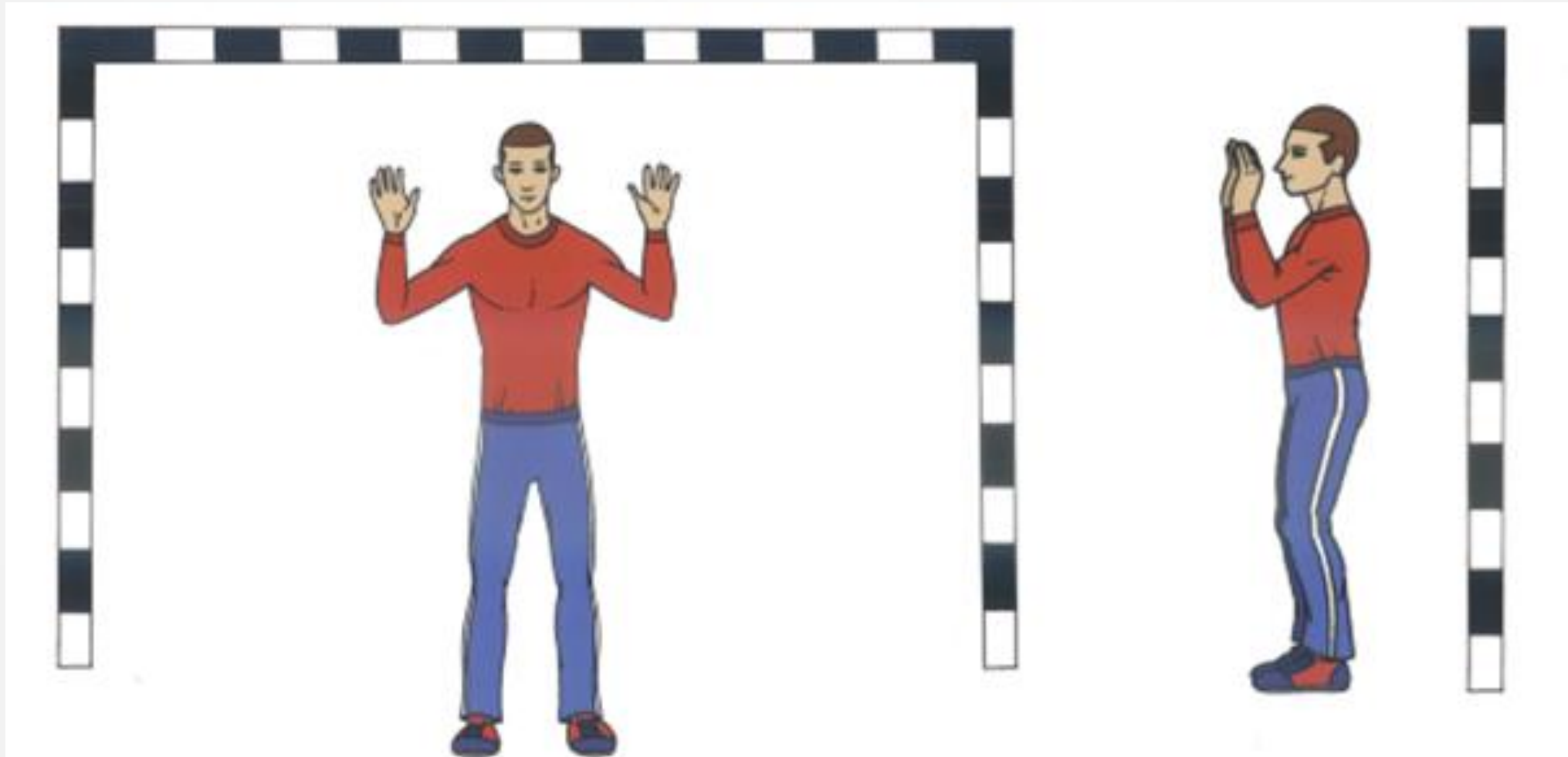
Saving at the Near Post  
Saving by Jumping Out

