



BASIC ASPECTS OF THE ATTACK AGAINST OPEN DEFENCES

The learning process and development of the work against open defences is influenced by the general guidelines of learning the offensive systems.

This is a topic a little neglected in the studies of our sport. We have developed enough methodological work, so much practical as theoretical related with the initiation and learning in handball. But quite less in what defines the specific learning of the systems. Logically this periode is in the last formation stage.

The general process of development of the game systems would come out determined by the three phases following:

1. General philosophy of work against different defence types:

- Against closed defences
- **Against open defences**
- Work in numerical inequality
- Basic ideas concerning the development of the fastbreak

2. Basic movements against the different defences:

- ↳ Transformations of the system
- ↳ **Basic Movements with two backs and two pivots**
- ↳ **Crossing in the 1st line coordinated with the pivot**
- ↳ Changes of the direction in the circulation of the ball
- ↳ Etc.



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3. Specific system of each team.

GENERAL PHILOSOPHY OF ATTACKS AGAINST OPEN DEFENSES

- ↳ Due to the depth of the defence, the chances of our **game creation are reduced**. Equally, for the scarce defensive density, the **free spaces change all the time**.
- ↳ These circumstances force us to make **not only good decisions but quick decisions as well**.
- ↳ For that reason **the game continuity** is very important against this kind of defences.
- ↳ The **correct combination between the first line and the pivot**, has a special relevance against this type of defences.
- ↳ It is indispensable that the **pivot acts in a surprising way**, trying to occupy the free spaces in the opportune moment. Equally blocking the second defensive line should dominate.
- ↳ It is important to move the advanced player laterally, to attack the centre of the defence.

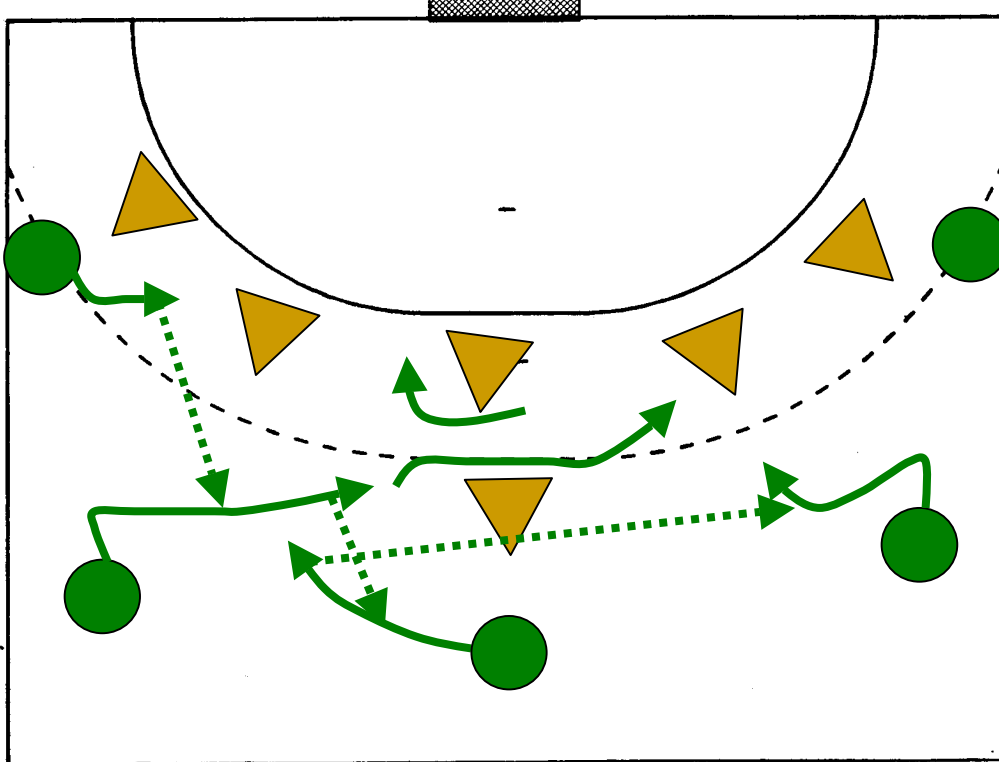
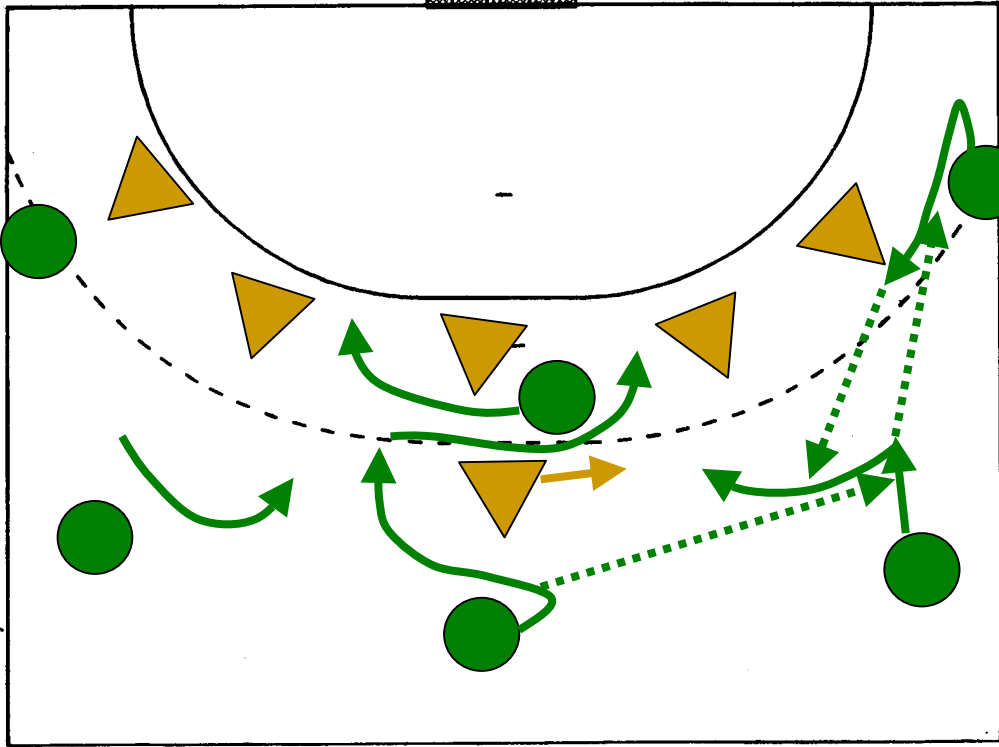
SPECIAL INDIVIDUAL AND GROUP WORK TO BE IMPROVED

