

## My best 10 shooting drills for young handball players

As a team handball coach, when talking about shooting drills, I always separate them by six primary court positions: left wing (LW), left back (LB), center back (CB), right back (RB), right wing (RW) and circle runner/pivot (C/P). That way we can clearly see the difference between those drills.

Each recommended drill will be represented in three stages. In the first stage, the drill involves individual learning and practice between a player, coach and goalie. In the second stage, the drill progresses into a group exercise without defense. In the third stage, players practice/improve their shooting technique and accuracy against semi- and fully active defense.

Depending on circumstances (i.e., players' experience) and coach's particular goals, it is possible to manipulate the drills (i.e., increase/decrease difficulty, foster development of certain conditioning elements) to meet those concrete teaching objectives.

All selected exercises will be presented in the following order:

1. shooting drills for left wing
2. shooting drills for right wing
3. shooting drills for left back
4. shooting drills for right back
5. shooting drills for center back
6. shooting drills for circle/pivot

### Legend:

 - goalie	 - defense player #1	 - passing
 - left wing	 - defense player #2	 - running
 - left back	 - defense player #3	 - crossing
 - center back	 - defense player #4	 - attacking
 - right back	 - defense player #5	 - shooting
 - right wing	 - defense player #6	 - ball
 - circle	 - coach	 - cone

**Name of Activity:**

Shooting on the goal from six primary court positions

**Purpose:**

To practice technique and accuracy of various shots from all six primary positions on the court including dive shots from circle position, without and with active defense.

**Prerequisites:**

Previous demonstration, explanation, and learning/individual practice of basic shooting techniques from wing positions, back court positions, and from goal area line had taken place.

**Materials Needed:**

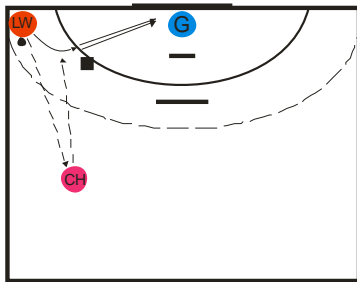
Up to 10 handballs (Size 2 or 3), cones

**Field Preparation:**

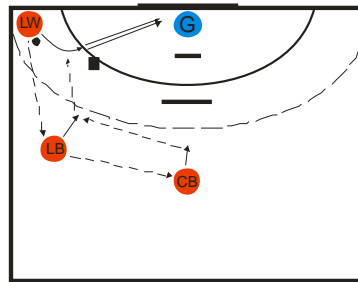
We will use both sides of the court and have players practice shooting on both goals.

**Variations:**

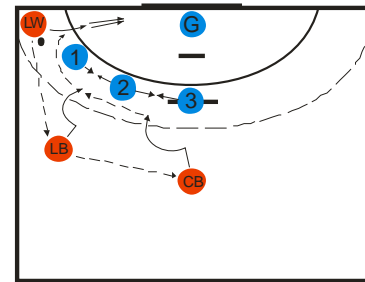
- a) individual shooting on the goal
- b) group shooting drill on the goal without the defense
- c) group shooting drill on the goal with defense

**1. LEFT WING:**

**Picture A:**  
Ball: LW - CH - LW - shoot



**Picture B:**  
Ball (without defense):  
LW - LB - CB -  
LB - LW - shoot



**Picture C:**  
Ball (with defense):  
LW - LB - CB -  
LB - LW - shoot

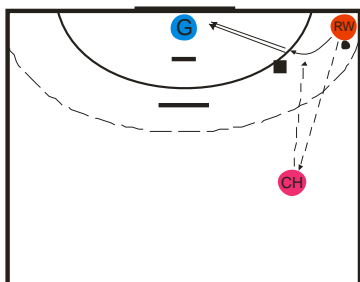
**Description:**

**Picture A:** Left wing practice shooting on the goal after exchanging a pass with a coach (CH).

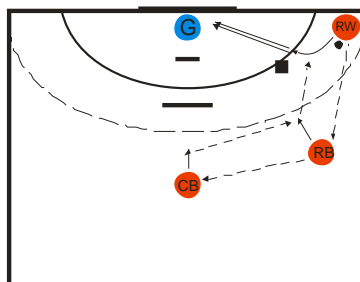
**Picture B:** Left wing practice shooting on the goal after receiving a pass from LB who exchanges a pass with CB. Left back can practice different ways of passing the ball to the LW (i.e., behind back, bounce pass, etc.) Center Back can practice various fakes and piston movement combined with different reverse passes to LB.

**Picture C:** Left wing practice shooting on the goal but in a game-like situations with 2-3 semi- and fully active defenders. The passing pattern stays the same. Yet, the situation allows for practice in direct contact with defenders. Also, it forces LB and CB to make offensive moves between defenders (attacking gaps) and creates an overload.

