

BALONMANO PLAYA

LA FORMACIÓN DEL ENTRENADOR



Comisión de Balonmano Playa
Área de Formación
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FICHERO DE EJERCICIOS

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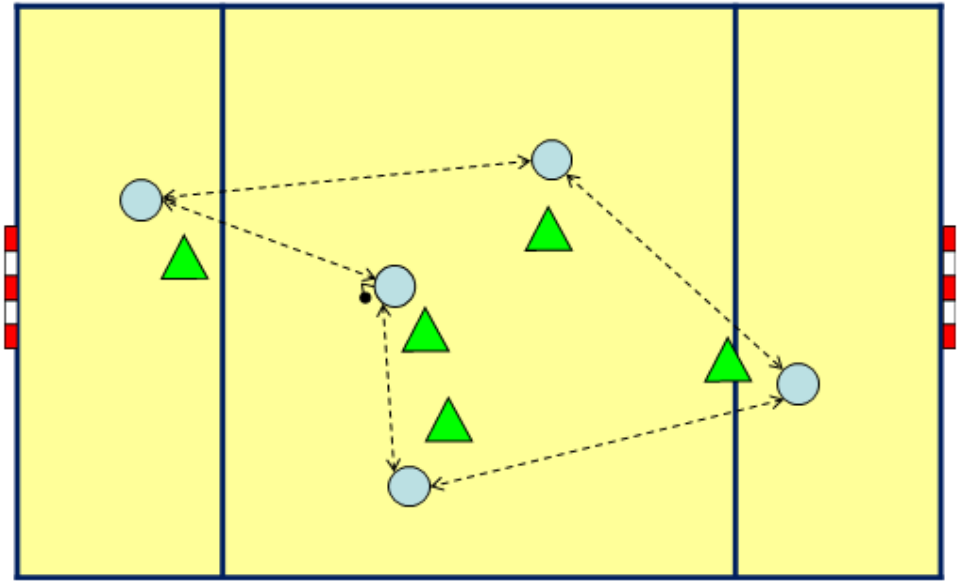
**GENERAL ORGANIZATION OF TRAINING TASKS FILE**

This chapter exposes a file of games, exercises and training tasks to use as an example for making tasks for the development of different specific objectives in beach handball. Thus, in order to facilitate its use and organization, this chapter has been structured in the following blocks of contents:

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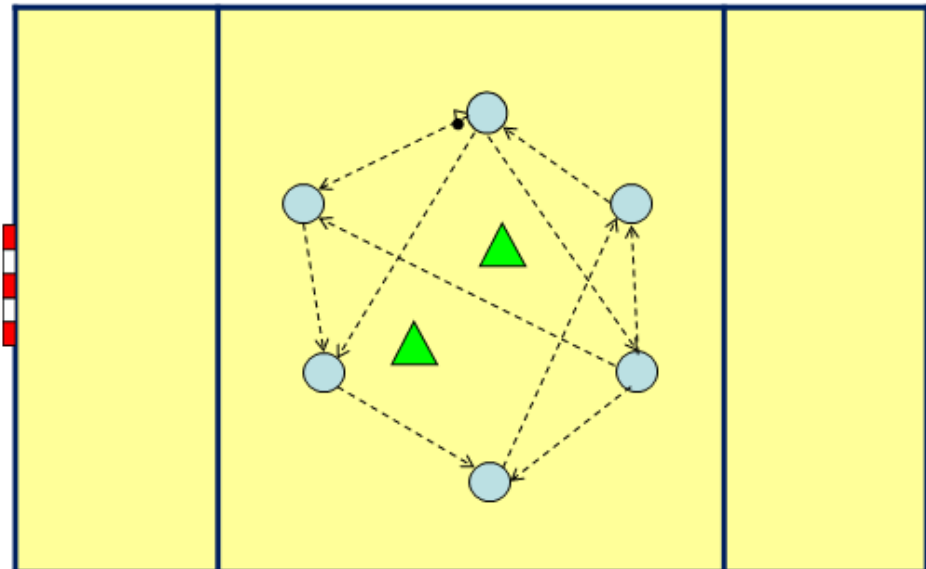
1. ADAPTATION TO SAND AND WARM UP GAMES AND TASKS

NAME	10 PASSES	
BLOCK	ADAPTATION TO SAND AND WARM UP GAMES AND TASKS	
DESCRIPTION		
Make 2 teams. Use the whole beach handball court. The team who owns the ball tries to keep its possession during 10 consecutive passes. The ball can't fall to the ground or be intercepted by the defense team. If it happens, the ball goes to the opposing team and the count back to zero. <u>Variants:</u> - To introduce a wild card attacking player to attack in numerical superiority/defend in numerical inferiority. - To concede double value to spin or in flight passes. - To allow only spin or in flight passes. - To limit the pass type (pass with dominant arm, pass with no dominant arm, two hands pass...). - To modify the conditions for turnover (do an opponent defensive control, touch the player who owns the ball...). - To limit the ball owner movement (0 steps, 1 step, 2 steps, 3 steps). - Don't allow repeat pass.		
PERCEPTIVE VARIABLE	DECISSION VARIABLE	EXECUTION VARIABLE
Observation of free spaces, teammate's, opponent and ball location.	Occupation of free spaces, pass destination, choose of offensive/defensive technical-tactical actions.	Movement type, pass type, defensive stance/attitude.
GRAPHIC DESCRIPTION		
		



NAME	FOOT-HANDBALL	
BLOCK	ADAPTATION TO SAND AND WARM UP GAMES AND TASKS	
DESCRIPTION		
Make 2 teams. Use the whole beach handball court. In playing area (zone between goal areas) play under beach handball rules. In goal areas play under football rules. To score a goal is only allowed to shoot from inside the goal area (using any part of the body excepting arms). The aim of the game is to score more goals than the opponent team. Fouls inside the goal area are sanctioned by penalty kick. Variants: - To introduce a wild card attacking player to attack in numerical superiority/defend in numerical inferiority. - To increase the playing area with the out of the pitch area. - To restrict how to score a goal (with head, with foot...). - To limit the pass type (pass with dominant arm, pass with no dominant arm, two hands pass...) - To modify the conditions for turnover (do an opponent defensive control, touch the player who owns the ball...) - To limit the ball owner movement (0 steps, 1 step, 2 steps, 3 steps). - Don't allow repeat pass.		
PERCEPTIVE VARIABLE	DECISSION VARIABLE	EXECUTION VARIABLE
Observation of free spaces, teammate's, opponents, ball location and court zone.	Occupation of free spaces, pass destination, choose of offensive/defensive technical-tactical actions.	Movement type, pass type, defensive stance/attitude.
GRAPHIC DESCRIPTION		
The diagram illustrates the court layout for Foot-Handball. It consists of a central yellow rectangular area labeled 'BEACH HANDBALL' and two orange rectangular areas on either side labeled 'FOOTBALL'. The orange areas represent goal zones, each marked with a red and white striped vertical bar on its outer edge. In the central yellow area, there are four blue circles representing players and three green triangles representing goals. Dashed arrows show a sequence of passes between players: from a player in the top left to the top right, then to the middle left, then to the bottom left, and finally to the bottom right. A solid arrow shows a player in the bottom right orange area shooting the ball into the goal. The entire court is enclosed in a blue border.		



NAME	CATS AND DOGS		
BLOCK	ADAPTATION TO SAND AND WARM UP GAMES AND TASKS		
DESCRIPTION			
Players placed in circular disposition (dogs). A variable number of players are placed inside the circle (cats). Dogs try to keep possession of the ball while the cats try to intercept the ball. Dogs can't move from their position. When a cat intercepts the ball, it changes its role with the dog player who performs the pass/reception mistake.			
Variants:			
- To increase or decrease the number of cats. - To increase or decrease the size of the circle. - To limit the pass type (only in flight pass, only spin pass, only classic pass, perform a sequence, only one hand, only two hands, dominant arm, no dominant arm...). - To introduce specialist players (with different shirt color) who can pass always by classic pass. - To modify the way to get the defensive success (touching the ball owner, for example). - Don't allow to repeat pass.			
PERCEPTIVE VARIABLE	DECISSION VARIABLE	EXECUTION VARIABLE	
Observation of pass lines, offensive, defensive and attack players and ball location.	Teammate to pass, election of pass type, occupation of free spaces.	Pass type (spin pass, in flight pass, classic), pass faints, way to perform the pass, defensive technical actions.	
GRAPHIC DESCRIPTION			
			



NAME	CATCH BY PASSES		
BLOCK	ADAPTATION TO SAND AND WARM UP GAMES AND TASKS		
DESCRIPTION			
Use the whole beach handball court. Players, individually, try to escape from the persecutor pair. The persecutor pair must catch the other players with a ball moving by passes under beach handball rules. To get success, the persecutor pair has to touch another player with the ball (hand-held). When a player is caught is added to persecutor team. The game ends when all players have been caught.			
Variants:			
- To introduce more balls. - To increase or decrease the playing area. - To modify the way to catch (touching with the ball, shooting (classic shot, spin-shot, inflight-shot). - To modify the way to move for the pursued (front move, lateral move...). - To incorporate ways to save for the pursued players by the help of another pursued player (by hugs, clapping hands...) - To make 2 teams and measure the time they expend to catch the other team.			
PERCEPTIVE VARIABLE	DECISION VARIABLE	EXECUTION VARIABLE	
Observation of free spaces, teammate's, opponent and ball location, game zone.	Occupation of free spaces, teammate to pass, how to persecute (persecute one player, persecute several players...)	Movement type, pass type, faint type.	
GRAPHIC DESCRIPTION			



NAME	PASSES BY PAIRS IN SMALL AREA		
BLOCK	ADAPTATION TO SAND AND WARM UP GAMES AND TASKS		
DESCRIPTION			
In small area (game area, goal area...) perform passes in pairs while moving by all space.			
Variants:			
- To increase or decrease the area. - To define pass type (dominant arm, no dominant arm, two hands...). - To modify the way to move for the pursued (front move, lateral move...). - To change the way to move during the task by perceptive stimulus associated to some type of move (for example: 1) front move 2) knees to chest 3) lateral move 4) heels to glutes). - To add the chance to intercept passes from other pairs. - When the coach whistles, the player who owns the ball tries to persecute his partner. - When the coach whistles and shout a number, players have to make group of this number size.			
PERCEPTIVE VARIABLE	DECISSION VARIABLE	EXECUTION VARIABLE	
Observation of free spaces, teammate's, opponent, ball location and game zone.	Occupation of free spaces, moment to pass.	Movement type, pass type.	
GRAPHIC DESCRIPTION			



NAME	BEACHKETBALL	
BLOCK	ADAPTATION TO SAND AND WARM UP GAMES AND TASKS	
DESCRIPTION		
Make 2 teams. Use the whole beach handball court. In playing area (area between goal areas) play under beach handball rules. In goal areas (forbidden areas) a ring, that will be the “basket”, is placed. The aim of both teams is to put the ball into the ring without enter in forbidden area. If the shoot is failed, the only attacker who is allowed to enter in forbidden area is the one who made the shoot while the defenders are all allowed. Fouls are punished with 2 free shoots from 6m line.		
Variants:		
- To introduce a wild card attacking player to attack in numerical superiority/defend in numerical inferiority. - To increase the playing area with the zone out of the pitch. - To limit the pass and shoot type (pass with dominant arm, pass with no dominant arm, two hands pass...). - To modify the conditions for turnover (do an opponent defensive control, touch the player who owns the ball...) - To limit the ball owner movement (0 steps, 1 step, 2 steps, 3 steps). - Don't allow repeat pass.		
PERCEPTIVE VARIABLE	DECISION VARIABLE	EXECUTION VARIABLE
Observation of free spaces, teammate's, opponent, ball location and court zone.	Occupation of free spaces, pass destination, choose of offensive/defensive technical-tactical actions.	Movement type, pass type, defensive stance/attitude.
GRAPHIC DESCRIPTION		

2. INDIVIDUAL TECHNICAL-TACTICAL TASKS

NAME	BRAID + SPIN OR INFLIGHT-SHOT	
BLOCK	INDIVIDUAL TECHNICAL-TACTICAL TASKS	
DESCRIPTION		
All player equally distributed in three lines (trios: left wing, right wing and center back) placed behind one of the 6m line. Starting with the ball from the center back, players perform successive crossing to head for the goal. When the trio arrives to optimal shooting zone, the player who owns the ball decides between make a spin-shot or pass to other partner for an inflight-shot. Variants: - To limit the pass and shoot type (pass with dominant arm, pass with no dominant arm, two hands pass...). - To restrict shot type. - To determine a number of passes limit. - To perform the crossing after a spin. - When a player is going to shoot, the nearest player turns into a defender and tries to defend him (closing space, performing a counter-spin...). - To perform a double inflight-shot. - To perform a spin before the final pass. - To pass for an inflight shot, players have to perform a previous spin before the pass.		
PERCEPTIVE VARIABLE	DECISION VARIABLE	EXECUTION VARIABLE
Perception of finish zone, observation of free spaces, spatial and time perception (6m line, partner, ball).	How to finish the play: a) performing a direct spin-shot b) passing a partner for an inflight shot.	Shot type, take off type (one foot, two feet...).
GRAPHIC DESCRIPTION		



NAME	2X1 IN DIFFERENT ZONES (WITHOUT SPECIALIST PLAYER)		
BLOCK	INDIVIDUAL TECHNICAL-TACTICAL TASKS		
DESCRIPTION			
In different playing zones (whole court, half of the court, lateral zones, two consecutive 2x1...) try to get a goal in a 2x1 situation without specialist player.			
Variants:			
- To change the playing zone. - To limit the maximal number of passes for ending the attack. - To restrict the way to end the attack (only spin-shots, only inflight-shots, only 1 point shots). - To modify the defending attitude (without hands, pressing defense, reactive defense, free defense...). - To organize in 3 lines. Player in center line passes to other partner and the other partner becomes a defender player (way to stimulate capacity to respond to unpredictable situations).			
PERCEPTIVE VARIABLE	DECISION VARIABLE	EXECUTION VARIABLE	
In attack: observation of defenders, attackers, free spaces and ball location. In defense: observation of attackers (location, degree of danger...) and ball location.	In attack: typical decision making with the ball (move, pass or shoot), typical decision making without the ball (loose the mark and playing zone to do it, free spaces occupation) In defense: Choosing of defensive technical-tactical actions.	In attack: pass type, shoot type, movement type, jump take off type. In defense: defensive movement type, counter-spin type.	
GRAPHIC DESCRIPTION			

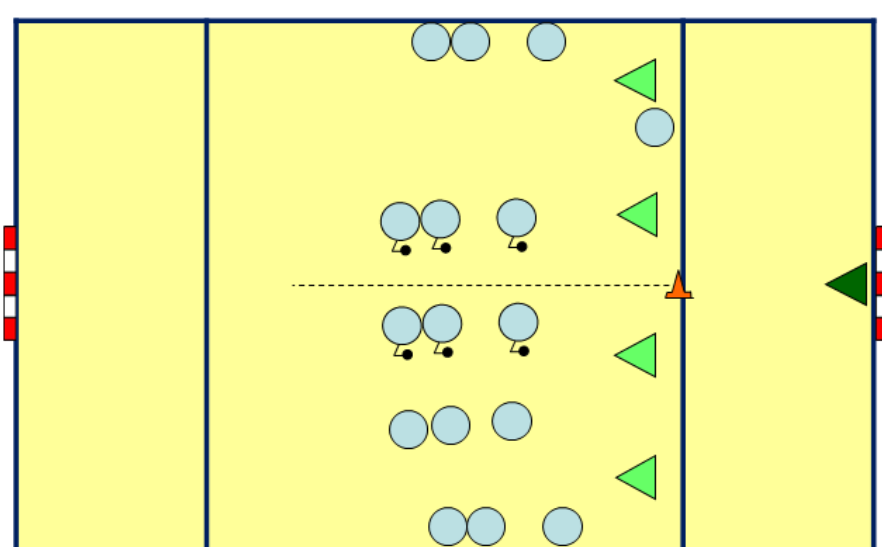


NAME	2X1 CENTRAL ZONE (LINE PLAYER AND SPECIALIST PLAYER)	
BLOCK	INDIVIDUAL TECHNICAL-TACTICAL TASKS	
DESCRIPTION		
2x1 play situation in central zone. Line player and specialist player with free play ending.		
Variants:		
- To increase or decrease the playing zone. - To add wings support players to facilitate specialist actions. - To restrict pivot way to shoot (only spin-shots, only inflight-shots). - To restrict specialist the way to shoot (only penetration shots, only outside shots...). - To start with the specialist player from his change zone and receive the ball while running). - To add an additional defender who tries to hinder the line player reception of the ball.		
PERCEPTIVE VARIABLE	DECISION VARIABLE	EXECUTION VARIABLE
In attack: observation of defenders, attackers, free spaces and ball location. In defense: observation of attackers (location, degree of danger...) and ball location.	In attack: typical decision making with the ball (move, pass or shoot), typical decision making without the ball (loose the mark and playing zone to do it, free spaces occupation) In defense: Choosing of defensive technical-tactical actions.	In attack: pass type, shoot type, movement type, jump take off type. In defense: defensive movement type, counter-spin type.
GRAPHIC DESCRIPTION		

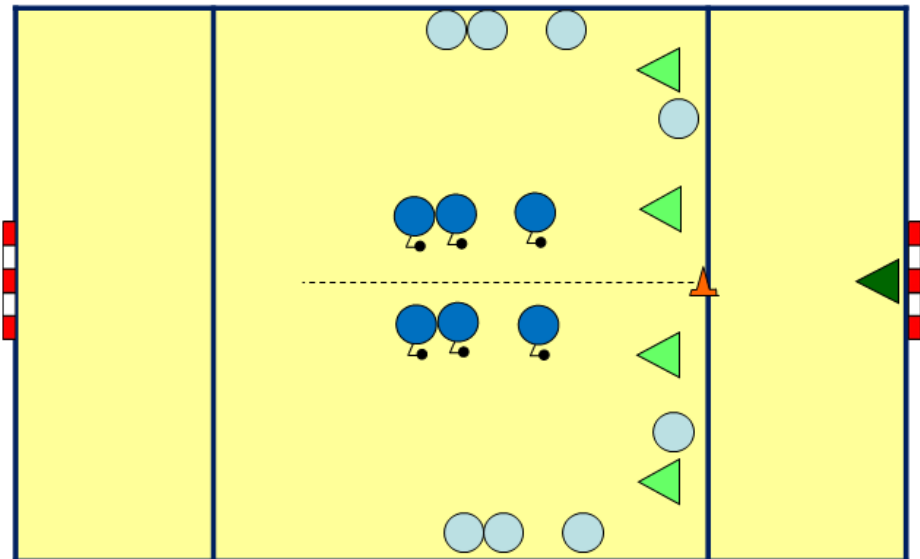


NAME	2X1 LATERAL ZONES (RIGHT/LEFT WING AND SPECIALIST PLAYER)	
BLOCK	INDIVIDUAL TECHNICAL-TACTICAL TASKS	
DESCRIPTION		
2x1 play situation in lateral zones. Right/left wing and specialist player with free play ending.		
Variantes:		
- To increase or decrease the playing zone. - To add a support pivot or opposite wing to facilitate specialist actions. - To restrict wing's way to shoot (only spin-shots, only inflight-shots). - To restrict specialist the way to shoot (only penetration shots, only outside shots...). - To start with the specialist player from his change zone and receive the ball while running). - To modify the defending attitude (without hands, pressing defense, reactive defense, free defense...).		
PERCEPTIVE VARIABLE	DECISION VARIABLE	EXECUTION VARIABLE
In attack: observation of defenders, attackers, free spaces and ball location. In defense: observation of attackers (location, degree of danger...) and ball location.	In attack: typical decision making with the ball (move, pass or shoot), typical decision making without the ball (loose the mark and playing zone to do it, free spaces occupation) In defense: Choosing of defensive technical-tactical actions.	In attack: pass type, shoot type, movement type, jump take off type. In defense: defensive movement type, counter-spin type.
GRAPHIC DESCRIPTION		



NAME	3X2 IN DIFFERENT PLAYING ZONES (WITHOUT SPECIALIST PLAYER)		
BLOCK	INDIVIDUAL TECHNICAL-TACTICAL TASKS		
DESCRIPTION			
3x2 situations (without specialist player) in different zones (whole court, half court, lateral zones...). Attackers try to score a goal while defenders and goalkeeper try to prevent it.			
Variants:			
- To change the playing zones. - To limit the maximal number of passes. - To restrict the way to shoot in general (only spin-shots, only inflight-shots, only one point shots) or by specific position (only line player can do an inflight shot, for example). - To change attack organization (with line player, without line player...). - To modify the defending attitude (without hands, pressing defense, reactive defense, free defense...).			
PERCEPTIVE VARIABLE	DECISION VARIABLE	EXECUTION VARIABLE	
In attack: observation of defenders, attackers, free spaces and ball location. In defense: observation of attackers (location, degree of danger...) and ball location.	In attack: typical decision making with the ball (move, pass or shoot), typical decision making without the ball (loose the mark and playing zone to do it, free spaces occupation) In defense: Choosing of defensive technical-tactical actions.	In attack: pass type, shoot type, movement type, jump take off type. In defense: defensive movement type, counter-spin type.	
GRAPHIC DESCRIPTION			
			



NAME	3X2 IN DIFFERENT PLAYING ZONES (WITH SPECIALIST PLAYER)	
BLOCK	INDIVIDUAL TECHNICAL-TACTICAL TASKS	
DESCRIPTION		
3x2 situations with specialist player in different zones (whole court, half court, lateral zones...). Attackers try to score a goal while defenders and goalkeeper try to prevent it.		
Variantes:		
- To change the playing zones. - To limit the maximal number of passes. - To restrict the way to shoot in general (only spin-shots, only inflight-shot, only one point shots) or by specific position (only line player can do an inflight shot, for example). - To change attack organization (with line player, without line player, with specialist in lateral zones...). - To modify the defending attitude (without hands, pressing defense, reactive defense, free defense...).		
PERCEPTIVE VARIABLE	DECISION VARIABLE	EXECUTION VARIABLE
In attack phase: observation of defenders, attackers, free spaces and ball location. In defense: observation of attackers (location, degree of danger...), and ball location, identify the specialist player.	In attack: typical decision making with the ball (move, pass or shoot), typical decision making without the ball (loose the mark and playing zone to do it, free spaces occupation) In defense: Choosing of defensive technical-tactical actions.	In attack: pass type, shoot type, movement type, jump take off type. In defense: defensive movement type, counter-spin type.
GRAPHIC DESCRIPTION		
		



NAME	3X2 RELAY WITH LINE PLAYER (WITHOUT SPECIALIST PLAYER)	
BLOCK	INDIVIDUAL TECHNICAL-TACTICAL TASKS	
DESCRIPTION		
One goalkeeper is placed in each goal, and one line player is placed in each 6m line. Organized the rest of the player by pairs, each one of them performs a numerical inferiority defensive situation (3x2) on whole court. Following this action, the defense pair performs a numerical superiority attack situation (3x2) with the line player in the other goal. Once this attack is over, the pair gets out of the pitch while the task dynamic is continued by the rest of the pairs. To facilitate the task dynamism, try to use always the same ball. If it's not possible, goalkeepers may use a ball placed near the goal (previously placed there) to avoid the stops during the task.		
Variants:		
- To change the playing zone. - To limit the maximal number of passes for ending the attack. - To restrict the way to end the attack in general (only spin-shots, only inflight-shots, only 1 point shots) or by specific position (only line player can do an inflight shot, for example). - To modify the defending attitude (without hands, pressing defense, reactive defense, free defense...).		
PERCEPTIVE VARIABLE	DECISION VARIABLE	EXECUTION VARIABLE
In attack: observation of defenders, attackers, free spaces and ball location. In defense: observation of attackers (location, degree of danger...), and ball location, identify the specialist player.	In attack: typical decision making with the ball (move, pass or shoot), typical decision making without the ball (loose the mark and playing zone to do it, free spaces occupation) In defense: Choosing of defensive technical-tactical actions.	In attack: pass type, shoot type, movement type, jump take off type. In defense: defensive movement type, counter-spin type.
GRAPHIC DESCRIPTION		



NAME	4X3 RELAY WITH SPECIALIST PLAYER	
BLOCK	INDIVIDUAL TECHNICAL-TACTICAL TASKS	
DESCRIPTION		
One goalkeeper is placed in each goal, and one line player is placed in each 6m line. Organized the rest of the player by trios, each one of them performs a numerical inferiority defensive situation (4x3) on whole court. Following this action, the defense pair performs a numerical superiority attack situation (4x3) with specialist player (highlighted with a different shirt) and the line player in the other goal. Once this attack is over, the trio gets out of the pitch while the task dynamic is continued by the rest of the trios. To facilitate the task dynamism, try to use always the same ball. If it's not possible, goalkeepers may use a ball placed near the goal (previously placed there) to avoid the stops during the task.		
Variantes:		
- To change the playing zone. - To limit the maximal number of passes for ending the attack. - To restrict the way to end the attack in general (only spin-shots, only inflight-shots, only 1 point shots) or by specific position (only line player can do an inflight shot, for example). - To modify the defending attitude (without hands, pressing defense, reactive defense, free defense...). - To change the specialist location (at the center or at one of both lateral zones).		
PERCEPTIVE VARIABLE	DECISION VARIABLE	EXECUTION VARIABLE
In attack: observation of defenders, attackers, free spaces and ball location. In defense: observation of attackers (location, degree of danger...), and ball location, identify the specialist player.	In attack: typical decision making with the ball (move, pass or shoot), typical decision making without the ball (loose the mark and playing zone to do it, free spaces occupation) In defense: Choosing of defensive technical-tactical actions.	In attack: pass type, shoot type, movement type, jump take off type. In defense: defensive movement type, counter-spin type.
GRAPHIC DESCRIPTION		

3. COUNTERATTACK TASKS

NAME	1X1 COUNTERATTACK	
BLOCK	COUNTERATTACK TASKS	
DESCRIPTION		
One goalkeeper placed in each goal. Direct 1x1 counterattack (with goalkeeper counterattack pass) with play ending by spin-shot (defender enter in the pitch from the opposite change band).		
Variants:		
- To restrict defensive actions to facilitate or hinder the attack (to defend without hands, no counter-spin allowed, only counter-spin allowed...). - To add a defender who make harder the goalkeeper's pass. - To link actions in both goals (goalkeeper make a counterattack pass after defensive action). - To start with a semi-active in the same band of attack band of change to hinder the steps cycle for the attacker.		
PERCEPTIVE VARIABLE	DECISION VARIABLE	EXECUTION VARIABLE
Pass receptor and defender distance, distance from 6m line, goalkeeper's location and attitude.	Moment to make the pass, shot location, chose of right attack/defense technical-tactical action.	Pass type, shot type, counter-spin type (one or two foot take off, with one or two hands), goalkeeper actions.
GRAPHIC DESCRIPTION		
The diagram illustrates a soccer field layout for a 1x1 counterattack drill. The field is represented as a rectangle divided into three vertical sections. At the top, four green triangles represent spectators. In the center, a dashed circle represents the ball, with a dashed arrow pointing towards the left goal. A solid arrow points from the bottom center towards the ball. Two goalkeepers, represented by green triangles with black dots, are positioned in front of the left and right goals. The goals are marked with red and white striped rectangles. Four blue circles at the bottom represent players or spectators.		



NAME	2X1 COUNTERATTACK	
BLOCK	COUNTERATTACK TASKS	
DESCRIPTION		
One goalkeeper placed in each goal. Direct 2x1 counterattack (with goalkeeper counterattack pass) where the attackers try to score a double point goal (defender enter in the pitch from the opposite change band).		
Variants:		
- To restrict defensive actions to facilitate or hinder the attack (to defend without hands, no counter-spin allowed, only counter-spin allowed...). - To add a defender who make harder the goalkeeper's pass. - To link actions in both goals (goalkeeper make a counterattack pass after defensive action). - To start with a previous shot to the goalkeeper who passes the ball. - To limit the shoot zone. - If the attack could not end in counterattack situation, link with a positional 2x1 situation. - To change the band of change. - To transform the 2x1 situation in a 3x2 situation when the ball crosses the imaginary line of half court (by including one more defender and one more attacker who perform the offensive balance).		
PERCEPTIVE VARIABLE	DECISION VARIABLE	EXECUTION VARIABLE
Pass receptor and defender distance, distance from 6m line, goalkeeper's location and attitude.	Moment to make the pass, shot location, chose of right attack/defense technical-tactical action. In attack: Owning the ball's decisions (to move, to pass, who to pass or to shoot) Without ball's decisions (to lose the mark, free spaces occupation...).	Pass type, shot type, counter-spin type (one or two foot take off, with one or two hands), goalkeeper actions.
GRAPHIC DESCRIPTION		



NAME	3X1 COUNTERATTACK	
BLOCK	COUNTERATTACK TASKS	
DESCRIPTION		
One goalkeeper placed in each goal. Direct 3x1 counterattack starting with a goalkeeper counterattack pass to the first player who enters from the change band. Then, he decides: a) make a spin-shot b) pass to the second player to make an inflight shot c) pass to the player who carries out the attack balance to make an inflight shot. Defender enters to the pitch from the opposite band of change. Variants: - To restrict defensive actions to facilitate or hinder the attack (to defend without hands, no counter-spin allowed, only counter-spin allowed...). - To add a defender who make harder the goalkeeper's pass. - To link actions in both goals (goalkeeper make a counterattack pass after defensive action). - To start with a previous shot to the goalkeeper who passes the ball (right after this player performs the offensive balance). - To limit the shoot zone. - If the attack could not end in counterattack situation, link with a positional 2x1 situation. - To change the band of change. - To transform the 3x1 situation in a 3x2 situation when the ball crosses the imaginary line of half court (by including one more defender and one more attacker who perform the offensive balance). - To allow free play ending by the attack.		
PERCEPTIVE VARIABLE	DECISION VARIABLE	EXECUTION VARIABLE
Pass receptor and defender distance, distance from 6m line, goalkeeper's location and attitude.	Moment to make the pass, shot location, chose of right attack/defense technical-tactical action. In attack: Owning the ball's decisions (to move, to pass, who to pass or to shoot) Without ball's decisions (to lose the mark, free spaces occupation...).	Pass type, shot type, counter-spin type (one or two foot take off, with one or two hands), goalkeeper actions.
GRAPHIC DESCRIPTION		

NAME	3X2 COUNTERATTACK WITH CHANGE OF PLAYERS	
BLOCK	COUNTERATTACK TASKS	
DESCRIPTION		
One goalkeeper placed in each goal. Direct counterattack situation starting with a goalkeeper counterattack pass to the one of both players who enters from the band of change. At the same time, two defenders enter to the pitch from the opposite band of change and one attacker is added from the attack balance at the same band to complete the formation of 3x2 counterattack situation. <u>Variants:</u> - To restrict defensive actions to facilitate or hinder the attack (to defend without hands, no counter-spin allowed, only counter-spin allowed...). - To add a defender who make harder the goalkeeper's pass. - To link actionss in both goals (goalkeeper make a counterattack pass after defensive action). - To start with a previous shot to the goalkeeper who passes the ball (right after this player performs the offensive balance). - To limit the shoot zone. - To limit the way to shoot (first attacker by spin-shot and the rest of the players by inflight shot, for example). - If the attack could not end in counterattack situation, link with a positional 2x1 situation. - To change the band of change.		
PERCEPTIVE VARIABLE	DECISION VARIABLE	EXECUTION VARIABLE
Pass receptor and defender distance, distance from 6m line, goalkeeper's location and attitude.	Moment to make the pass, shot location, chose of right attack/defense technical-tactical action. In attack: Owning the ball's decisions (to move, to pass, who to pass or to shoot) Without ball's decisions (to lose the mark, free spaces occupation...).	Pass type, shot type, counter-spin type (one or two foot take off, with one or two hands), goalkeeper actions.
GRAPHIC DESCRIPTION		



NAME	4x3 COUNTERATTACK (WITH SPECIALIST PLAYER)	
BLOCK	COUNTERATTACK TASKS	
DESCRIPTION		
4x3 counterattack situation with double attack and defense change of players. The task starts with a coach signal. After that, goalkeeper performs a counterattack pass while two players perform the offensive and defensive balance. Attackers perform a false pass and go with line player in benefit of the specialist player who is added to the situation while running. <u>Variants:</u> - To restrict defensive actions to facilitate or hinder the attack (to defend without hands, no counter-spin allowed, only counter-spin allowed...). - To add a defender who make harder the goalkeeper's pass. - To link actions in both goals (goalkeeper make a counterattack pass after defensive action). - To start with a previous shot to the goalkeeper who passes the ball (right after this player performs the offensive balance). - To change the band of change. - If the attack couldn't finish the counterattack, play a positional 4x3 situation. - To change the beginning tactical action (perform a crossing, for example). - To change specialist player's specific position (specialist player in lateral zones).		
PERCEPTIVE VARIABLE	DECISION VARIABLE	EXECUTION VARIABLE
Pass receptor and defender distance, distance from 6m line, goalkeeper's location and attitude.	Moment to make the pass, shot location, chose of right attack/defense technical-tactical action. In attack: Owning the ball's decisions (to move, to pass, who to pass or to shoot) Without ball's decisions (to lose the mark, free spaces occupation...).	Pass type, shot type, counter-spin type (one or two foot take off, with one or two hands), goalkeeper actions.
GRAPHIC DESCRIPTION		

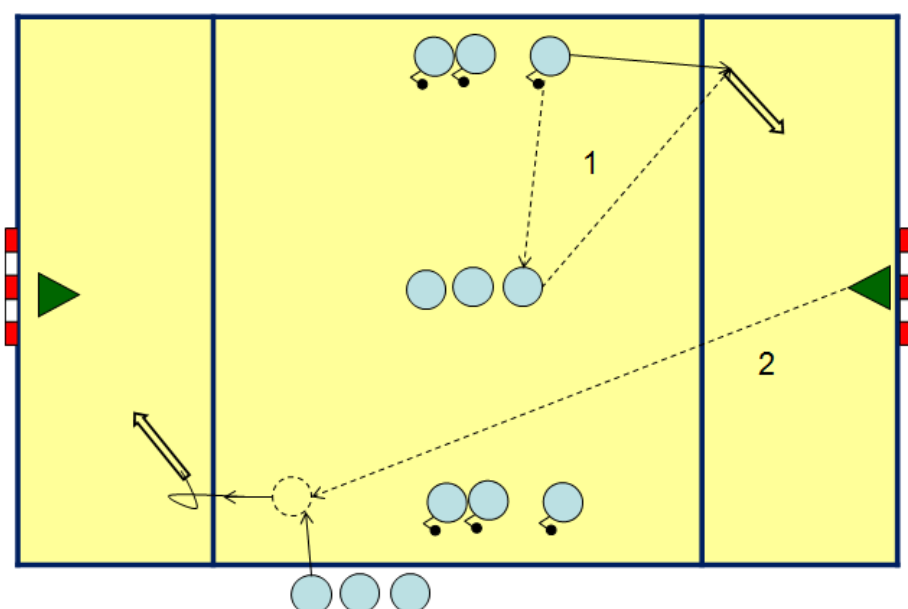
NAME	TO LINK GAME PHASES	
BLOCK	COUNTERATTACK TASKS	
DESCRIPTION		
To link a 4x3 positional attack with a counterattack (with 2 changes of players). After the counterattack finish, play a new 4x3 positional attack with inverted roles from the first positional situation. If the counterattack is not possible due to the defensive balance, perform a positional 4x3 attack.		
Variants:		
- To change counterattack conditions (just one player change, to limit the offensive/defensive actions...) - To change the positional game system (offensive and defensive).		
PERCEPTIVE VARIABLE	DECISION VARIABLE	EXECUTION VARIABLE
Pass receptor and defender distance, distance from 6m line, location and stance/attitude of the goalkeeper.	Same decision variables as previous tasks adding the decision making between perform a counterattack or a positional attack.	Pass type, shot type, counter-spin type (one or two foot take off, with one or two hands), goalkeeper actions.
GRAPHIC DESCRIPTION		

4. GOALKEEPER TASKS

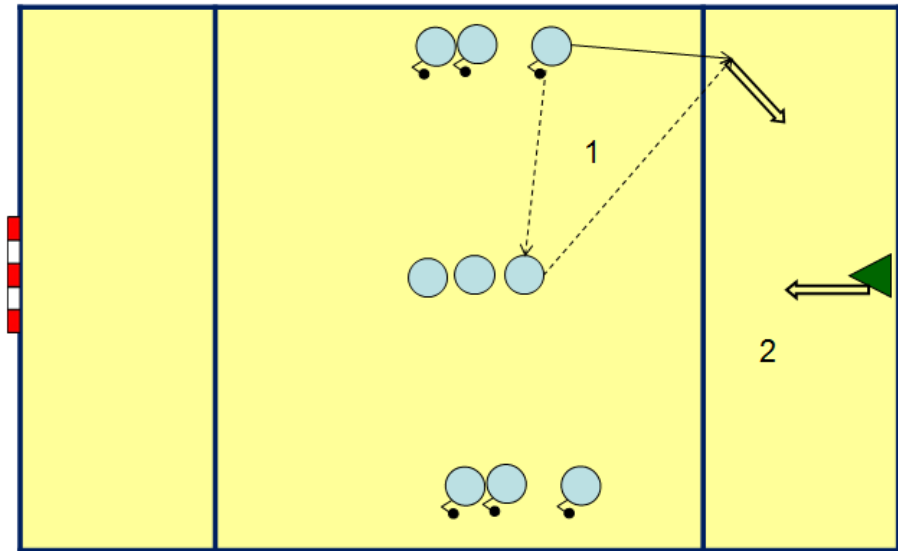
NAME	2 CONSECUTIVE SHOTS	
BLOCK	GOALKEEPER TASKS	
DESCRIPTION		
Try to save 2 consecutive shots (one from the wing (spinshot) and one from the central zone (specialist player outside shot). The goalkeeper starts the task touching the opposite goal post.		
Variants:		
- To change the shooting zone. - To change the shoot type (specialist player penetration shot, specialist player outside shot, spin-shot, inflight shot, free shot type). - To let free type shot, but each one of them with limited location (inflight shot to near post, spin-shot to far post). - To add defensive collaboration (counter-spin and blocks). - To add a third or more consecutive shot.		
PERCEPTIVE VARIABLE	DECISION VARIABLE	EXECUTION VARIABLE
Concerning player who shoots: distance, trajectory, shooting arm, shooting arm technique, shot type... General time and spatial perception.	Defensive goalkeeper actions decisions: depth, save type, use of feints...	Specific goalkeeper movements type, specific goalkeeper defensive actions.
GRAPHIC DESCRIPTION		



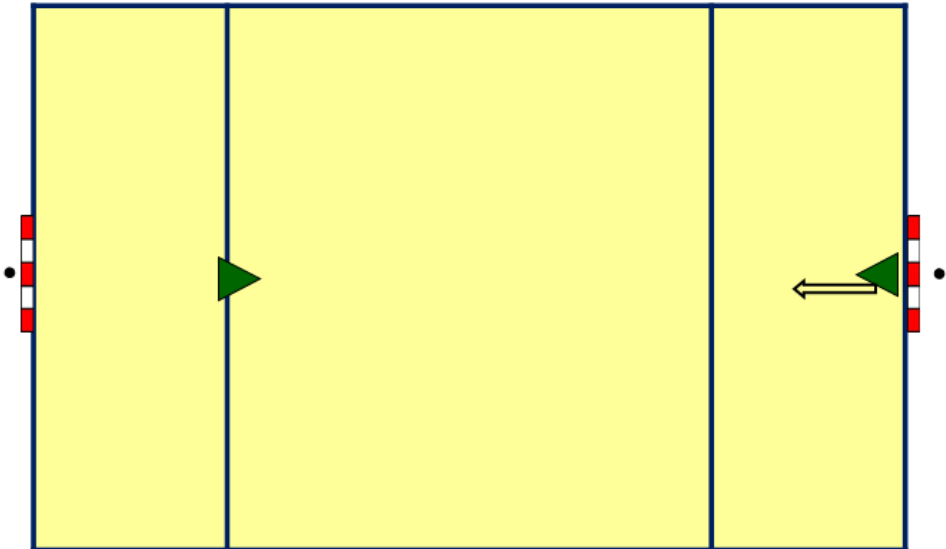
NAME	TRY TO SAVE ENTERING FROM THE BAND OF CHANGE	
BLOCK	GOALKEEPER TASKS	
DESCRIPTION		
Goalkeeper placed at band of change and an attacker placed at 7-8 meters in the opposite wing. After the coach signal, attacker performs a spin-shot after passing a semi-static defender.		
Variants:		
- To increase the defending attitude. - To change the shooting zone (lateral zones, central zone). - To change the shoot type (specialist player penetration shot, specialist player outside shot, spin-shot, inflight shot, free shot type). - To let free type shot. - To let free type shot, but each one of them with limited location (inflight shot to near post, spin-shot to far post). - To add defensive collaboration (counter-spin and blocks). - To add a second or more consecutive shot.		
PERCEPTIVE VARIABLE	DECISION VARIABLE	EXECUTION VARIABLE
Concerning player who shoots: distance, trajectory, shooting arm, shooting arm technique, shot type... General time and spatial perception.	Defensive goalkeeper actions decisions: depth, save type, use of feints...	Specific goalkeeper movements type, specific goalkeeper defensive actions.
GRAPHIC DESCRIPTION		

NAME	SAVE + COUNTERATTACK PASS	
BLOCK	GOALKEEPER TASKS	
DESCRIPTION		
Try to save inflight shots from left or right wing zone. Right after, perform a counterattack pass (using the same ball if it's possible) to an attacker who enter to the pitch from the band opposite band of change (this player perform a spin-shot on the other goal).		
<u>Variants:</u> - To change the shot type and shooting zone. - To add a defender to counterattack situation. - To add a defender who tries to hinder the counterattack pass (trying to block or to dissuade). - To add this task like a follow-up of other task (a positional attack situation linked with the counterattack pass, for example).		
PERCEPTIVE VARIABLE	DECISION VARIABLE	EXECUTION VARIABLE
Concerning player who shoots: distance, trajectory, shooting arm, shooting arm technique, shot type... Concerning the counterattack pass: distance, trajectory of receptor...	Defensive goalkeeper actions decisions: depth, save type, use of feints...	Specific goalkeeper movement type, specific goalkeeper defensive actions, pass type.
GRAPHIC DESCRIPTION		
		

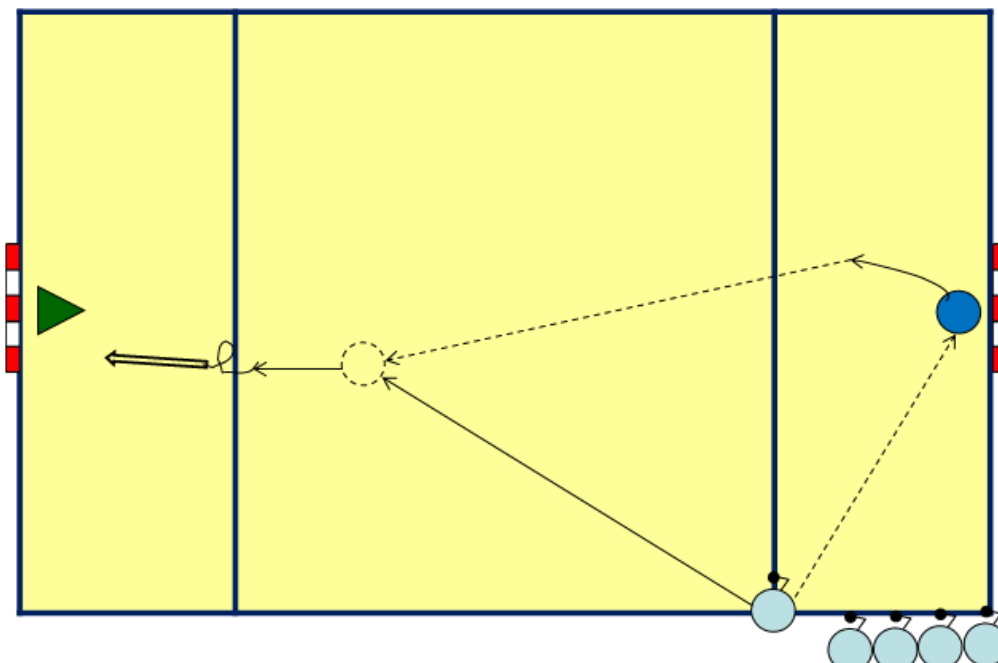


NAME	SAVE + DIRECT SHOT TO GOAL	
BLOCK	GOALKEEPER TASKS	
DESCRIPTION		
Try to save inflight shots from left or right wing zone. Right after that, perform a direct shot to goal (using the same ball if it's possible).		
Variants:		
- To change the shot type and shooting zone. - To add a defender who tries to hinder the direct shot (trying to block or to dissuade). - To add this task like a follow-up of of other task (a positional attack situation linked with the direct shot, for example). - To increase the difficult of the direct shot with performing defensive balance defenders. - To perform the direct shot only after goal or a save when the ball is near the goalkeeper.		
PERCEPTIVE VARIABLE	DECISION VARIABLE	EXECUTION VARIABLE
Concerning player who shoots: distance, trajectory, shooting arm, shooting arm technique, shot type... Concerning the direct shot: distance, defenders location...	Defensive goalkeeper actions decisions: depth, save type, use of feints...	Specific goalkeeper movement type, specific goalkeeper defensive actions, pass type.
GRAPHIC DESCRIPTION		
		



NAME	DIRECT SHOT COMPETITION		
BLOCK	GOALKEEPER TASKS		
DESCRIPTION			
Perform direct goal to goal shots with the opposition of opposite goalkeeper who is placed in 6m line (to enter in goal area is not allowed). Determine a number of shots and count total goals.			
Variants:			
- To change the goalkeeper defending location (on 6m line, on lateral lines...) - To change the shooting zone (from the goal line, from 6m line, from the posts...) - To change the stance of goalkeepers (attack or defense) (standing, sitting...).			
PERCEPTIVE VARIABLE		DECISION VARIABLE	EXECUTION VARIABLE
Concerning shooting goalkeeper: distance, trajectory of the ball, shooting arm, shooting arm technique, shot type...General time and spatial perception. Concerning shot: distance, opponent goalkeeper location...		Defensive goalkeeper actions decisions: depth, save type, use of feints...	Specific goalkeeper movement type, specific goalkeeper defensive actions, pass type.
GRAPHIC DESCRIPTION			
			

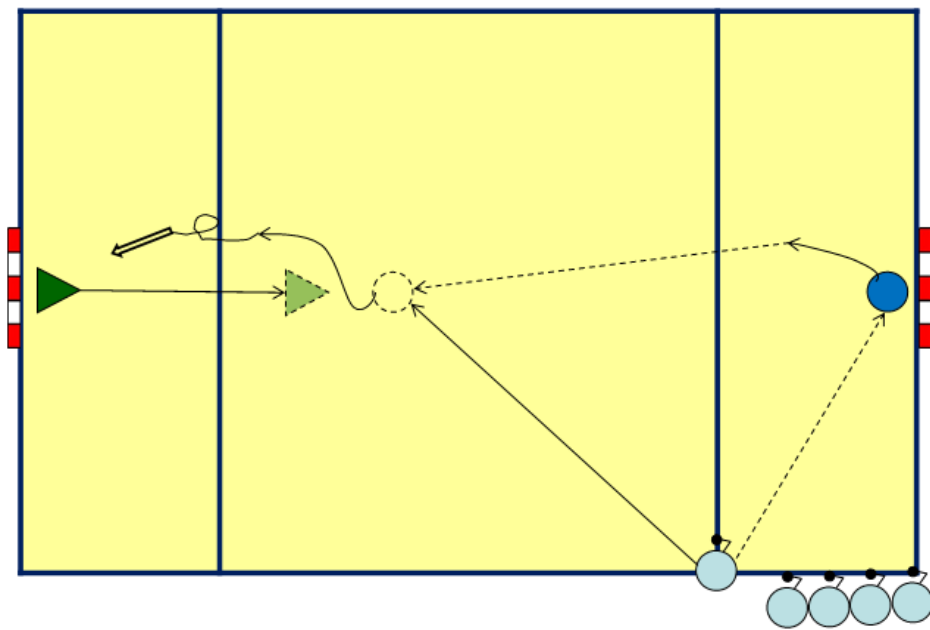
5. SHOOT-OUT TASKS

NAME	SHOOT-OUT TECHNIQUE	
BLOCK	SHOOT OUT TASKS	
DESCRIPTION		
To solve real shoot-out situations.		
Variants:		
- To restrict the shot type (1 point shot, spin-shot, inflight shot). - To restrict technical aspects: number of steps (0, 1, 2, 3), reception type (one hand, two hands...) zone to receive the pass (near from the 6m line, far from the 6m line)...		
PERCEPTIVE VARIABLE	DECISION VARIABLE	EXECUTION VARIABLE
General time and spatial perception. Distances (from own and opposing 6m line, from the passer to receptor), goalkeeper location...	Passer: decide between pass or shoot to goal directly. Shooter: decide how to shoot, shooting location, etc.	Pass type, movement type and speed, take off type, shot type...
GRAPHIC DESCRIPTION		
		

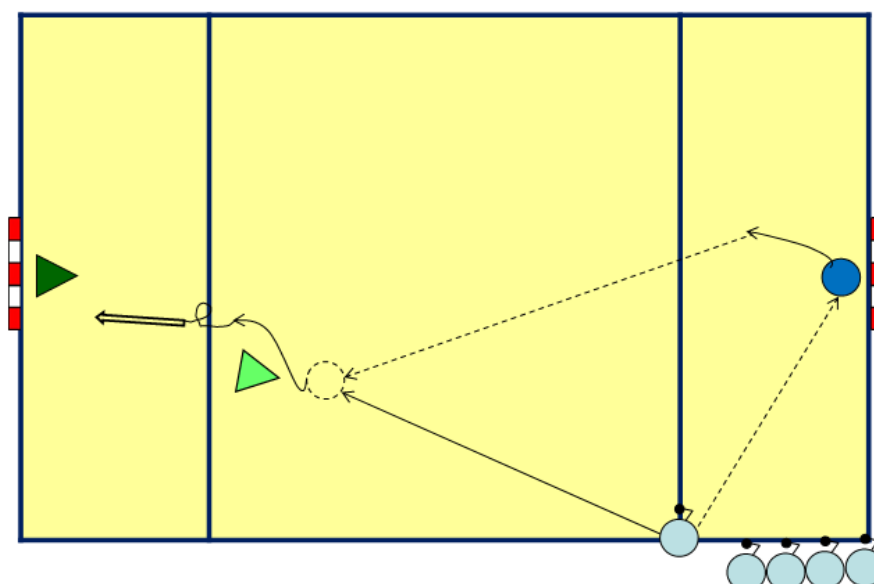


NAME	SHOOT-OUT WHEEL	
BLOCK	SISTEMAS DE JUEGO	
DESCRIPTION		
One goalkeeper is placed in each goal, and one passer player in each 6m line (opposing between them). Perform consecutive shoot-outs. Once a player performs a shoot-out situation, he gets out of the pitch and placed in the opposing shooters line to perform the next shoot-out. <u>Variants:</u> - Instead of using a classical goalkeeper, use a defending player out of the goal area. - In addition to goalkeeper, place a defender to hinder the steps cycle. - To modify the technical execution of steps cycle (0 steps, 1 step, 2 steps, 3 steps) and take off (1 foot, 2 feet).		
PERCEPTIVE VARIABLE	DECISION VARIABLE	EXECUTION VARIABLE
General time and spatial perception. Distances (from own and opposing 6m line, from the passer to receptor), goalkeeper location...	How to shoot, shooting location, etc.	Pass type, movement type and speed, take off type, shot type...
GRAPHIC DESCRIPTION		

