

FAST EXECUTION OF THROW OFF AFTER A GOAL WAS SCORED

- ▣ It has been observed during many handball matches that the team which has conceded a goal tries to gain advantage over the team which returns to the defensive position by taking a quick throw-off.
- ▣ This type of throw-off has become an almost indispensable element of the tactics of many elite handball teams. In different ways, it is also used by teams of inferior quality.

- ▣ The objectives sought to be attained are various. The following deserve particular attention:
 1. The first and most important objective is to score as many goals as possible in situations when the opponent has not formed a zone defence properly after having scored a goal.
 2. The team which successfully takes a quick throw-off after having conceded a goal influences the opposing team's tactics of returning to the zone defence formation. It is very important that the alternating of the players between attacking and defensive positions is rendered very difficult so that the optimal defensive formation of the opposing team is hindered.

3. Psychological effects – a goal scored after a quick throw-off is a great encouragement for the scoring team and damages the opposing team's self-confidence. Players must be trained to stop thinking about the received goal and instead focus on immediate attack by taking a quick throw-off. This helps them eliminate negative feelings and prevent them from potentially accusing each other. They are trained to think positively and immediately engage so as to develop play.

4. Certain strengths of the team or of individual players are brought to the forefront – better conditioning, technical and tactical skills as well as psychological preparedness.
5. Appropriate training in the execution of a quick throw-off serves as a basis for improving the players' conditioning as well as their technical and tactical knowledge in difficult circumstances

- ▣ However, taking a quick throw-off is associated with many risks:
 - It requires a high level of conditioning.
 - There is a high possibility of technical and tactical errors.
 - Control over the playing situations during the match can diminish.

- An optimal player positioned on defence is many times not optimal for executing a quick throw-off (defence specialists) and thus diminishes the efficiency of the execution. However, it can be a good opportunity for those players who play defence more than on attack to display their defence skills.
- The above problems can be reflected in a negative result and lead to the conclusion that the team rushes thoughtlessly without considering the concrete situation.

- It is therefore extremely important that during training sessions and preparation matches, the players are trained to execute a quick throw-off after a goal.
- It is recommended that the coach prepare a selection of different exercises aimed at improving the quality and efficiency of all activities following a goal.
- The exercises must be structured in such a way as to enable the tactical adaptation of players to concrete circumstances occurring at the moment of a quick throw-off.

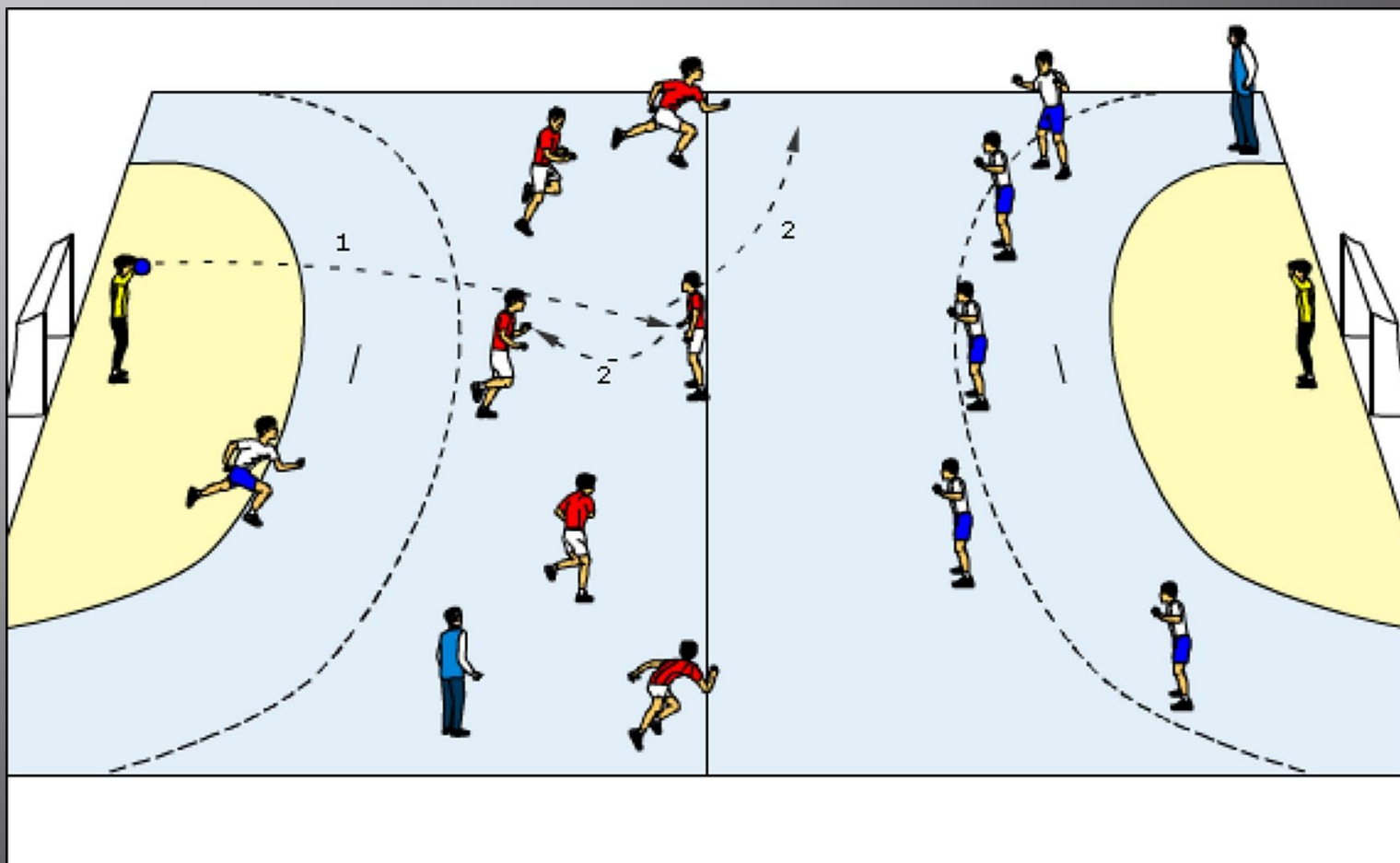
- ▣ Players must also learn how to identify different situations resulting from the received goal and the reaction of the opponents on their return to defence, and respond accordingly.