### III. SAVING CLOSE RANGE SHOTS

Saving in a Clear Scoring Chance  
Saving Lob Shots  
Saving Penalty-Throws

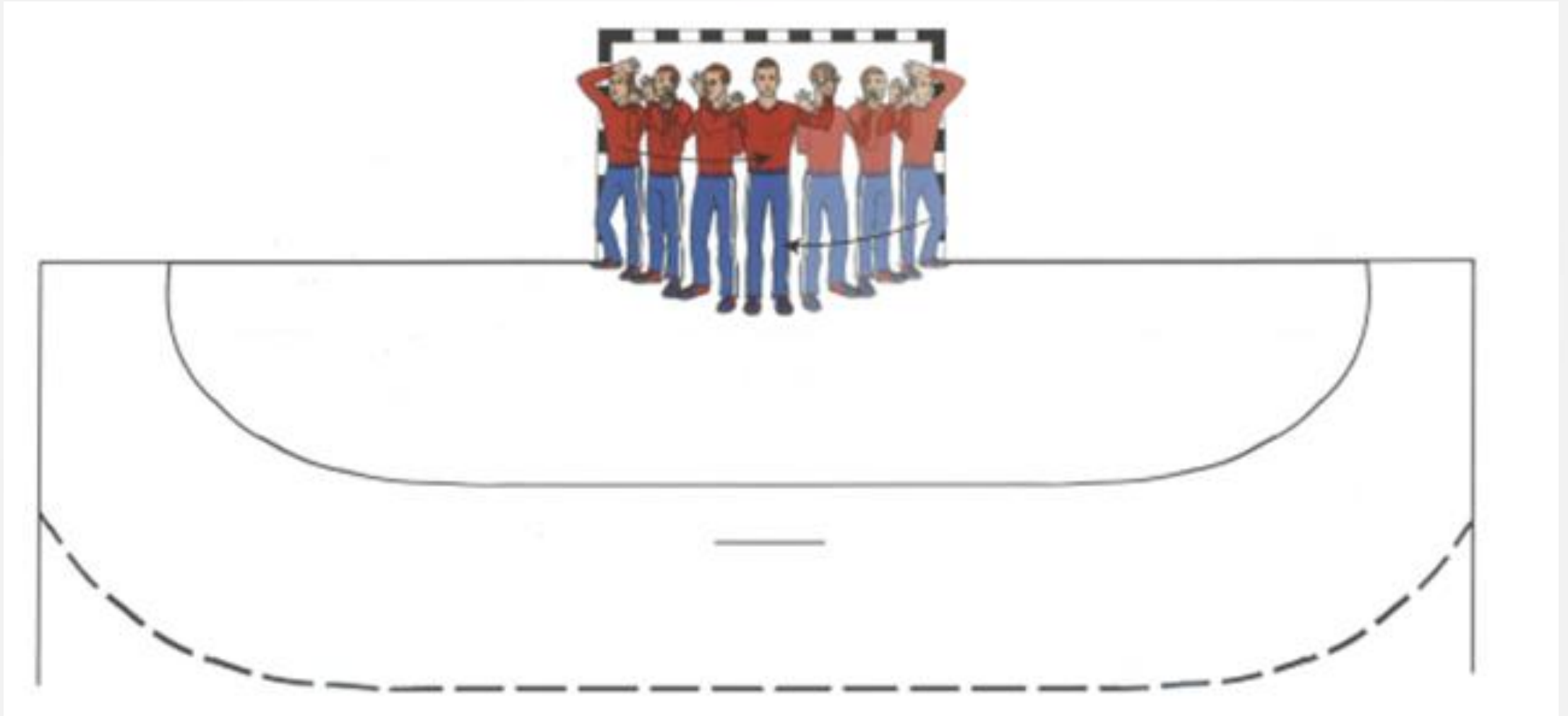


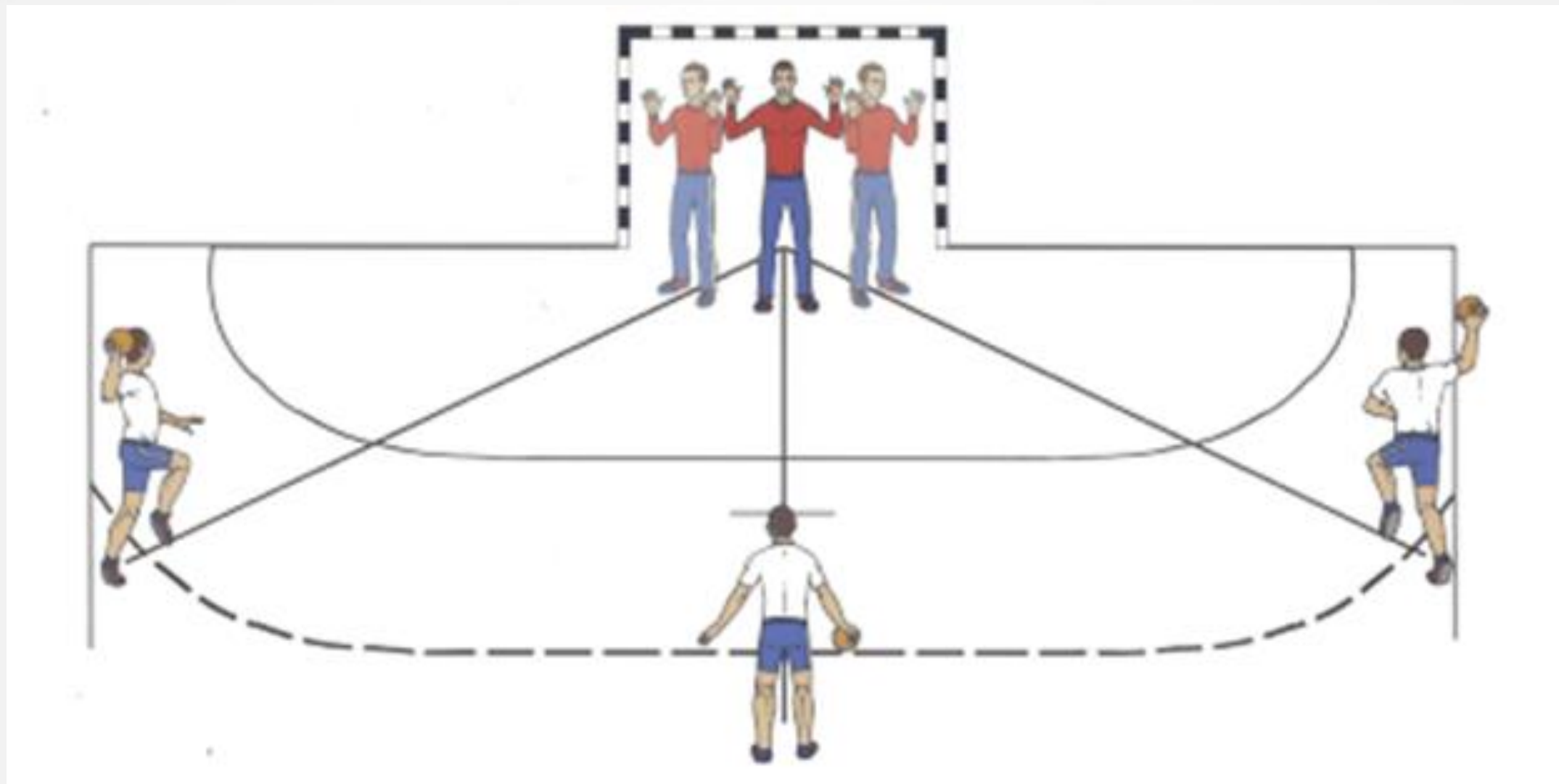
# GK Basic Position



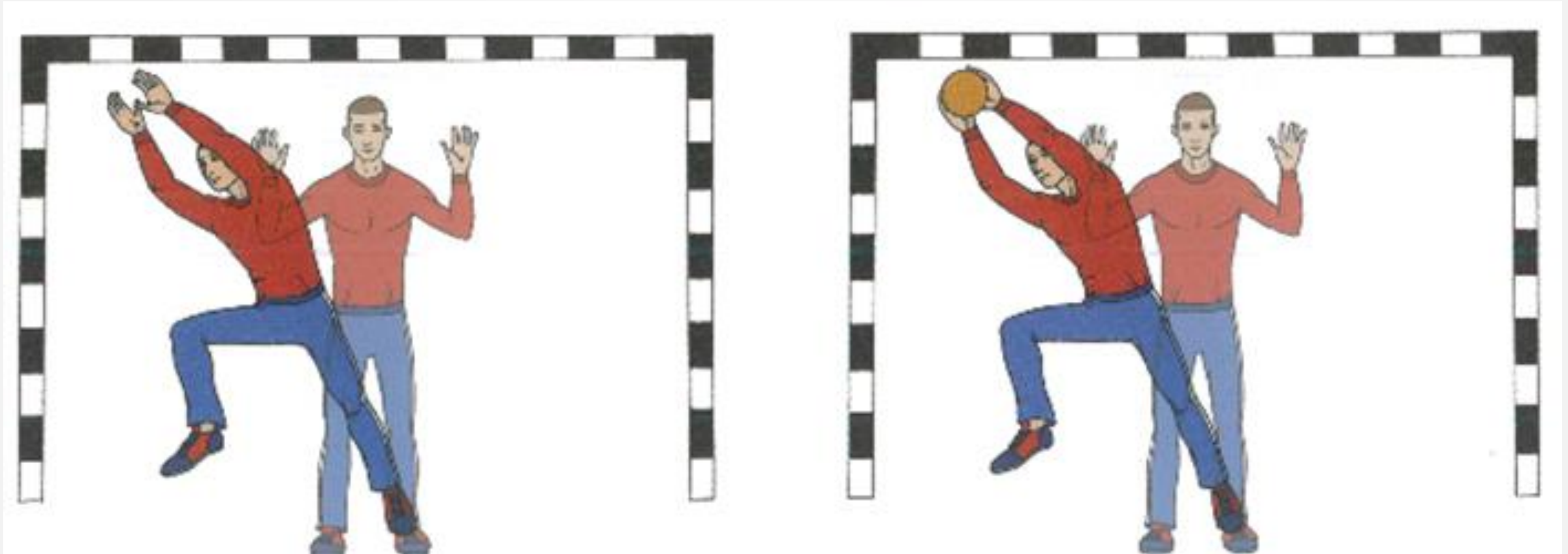


# Vertically



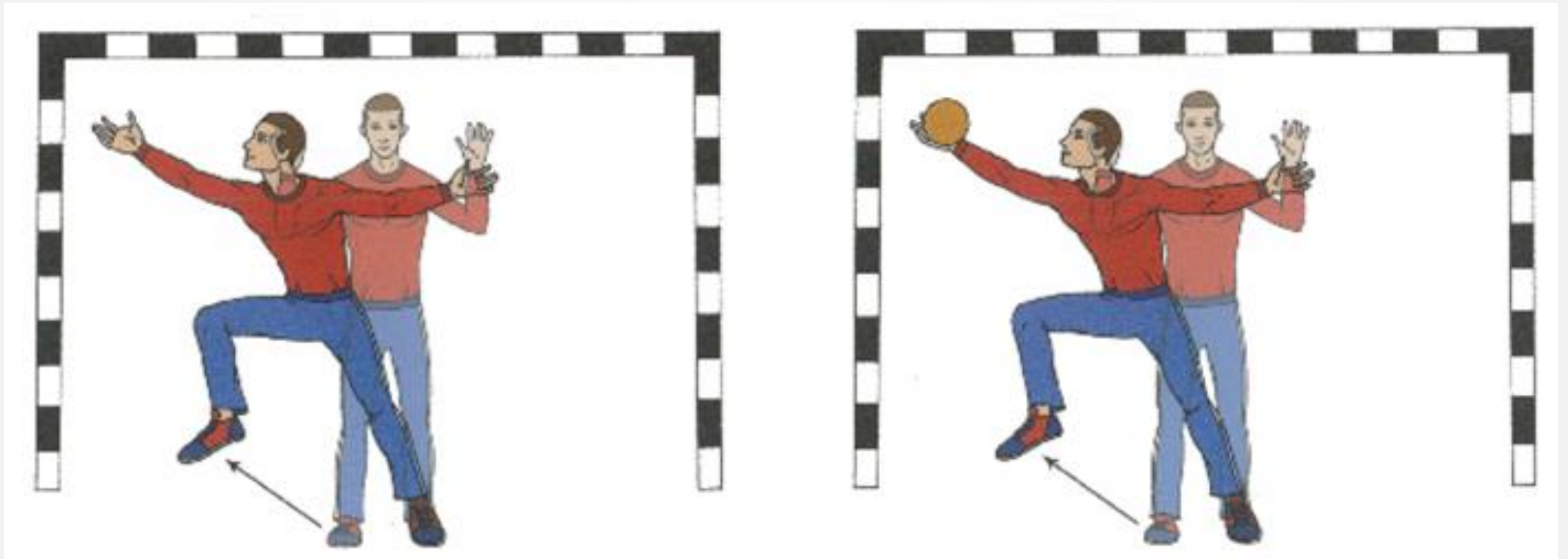


# Saving long range shots



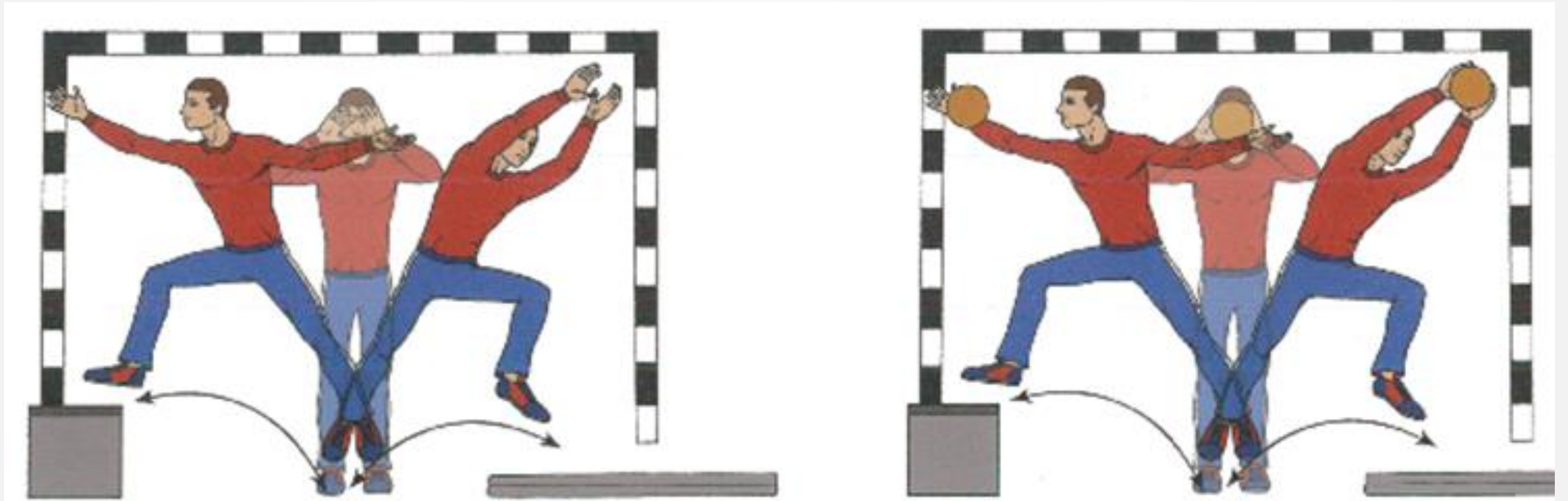
Two Hands Saving High Positions Balls

# One Hand Saving



One Hand Saving High Positions Balls

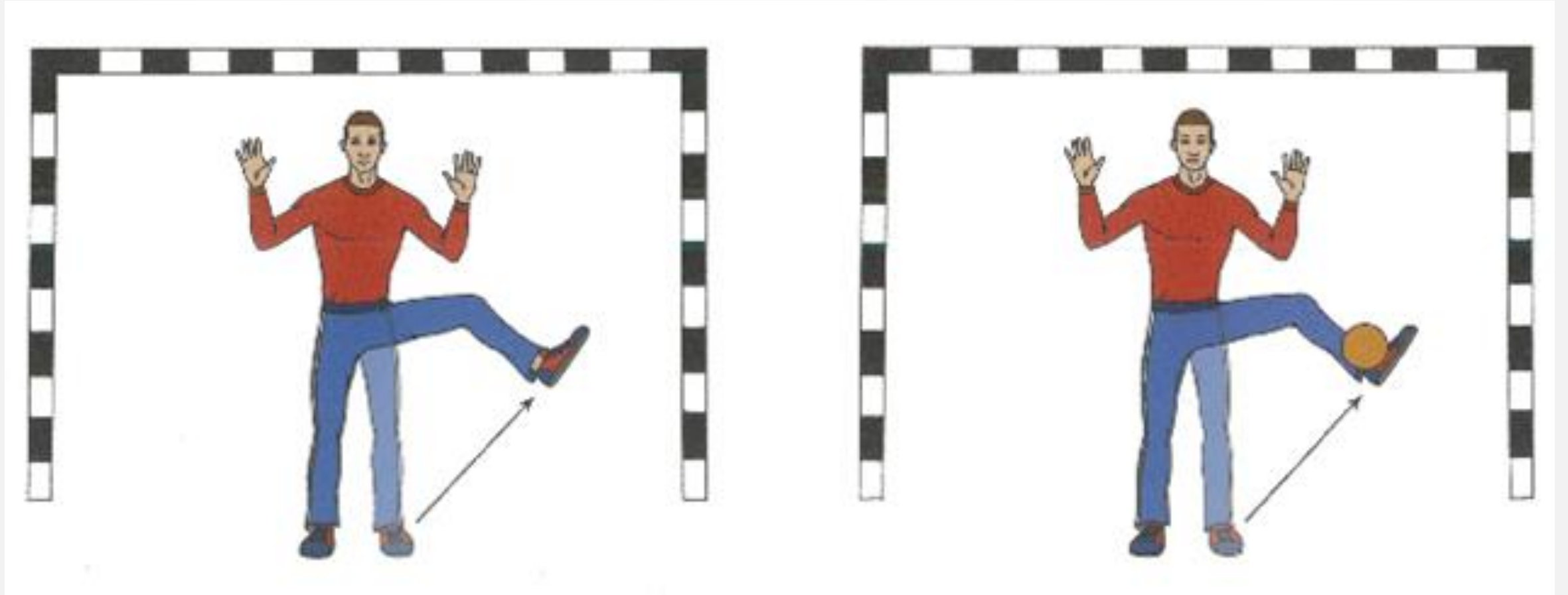
# Saving High position Balls



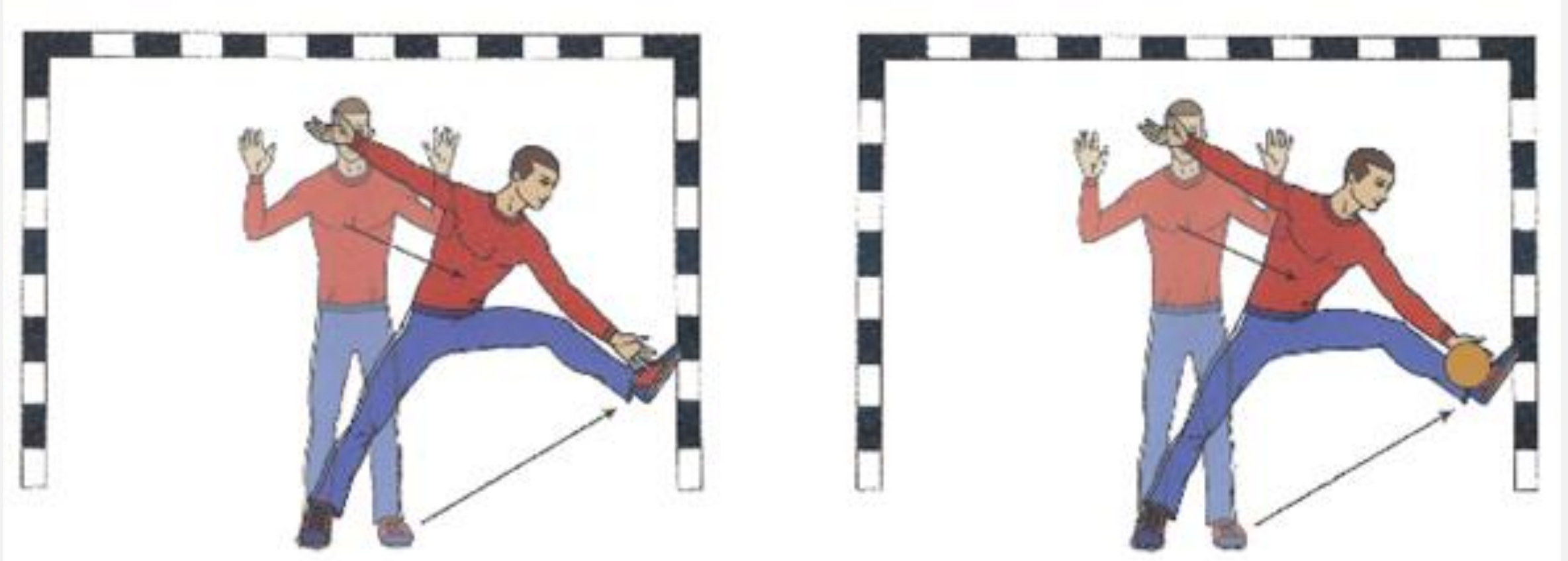
Saving with One and Two Hands



