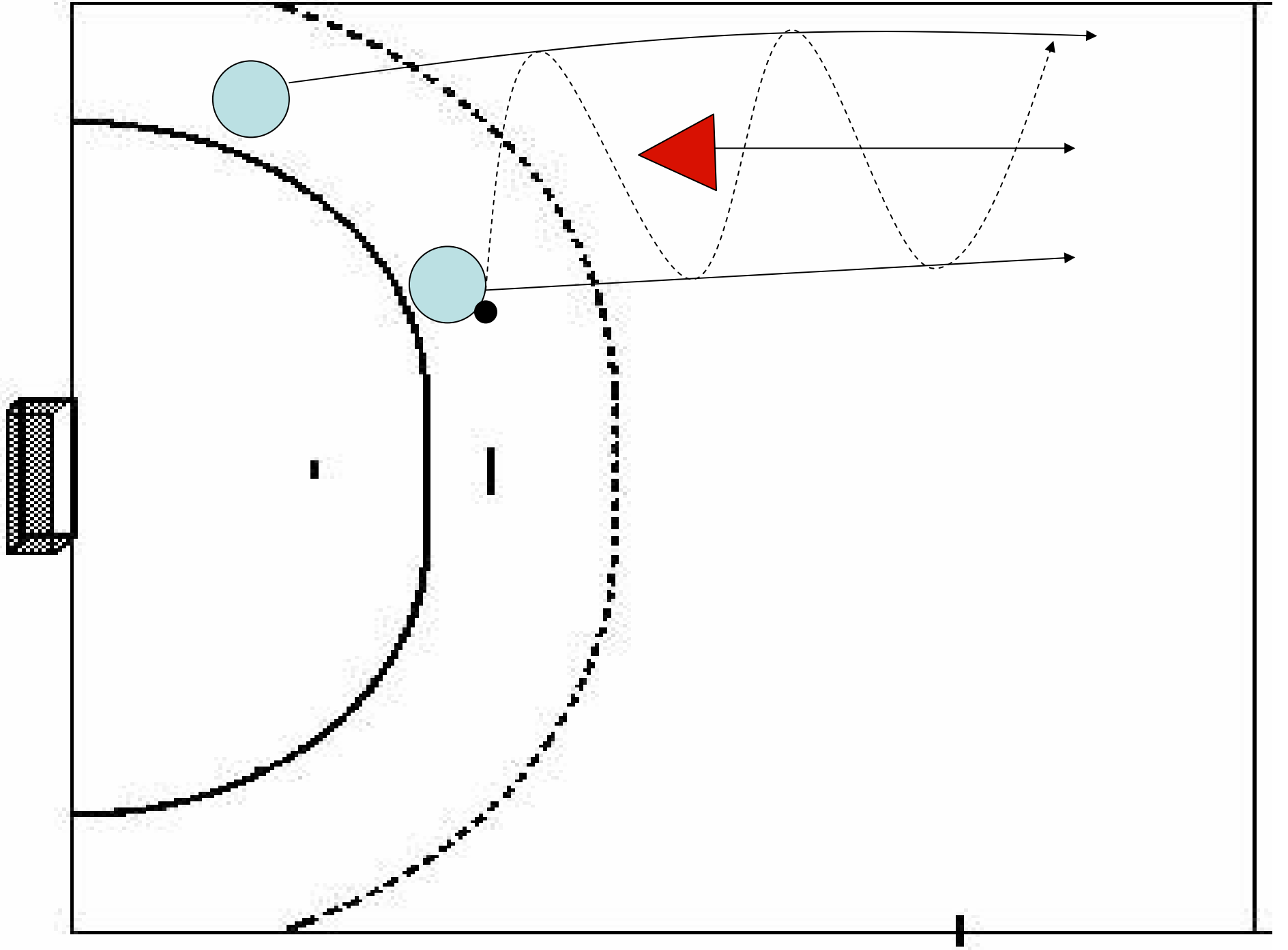


2006 EHF Top Coaches' Seminar

- Different systems of fast breaks to a tactical entirety
- Dr. Branislav Pokrajac

