

Introduction

“Potential with handball – Free-throws” is the third topic Felix Linden, 2nd national handball league coach at HSG Krefeld, highlights for the handball-uebungen.de series. Felix Linden sees a lot of potential with free-throw situations – either through direct shots or subsequent playing variants – that is not yet taken full advantage of.

Many of his fellow coaches think that free-throws regain importance, in particular due to the modification of the passive play rules.

Nelson Weisz, coach of the TUSEM Essen B team states: *“In my opinion, free-throws are an important tactical tool. The modification of the passive play rules (six passes to passive play punishment) in particular, add additional value to free-throws as a tactical means.”* Alexander Herrmann (player at VfL Gummersbach) also notes: *“More and more teams of the national league have implemented a specific system when it comes to free-throws, especially in passive play situations.”*

In this book, Felix Linden highlights free-throws in various game situations.

Following some general preparatory exercises in the first chapter, the second chapter focuses on the fact that the defense players have to keep a distance of three meters to the attacking player carrying out the free-throw. After the free-throw has been carried out by passing the ball out of the block, the attacking players have to put pressure on the defense immediately. Subsequently, the players’ decision-making behavior will be highlighted, as it is of essential importance for successful shots at the goal.

In the chapters 3 and 4, the players develop specific variants that particularly focus on free-throw situations with a forewarning signal for passive play and a limited number of passes left.

Following this, there is a chapter with fixed sequences that can be used immediately after a free-throw. The players should take advantage of the fact that they can create specific playing situations through smart positioning of the attacking players.

The last chapter deals with practicing free-throws in the training environment and adapting closing games in such a way that the free-throw variants can be implemented in almost real-game situations.

Publishing Information

1st edition (22 Apr 2020)

Published by DV Concept

Editors: Felix Linden, Elke Lackner, Jörg Madinger

Design and layout: Jörg Madinger, Elke Lackner

Cover picture: HSG Krefeld, Andreas Drabben (www.samla.de)

Post-editing: Nina-Maria Nahlenz

Pictures: Gisbert Schlemmer, HSG Krefeld, Andreas Drabben (www.samla.de)

ISBN: 978-3-95641-270-7

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

The work and its components are protected by copyright. No reprinting, photomechanical reproduction, storing or processing in electronic systems without the publisher's written permission.