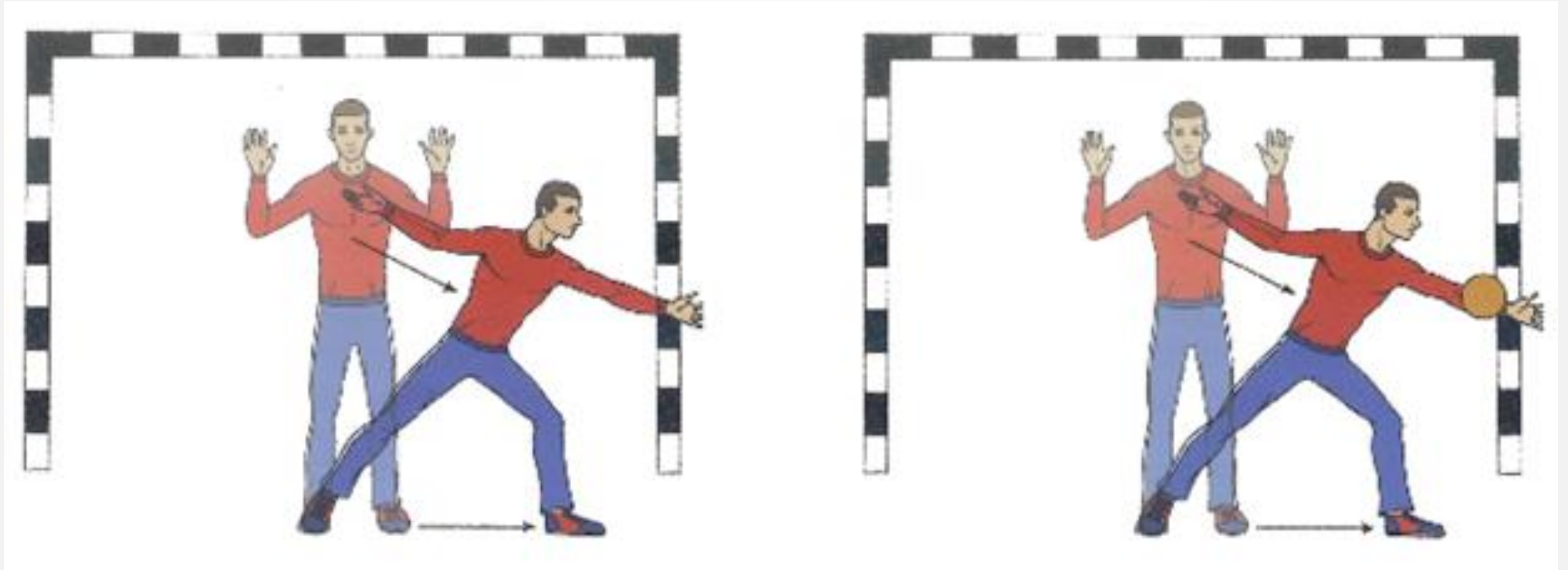
# Saving Medium



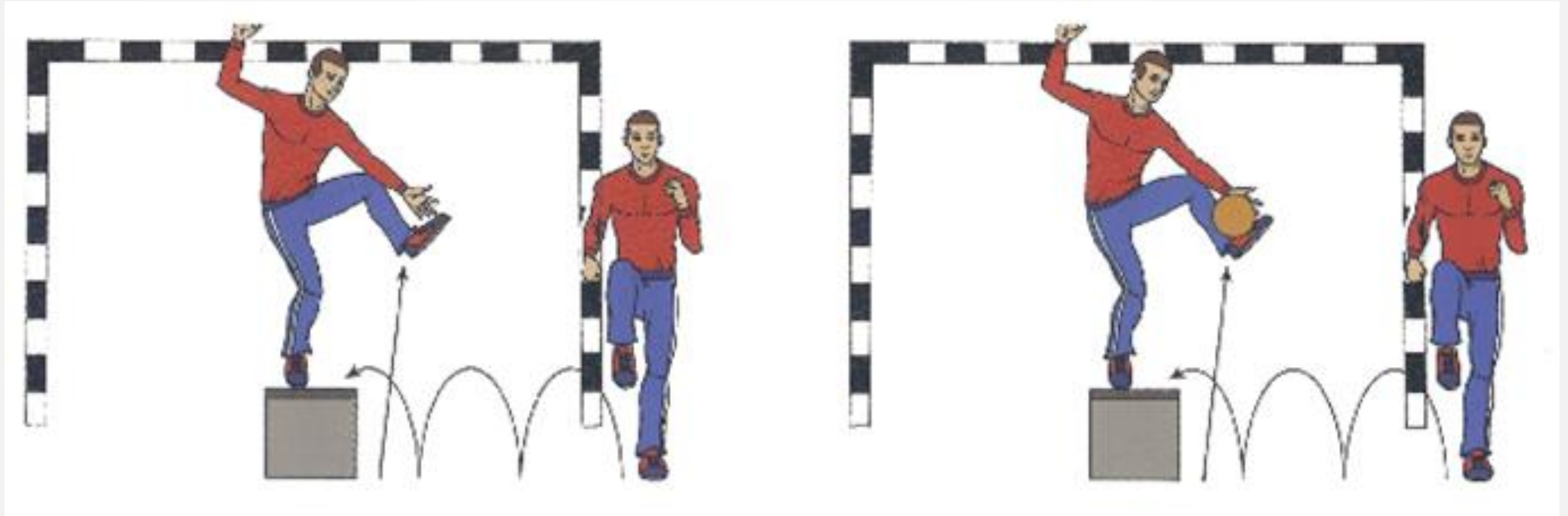
# Saving Medium



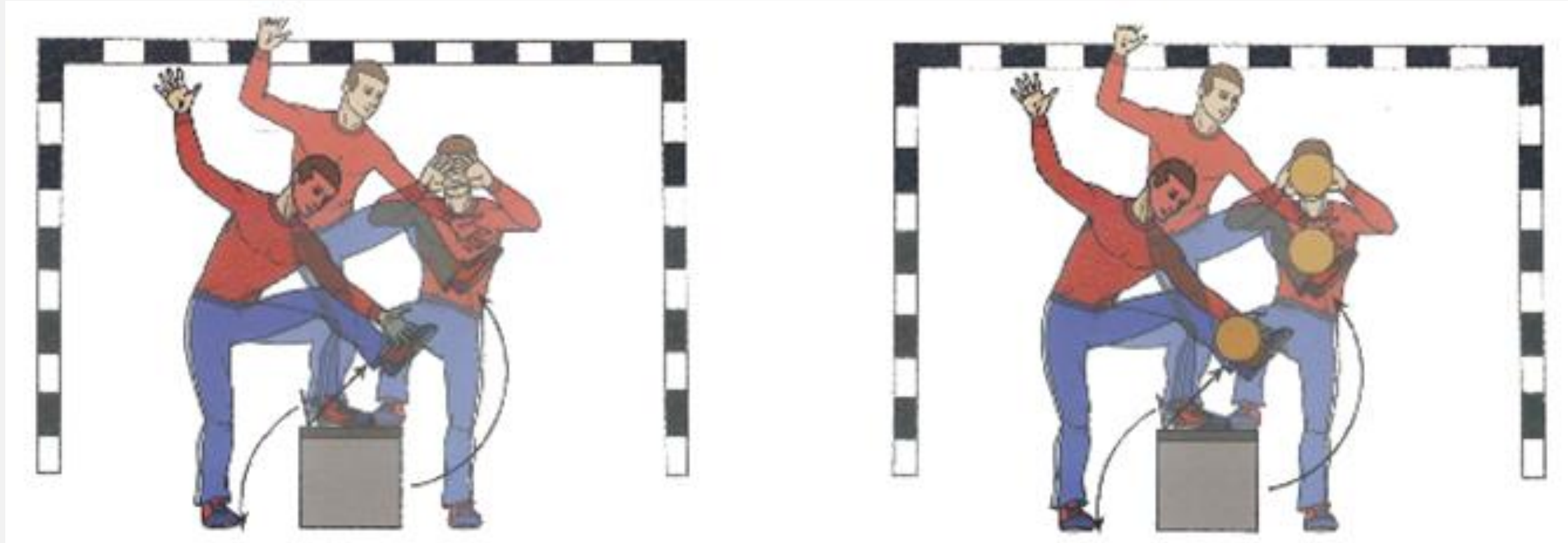
# Saving Medium



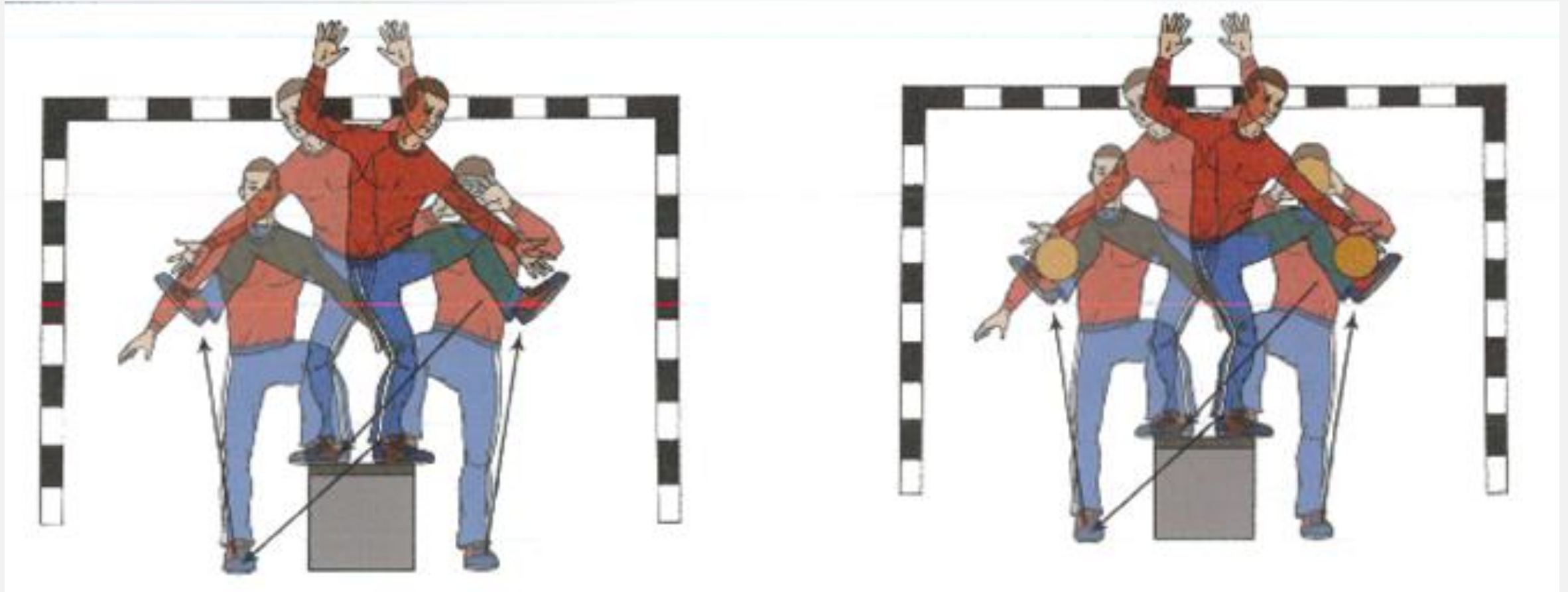
# Saving Medium Exercise 1



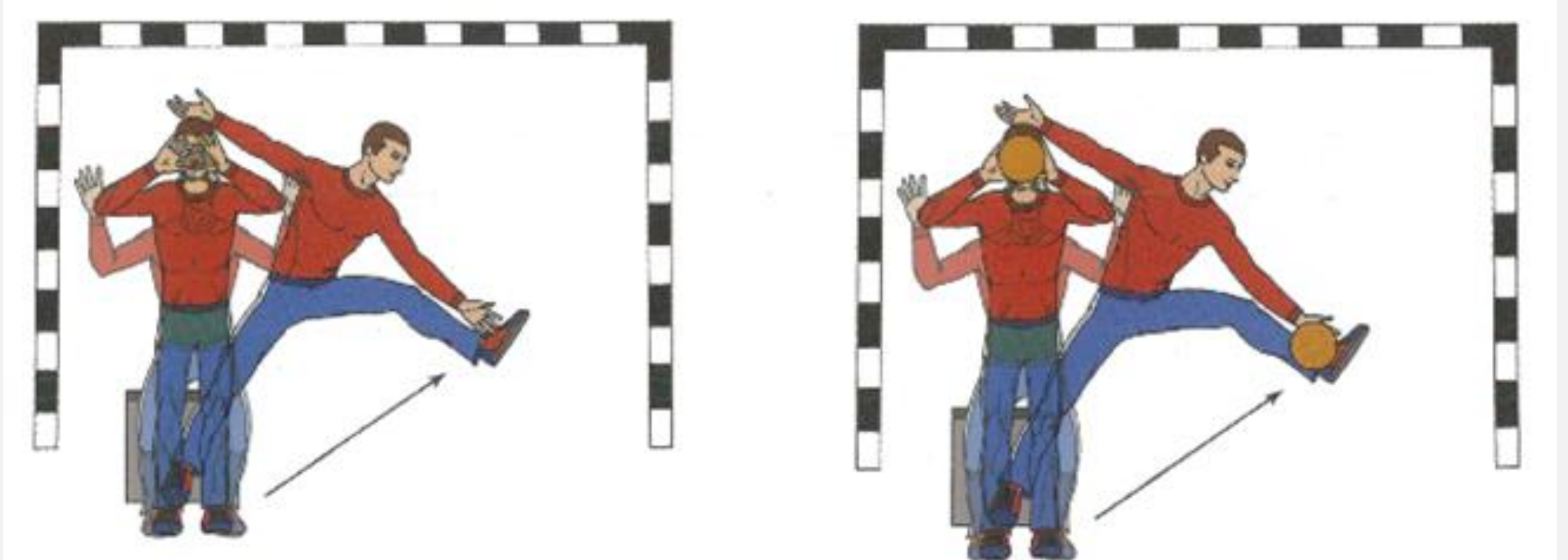