- Individual aspects

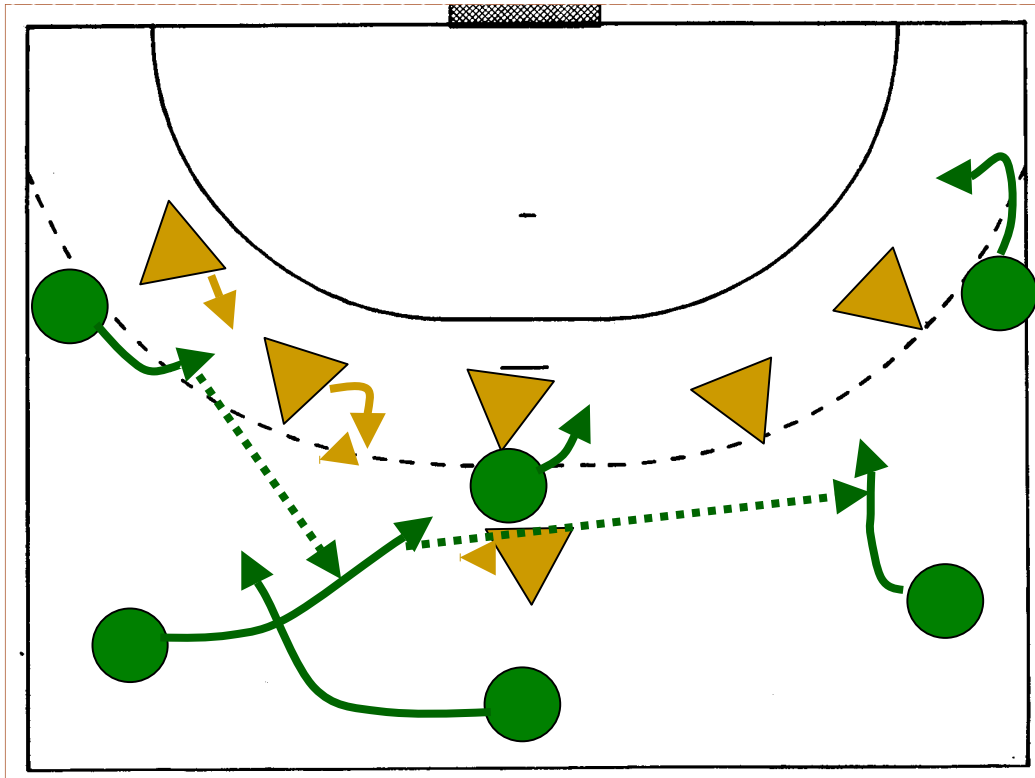
- Development of the tactical intelligence
- Quick decision making
- Capacity of adaptation to changing spaces
- Quick execution (mainly the circulation of the ball)
- Look for the continuity of the ball
- Specific work on different positions (transformation of the system)



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SPECIFIC SYSTEM OF EACH TEAM

We can see several examples in the next video

METHODOLOGICAL BASES TO LEARN THE GAME SYSTEMS.

- ↳ We should do it in **advantageous situations of space and opposition.**
- ↳ It is very important that the **team trusts in the system from the beginning**, therefore we have to manage the increase of the difficulty correctly.
- ↳ It will be planned in **trainings of low intensity** or at the beginning of those of stocking and high intensity.



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- ↳ We should parcel the system and **begin with the fundamental thing**, adding the rest later.
- ↳ Always **work with opponents**. This suggests that the situation is near to reality and therefore helps to understand the system.
- ↳ To **motivate the chosen solutions as ideals**, but without imposing them, neither to reject others that can also be correct.
- ↳ To **measure the repetitions correctly**, so that they complete the fixation of the tactical situation, but without tiring the players with excessive repetitions.
- ↳ **Do not insist too much on a solution that does not work**. In this case the player will reject the tactical position. It's better to change work, then analyze the situation and try it again with the necessary corrections.