



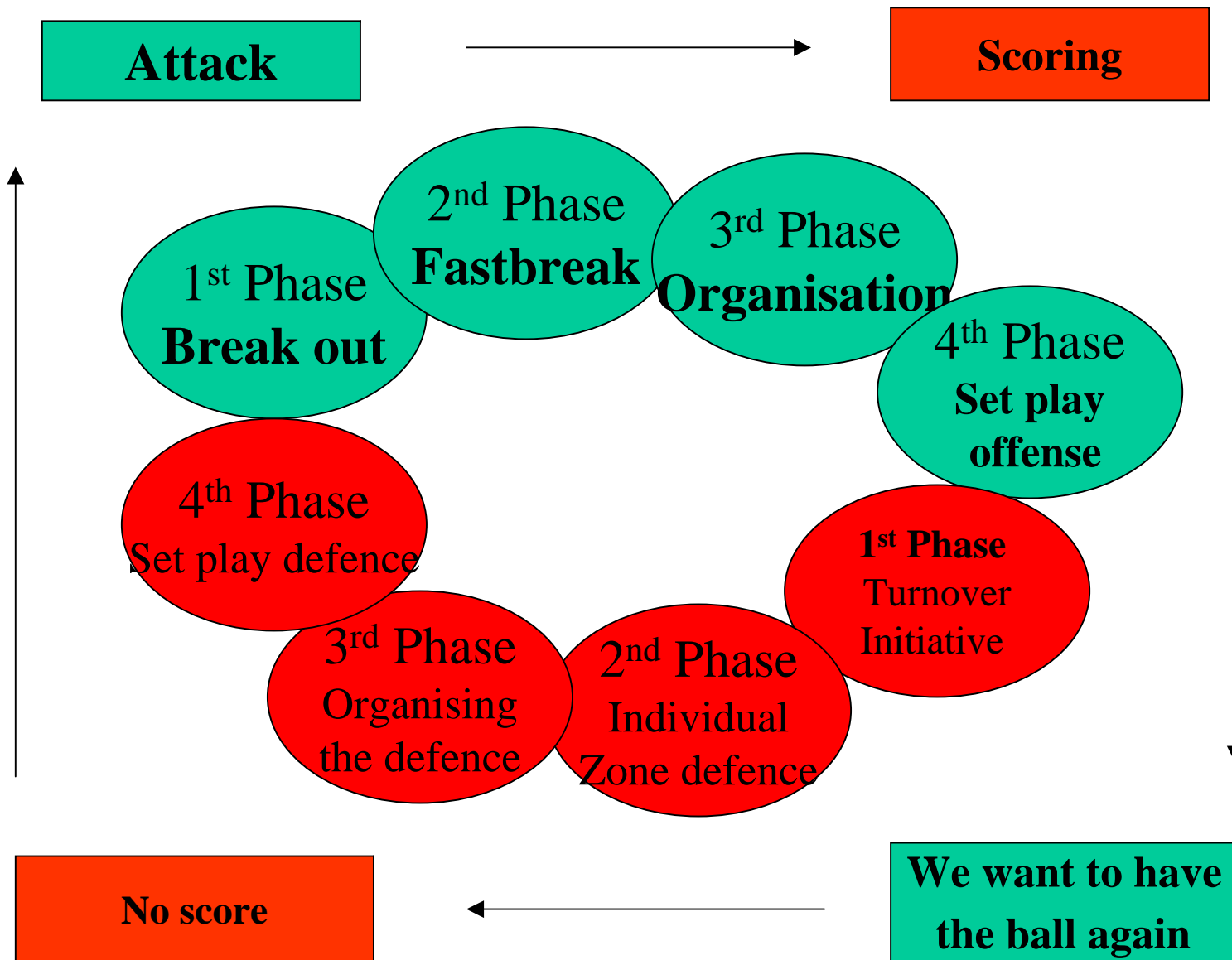
Czech Republic

National Trainers Course

Zlin by EHF

Handball fun for everybody

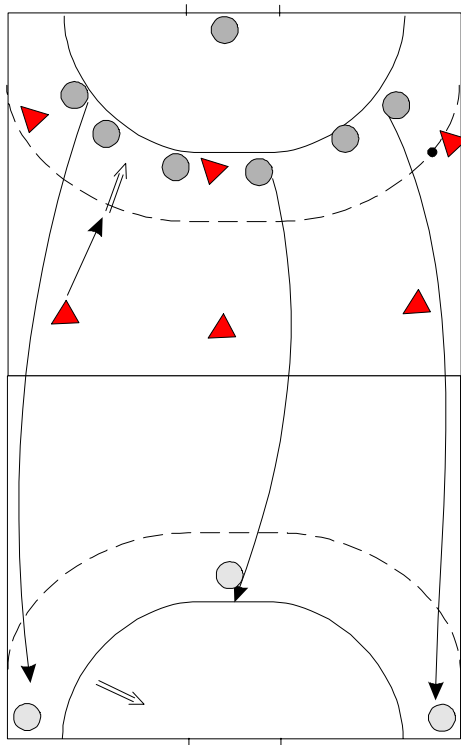
CV: Bert Bouwer





1st Phase
Turnover
initiativ
offense