# Saving Medium Exercise 2



# Saving Medium Exercise 3



# Saving Medium Exercise 4

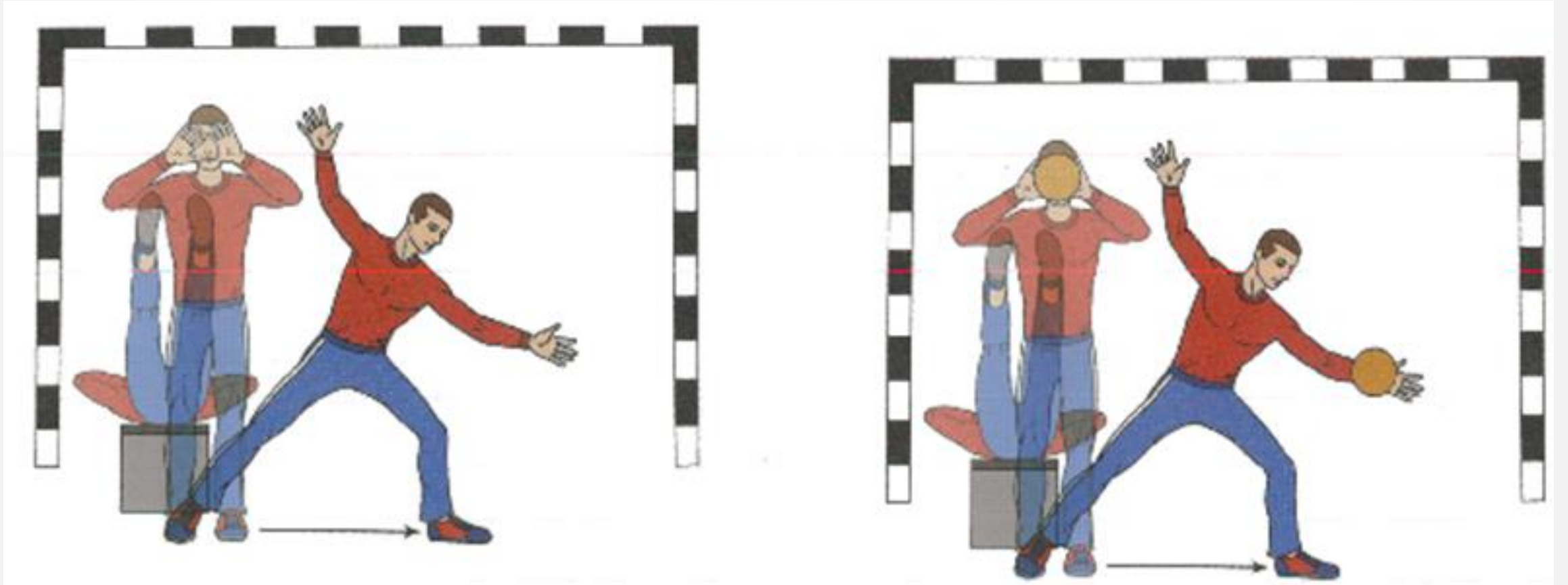


# Saving Medium Exercise 5

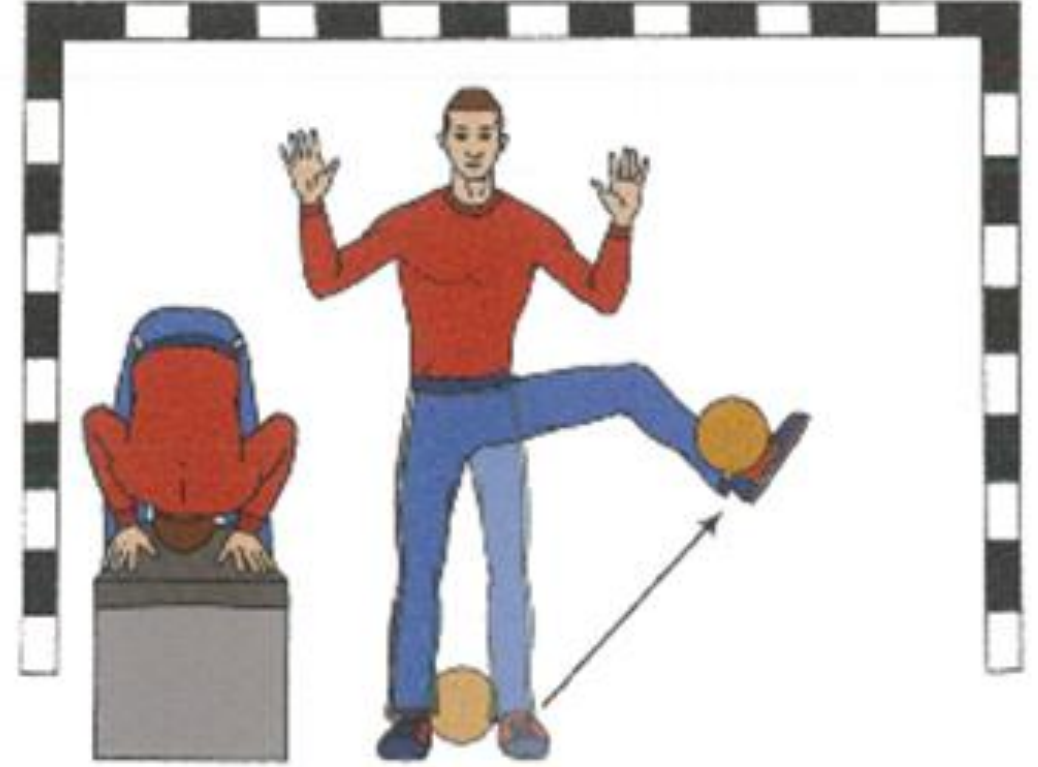
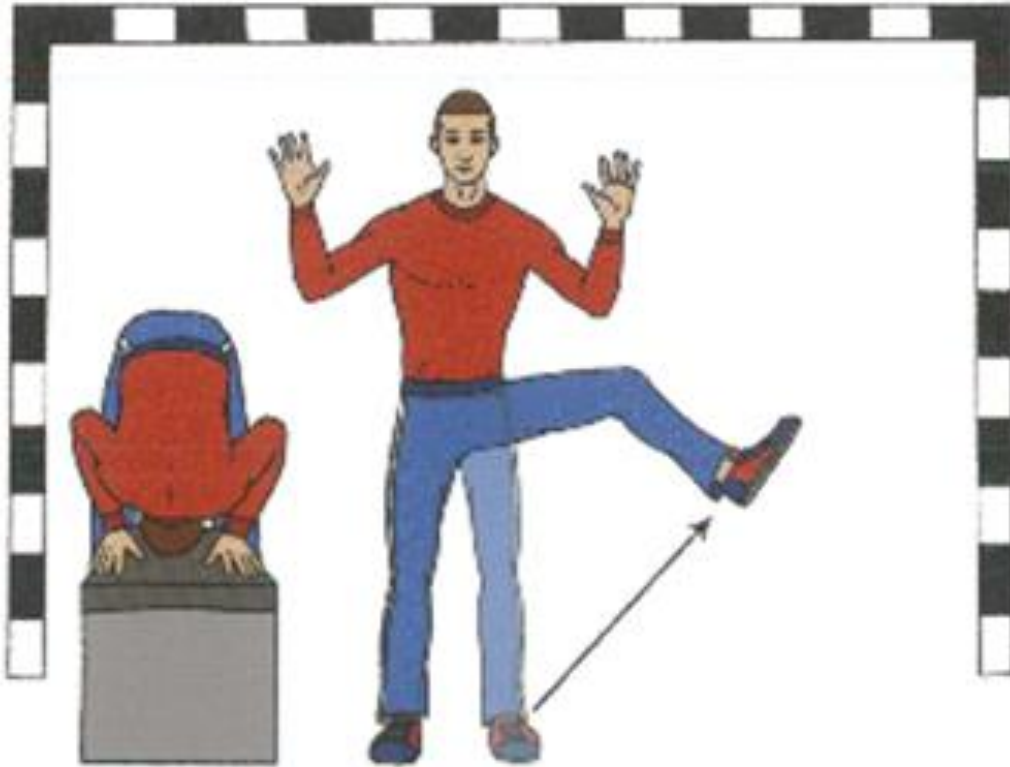




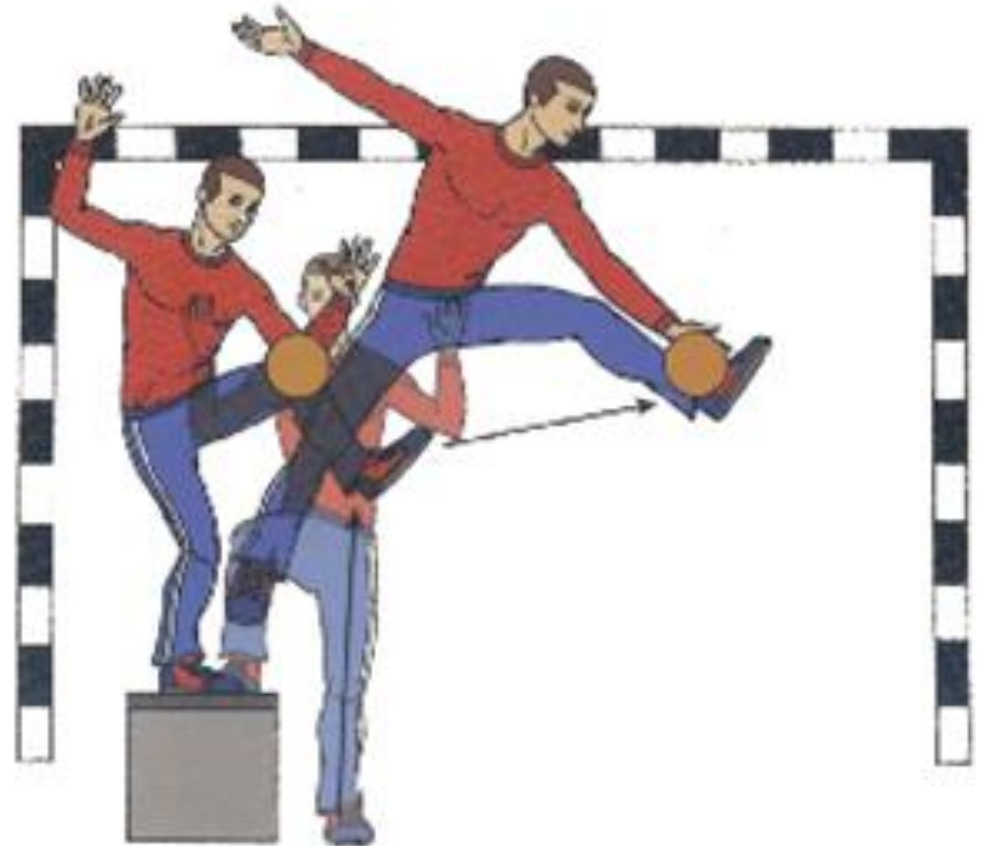
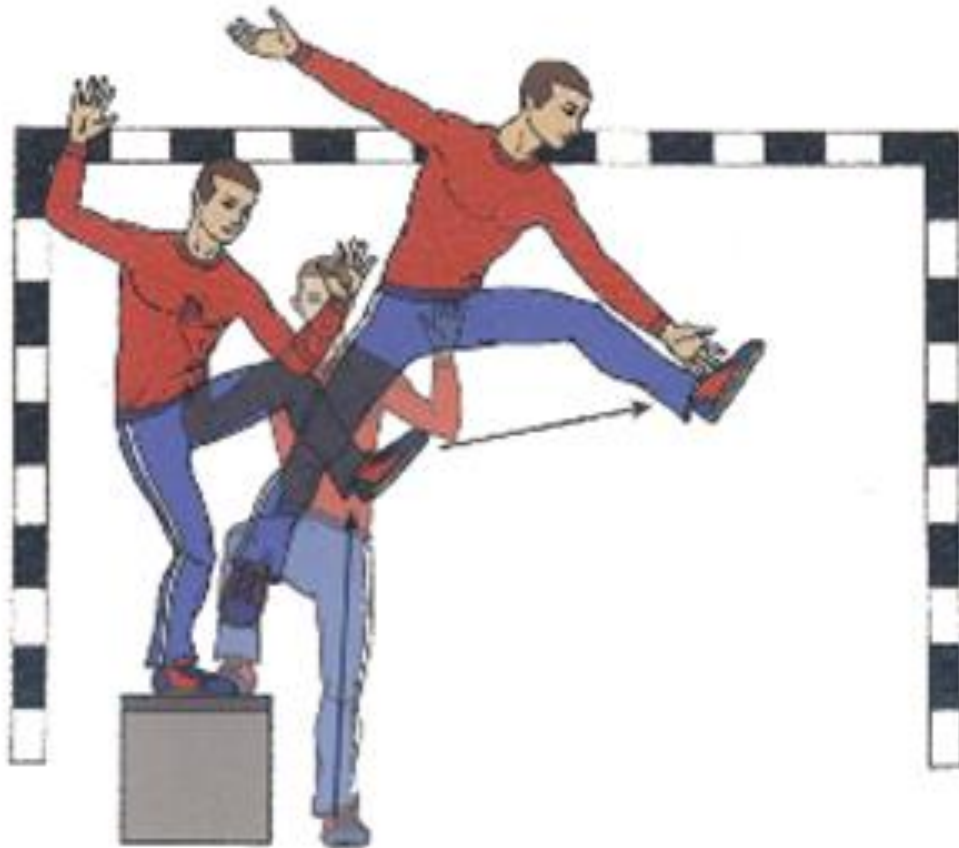
# Saving Medium Exercise 6

