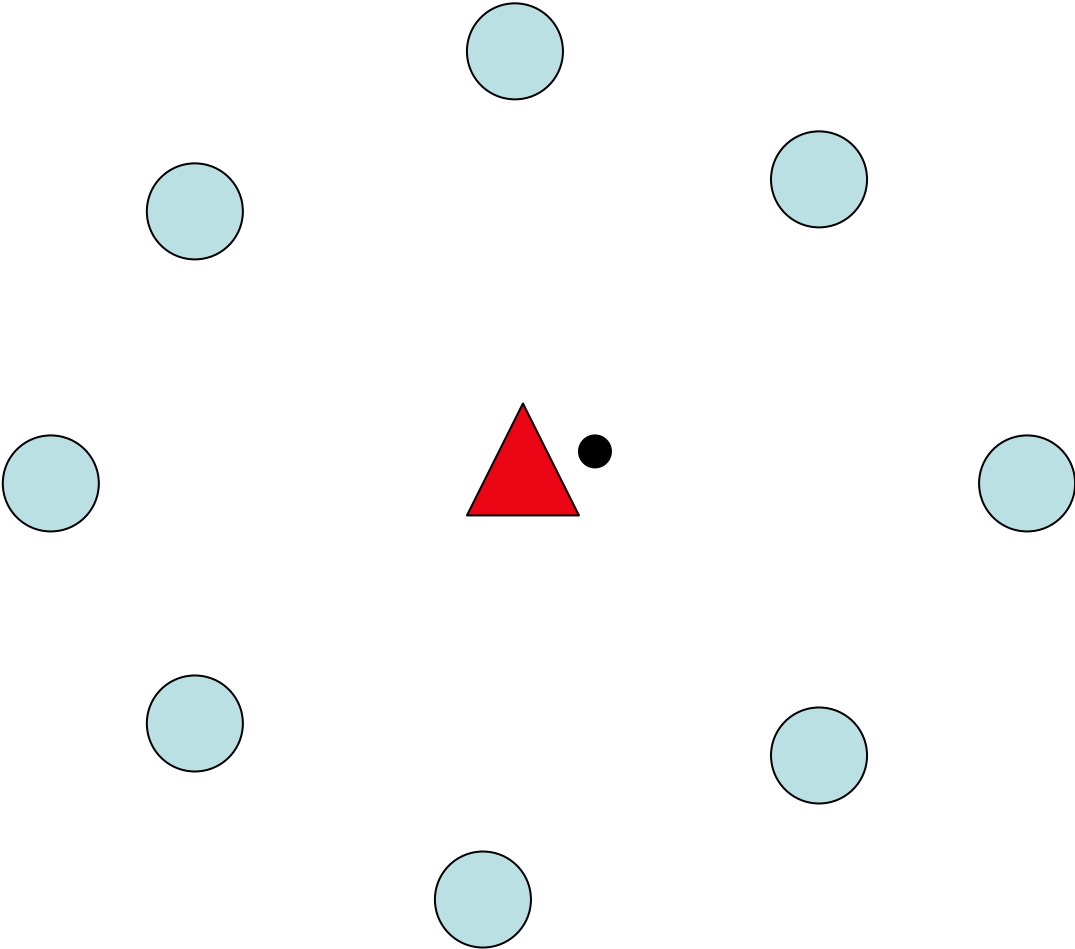


# 2006 EHF Top Coaches' Seminar

- The development of individual qualities
- Dr. Branislav Pokrajac



Exercise num.1

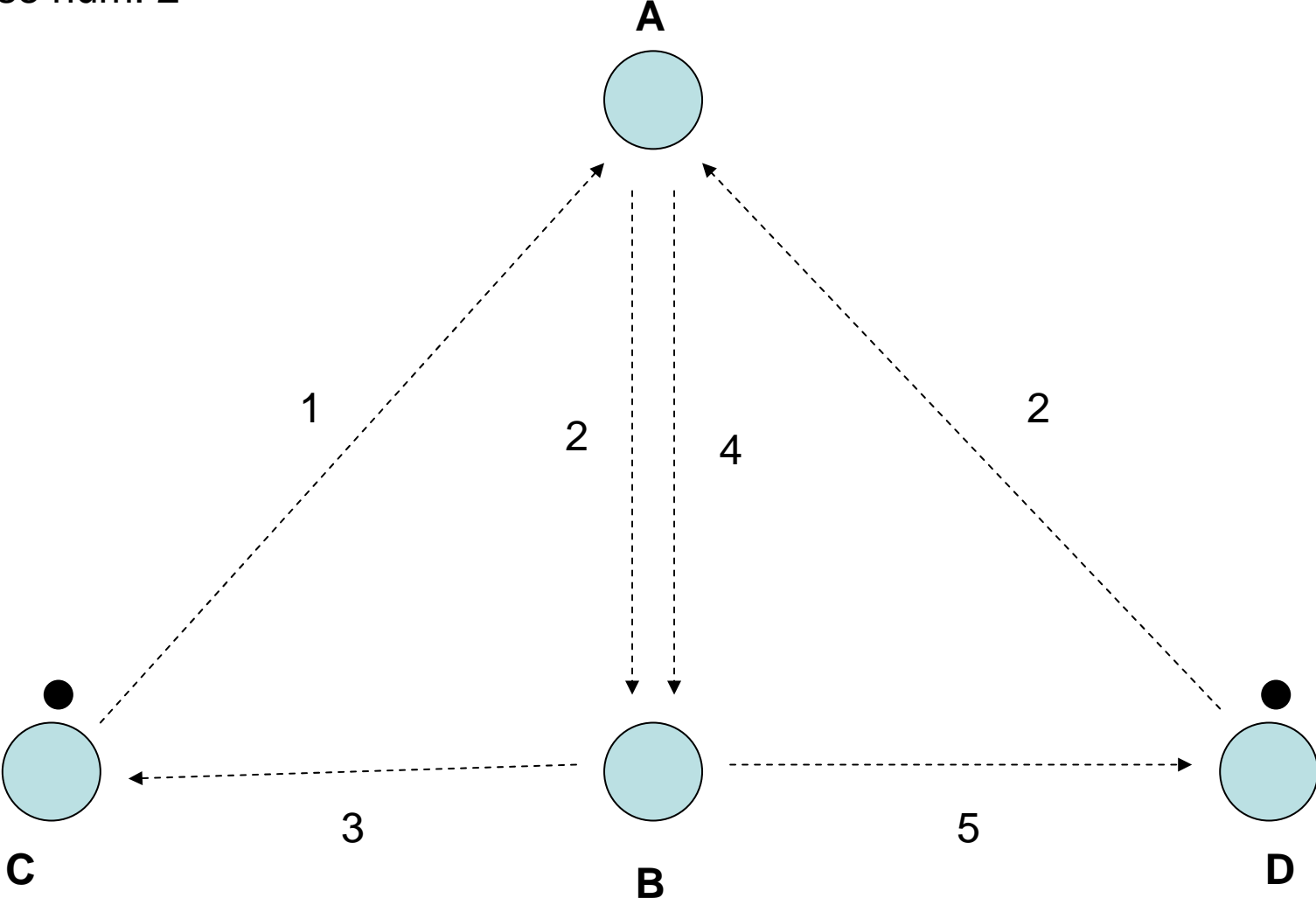


# Text – exercise num.1

- Player in the middle of circle can pass ball to any player. He can, also, use “finta” of passing and “show” that he will pass ball to one player and in last moment to pass to any other player. Before the catching the ball, player who expect the ball have to clap by hands. Mistake is if somebody catches the ball without clap or if somebody does clap but the ball got other player.