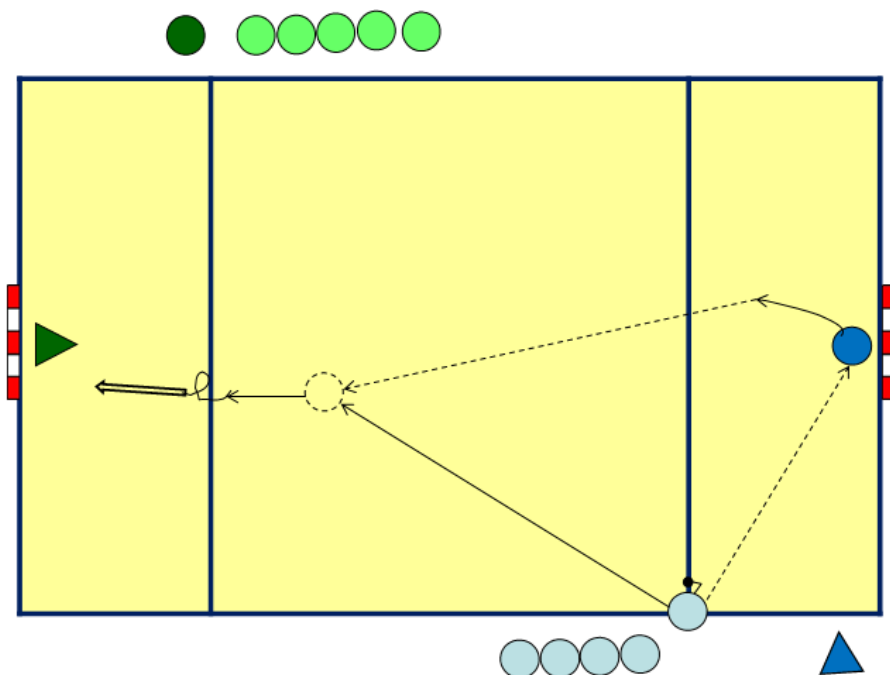


NAME	SHOOT-OUT WITH OUTSIDE GOAL AREA GOALKEEPER	
BLOCK	SHOOT-OUT TASKS	
DESCRIPTION		
To solve shoot-out situation with an outside goal area goalkeeper.		
Variants:		
- To modify the shot type (1 point shot, spin-shot, inflight shot). - To restrict technical aspects: number of steps (0, 1, 2, 3), reception type (one hand, two hands...) zone to receive the pass (near from the 6m line, far from the 6m line)... - To use “wheel format” (with a goalkeeper in each goal)		
PERCEPTIVE VARIABLE	DECISION VARIABLE	EXECUTION VARIABLE
General time and spatial perception. Distances (from own and opposing 6m line, from the passer to receptor), goalkeeper location...	Passer: decide between pass or shoot to goal directly. Shooter: decide between pass the goalkeeper or shot over him, decide how to shoot, shooting location, etc.	Pass type, movement type and speed of them, take off type, shot type...
GRAPHIC DESCRIPTION		
		



NAME	SHOOT-OUT WITH ONE EXTRA DEFENDER	
BLOCK	SHOOT-OUT TASKS	
DESCRIPTION		
To solve shoot-out situation with an extra defender (near opposite 6m line) who tries to hinder reception and steps cycle of shooter player.		
Variants:		
- To modify the shot type (1 point shot, spin-shot, inflight shot). - To restrict technical aspects: number of steps (0, 1, 2, 3), reception type (one hand, two hands...) zone to receive the pass (near from the 6m line, far from the 6m line)... - To use “wheel format” (with a goalkeeper in each goal) - To start the task with two goalkeepers on goal: one gets out of the goal area to hinder the reception and steps cycle of shooter player and the other one stays at the goal to save the shot.		
PERCEPTIVE VARIABLE	DECISION VARIABLE	EXECUTION VARIABLE
General time and spatial perception. Distances (from own and opposing 6m line, from the passer to receptor), goalkeeper and defender location and their attitude.	Passer: when and where to pass. Shooter: how to overpass the defender, shot type and location...	Pass type, movement type and speed of them, take off type, shot type...
GRAPHIC DESCRIPTION		
		



NAME	SHOOT-OUT COMPETITION	
BLOCK	SHOOT-OUT TASKS	
DESCRIPTION		
Make 2 teams and compete in real shoot-out tie-break.		
Variantes:		
- To restrict goalkeeper actions. - To restrict attacker actions. - To modify the score system.		
PERCEPTIVE VARIABLE	DECISION VARIABLE	EXECUTION VARIABLE
General time and spatial perception. Distances (from own and opposing 6m line, from the passer to receptor), goalkeeper location, stance and attitude.	Passer: decide between pass or shoot to goal directly. Shooter: decide between pass the goalkeeper or shot over him, decide how to shoot, shooting location, etc.	Pass type, movement type and speed of them, take off type, shot type...
GRAPHIC DESCRIPTION		
		

6. GAME SYSTEMS

NAME	4X3 WITH 3:0 DEFENSE	
BLOCK	SISTEMAS DE JUEGO	
DESCRIPTION		
4x3 attack/defense situation in one goal with 3:0 defense system.		
Variants:		
- To perform each attack in each goal to increase the aerobic load. - To restrict offensive actions (play ending conditioned by specific position, without outside shooting, only two point shots...). - Don't allow the specialist player to shoot (use the specialist player like a support player only). - To restrict line player actions (only picking is allowed, picking is not allowed...). - To modify the score system to foster some actions attack or defensive actions (three points for specialist player penetrations, for example).		
PERCEPTIVE VARIABLE	DECISION VARIABLE	EXECUTION VARIABLE
All perceptive variables of real positional game.	All decision making of real positional game.	All execution variables of real positional game.
GRAPHIC DESCRIPTION		

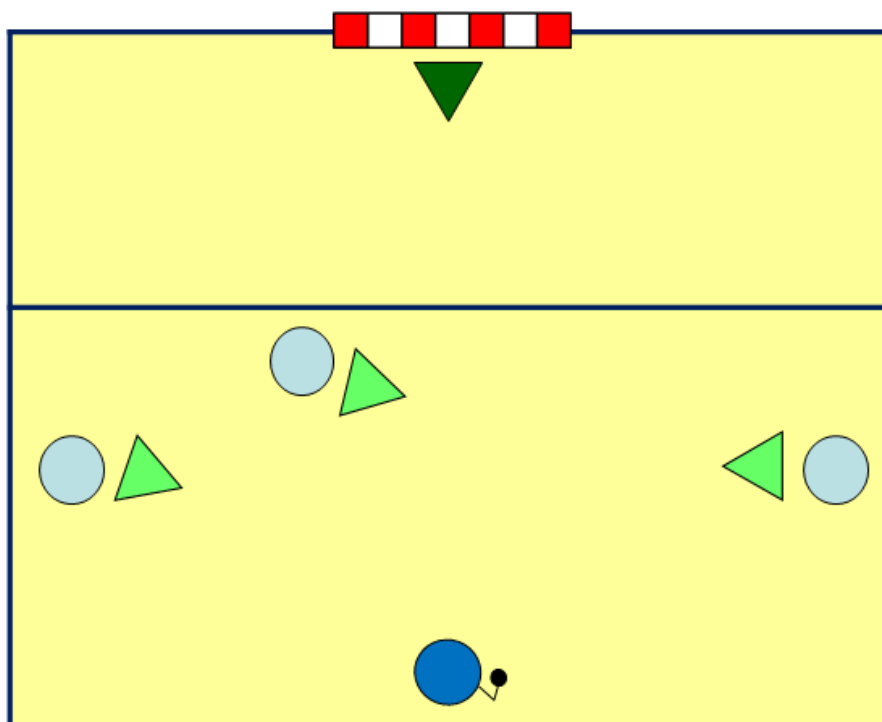


NAME	4X3 WITH 2:1 DEFENSE	
BLOCK	GAME SYSTEMS	
DESCRIPTION		
4x3 attack/defense situation in one goal with 2:1 defense system. The second line defensive player is not allowed to step back to first line (keeping always two defensive lines) to foster the exterior defenders defensive tilting.		
Variantes:		
- To perform each attack in each goal to increase the aerobic load. - To restrict offensive actions (play ending conditioned by specific position, without outside shooting, only two point shots...). - To restrict defensive actions (second line defensive player is not allowed to intercept passes, don't allow exterior defenders to perform a counter-spin...). - To modify the score system to foster some actions attack or defensive actions (three points for specialist player penetrations, for example).		
PERCEPTIVE VARIABLE	DECISION VARIABLE	EXECUTION VARIABLE
All perceptive variables of real positional game.	All decision making of real positional game.	All execution variables of real positional game.
GRAPHIC DESCRIPTION		