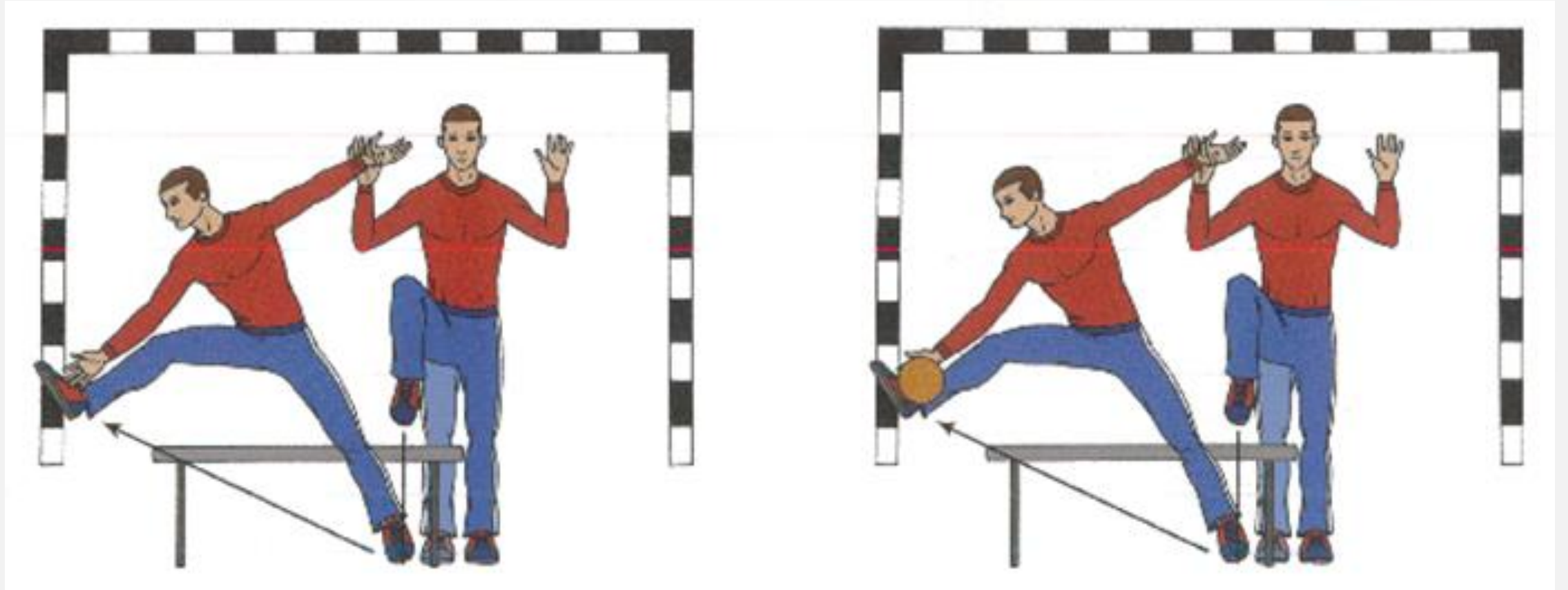


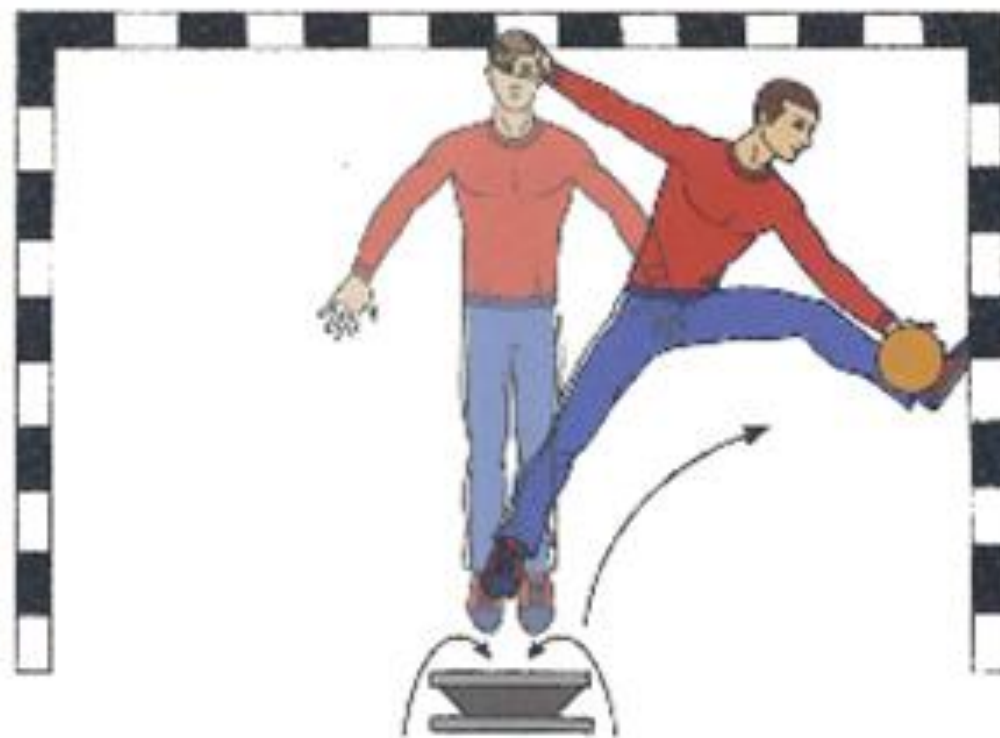
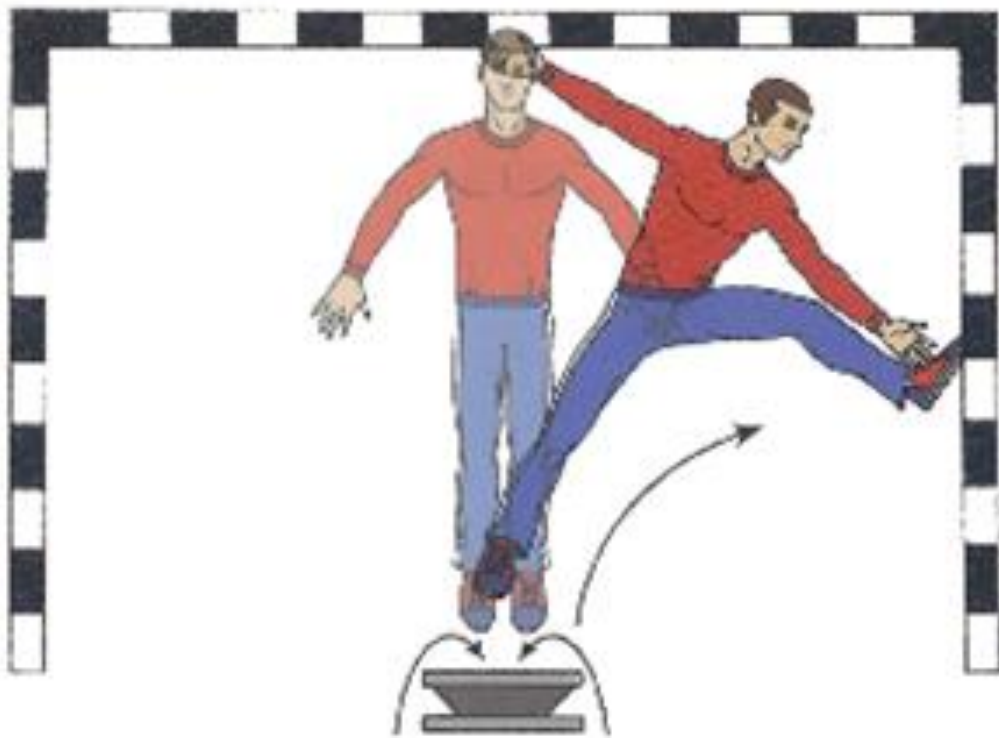
# Saving Medium Exercise 7