Exercise num. 2

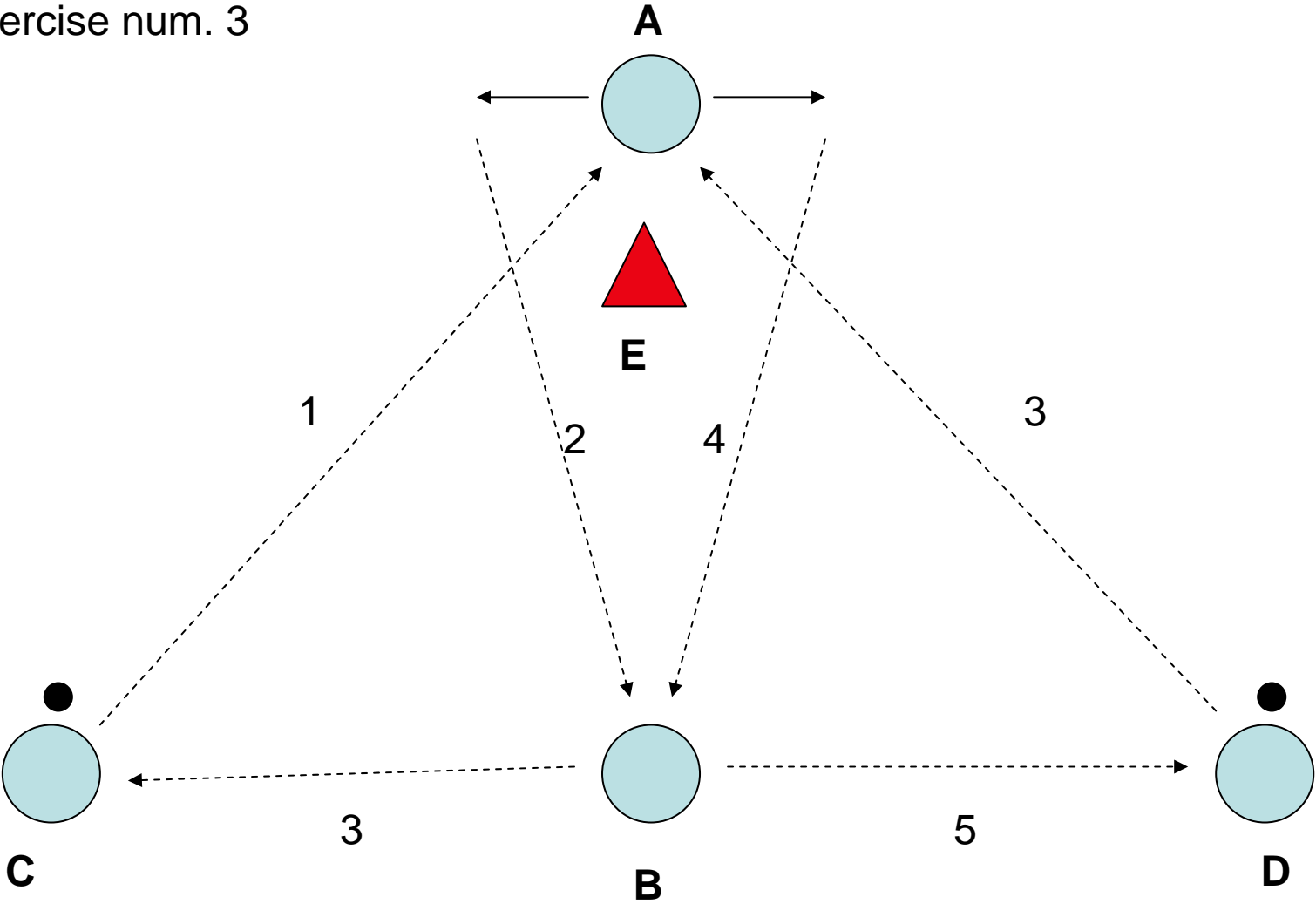


# Text – exercise num. 2

- Players A, C and D use any technique of passing the ball. Player B some variations:
- He will pass ball by right arm to left side and by left arm to right side.
- Pass will be by right arm to right side and by left arm to left side.
- Free choice using the both possibilities of first two variations.
