

2. Structuring a training unit

The focus of the training should run like a red thread through the entire unit. It is advisable to follow the basic timescale below:

- Approx. 10 (15) minutes – warm-up.
- Approx. 20 (30) minutes – basic exercises (2 to 3 exercises max. plus goalkeeper warm-up shooting).
- Approx. 20 (30) minutes – basic play.
- Approx. 10 (15) minutes – target play.

1. timescale for a 60-minute training unit / 2nd timescale in brackets for a 90-minute training unit.

Warm-up practices

- Opening of the training unit: It may be advisable to start the training unit with a ritual (get together in a circle, exchanging high-fives) and to explain the contents and the objectives of the training unit to the players.
- Basic warm-up (jogging, activation of blood circulation and the musculoskeletal system).
- Stretching/strengthening/mobilization (preparing the body for the physical stress of the training unit).
- Short games (these should already focus on the objective of the training unit).

Basic exercises

- Ball familiarization (focused on the objective of the training unit).
- Goalkeeper warm-up shooting (focused on the objective of the training unit).
- Individual technique and tactics training.
- Technique and tactics training in small groups.

In general, the running and passing paths are predefined during the basic exercises (you may increase and vary the requirements during the course of the exercise).

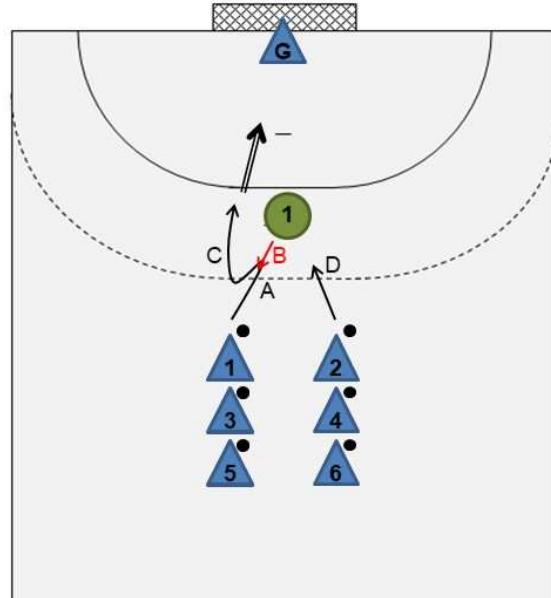
Additional information on basic exercise

- Each player should do the drill (switch quickly).
- Very frequent repetitions.
- The players should rotate or do the drill on both sides simultaneously / slightly delayed to avoid long waiting periods.
- Practice individually (1-on-1 to 2-on-2 max.).
- Add additional tasks/drills, if applicable (to make the exercise more complex).

No.: 1-4	Goalkeeper warm-up shooting	10	45
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Course:

-  **1** starts to run with the ball and lifts his arm for a shot (A).
-  **1** dynamically steps forward towards  and pushes him back in the usual defending manner (about half a meter) (B).
-  **1** moves back to his initial position after the action against .
- After  has been pushed back, he approaches the goal and shoots as instructed (hands, top, bottom, middle) (C).
- Now  starts the same course on the other side (D).



! Make sure that  maintains the correct defense posture (attacking the throwing hand and the diagonal hip).

! The players should give  enough time so that he can move back to his initial position.

!  **1** should push back the attacking player dynamically rather than tackling him.

No.: 5-7	Defense/Team	15	80
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Basic position – Left back player is in ball possession (figure 1):

- 1 stands offensively, next to 2
- 2 shields off the zone behind 1
- 3 stands offensively, slightly orientated towards 1
- 4 stands defensively, if 6 enters this area, 4 takes him over.



Figure 1

Course (figure 1):

- 1 and 5 are the feeders/receivers.
- 2 passes the ball into the running path of 3 (A):
 - o 3 sidesteps towards the center, offensively orientated towards 3 (B).
 - o 1 sidesteps backward to the inner side (C).
 - o 4 offensively steps forward (E).
 - o 2 moves along sidestepping and takes over the defense zone (6) of 4 (D).
- 3 passes the ball to 4 (F).

Basic course for the attacking players:

- The players pass the ball from 1 to 5.
- 2, 3, and 4 try to break through 1-on-1 or to pass the ball to the pivot (6).
- The attacking players should increase the pressure on the defense players during the course of the exercise, in order to challenge the defense players more and more.
- Allow crossing moves and return passes during the further course of the drill.

Basic position – Right back player is in ball possession (figure 2):

- If **6** stays in the zone behind **4**, **2** takes him over. **1** slightly moves to the inner side and covers the zone behind **3**.
- If **6** moves to the left (G), takes him over (H), and **2** covers the zone behind **4**.

! **1**, **2**, and **4** must communicate permanently with each other. Who is in charge of **6**? How far should each defense player move along?

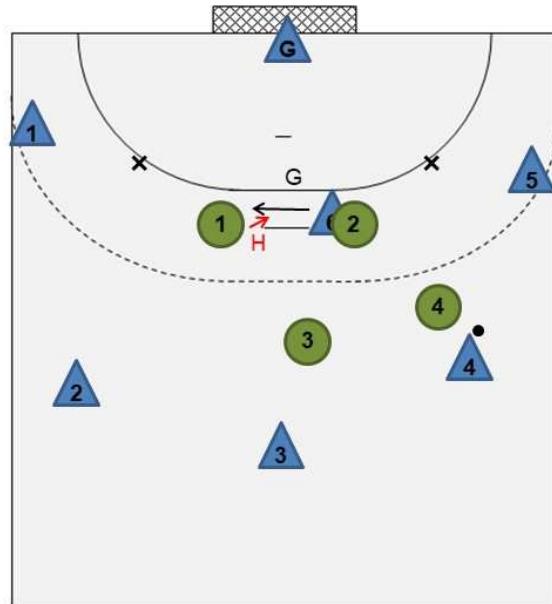


Figure 2

! **6** should be rather static in the beginning. During the further course, however, he may change his position within the zone between the cones again and again.

No.: 5-8	Closing game	10	90
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Course:

- Make two teams. Both teams play handball against each other.

Instructions:

- 3-2-1 defense system; the running paths should be reinforced in a game situation.

! The defense players should communicate permanently and agree upon who is in charge of the respective attacking player.

! The players should use their arms and hold their opponents in front of them.