- ▣ The ability to change pace and build a suitable attack is of utmost importance in such cases.

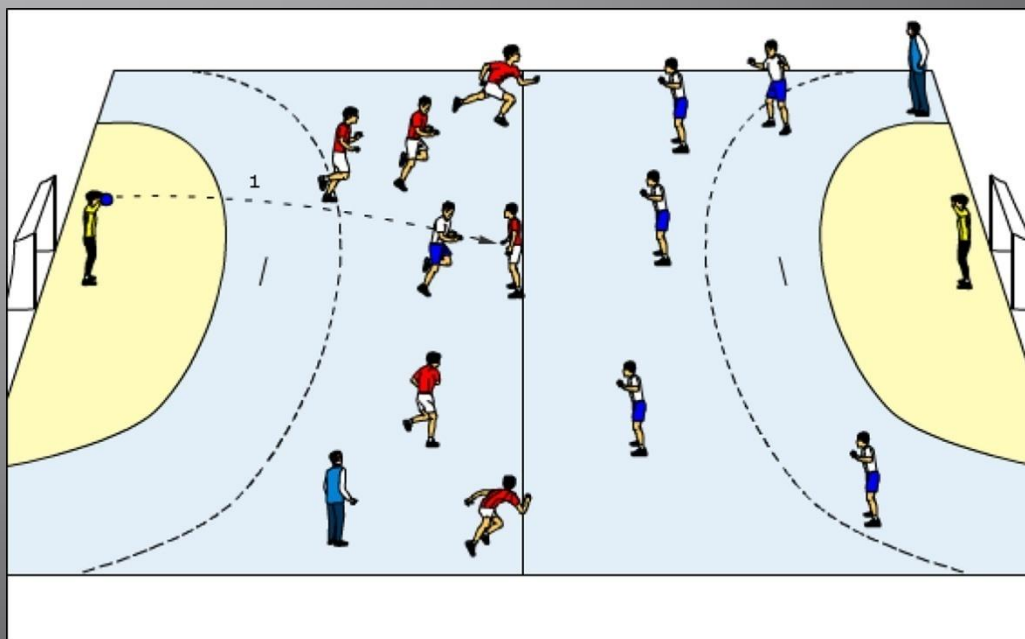
- When designing a set of exercises it is very important that the rules of the handball game referring to the execution of the throw-off are considered, as the pace of the attacking players' run and the referee's whistle signal must be well co-ordinated. It happens too often that the referees correct the execution of the throw-off and return the players to the starting positions.

- Quick execution of the throw-off according to the Rules of The Game:
 - The execution of the throw-off is dealt with in Rule 10 (The Throw-Off) and Rule 15 (General Instructions for the Execution of Throws).
 - Clarification 7 – Throw-Off is very interesting in terms of a quick execution of the throw-off.
 - Clarification 7 contains a guideline: referees should keep in mind the objective of encouraging teams to make use of a quick throw-off.

- Despite such a strategy, the execution must be in line with all handball rules.
- Two typical errors in execution – attackers:
 - incorrect position of the thrower of the throw-off;
 - teammates move across the centre line too quickly (before the whistle is blown).



- Two typical errors in execution – defenders:
 - preventing the execution of a fast throw-off by running in the area used by attackers to take the throw-off – across the centre line. This action prevents or hinders the passing of the ball from the goalkeeper to the thrower;



- incorrect position of the defender upon the execution of the throw-off – too close to the thrower – the passed ball can be intercepted.

- Faking of injury after a goal – request for a time-out.

- When this problem is caused by referees and when by players – training of throw-off;
- Throw-off training can be very diverse – consisting of very simple to complex situational exercises;
- Throw-off training can yield a very important conditioning result:

