

Foreword

Passing and catching are two basic techniques in handball, which have to be continuously practiced and improved in training. The 25 practical exercises given here offer many variations to train passing and catching, both challenging and varied. A special focus is to be put on improving the accuracy in passing and catching in motion with high dynamics. Therefore, the exercises are combined with new pathways and near-to-play movements.

The exercises are easy to understand and clearly explained using simple language and diagrams, and can be integrated directly into each training session. Passing and catching can be adapted to different levels of difficulty and complexity for all age groups.

Extract

Second edition

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Content:

No.	Name	Number	Difficulty	Page
1	Continuous passing/running in a pentagon	10	★	4
2	Figure of 8 with three players and a ball	3	★	5
3	Continuous passing with 4 players	4	★	6
4	Continuous passing/running in a figure of 8	4	★★	7
5	Continuous passing/running BL-BR	6	★★	8
6	Complex continuous passing/running 1	6	★★	9
7	Double thrusts in succession	7	★★★	10
8	Passing with 3 players	3	★	11
9	Continuous passing/running in a triangle	6	★	12
10	Continuous passing/running with opposing group	8	★★★	13
11	Continuous passing/running back and forth	8	★	14
12	Continuous passing/running over the entire field 1	10	★	15
13	Continuous passing/running over the entire field 2	12	★★	16
14	Continuous crossing-over LW, BL, BM, BR, RW	10	★★	17
15	Complex continuous passing/running 2	10	★★	18
16	Continuous crossing-over LW, BL, BR, RW	8	★	19
17	Continuous passing/running in a square 1	8	★	20
18	Continuous passing/running in a square 2	8	★★★	21
19	Continuous passing/running with player feeding the balls	10	★★	22
20	Continuous passing/running in a star-shaped formation 1	8	★	23
21	Continuous passing/running in a star-shaped formation 2	8	★	24
22	Continuous passing/running	8	★★	25
23	Continuous passing/running in the large group	12	★★	26
24	Continuous passing/running moving forward with counter-attack	8	★★	27
25	Continuous passing/running over the entire field 3	6	★★	28

Legend:

Number of exercise	Name of exercise	Min. number of players	Time needed for exercise
No. 1	Figure of 8 with 3 players and ball	8	10 Min
Warm-up game	X Ball acclimatization	Coordination	Sprint race
Opening	TW throw-in	Athletics	Defence / Attack

Subject of exercise

Degree of difficulty

Easy:



Medium:



Difficult:



Path taken by player



Path taken by ball



Throw



Defender



Attacker



Goalkeeper



Trainer



Cone

Strips: Approx. 60 cm long foam rubber strips

LW/RW: Left/right wings (attack/defence)

BL/BR: Backcourt left/right (attack)

BM: Backcourt mid-field (attack)

P: Pivot (attack)

No. 1		Continuous passing/running in a pentagon			10	10 Min
Warm-up game	X	Getting used to the ball	Coordination	Sprint race	★	
Opening		TW throw-in	Athletics	Defence / Attack		

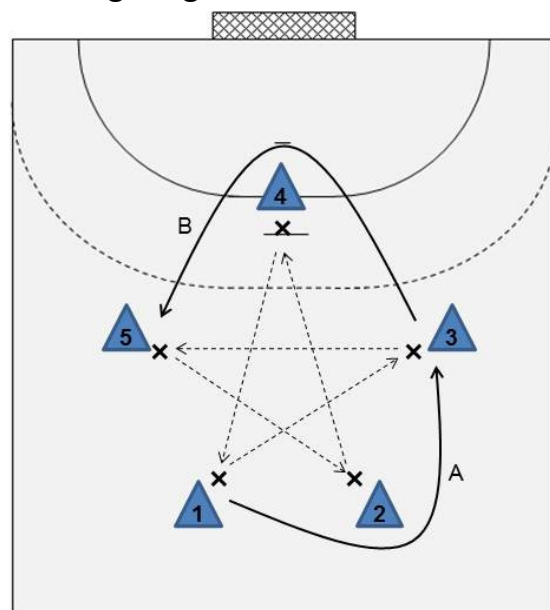
Needed:

→ 2 balls, 5 cones to mark the playing area

Sequence:

- One position is always left out: **1** passes to **3**, **3** passes to **5**, **5** passes to **2** and **2** passes to **4** etc.
- Always take up position where the ball is being passed, but from the outside (**1** passes to **3** and runs around **2** (A), in order to take up position at **3**)
- **3** passes to **5** and runs around **4** from the outside (B) to take up position again at **5**

Training diagram:



Variation:

- 2nd ball (**1** and **2** each have a ball and begin with the sequence at the same time)
- running and passing in a clockwise/anticlockwise direction
- passing the ball in an anticlockwise direction, running clockwise and vice versa (more dynamic movement!)

No. 18		Continuous passing/running in a square 2			8	10 Min.
Warm-up game	X	Getting used to the ball	Coordination	Sprint race	★ ★ ★	
Opening		TW throw-in	Athletics	Defence / Attack		

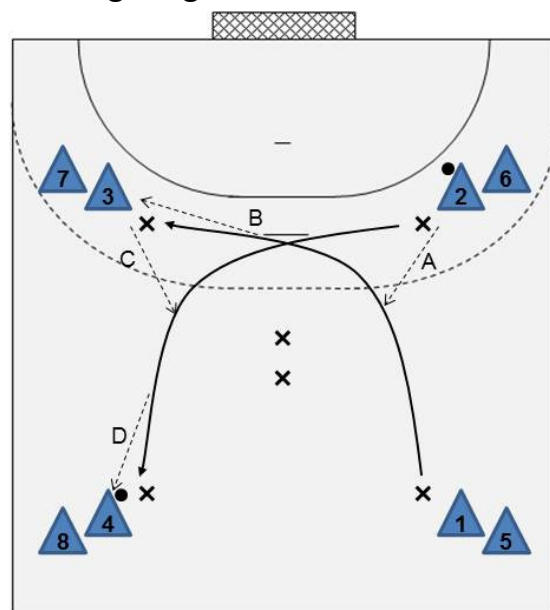
Needed:

➔ 2 balls, 2 cones in the middle, 4 cones to mark out the playing area

Sequence:

- **1** starts running without the ball in a curve and receives the ball passed from **2** (A).
- **1** passes (B) to **3** and lines up there in the group.
- After **2** has passed the ball to **1**, **2** starts and runs in a curve, receives the ball played by **3** (C), passes (D) to **4** and then lines up again.
- Then **3** starts, receives the ball from **4** passes to **5** and lines up there again, etc.

Training diagram:



Variation:

- With two balls, **2** and **4** each have a ball and start at the same time (demands a high level of concentration!)

Important:

The exercise is meant to simulate fast passing while counter-attacking:

- Fast and dynamic running and passing the ball while moving.
- Slowly increase speed.

About the Author

Essential Facts of my Trainer Career

Since July 2012

Holder of an A-license from the German Handball Association

Since November 2011

Book author (handball-uebungen.de, Handball in Practice and Handball in Practice Special)

Since 2006

Holder of a B-license from the German Handball Association

Since 1995

Youth coordinator and youth coach with various youth teams



Motivation

In 1995, I was persuaded by a friend to take over the training of a male D-youth team together with him.

This was the beginning of my work as a trainer. I then took a liking to the duties of a coach and always set high standards for the type of exercises I did. Soon, the standard repertoire I had been using was no longer adequate and I started to modify exercises and to think up my own practice routines.

Today, I train several youth and active teams at a wide range of different levels and gear my training sessions specifically towards the respective teams – I have been very successful doing this.

The range of services I offer is rounded off by holding regular advanced training courses for coaches.

My ambition is to bring every player just that little bit closer to achieving their own goals bit by bit according to individual abilities.

I also want to make my collection of exercises available to other trainers and thus encourage them to develop their own ideas.

In the meantime, the team at *handball-uebungen.de* now consists of three trainers, who are responsible for the planning and design of the content.

Your
Jörg Madinger


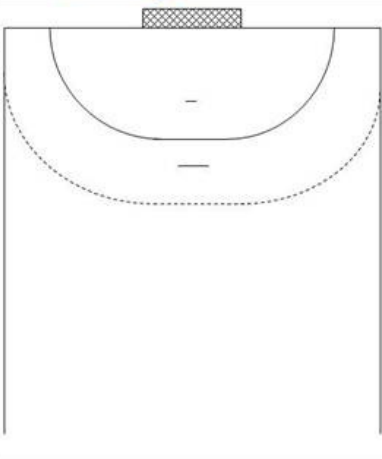
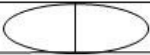
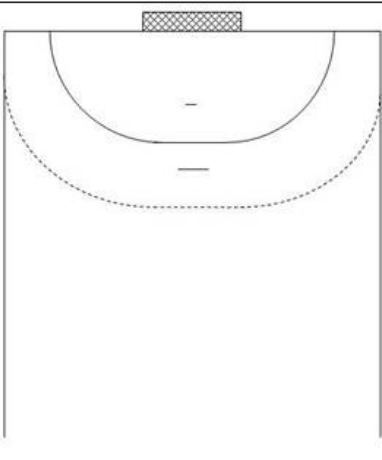

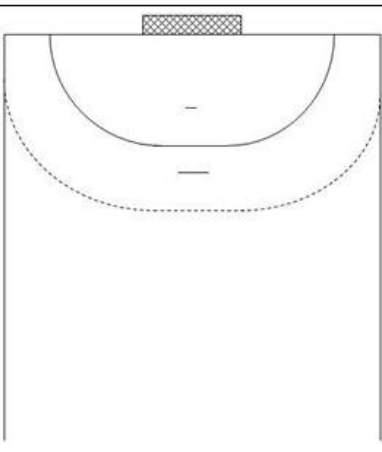
Print templates for Planning Training

Template for the training plan:

Description: Each training exercise can be planned using an individual sketch (form of the playing area) plus an explanatory text.

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Training Units and Exercises for Your Training!

Date: _____ Subject: _____

<p>Subject: _____</p> <p>Time: </p> <p>Description:</p>	
<p>Subject: _____</p> <p>Time: </p> <p>Description:</p>	
<p>Subject: _____</p> <p>Time: </p> <p>Description:</p>	

Free download: <http://www.handball-uebungen.de/Formulare.html>

Template for the analysis of players:

Description: This template is used for analysing the throws of players. The throwing position of the player, where the ball lands exactly, 7 metre/counterattack/normal throws can be recorded

Date: _____ - Match: _____ - Result: ____:____ (P1: ____:____)

