



**16 – 17
JUNHO
2018**

Auditório
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da Silva
Universidade
Lusófona

CONGRESSO TÉCNICO CIENTÍFICO DE ANDEBOL

*15 anos a formar
treinadores de andebol*



Training and Game Philosophy of the German Female U20/U19 Teams



Handball CV

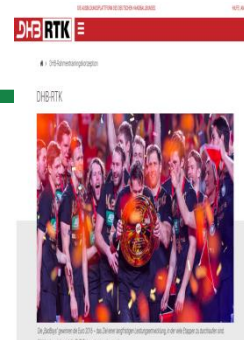


- Experience as a handball player in the average leagues in Germany
- Diploma in Sports Science
- Started as a handball coach in 1994
- Head Coach in different clubs of the DKB Handball Bundesliga 1996 - 2011
- Head of Coaches Education in the German Handball Federation/DHB 2006 – 2012
- Competitive & Sports Coordinator/Head of Beachhandball/Female Coaching Staff of DHB since 2012



German
Playing Concept

Trend Of Development
in Handball



Rahmentrainings-
konzeption/RTK

Basic Principals Of
Learning Handball



Continuity By Long Term Development!

Developmentssystem

Future – Orientated
Profiles

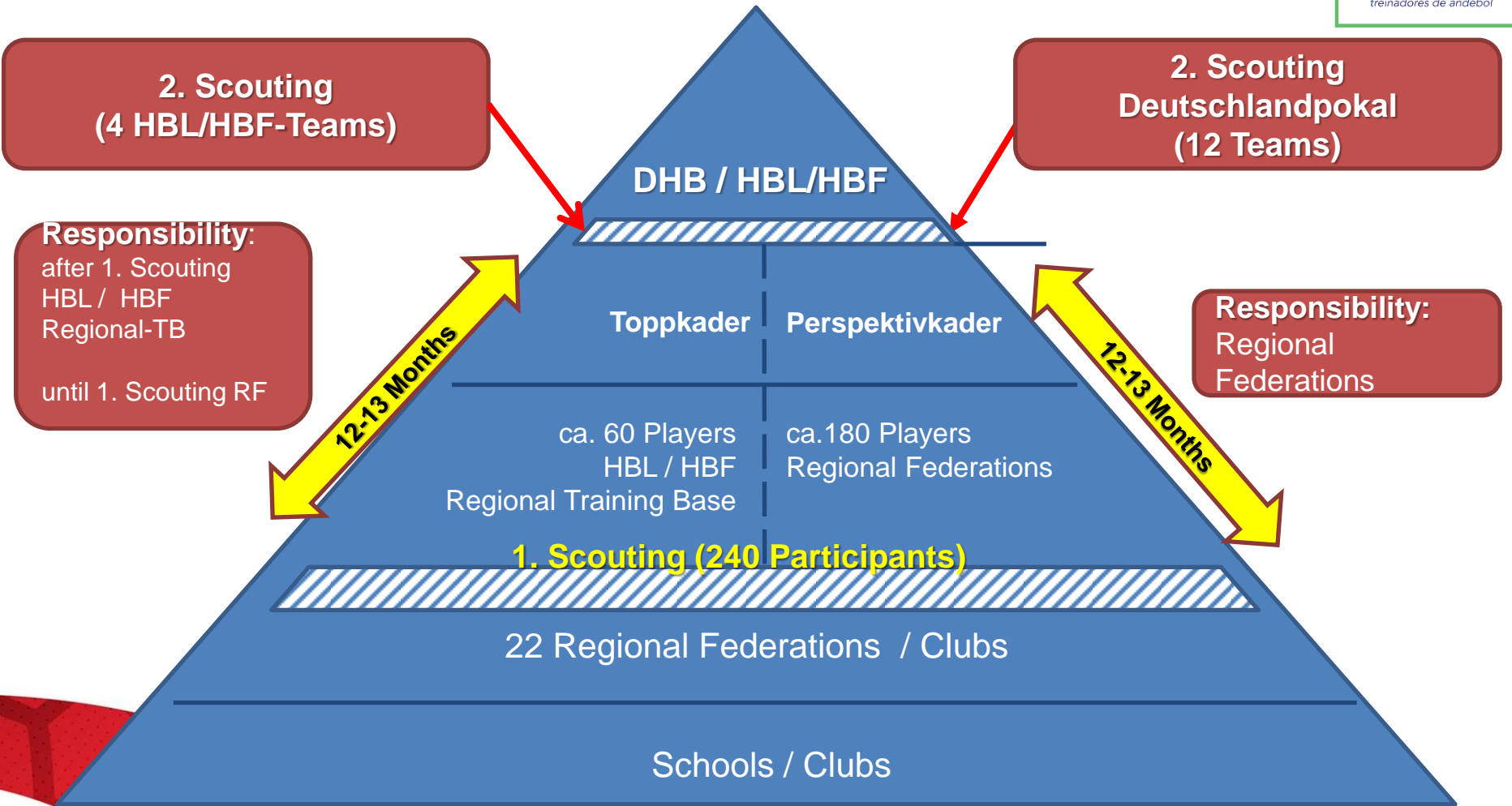


