

## Introduction

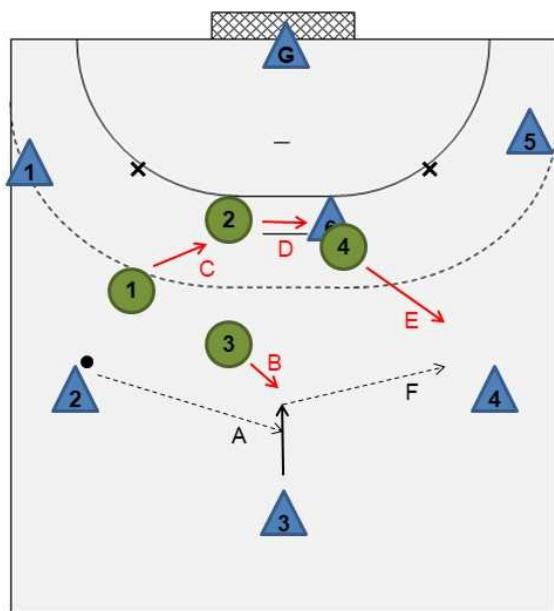
Dear reader

Thank you for choosing a book of the handball-uebung.de training guide series.

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-uebung.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.

Sample figure:



### Publishing information

1st English edition released on 15 Sep 2018

German original edition released on 16 Jun 2012

Published by DV Concept

Editors, design, and layout: Jörg Madinger, Elke Lackner

Proofreading and English translation: Nina-Maria Nahlenz

ISBN: 978-3-95641-220-2

This publication is listed in the catalogue of the **German National Library**. Please refer to <http://dnb.de> for bibliographic data.

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