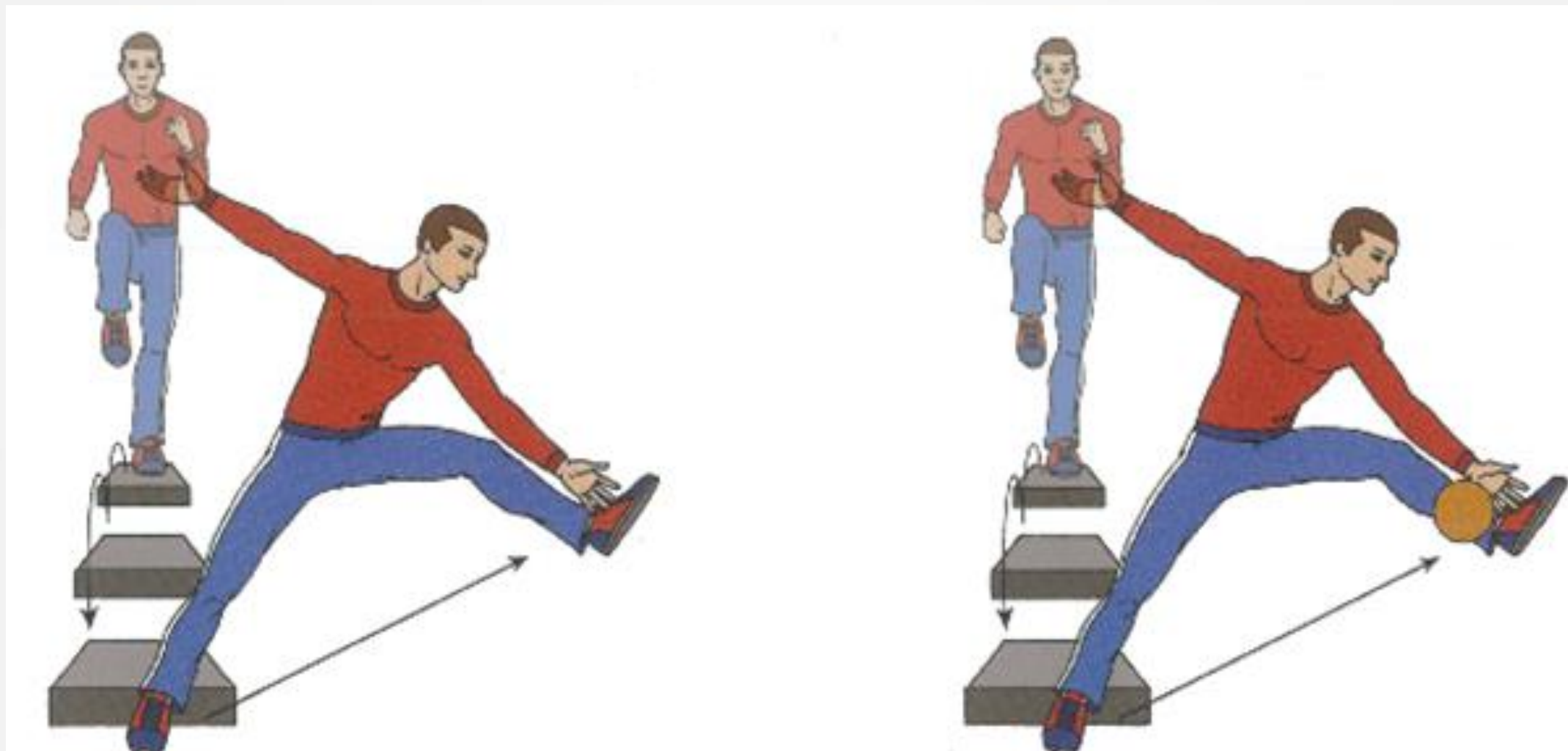
# Saving Medium Exercise 8

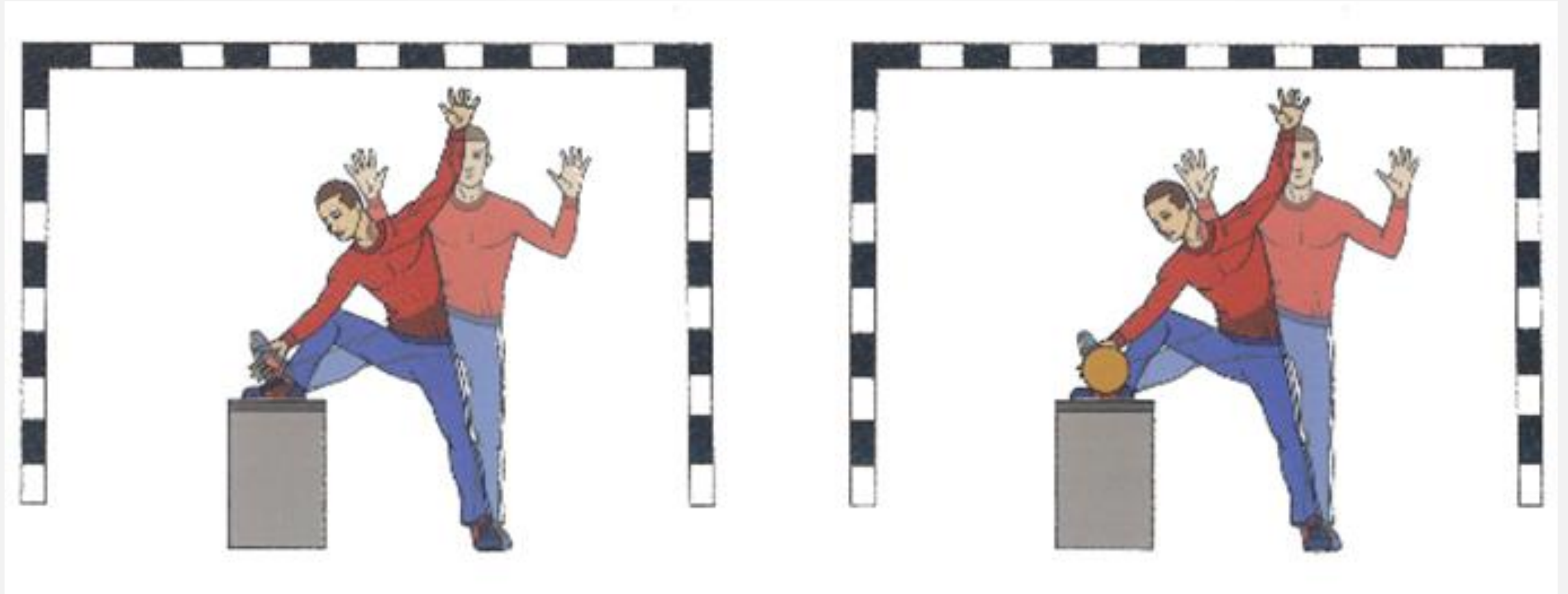






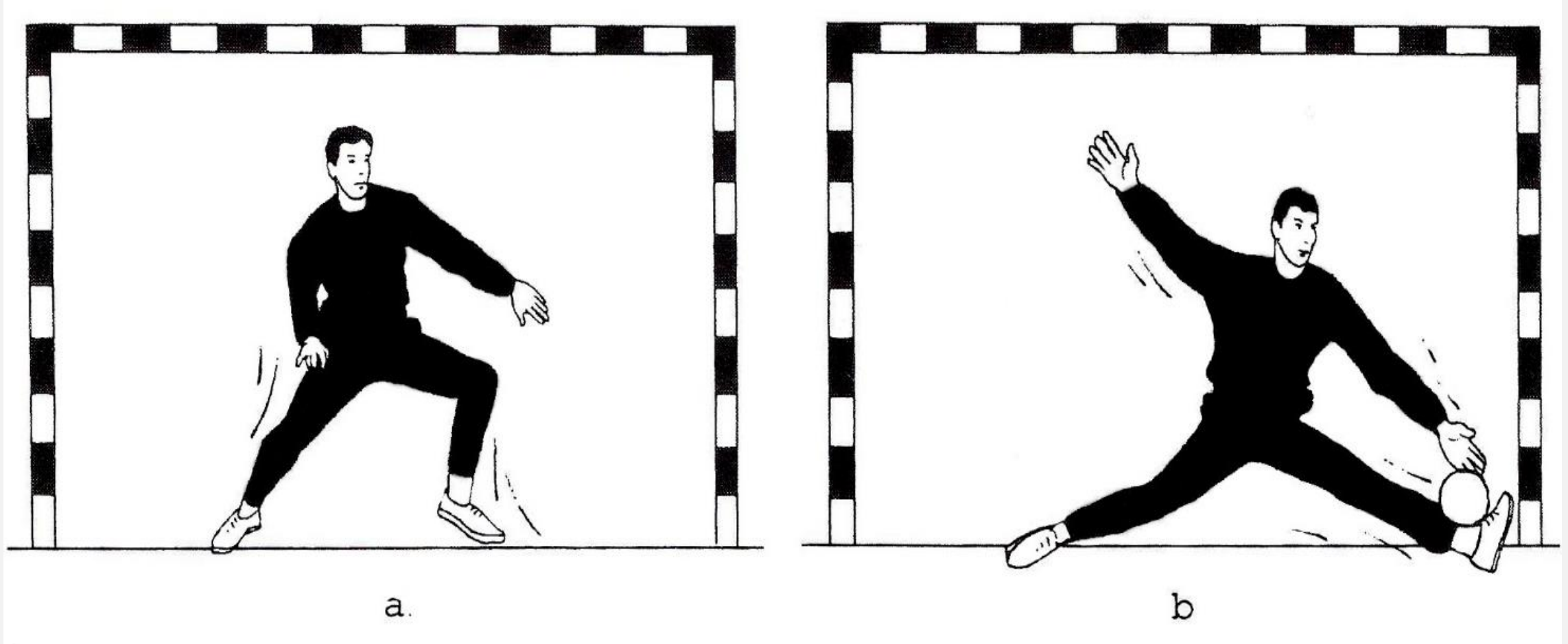






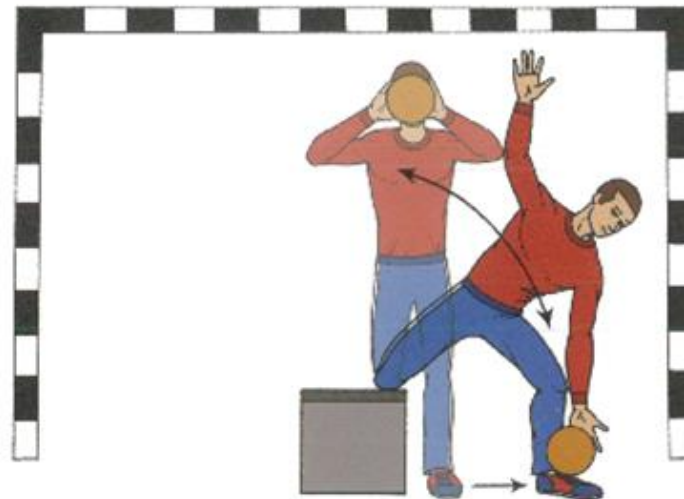
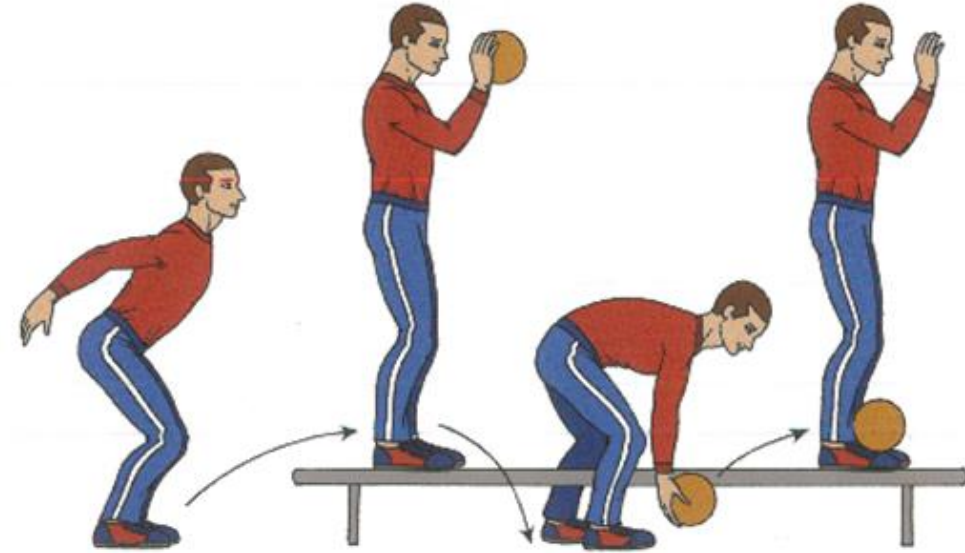


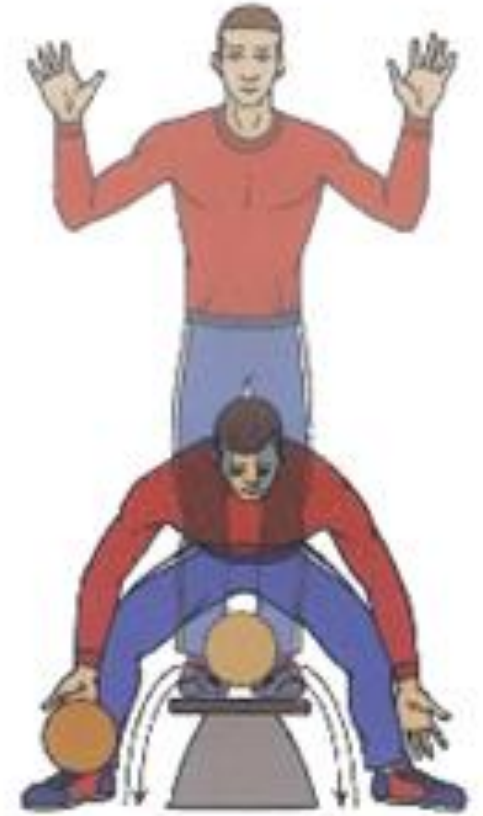
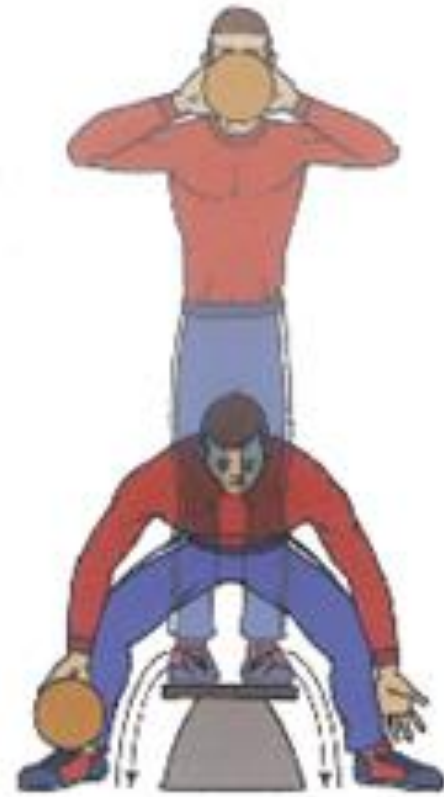
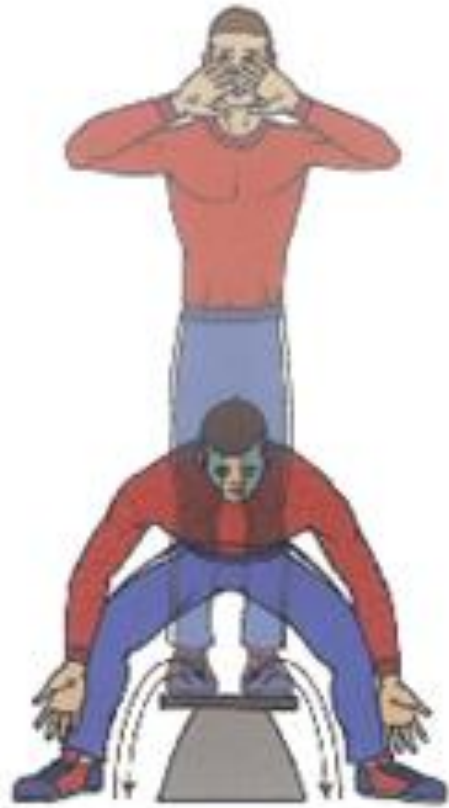
# Sliding Out