Hit pattern attacker

Name: _____

No.: ____ / Position: ____

7 meter throw

Goal	saved

Counterattacks

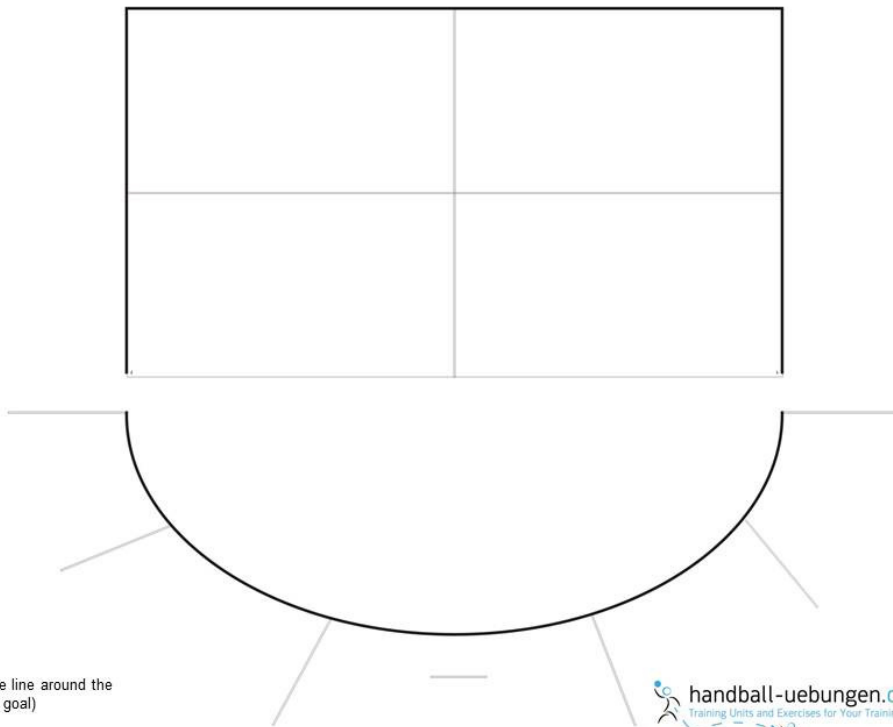
Goal	saved

Declaration:

1: 1. throw = no goal

K2: 2. throw = fast break (with circle line around the number = fast break goal)

③: 3. throw = Tor

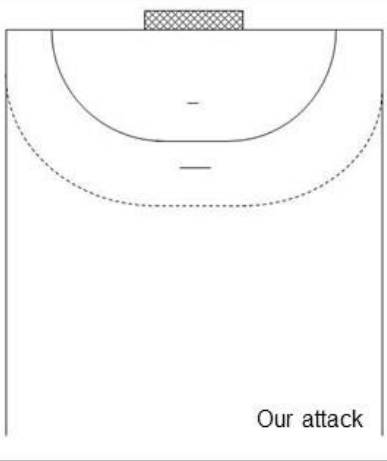
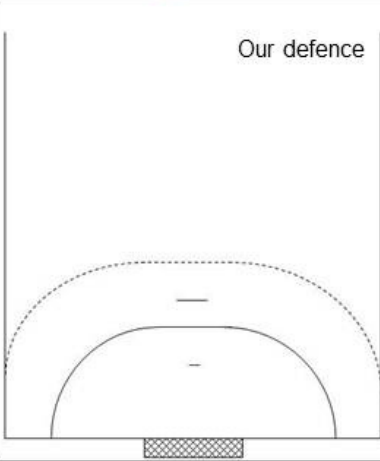
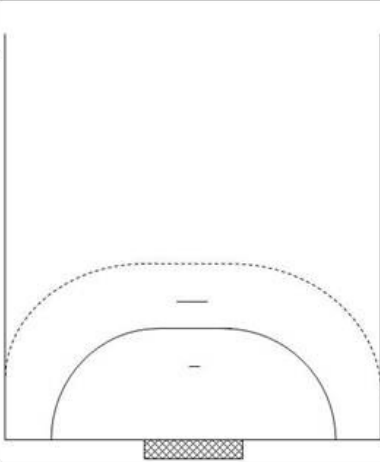
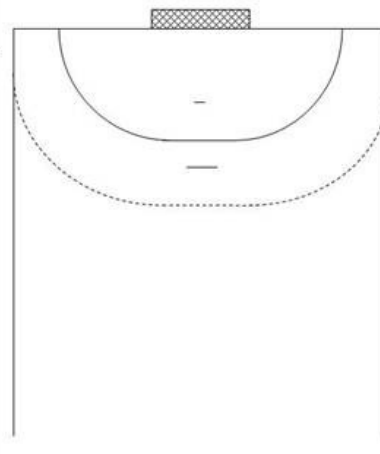


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Template for preparation of the game:

Date: _____ Opponent: _____

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<p>Team for the game</p> <p>1 _____</p> <p>2 _____</p> <p>3 _____</p> <p>4 _____</p> <p>5 _____</p> <p>6 _____</p> <p>7 _____</p> <p>8 _____</p> <p>9 _____</p> <p>10 _____</p> <p>11 _____</p> <p>12 _____</p> <p>12 _____</p> <p>13 _____</p> <p>14 _____</p>	 <p>Our attack</p>	 <p>Our defence</p>
<p>Important for the defence:</p>		
<p>Important for the attack:</p>		

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