- Same variations of passing but players C and D use short sprint (2-3 m.) forward.



Exercise num. 3

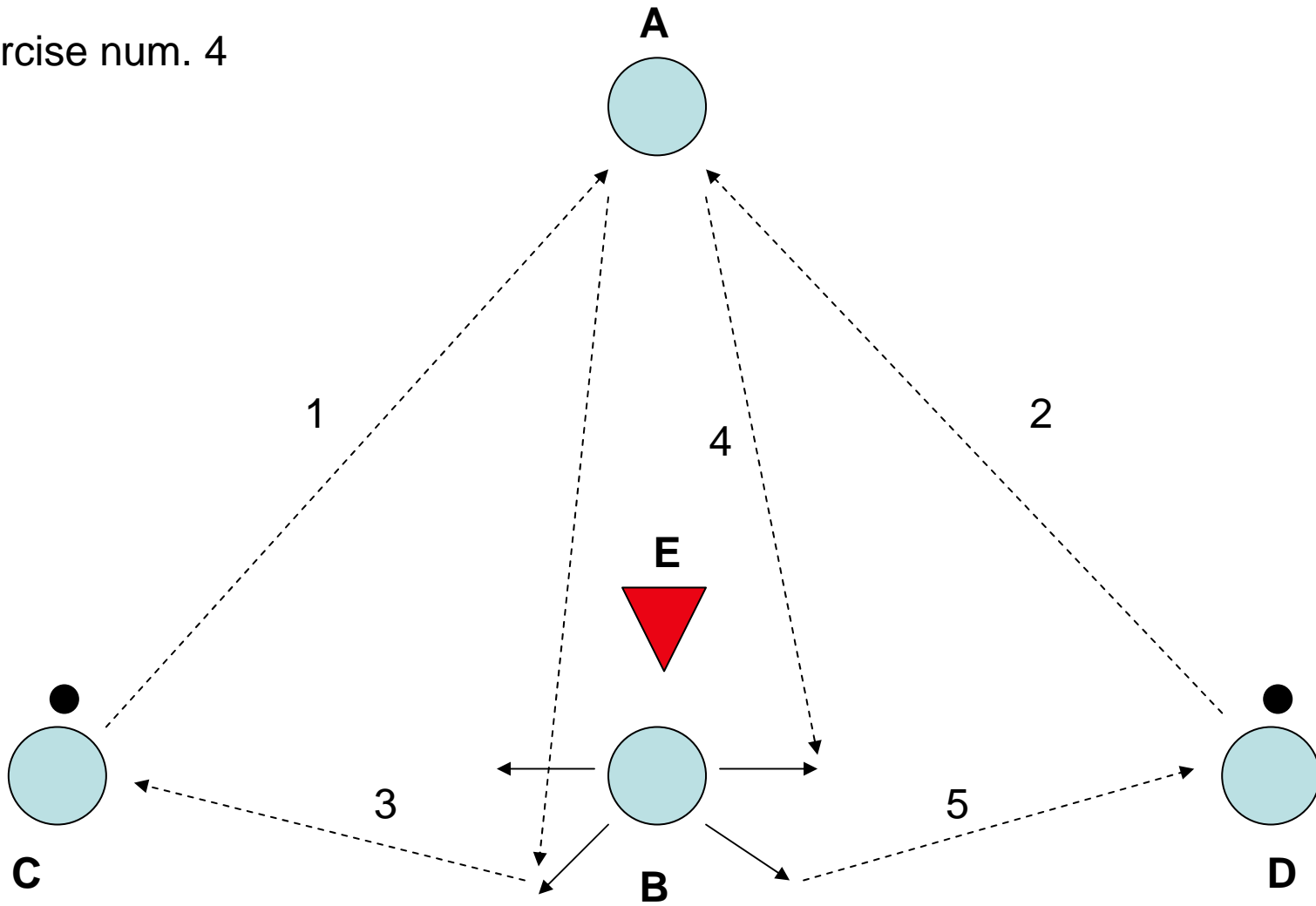


# Text – exercise num. 3

- Same exercise (with same variations) but now, in front of player A is “defense” player. Player A has to move (run) left, right or back to be (come) in position to receive the ball from players C and D.



Exercise num. 4

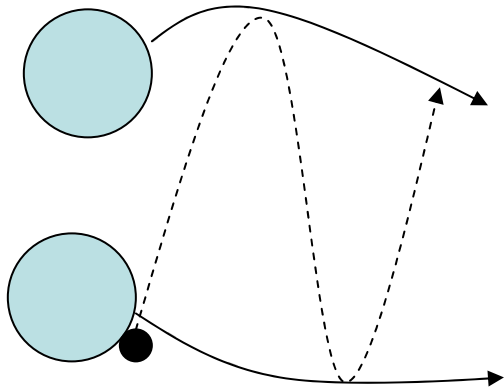


# Text – exercise num. 4

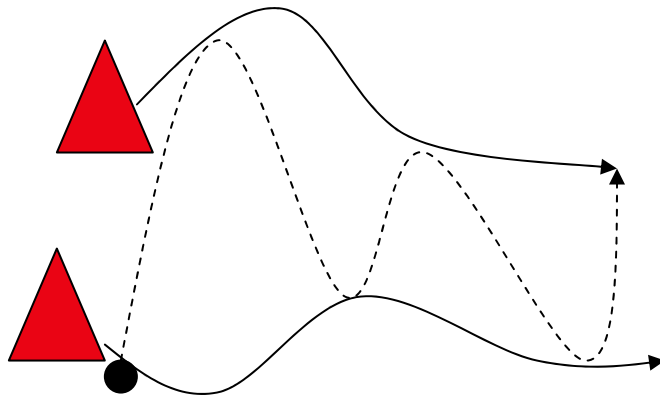
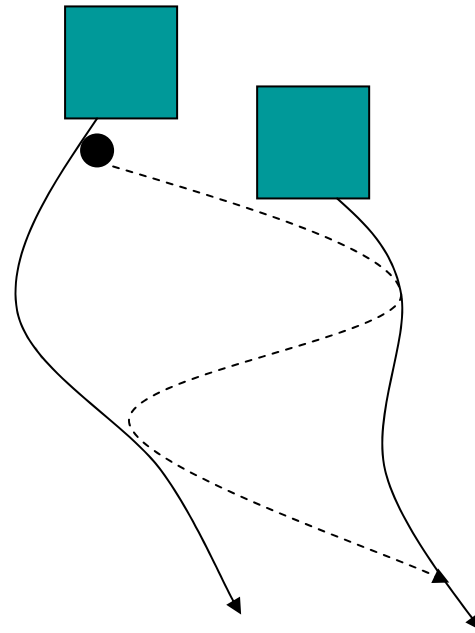
- Now, “defense” player is in front of player B. All other details are same as in exercise num. 3.



Exercise num. 5



e

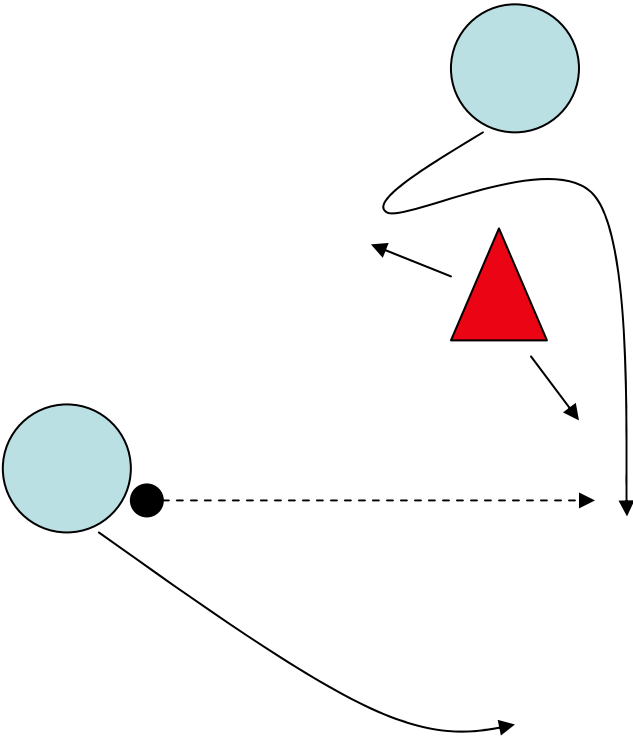


# Text – exercise num. 5

- Groups of two players are running (direction of running is free), distance between them is not more than 3 m. and they pass the ball each other. On the sign of coach player who has no ball in this moment run (somewhere) and in a few meters (5-6) he has to get the ball from his partner. Immediately, player who passed the ball run in any direction and now he has to get the ball after 5-6 m. of running.