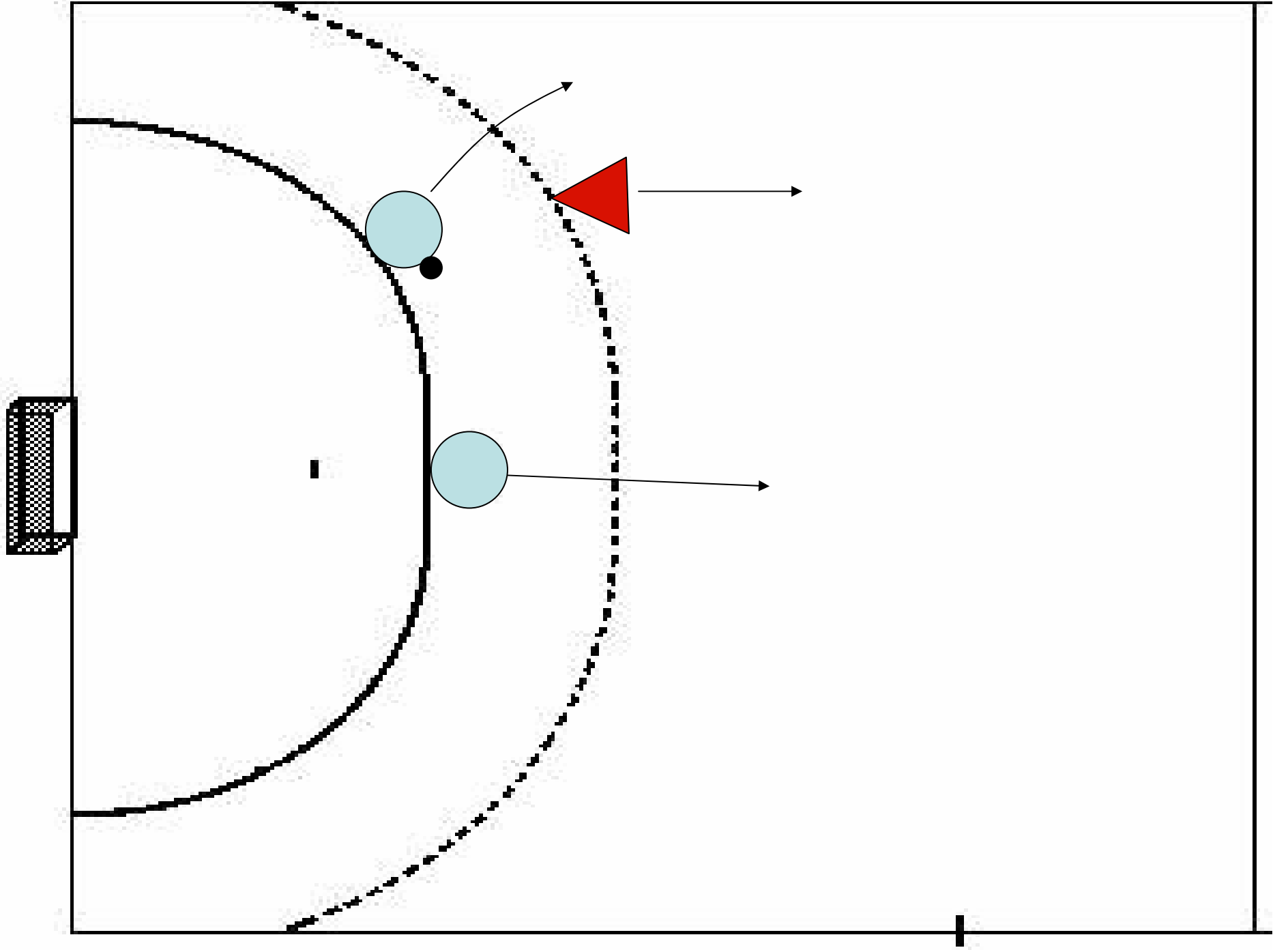




Text - exercise num. 1

- Fast break 2:1 (left side; right side).

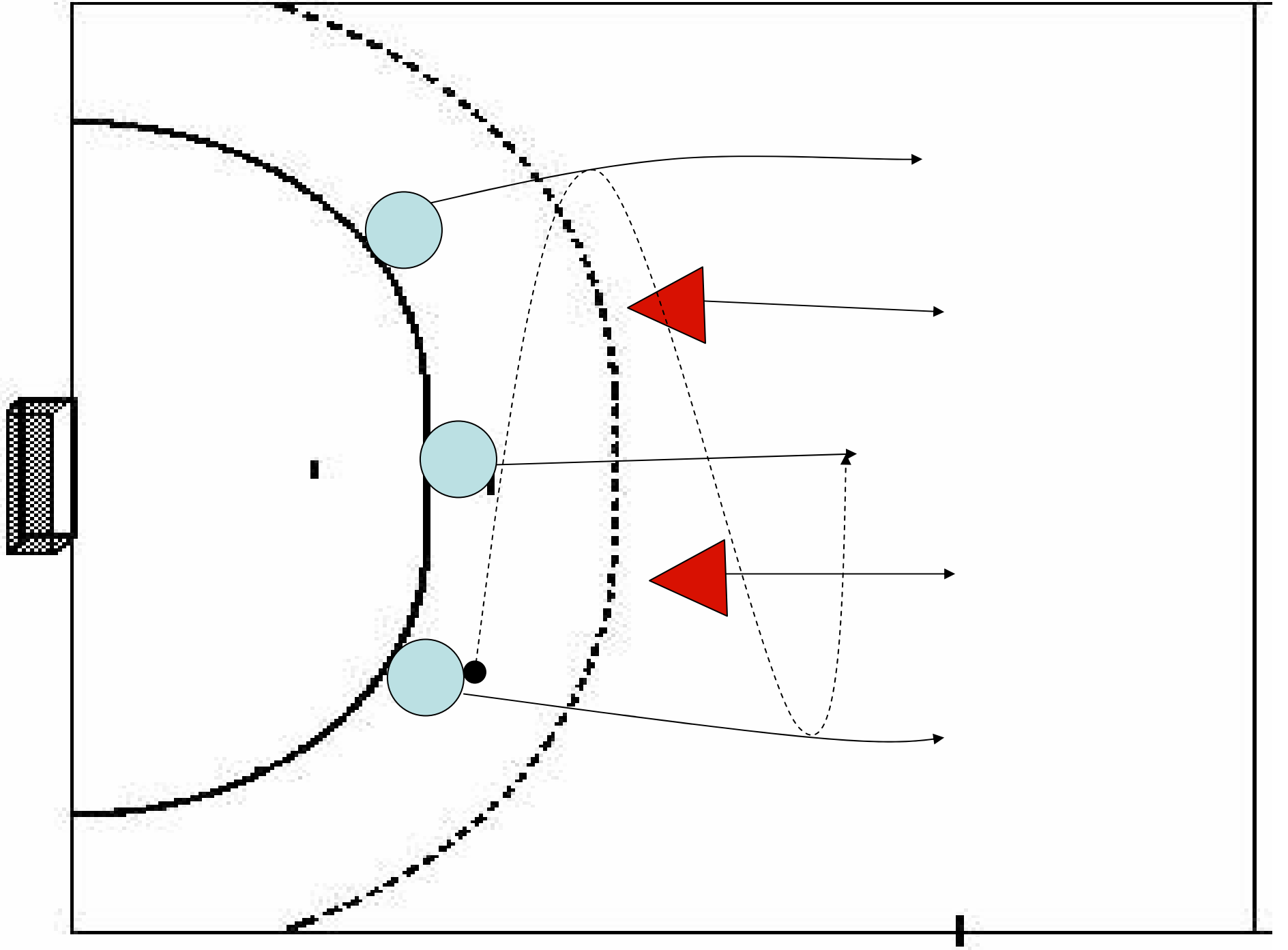




Text – exercise num. 2

- Fast break in situation 1: 1+1. Attack player runs fast break and defense player tries to stop him. Attack player can use help of “joker” for passing and blockade. Variations are:
- Central part of the court, and
- Left side or right side of the court.

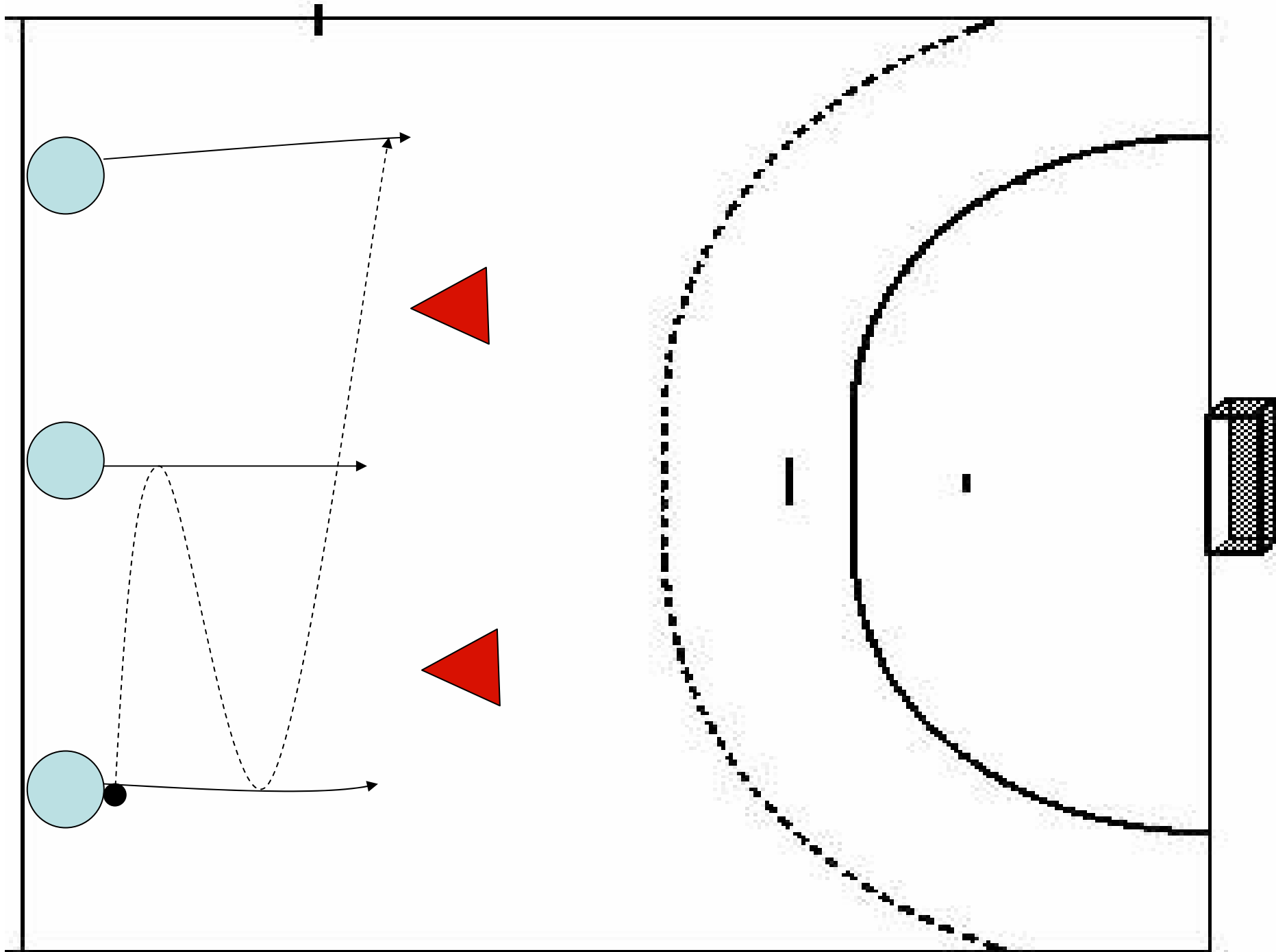




Text – exercise num. 3

- Fast break in situation 3:2. Defense players run back and try to stop fast break.