Coaches Education

Modern Profile



Scouting- and Developmentsystem (male and female)





Main Points Of Development In (Female) Handball

- Focus on the special skills of a talent: f.e. agility, height, power, playing skills as basic elements
- Personality development = education on competitive sports
- Specialize on one playing position
- Focus on individual development in Handball = f.e. Emily Bölk – Elite program, German Armed

Forces

16.06.2018

Jens Pfänder

6



Main Points Of Development In (Female) Handball

- Practise the Big Five:
- Athletic skills
- Agility
- Cognitive ability
- Technical / Tactical skills
- Regeneration

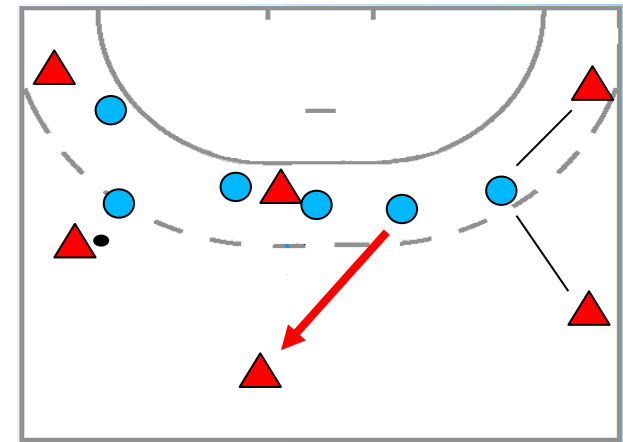


Basic Defense U 20/19: 6:0



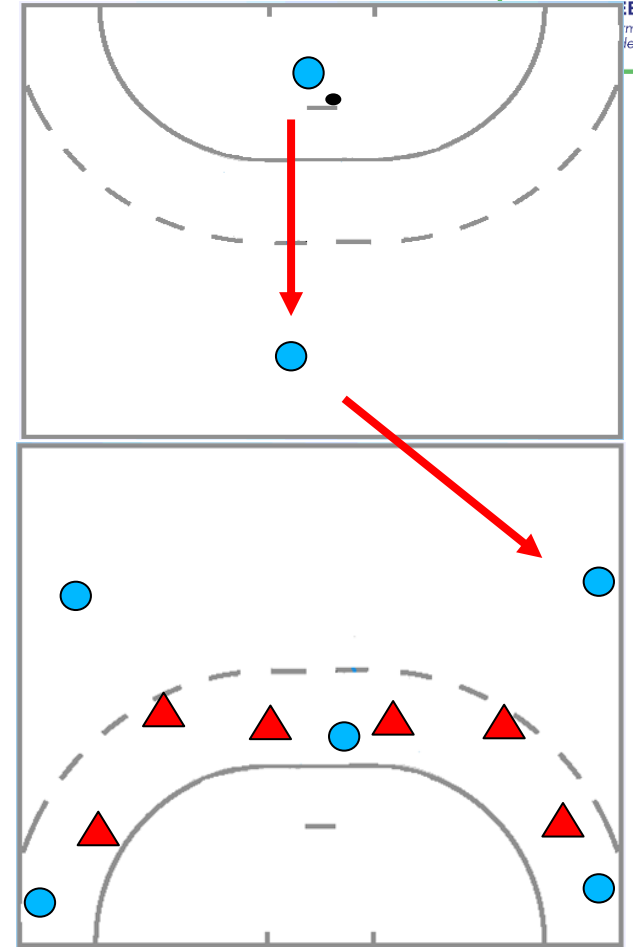
- Ideas:
- Act instead of react
- Be aggressive against the ball – but be very fast back in the line
- Take away the easy solutions for the offence
- Anticipation especially on pos. 2 and 5
- One against two situations on pos. 1 and 6