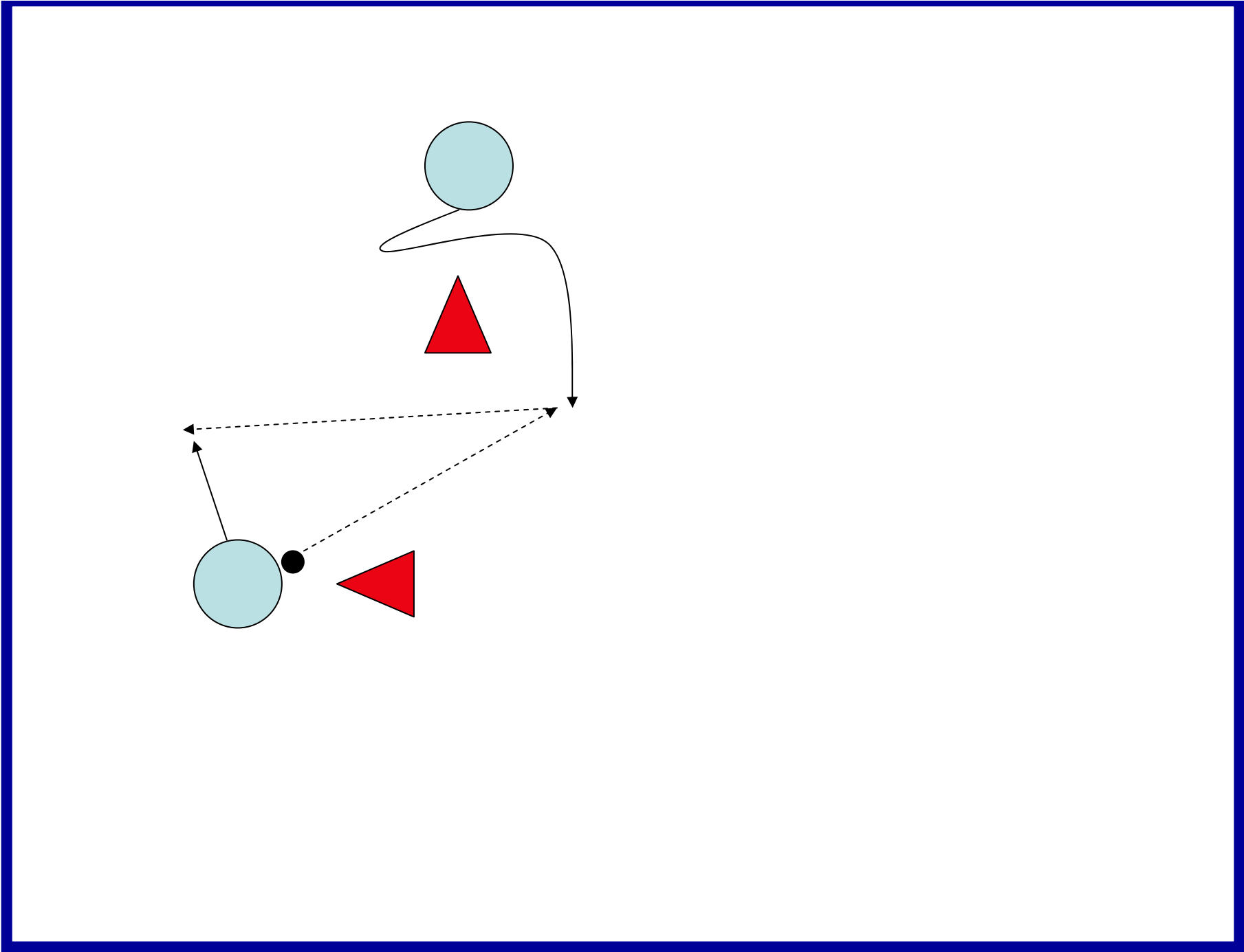
Exercise num. 6



# Text – exercise num. 6

- Same idea as in exercise num. 5 but now there is “defense” player who is running near one of the “attack” player.