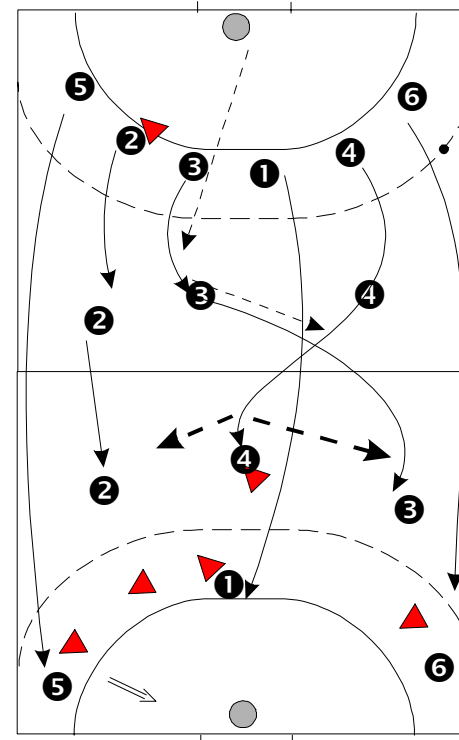
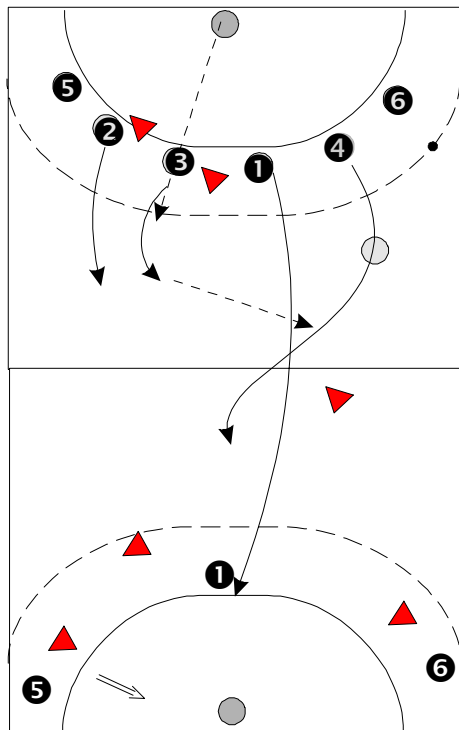
1st Phase



Playing with a red
line in your game



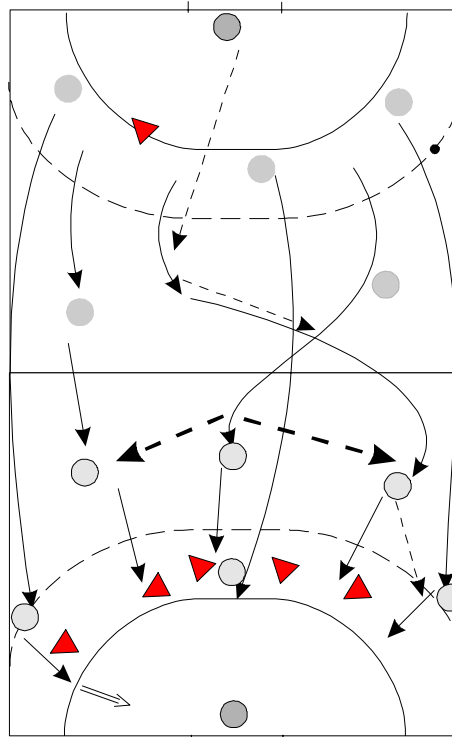
2nd Phase



Everybody
has to
know what
to do.