- Work with the pivot all the time, especially before attacking the ball!
- Block all changeovers
- Dominate the 9m
- Defensive triangle
- Make the offense move wide not deep
- Arrange explicit rules for different situations

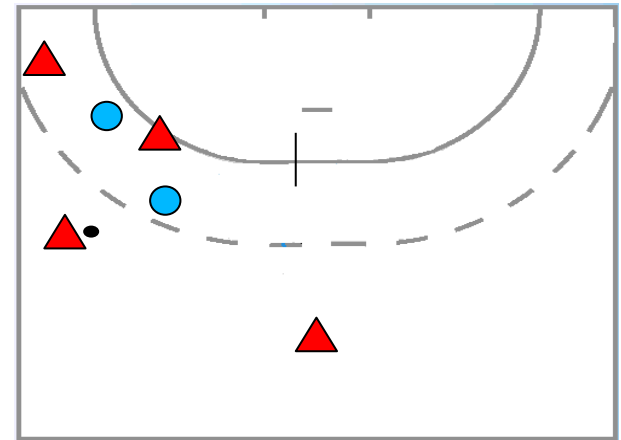




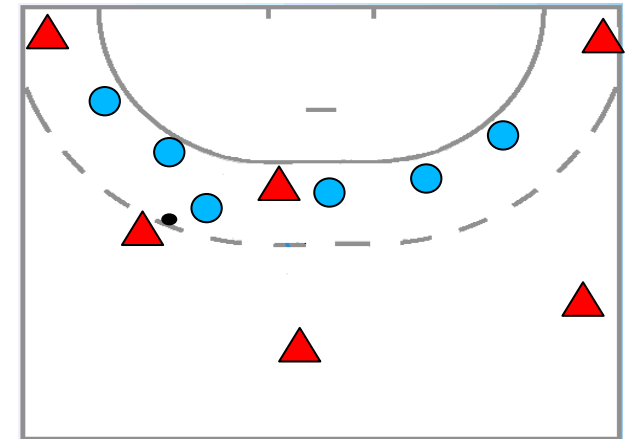
- Force turnovers!
- Transition options
- Take a clear position in your section!
- Variation of tempo
- Individual playing options



- Work on: Athletic skills
- Cognitive ability
- Agility / Playing ability
- Individual technical and tactical skills
- Make high demands in game like situations
- Regeneration



- Basic playing concept
- Start of play system
- Changeover, crossing
- Individual playing options
- Attack the goal, the space



in between two defenders = backcourt

- Divide the defense = pivot
- Wide position, changeovers = wings

Thank you for your kind attention!

I am looking forward to
more interesting
discussions!





Annex: Individual playing options



- Offence:
- AIP – all is possible
- Face and/or attack the goal
- Attack the space between two defenders
- Bind a second defender
- Open a space for your teammate
- Direct / indirect blocking



Annex: Individual playing options



- Crossing – backcourt or wing
- Change of tempo
- Movement without ball
- Changeover
- Cooperate with pivot
- Take your space!



Annex: Individual playing options



- Defence:
- Act instead of react
- Beware of your section
- Cooperate with your neighbour position(s)
- Stay between the ball and the goal
- Always be able to block
- Anticipate the passing route
- Block all changeovers

