

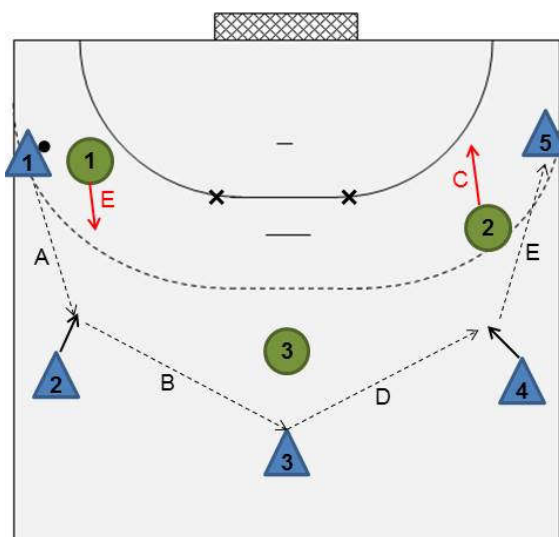
No. 29	Active wing player on the opposite side	8	★★
Equipment required: 2 cones, 1 handball			

Setting:

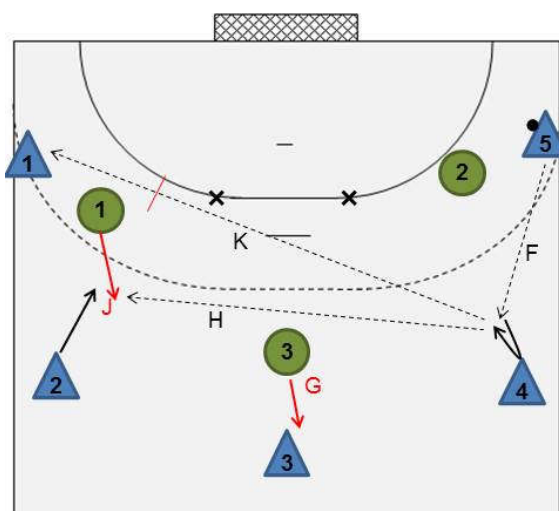
- Position two cones in line with the goal posts.

Course 1:

- ① and ② practice the running moves of the wing players in a defense system with offensive wing players on the opposite side; ③ acts as defense player on the center front position.
- The players pass the ball several times from left to right (A to E) and from right to left (figure 1).
- During the pass from the center to the right back (D), the defense wing player who is on the opposite side of the ball holder (①) steps forward offensively (F).
- As soon as the players pass the ball back to the center and to the other side again, the defense wing players move back again to their former defense wing position (C).



(Figure 1)



(Figure 2)

Course 2 (figure 2):

- Extension of the basic move: The players play a long pass from back position to back position.
- During the pass from the wing player to the back player (F), ③ steps forward into the passing path to ④ (G) and forces a long pass from ④ to ② (H).
- ① tries to catch the ball on his offensive position (J) (figure 3).
- ① must not start too soon, as otherwise ④ could possibly play a pass to ① (K).



(Figure 3)

- Switch tasks after several catching attempts of both wing players.

⚠ The back positions players should start running towards the passing path as they would do in a real game, even though they know that the wing player could try to catch the ball.

⚠ The wing players should try to catch the ball as close to their opponent as possible.

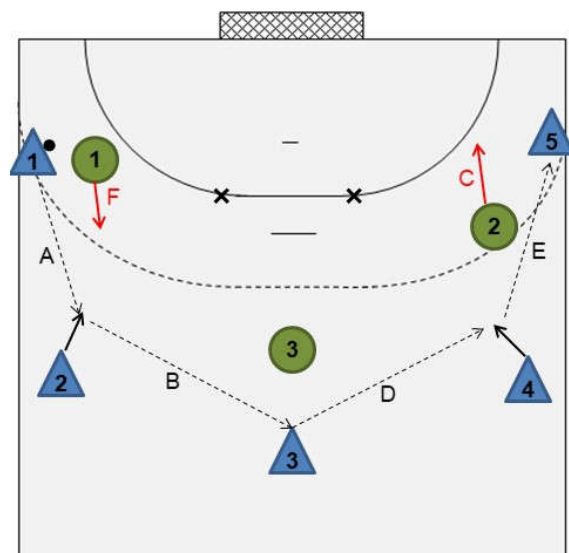
No. 30	Pressing on the wing positions and active wing player on the opposite side	8	★★
Equipment required: 2 cones, 1 ball box with sufficient number of handballs			

Setting:

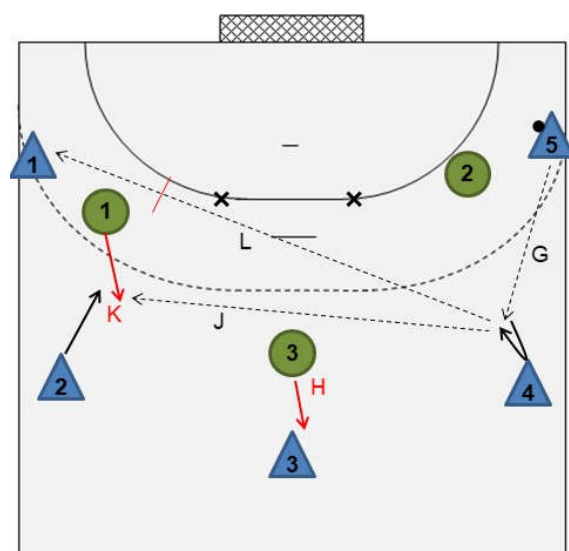
- Position two cones as shown in the figure.

Course:

- **3** starts the drill and passes a ball to **4** (A).
- **2** offensively makes a step forward towards **5** (B) and prevents **4** from playing a pass (C).
- **1** also acts offensively (E) in order to prevent long passes from **4** to **2** (D) or to **1** (not shown in the figure).
- If the players pass the ball back to **3** (figure 2), both defense players get in a more defensive position.
- During the pass from **3** to **2** (F), **1** offensively makes a step forward towards **1** (G) and prevents **2** from passing (H); **2** prevents long passes to the right side (J).
- Switch the defense players after several actions.



(Figure 1)



(Figure 2)