3rd Phase



Overview and agreements are very important.

Believe in what you play.

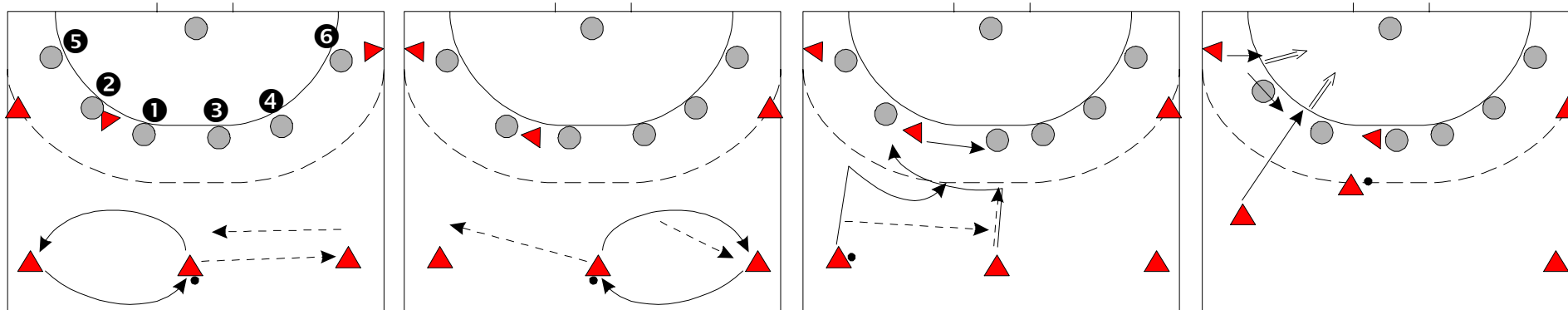
Accept your role.



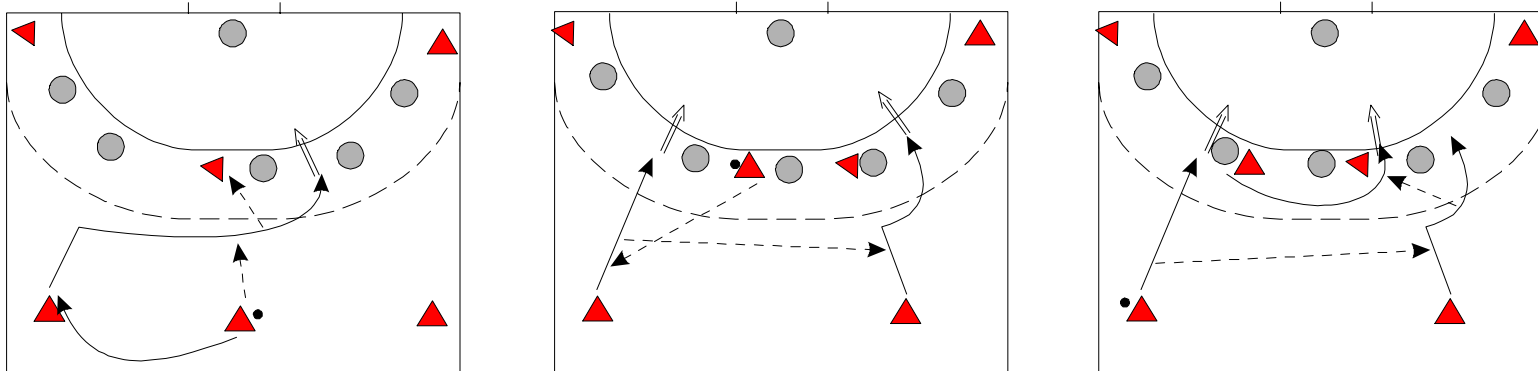
4th Phase

4th Phase
Set play
offense

Crossings



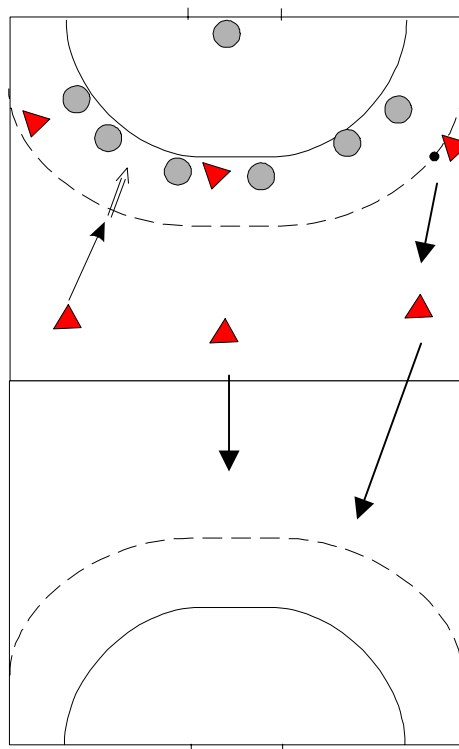
6 on 5 wide



Bringing in systems for a dynamic way of handbal



Defence 1st Phase



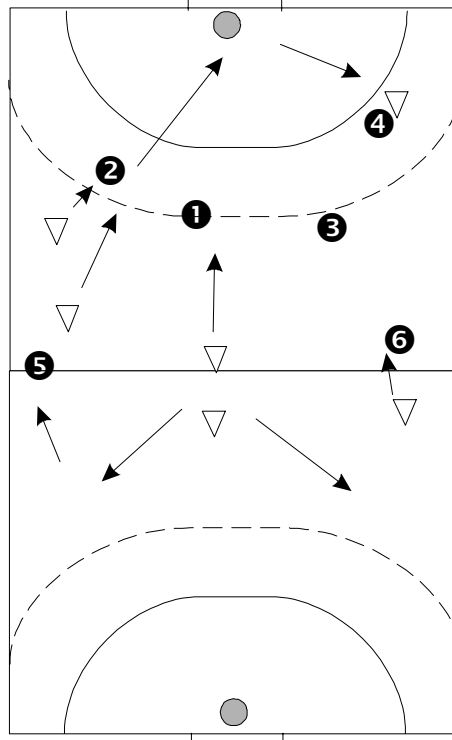
Do not talk about defence.

We just want the ball back.

Taking initiative



Defence 2nd Phase



Put the offense of your opponent under pressure.