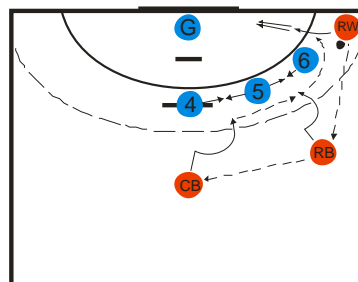
## 2. RIGHT WING:



**Picture A:**  
Ball: RW - CH - RW - shoot



**Picture B:**  
Ball (without defense):  
RW - RB - CB -  
RB - RW - shoot



**Picture C:**  
Ball (with defense):  
RW - RB - CB -  
RB - RW - shoot

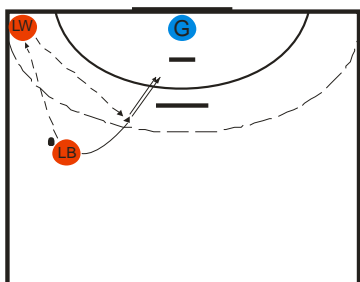
### Description:

**Picture A:** Right wing practice shooting on the goal after exchanging a pass with a coach (CH). By moving the cone's position along 6 meter line, RW may have more or less space for his approach.

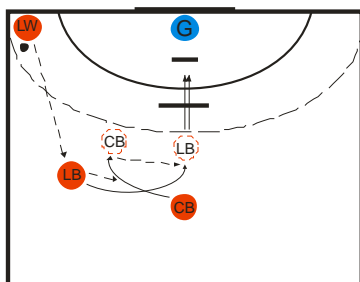
**Picture B:** Right wing practice shooting on the goal after receiving a pass from RB who exchanges a pass with CB. Left back can practice different ways of passing the ball to the RW (i.e., behind back, bounce pass, etc.) Center Back can practice various fakes and piston movement combined with different reverse passes to RB.

**Picture C:** Right wing practice shooting on the goal but in a game-like situations with 2-3 semi- and fully active defenders. The passing pattern stays the same. Yet, the situation allows for practice in direct contact with defenders. Also, it forces RB and CB to make offensive moves between defenders (attacking gaps) and creates an overload.

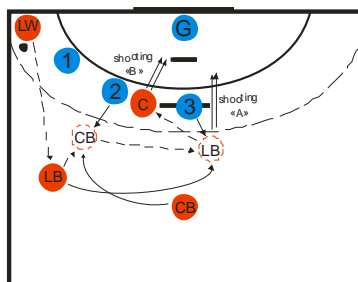
## 3. LEFT BACK:



**Picture A:**  
Ball: LW - LB - shoot



**Picture B:**  
Ball (without defense):  
LW - LB - CB x LB - shoot



**Picture C:**  
Ball (with defense):  
LW - LB - CB x LB - shoot  
LB - C - shoot

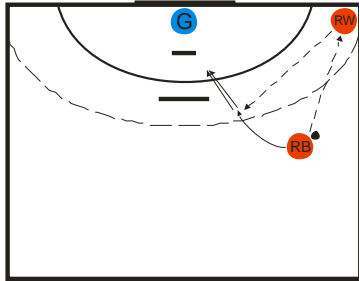
### Description:

**Picture A:** Left back gets the ball from the left wing and makes the jump-shot from the 9 meter line on the goal.

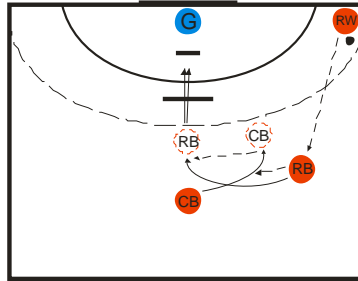
**Picture B:** Left back changes position with CB (crossing) and practice jump-shot on the goal from the center of the court without the defense.

**Picture C:** As in B but left back, after changing position with CB, either shoots on the goal or passes to the circle (C) who in turn shoots on the goal. The 4 vs.3 situation allows for practicing cooperation between LW-LB-CB and C.

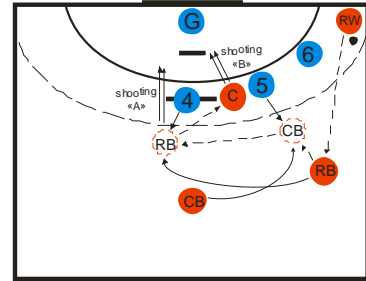
#### 4. RIGHT BACK:



**Picture A:**  
Ball: RW - RB - shoot



**Picture B:**  
Ball (without defense):  
RW - RB - CB x RB - shoot



**Picture C:**  
Ball (with defense):  
RW - RB - CB x RB - shoot  
RB - C - shoot

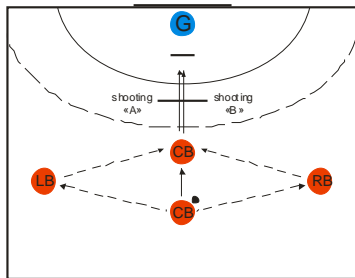
#### Description:

**Picture A:** Right back gets the ball from the right wing and makes the jump-shot from the 9 meter line on the goal.

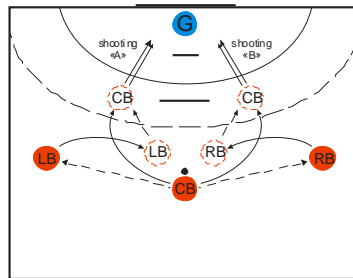
**Picture B:** Right back changes position with CB (crossing) and practices jump-shot on the goal from the center of the court without the defense.

**Picture C:** As in B but right back, after changing position with CB, either shoots on the goal or passes to the circle (C) who in turn shoots on the goal. The 4 vs.3 situation allows for practicing cooperation between RW-RB-CB and C.

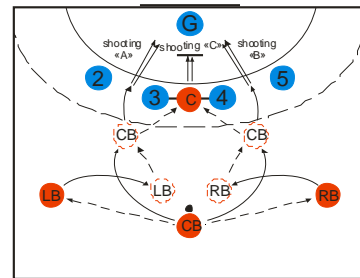
#### 5. CENTER BACK:



**Picture A:**  
Ball:  
A: CB - LB - CB - shoot  
B: CB - RB - CB - shoot



**Picture B:**  
Ball (without defense):  
A: CB - LB x CB - shoot  
B: CB - RB x CB - shoot



**Picture C:**  
Ball (with defense):  
A: CB - LB x CB - shoot  
B: CB - RB x CB - shoot  
C: CB - RB x CB - C - shoot

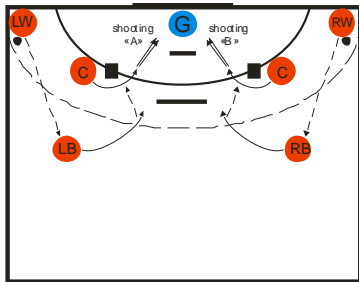
#### Description:

**Picture A:** Center back passes to/receives the ball alternately from LB/RB and takes jump-shots on the goal from the 9 meter line. It is possible to double the positions and have 1-3 CBs taking turns.

**Picture B:** Center back changes positions with LB and RB (crossing outside) and takes jump-shots on the goal without the defense. The focus is on tempo, rhythm, timing, and shooting technique/accuracy.

**Picture C:** As in B but center back, after changing position with LB/RB, either shoots on the goal or after attacking the gaps, between defenders 2 and 3 or 4 and 5, passes to the circle (C) who in turn shoots on the goal. The 4 vs.3 situation allows for practicing cooperation between LB-CB-RB and C. Also, defenders can be challenged to practice shifting, marking circle (C), blocking, etc.

## 6. CIRCLE:

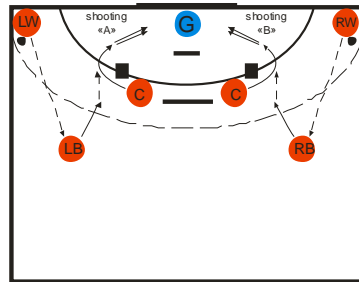


**Picture A:**

**Ball:**

**A:** LW - LB - C - shoot

**B:** RW - RB - C - shoot

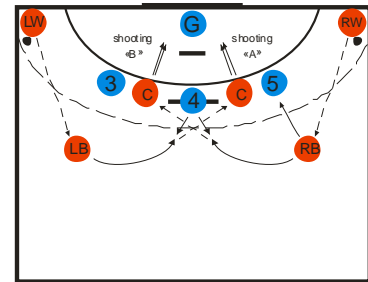


**Picture B:**

**Ball:**

**A:** LW - LB - C - shoot

**B:** RW - RB - C - shoot



**Picture C:**

**Ball:**

**A:** LW - LB - C - shoot

**B:** RW - RB - C - shoot

### Description:

**Picture A:** Two circles take turns shooting on the goal from 6 meter line after receiving passes from their respective left backs (LB) and right backs (RB). They should start on the outside of set cones and move inside as the ball advances from LW/RW toward LB/RB and is ultimately passed to them. This exercise simulates breaking free from defenders.

**Picture B:** As in A, but now the shots are taken from the outside areas. It forces circles to practice shooting from disadvantageous positions and turn their upper bodies to increase shooting angle. Left and right backs can practice various types of fake and situational passes.

**Picture C:** Two circles stand between three defenders (3,4,5) and after receiving passes from either LB or RB, they take turns shooting on the goal.

Marko Brezic  
West Regional Coach  
USA Team Handball