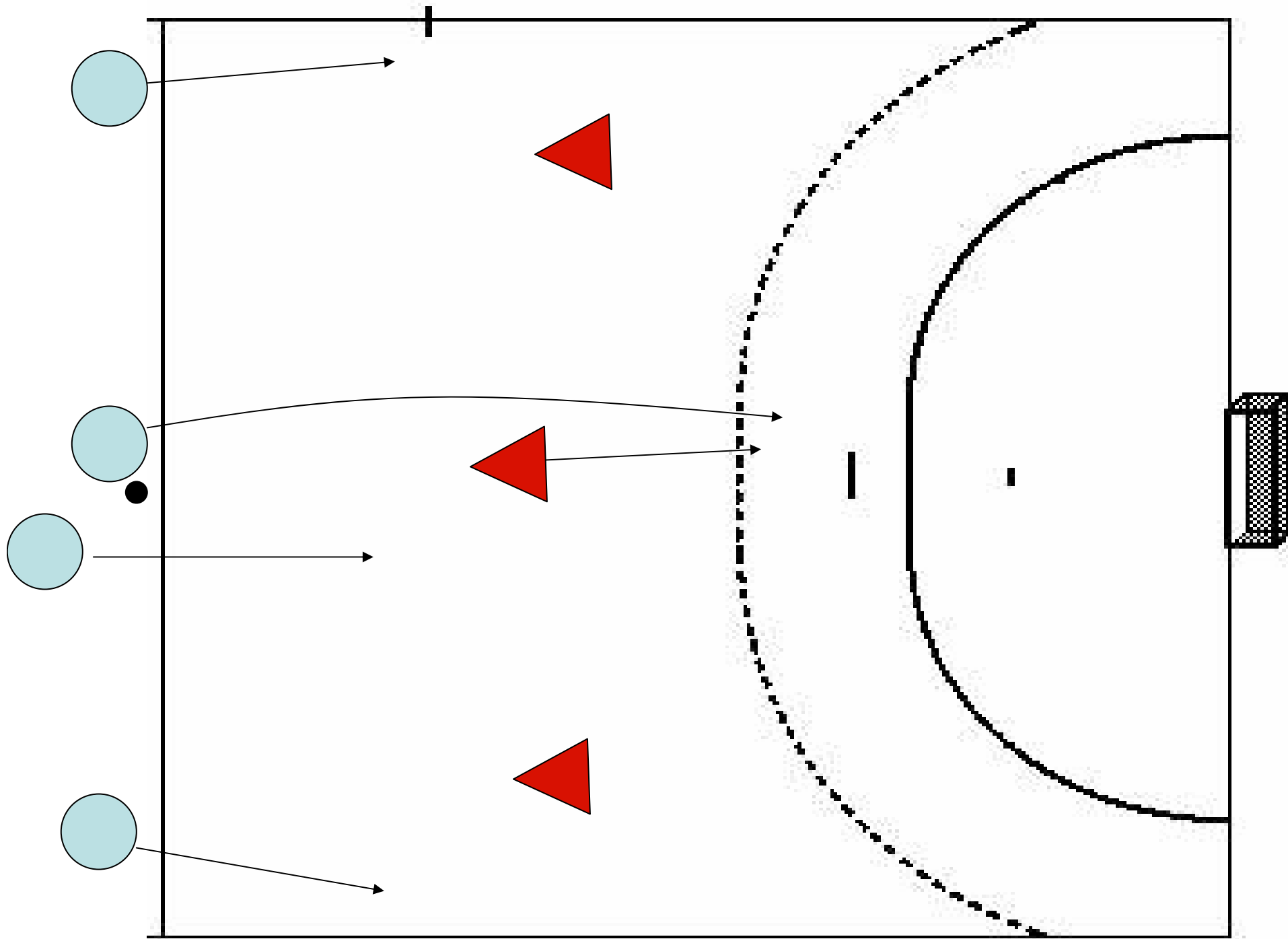




Text – exercise num. 4

- Half court, fast break in situation 3:2, full speed, defense very serious.
Variations are:
- Central part of the court, and
- Left side or right side of the court.