Turn early and try to break the game

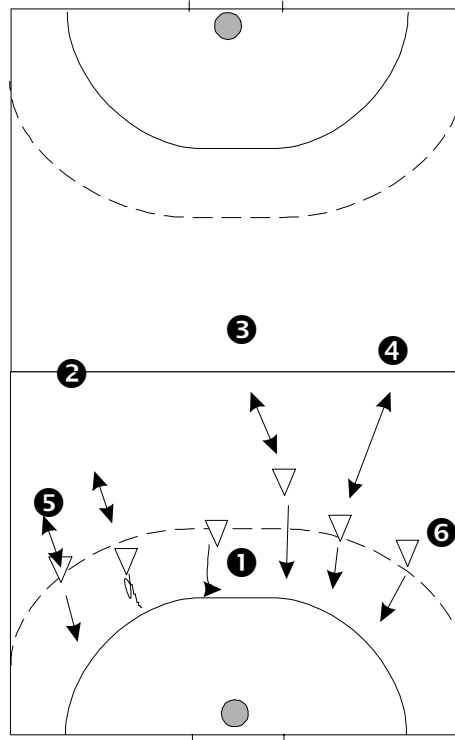


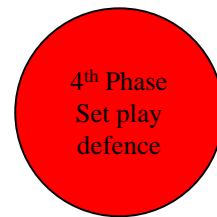
Defence 3rd Phase



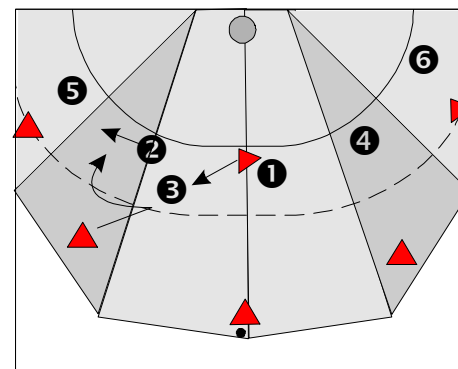
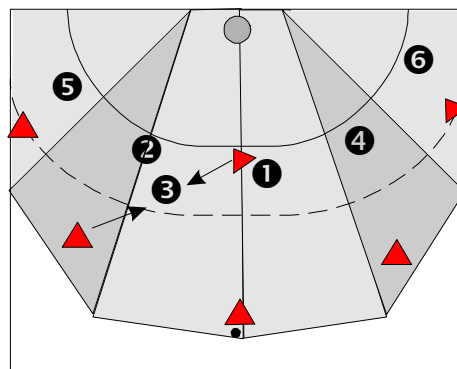
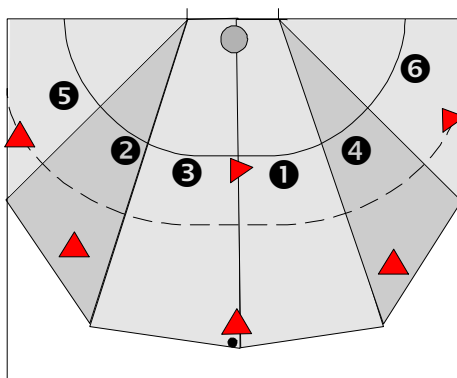
Communication
and you must be
prepared for your
role.

And you must
accept your role.

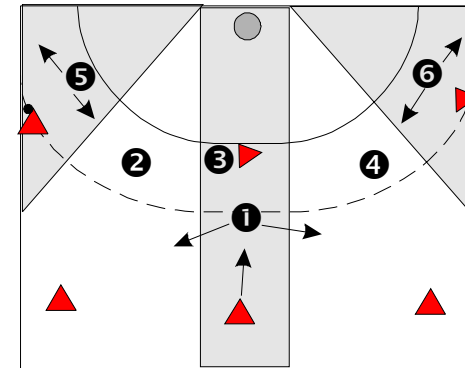
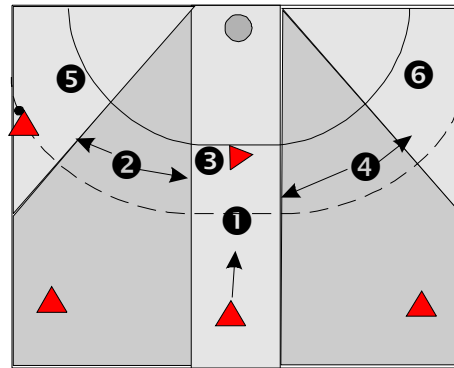
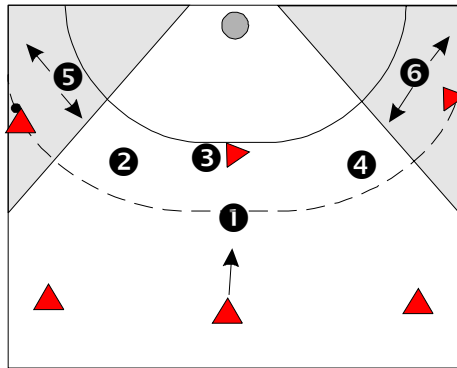




Defence 4th Phase

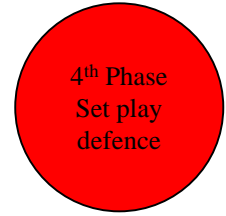


Do you know your task in the defence?