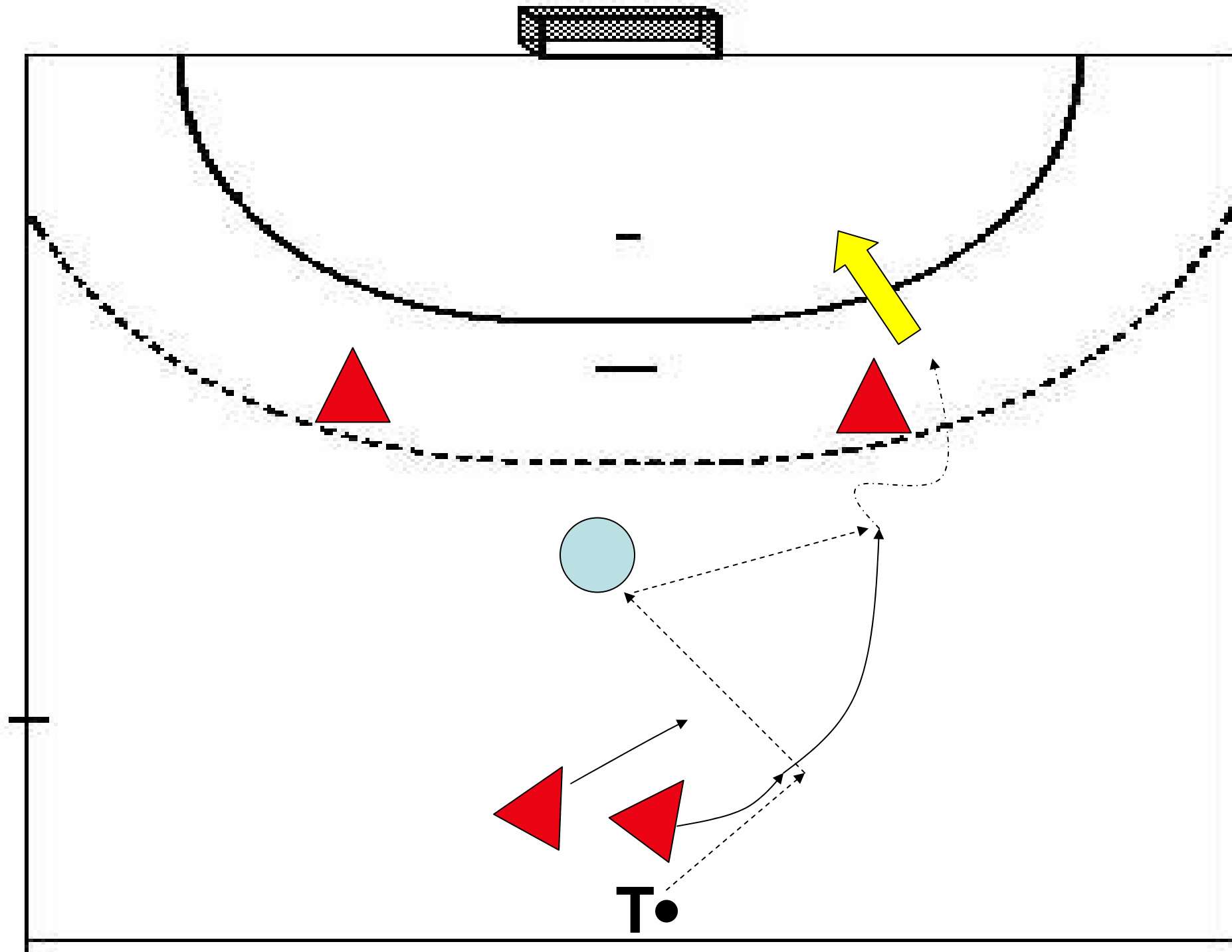




# Text – exercise num. 7

- In this variation, there are two “defense” players. All other details are same.

