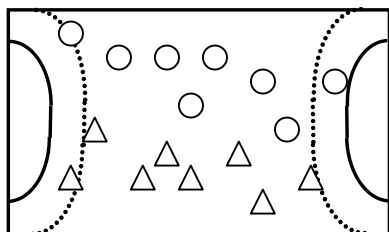




DRILLS TO IMPROVE THE ATTACK AGAINST OPEN DEFENCES (I)

GRAPHIC



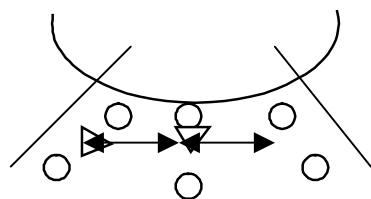
DESCRIPTION

WARMING UP

- ⇒ Each team has to put the ball behind the end line of the opposite team
- ⇒ Same rules as in handball
- ⇒ The defenders can win the ball by touching the attacker who has it.

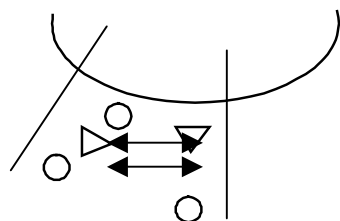
COACH INFORMATION

- ⇒ To establish quick decision making
- ⇒ To motivate the attackers to remain unmarked



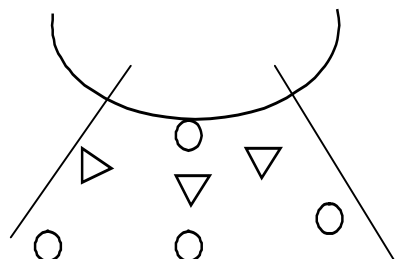
- ⇒ The attackers have to pass the ball to the pivot on his area, only when he is free

- ⇒ Speed in the passing of the ball
- ⇒ Variety in the passing to deceive the defender
- ⇒ The defenders should act with variety. It is not a typical situation of 2:3



- ⇒ Two against two, plus one pivot. Areas are defined. The attackers can shoot inside 9 meters, from their area; or to pass to the pivot only of the other area.

- ⇒ To emphasize on the correct decision making
- ⇒ Less importance in terms of the technical execution



- ⇒ Similar to the previous one. You widen the space. The defenders have to touch the attackers:
 - With a ball in the two hands,
 - Only in one hand,
 - Without ball.

- ⇒ Speed in the decision making
- ⇒ Perceptive anticipation
- ⇒ To look for the continuity in the circulation of the ball