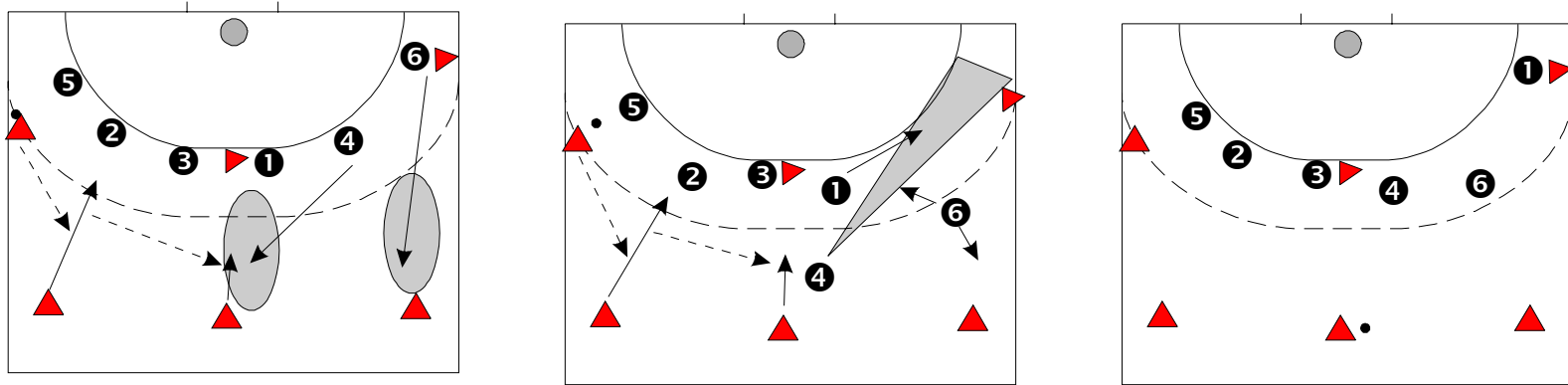


If you change the system: - is your team in panic or
- is it a challenge.

Do they understand why you change and do they trust in the change



4th Phase of Defence



This demonstrated form of crossing in defence can be used to stop dynamic play of the offence. It brings man advantage situations for the defence resulting in very dynamic play of the defence. Look at complete switch of players 1,4 & 6.