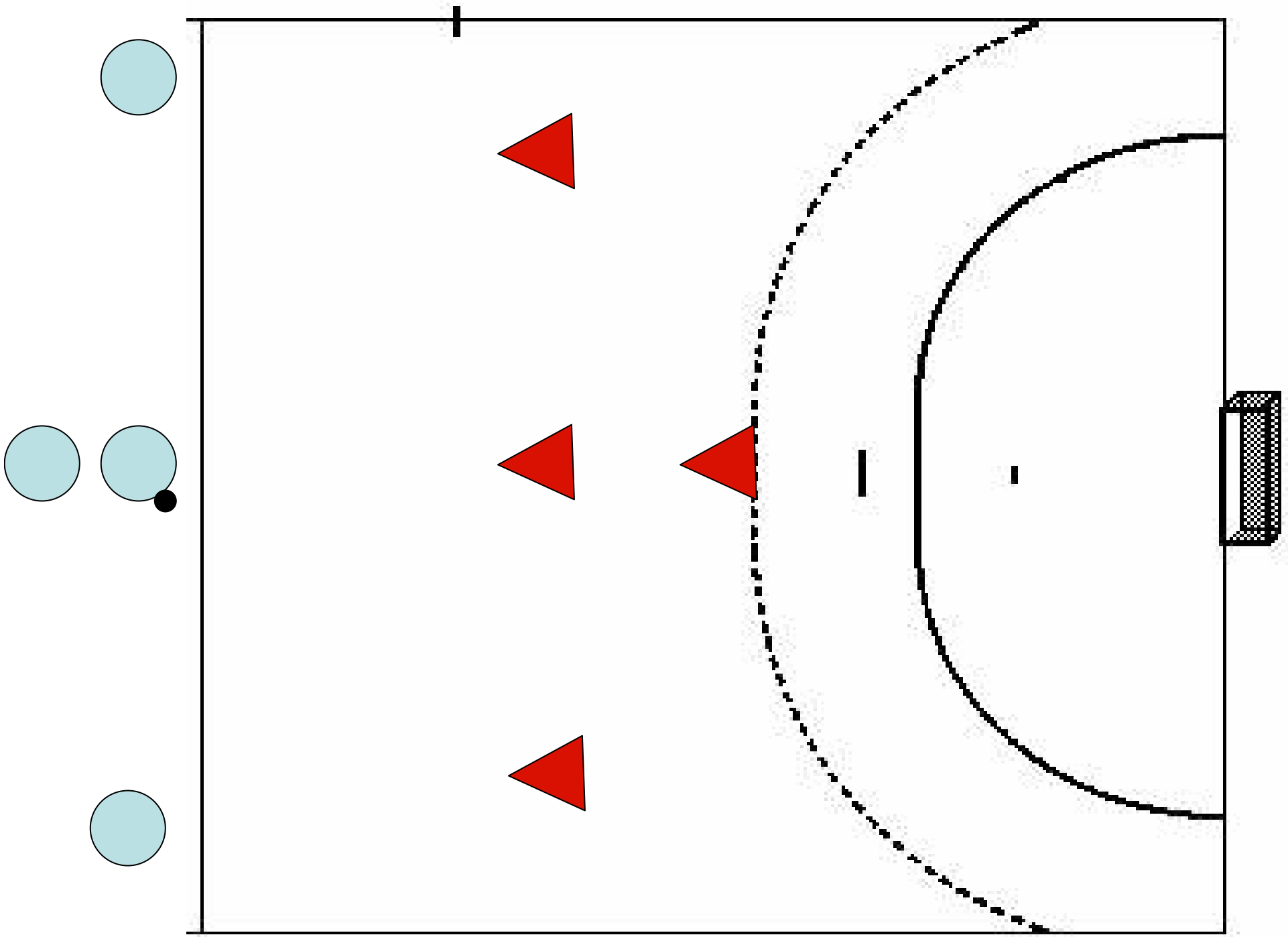




Text – exercise num. 5

- Half court, fast break in situation 4:3, full speed. Pivot runs to the six meter line and central defense player goes with him.