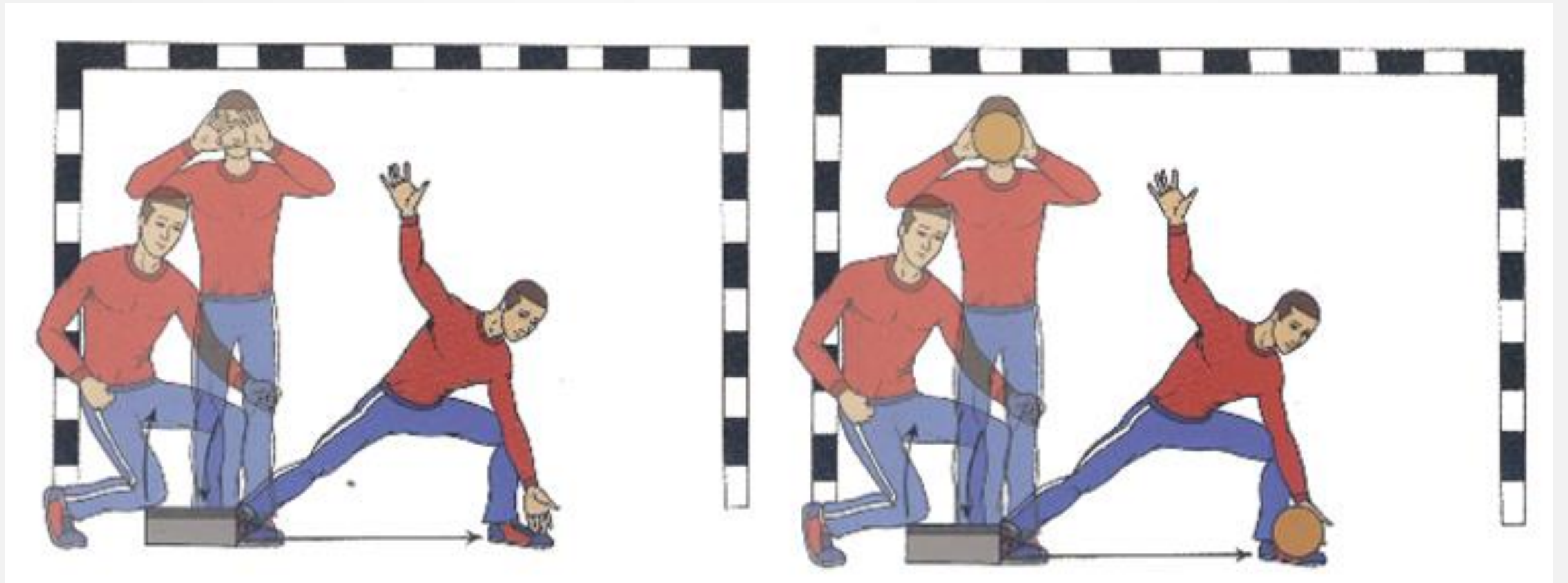
a.

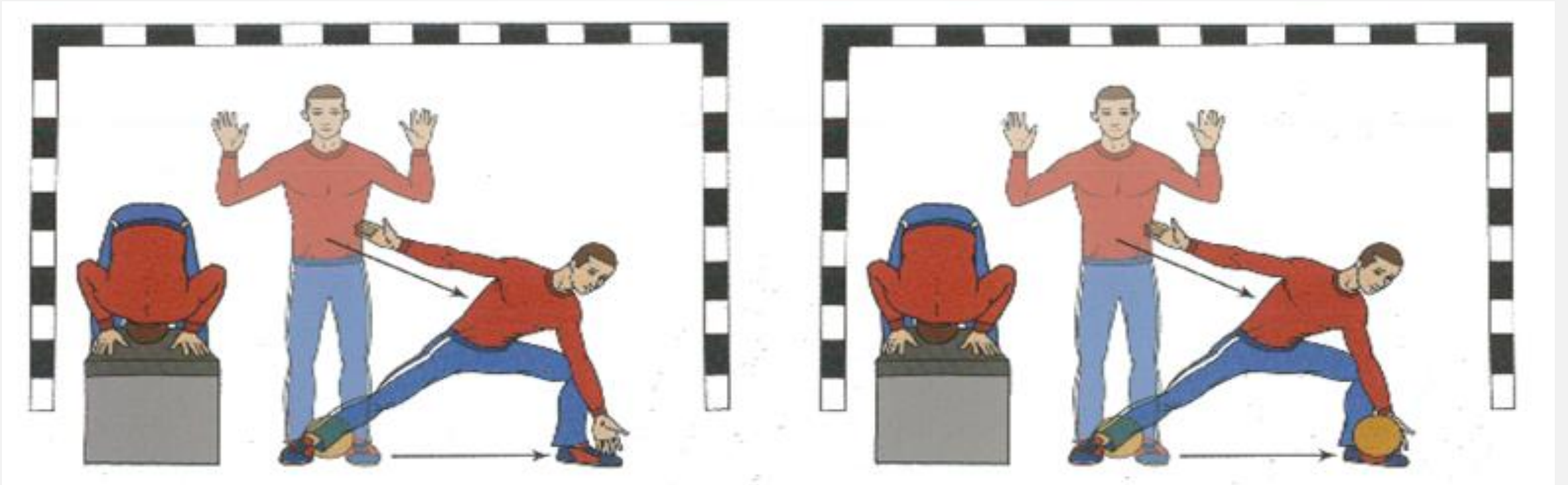
b.

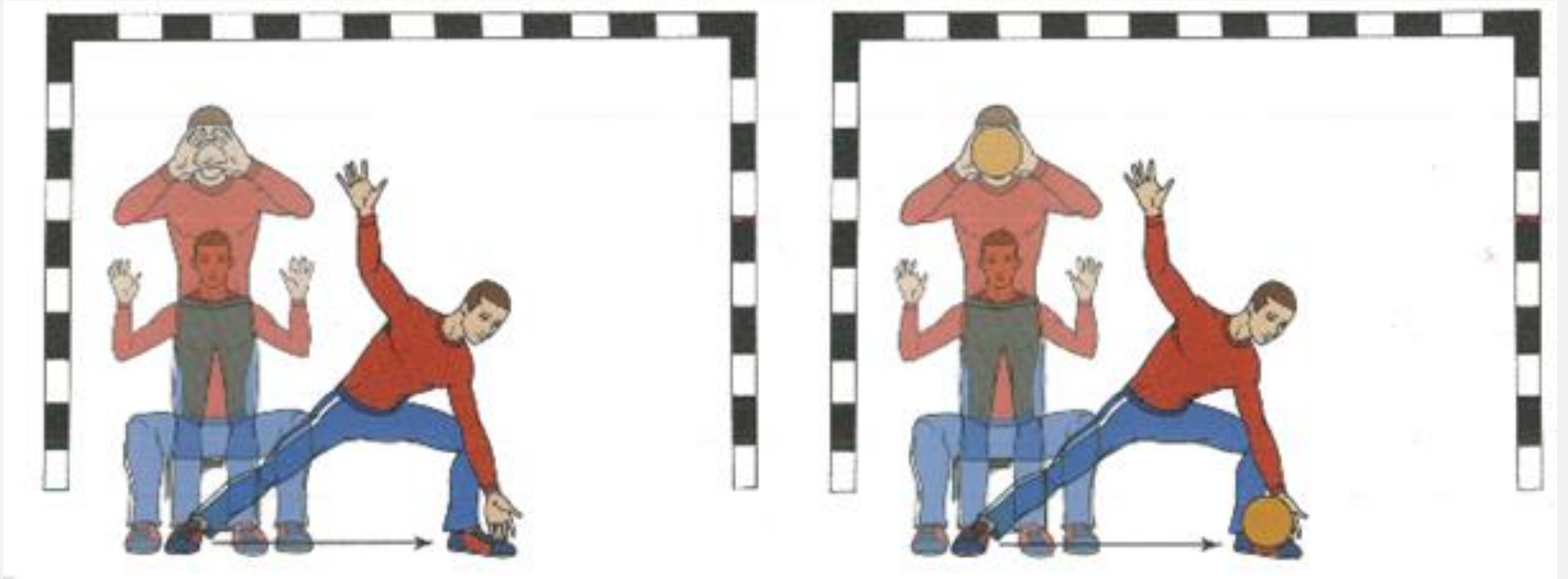




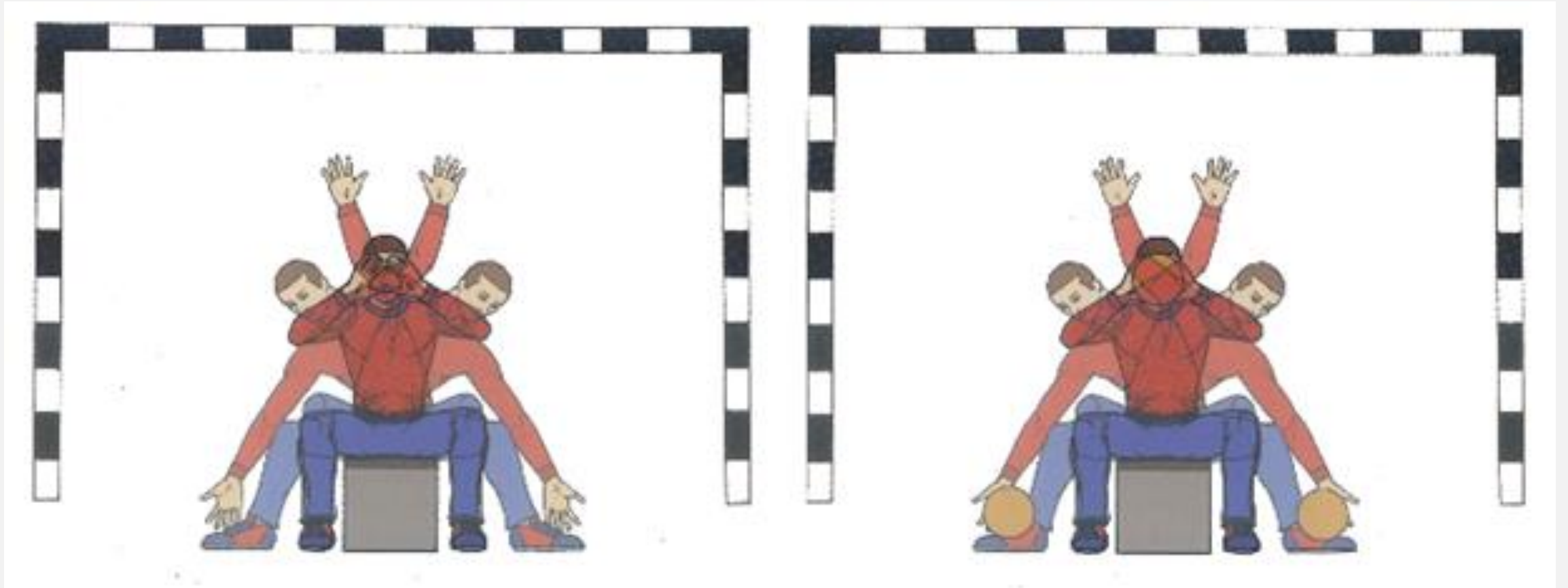
Jump onto the bench















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