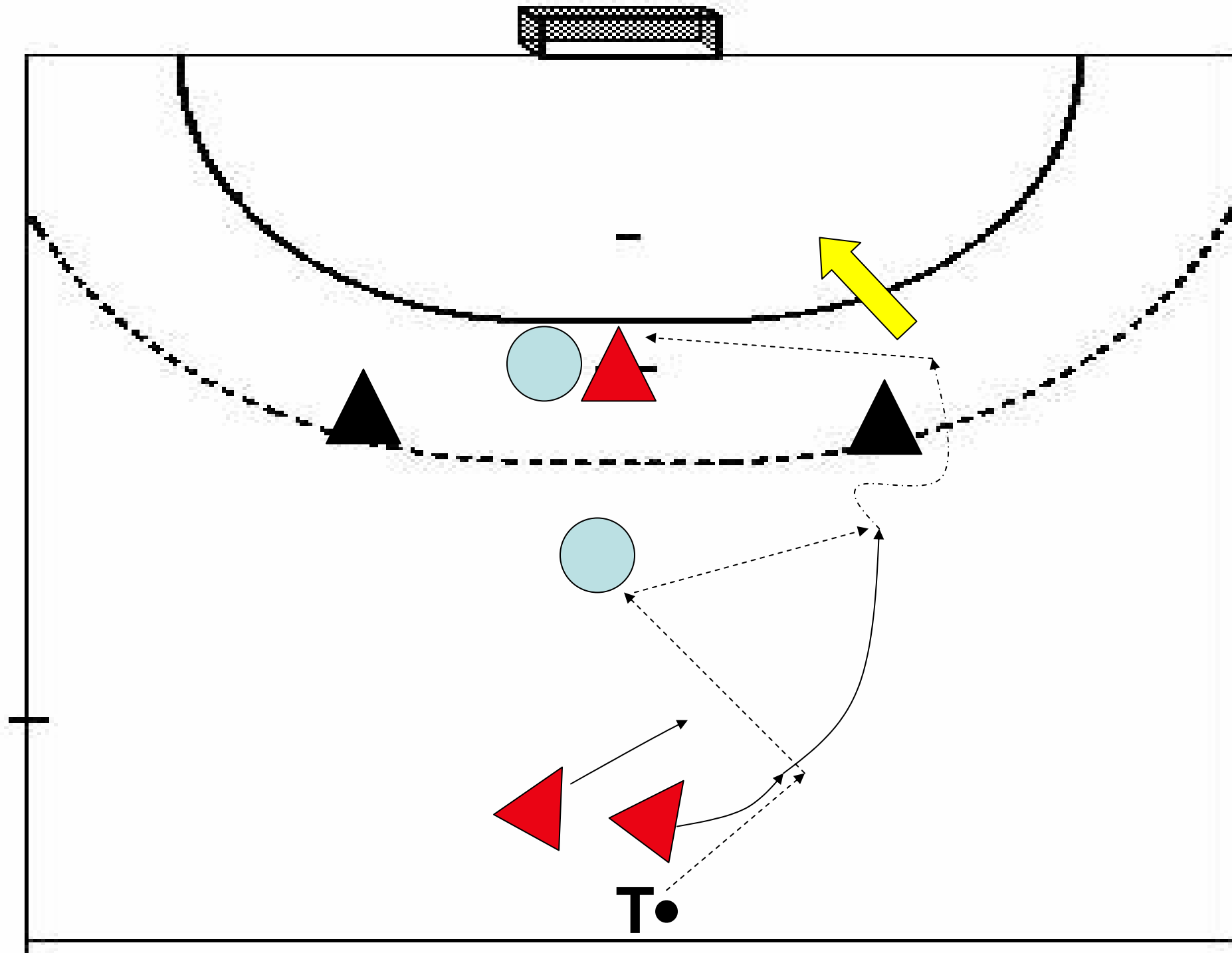




# Text – exercise num. 8

- Trainer (T) passes the ball how he wants, to right or left side. Player who is at this side runs in fast break and the other one is trying very serious to stop him. Player who runs fast break, after catching the ball, run directly to “defense” player, makes “finta” and finish action with shoot. If it is necessary (or possible) he can make (use) double pass “joker” player at 9 m.