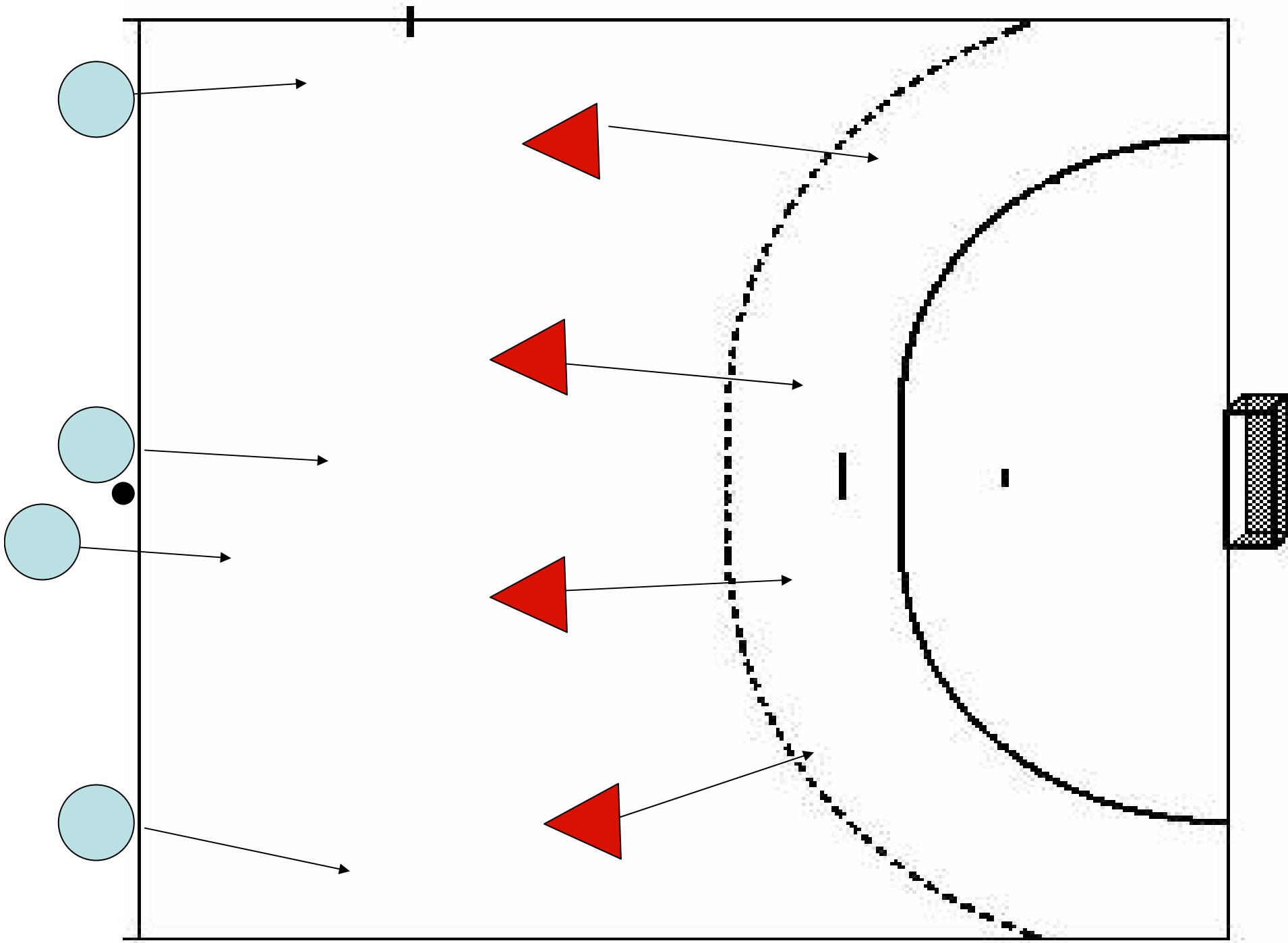




Text – exercise num. 6

- Fast break 4:4, only central part of the court. Variations:
- Fast break finishes with 3 back players and one pivot,
- Fast break finishes with 2 back player and 2 pivots but without reaction of defense (only one defense player is on the 6 meter line).
- Same situation (2 back players and 2 pivots) but with reaction of defense (one defense player runs with second pivot to 6 m. line).