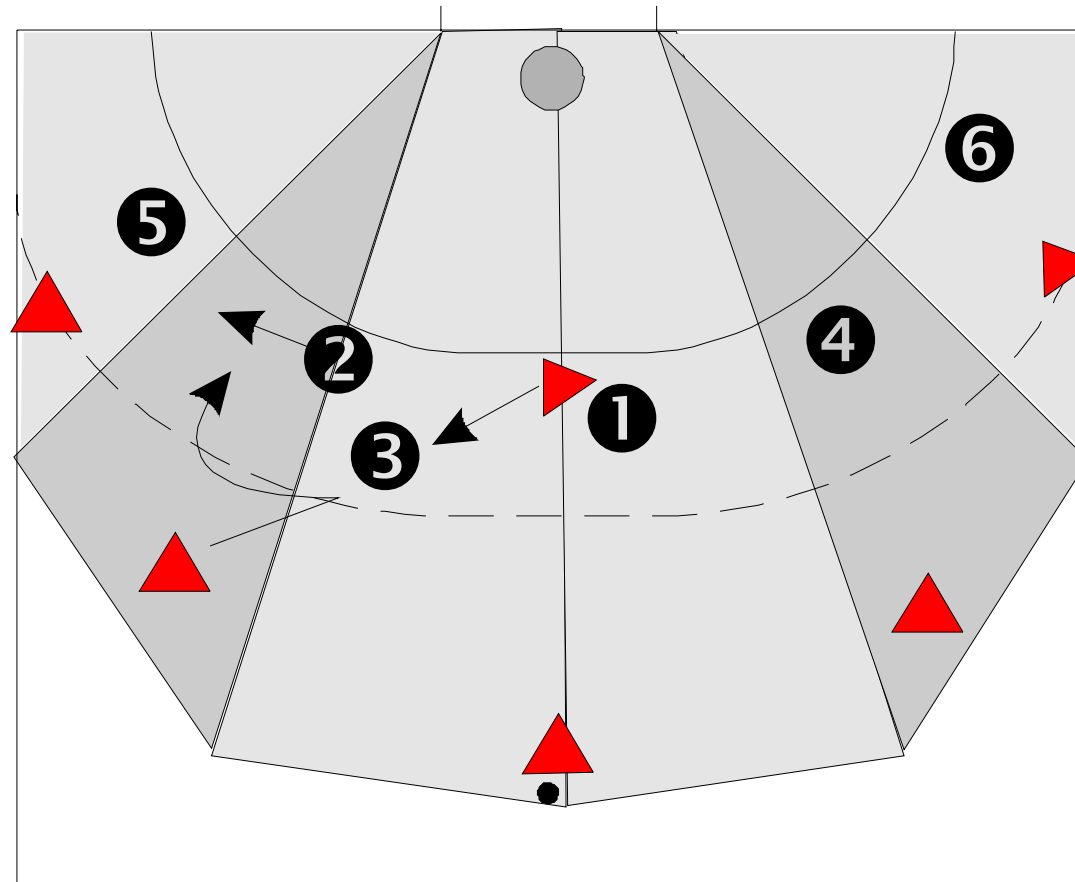


Development and tendencies in international female handball



Swedish 6:0

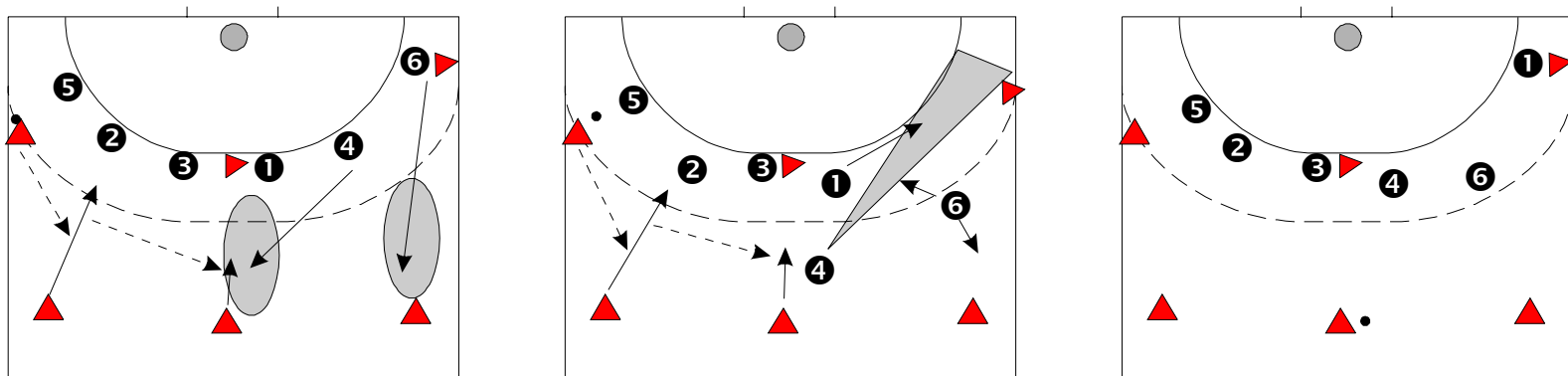
dynamic handball





Crossing in defence: from a 6:0 defence to a more and more open defence.

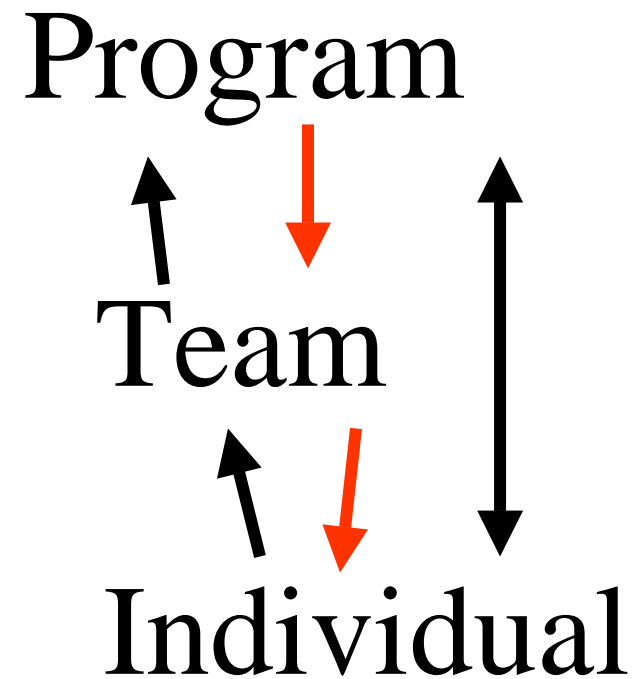
From crossing on the wings to cross also on the backplaces.



Everytime the attacker will have a different player in front of him.



Top sports law



Program goes before team—Team goes before individual



Program Tophandballer

Week energy

