



**2005 YOUTH COACHES' COURSE**  
**during the**  
**2005 Women's 17 European Championships**

Practical Session : Decision Making Basics  
W. Pollany / AUT / EHF MC

**PART 1 : Basic general games**

**1. Right Hand Traffic**

Coach moves freely around, the players have to stay on his right hand side. If they lose this position they have to get back in the right position as fast as possible.

**2. Shadowing games**

Basically like the above, players are in pairs, commanding player might implement small exercises additionally. Change of roles after 45 secs.

**3. Sardines**

In pairs. Players lie on their stomach next to their partner, all pairs scattered around the hall. One catcher and one hunted player. The hunted can save himself by lying next to one of the pairs, the outside player now becomes the catcher and the former catcher now is the hunted. Faints allowed, but if the hunted touches the floor with a different part of the body than feet, he is to lay down.

**4. Odds and Evens**

Two groups on their stomach, facing each other. Group of catchers is shown or announced. Take care of safety distance, chasing only to fixed line.

**5. Passing in numbers**

Passing in the group, all moving. After pass sit and get up again. 1-3 balls. Extension: passes with hand shown only.

**6. War of balls**

Continuous passing in groups of three moving. All handball rules apply, additionally each touch of the floor by the ball is disallowed. Every mistake results in penalty for the respective group.

Each group might send out 1 Red Indian in order to intercept passes of the other. This player has to play the flying ball only.

If the group is pretty advanced, 2 balls per 3 players.

Variation: Frisbee game

**6. Elimination**

2 teams play each other, device may be Frisbee or ball. Ball holding group tries to touch the players of the other group with the Frisbee (or ball) or to force them to leave the marked area. The other group is on the run only, intercepting passes on purpose is not permitted. If all the players of the team on the run are eliminated correctly, 1 point is scored.

If the device falls to the ground before that, there is turnover and all the players that have been eliminated before are allowed to return back to the area.

Games continue to best of 3 or best of 5.