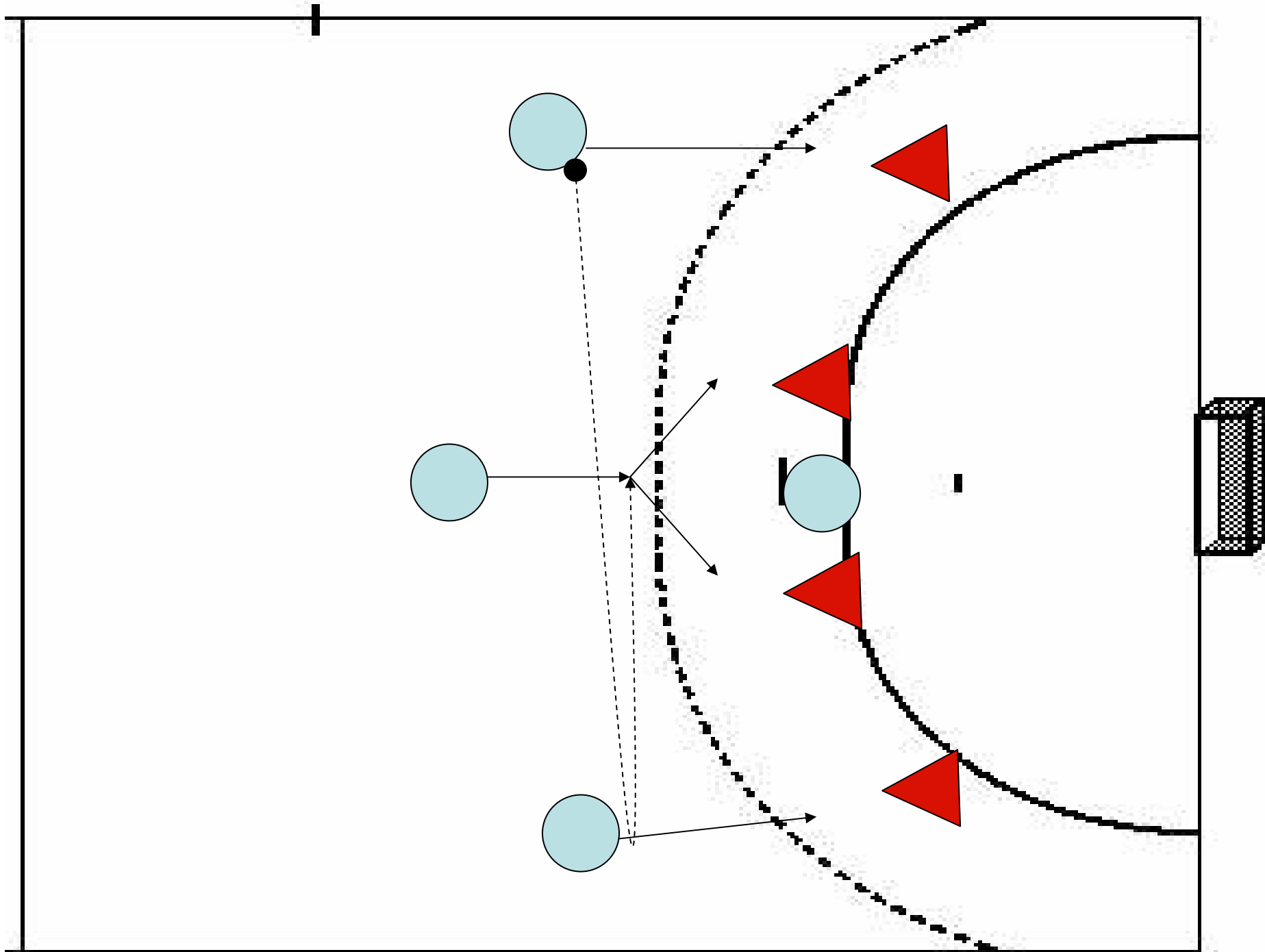




Text – exercise num.7

- Fast break in situation 4:4 with strictly action.

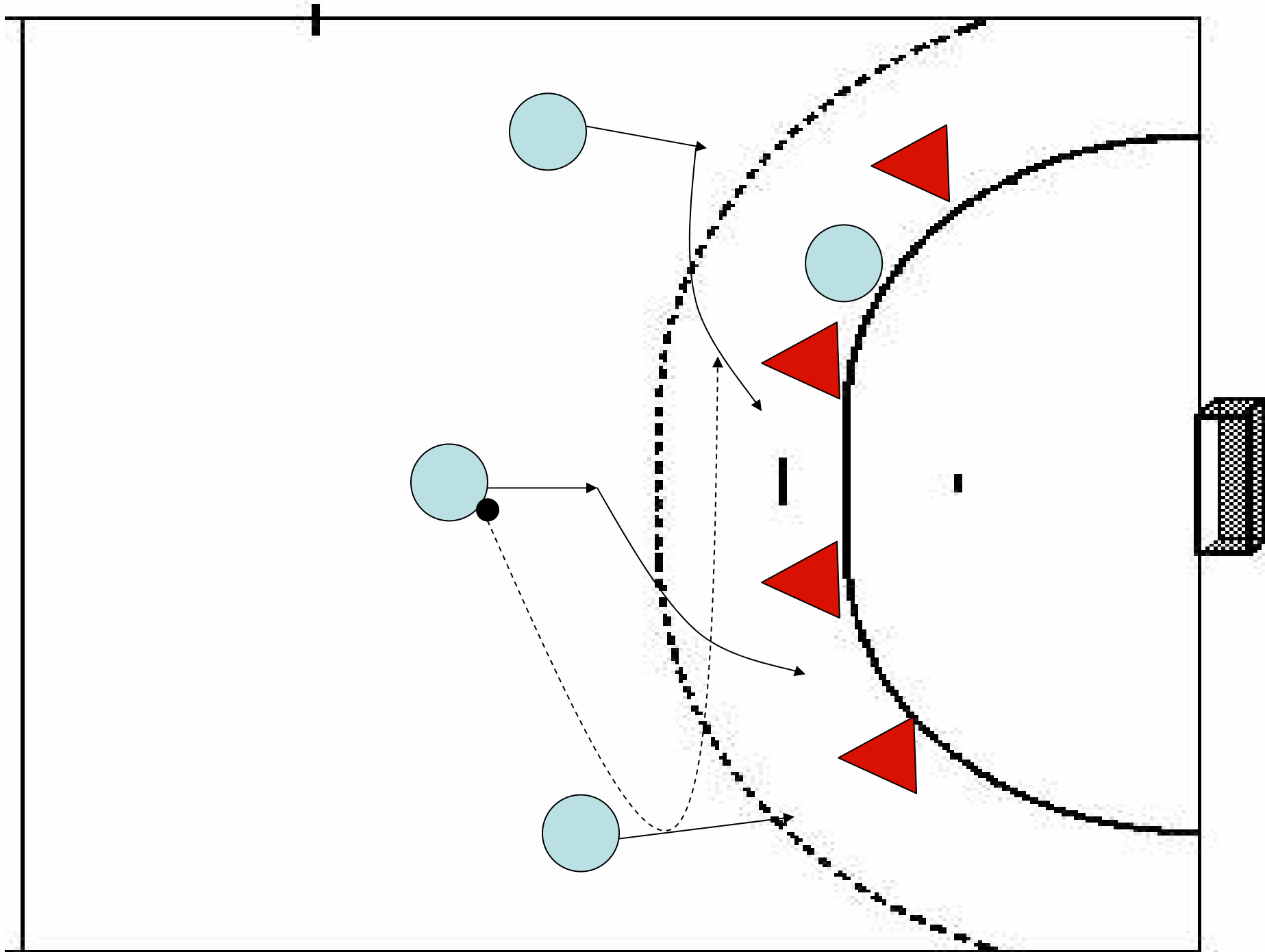




Example A

- Pivot is in the middle and action is: Left back to right back and right pass central back. In this moment central back is in situation 2:2, he can use “finta” to any side and to tries pass to pivot.