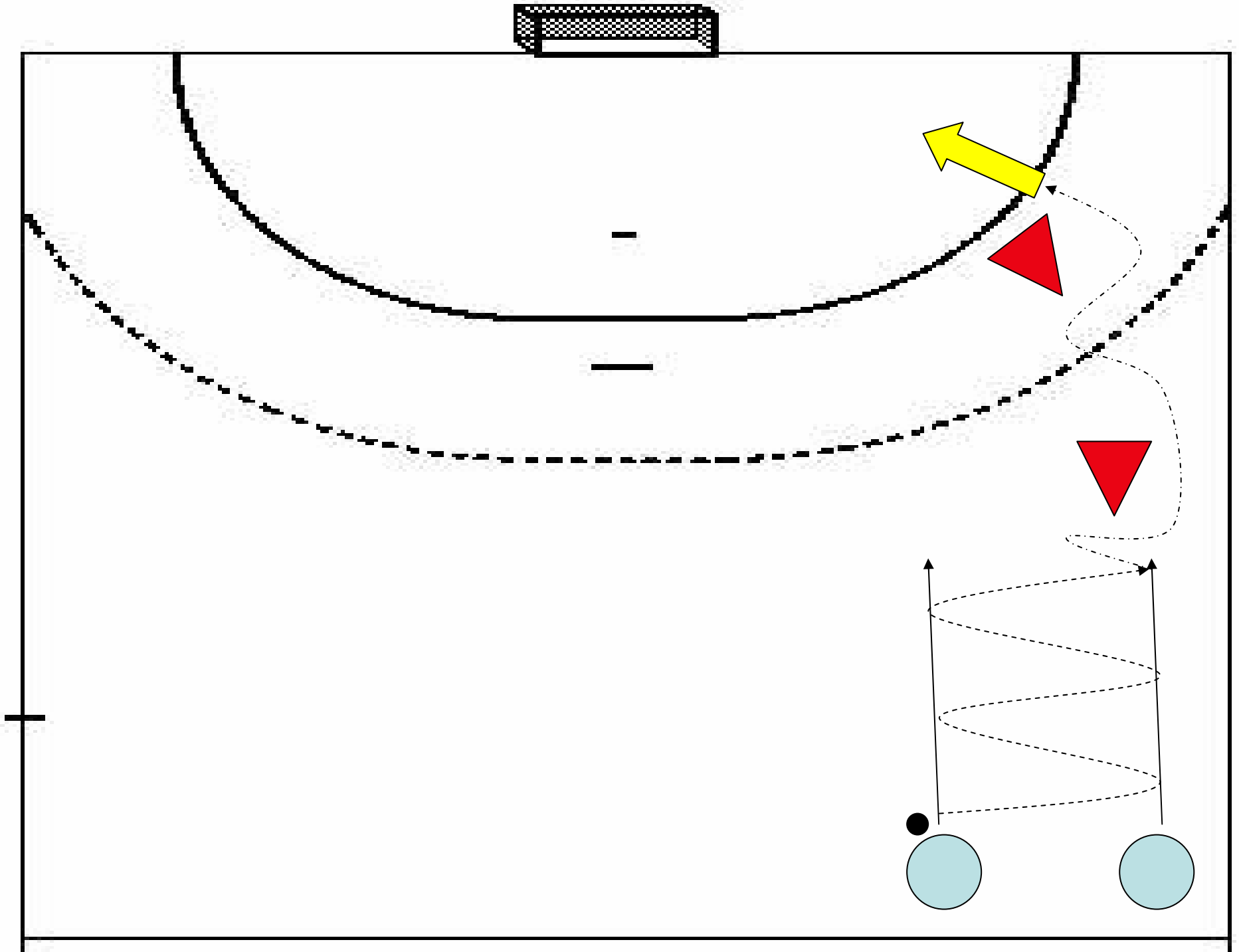




# Text – exercise num. 9

- Same exercise as num. 8 but with pivot player at 6 m. Now player with ball can finish with shoot or pass pivot. In this case pivot will finish action.

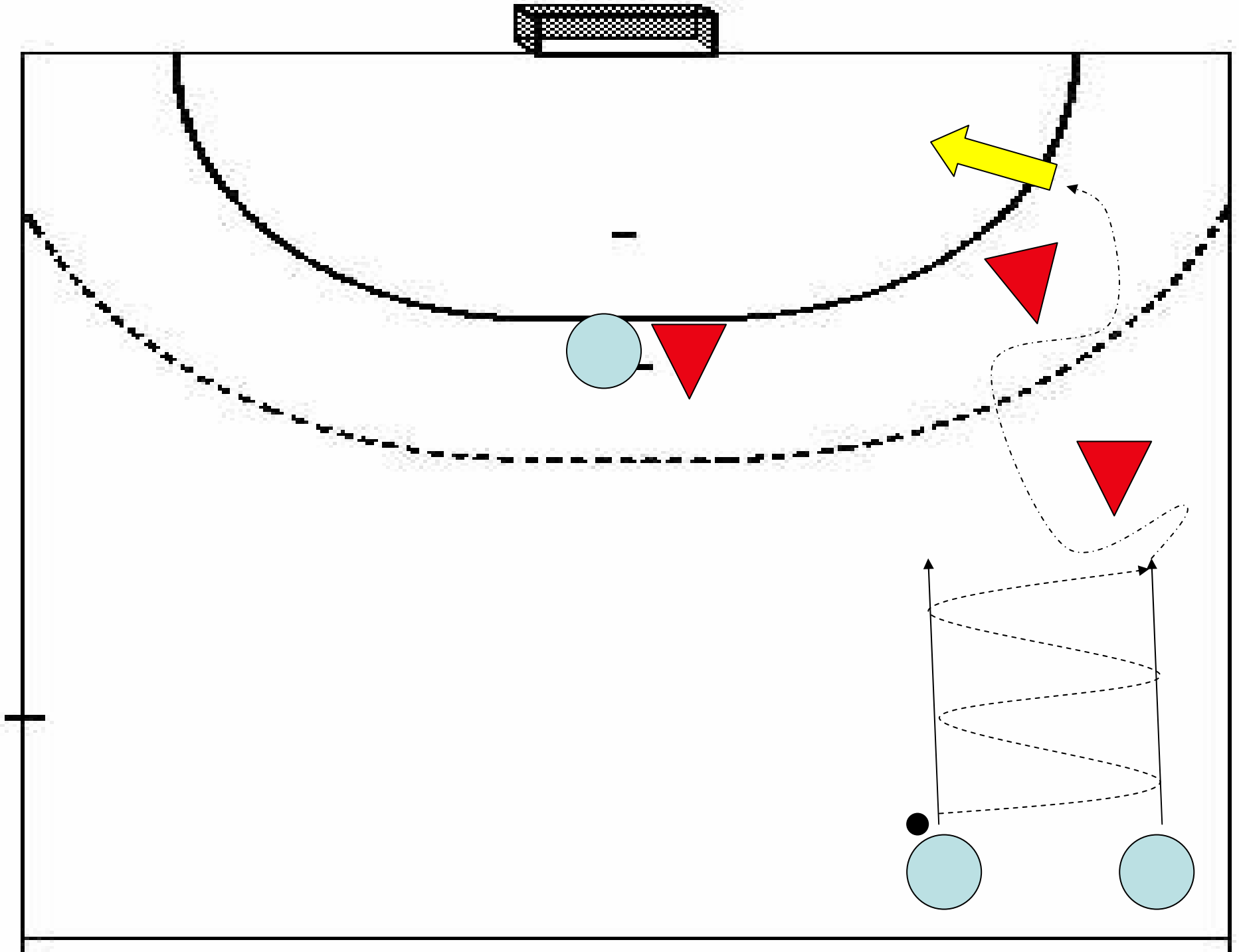




# Text – exercise num. 10

- Two players at back and wing position run fast break from center of the court. At 10 m. wing player, in full speed, use dribbling and finta against “defense” players and finish action by shoot.





# Text – exercise num. 11

- Same idea with pivot. Wing player will finish by shoot or pass to pivot.