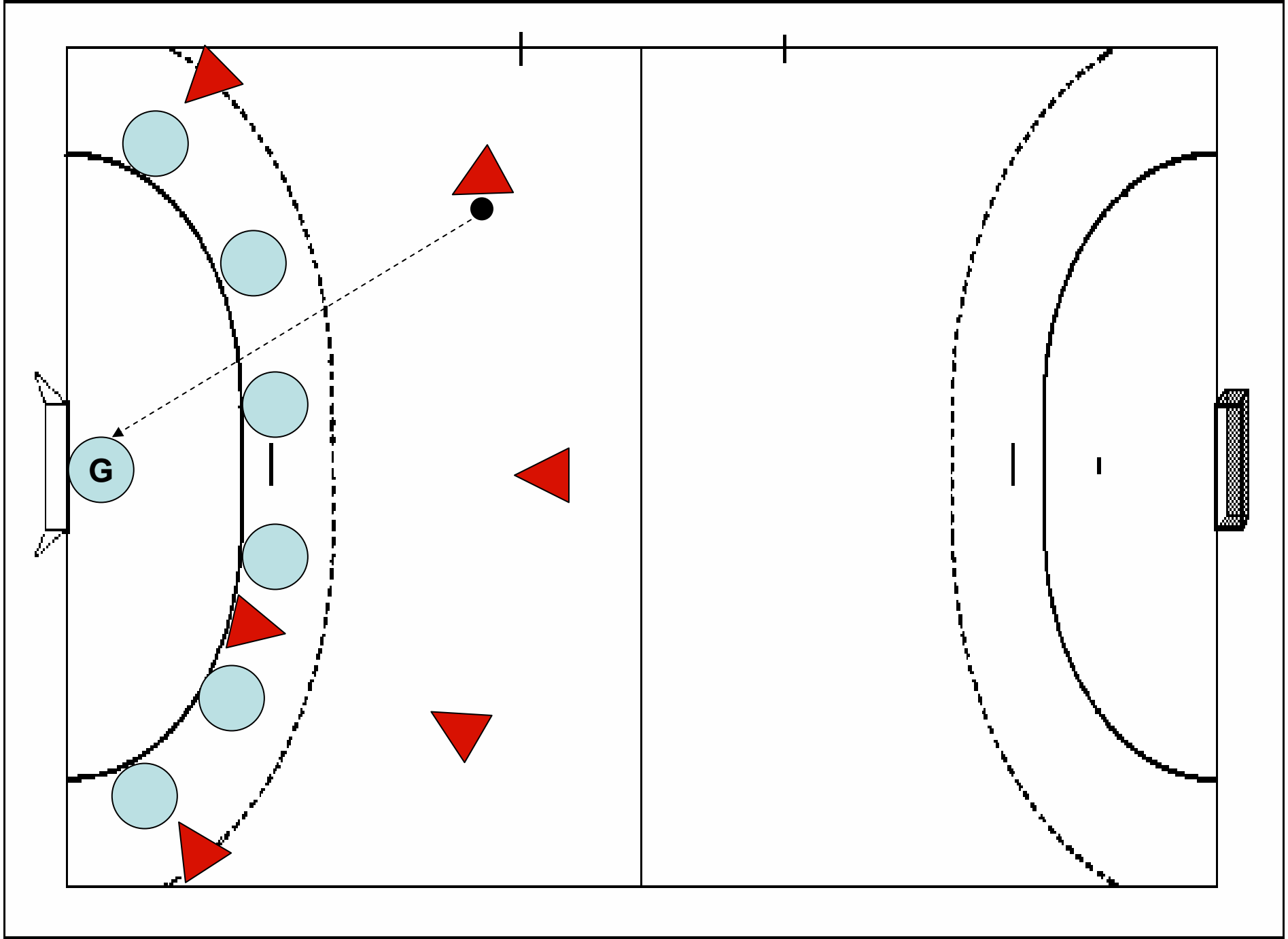




Example B

- Central back player passes the ball to right back and runs to 6 m. line. Right back passes left back and he goes to the middle and has shoot or one of two pivots.





Text – exercise num. 8

- Full court. Attack team plays 5-10 sec. When trainer gives sign they pass ball to goal keeper and run to defense. Goal keeper is looking to pass (first) right wing, after that left wing (it is first wave of fast break) or finally he passes central back player. Variations are:
- First wave of fast break can finishes with shoot (pivot or wing players),
- Second wave can finishes with free combination,
- Second wave can finishes with some strictly combination.
- Same exercise we need to practice and after other systems of defense (3:2:1: 5:1 etc.)