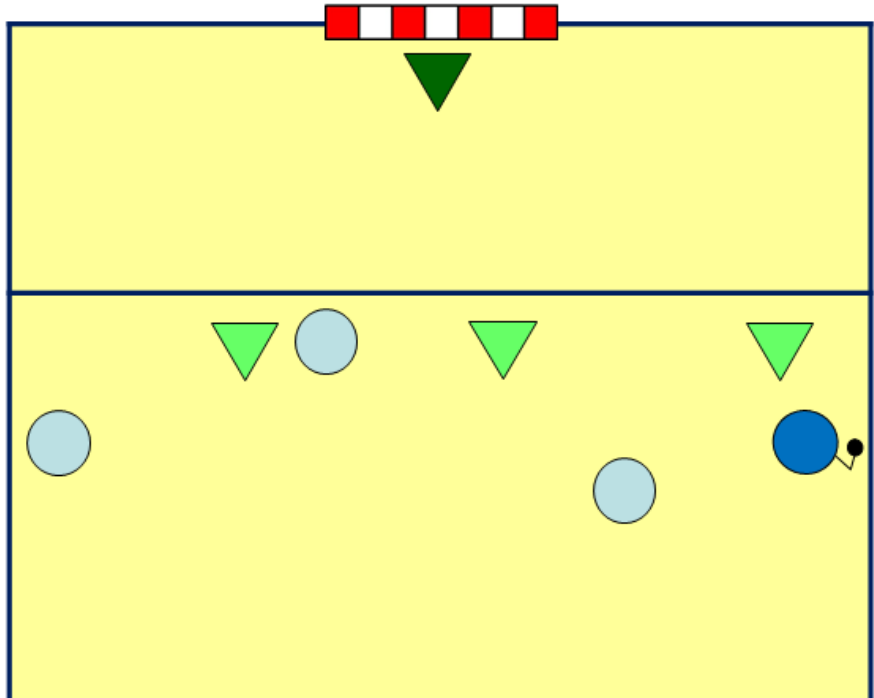


NAME	4X3 WITH 2+1 DEFENSE	
BLOCK	GAME SYSTEMS	
DESCRIPTION		
4x3 attack/defense situation in one goal with 2+1 defense system (individual defense to specialist player). Specialist player has to try to receive the ball to make benefit for him or for his partners.		
Variants:		
- To perform each attack in each goal to increase the aerobic load. - To restrict offensive actions (play ending conditioned by specific position, without outside shooting, only two point shots...). - To restrict defensive actions (second line defensive player is not allowed to intercept passes, don't allow exterior defenders to perform a counter-spin...). - To motivate the line player to receive and assist his partners (by scoring assist from the line player for example). - To modify the score system to foster some actions attack or defensive actions (three points for specialist player penetrations, for example).		
PERCEPTIVE VARIABLE	DECISION VARIABLE	EXECUTION VARIABLE
All perceptive variables of real positional game.	All decision making of real positional game.	All execution variables of real positional game.
GRAPHIC DESCRIPTION		



NAME	4X3 WITH PRESSING DEFENSE	
BLOCK	GAME SYSTEM	
DESCRIPTION		
4x3 attack/defense situation in one goal with pressing defense (individual defense to players without the ball). The task start from the opposite goal area (specialist player performs the first pass).		
Variants:		
- To perform each attack in each goal to increase the aerobic load. - To restrict offensive actions (play ending conditioned by specific position, without outside shooting, only two point shots...). - To restrict some defensive actions. - To modify the score system to foster some actions attack or defensive actions (three points for specialist player penetrations, for example).		
PERCEPTIVE VARIABLE	DECISION VARIABLE	EXECUTION VARIABLE
All perceptive variables of real positional game.	All decision making of real positional game.	All execution variables of real positional game.
GRAPHIC DESCRIPTION		
		

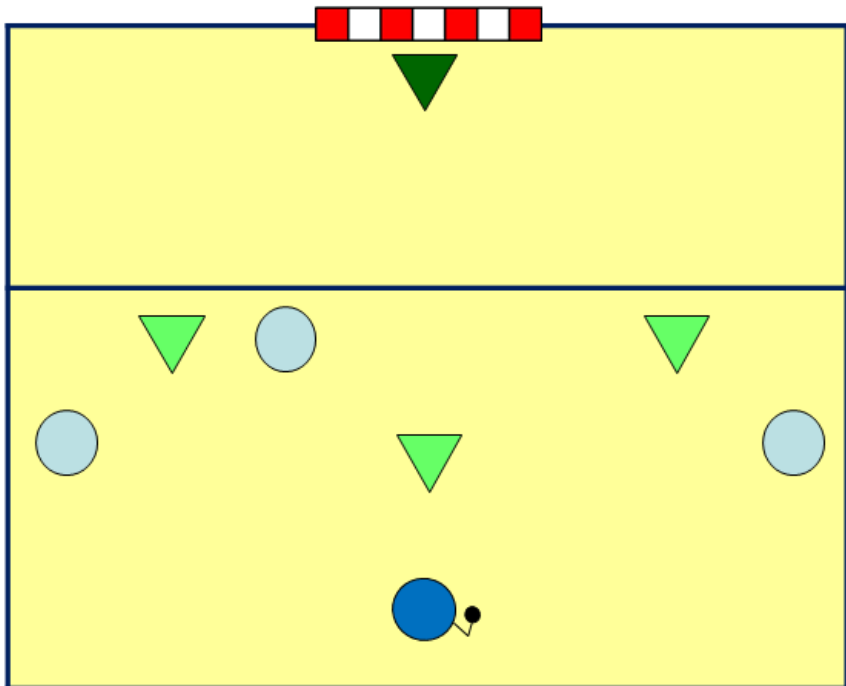


NAME	4X3 WITH FALSE SPECIALIST PLAYER (PLAYMAKER) NEXT TO SPECIALIST PLAYER	
BLOCK	GAME SYSTEMS	
DESCRIPTION		
4x3 attack/defense situation in one goal using a false specialist (playmaker) attack system. The specialist player is located near the band of change and the playmaker is located next to him.		
Variantes:		
- To perform each attack in each goal to increase the aerobic load. - To restrict offensive actions (play ending conditioned by specific position, without outside shooting, only two point shots...). - To restrict some defensive actions. - To modify the score system to foster some actions attack or defensive actions (three points for specialist player penetrations, for example).		
PERCEPTIVE VARIABLE	DECISION VARIABLE	EXECUTION VARIABLE
All perceptive variables of real positional game.	All decision making of real positional game.	All execution variables of real positional game.
GRAPHIC DESCRIPTION		
		



NAME	4X3 WITH FALSE SPECIALIST PLAYER (PLAYMAKER) NEXT TO OPPOSITE WING PLAYER	
BLOCK	GAME SYSTEMS	
DESCRIPTION		
4x3 attack/defense situation in one goal using a false specialist (playmaker) attack system. The specialist player is located near the band of change and the playmaker is located next to opposite wing player (line player is located next to specialist player).		
Variantes:		
- To perform each attack in each goal to increase the aerobic load. - To restrict offensive actions (play ending conditioned by specific position, without outside shooting, only two point shots...). - To restrict some defensive actions. - To modify the score system to foster some actions attack or defensive actions (three points for specialist player penetrations, for example).		
PERCEPTIVE VARIABLE	DECISION VARIABLE	EXECUTION VARIABLE
All perceptive variables of real positional game.	All decision making of real positional game.	All execution variables of real positional game.
GRAPHIC DESCRIPTION		

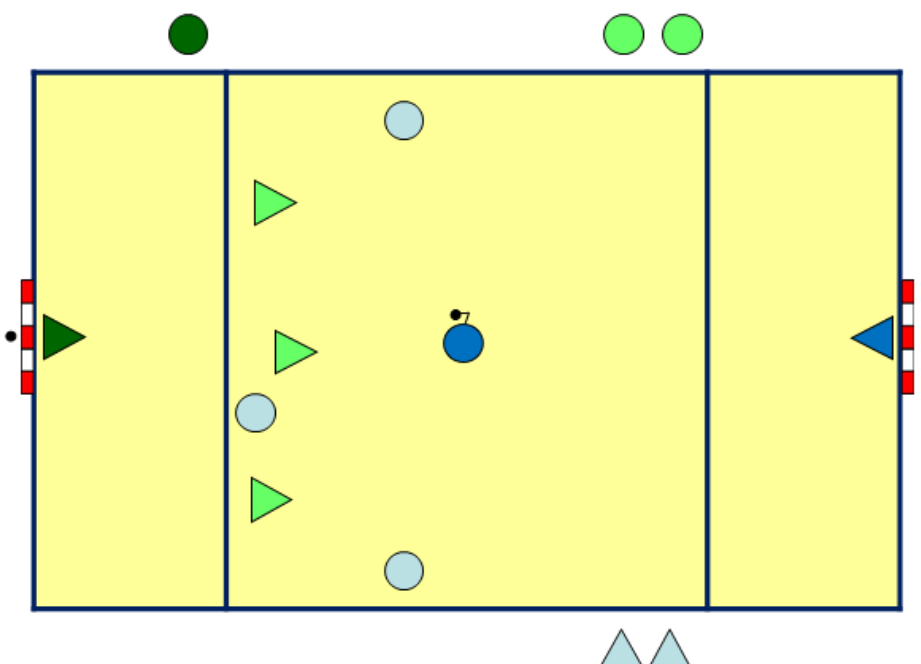


NAME	FREE 4X3 SITUATION	
BLOCK	GAME SYSTEMS	
DESCRIPTION		
4x3 attack/defense situation in one goal. Attack and defense players are able to choose one or another game system according to each situation or game necessities.		
Variantes:		
- To perform each attack in each goal to increase the aerobic load. - To add after attack actions according to fail or success (touching the opposite goal line if a shoot is failed, for example). - To determine a time limit or a limit number of attacks and note the score get by the attack or defense. Play by competition.		
PERCEPTIVE VARIABLE	DECISION VARIABLE	EXECUTION VARIABLE
All perceptive variables of real positional game.	All decision making of real positional game. Specific decision making to choose the correct attack or defense system.	All execution variables of real positional game.
GRAPHIC DESCRIPTION		
		

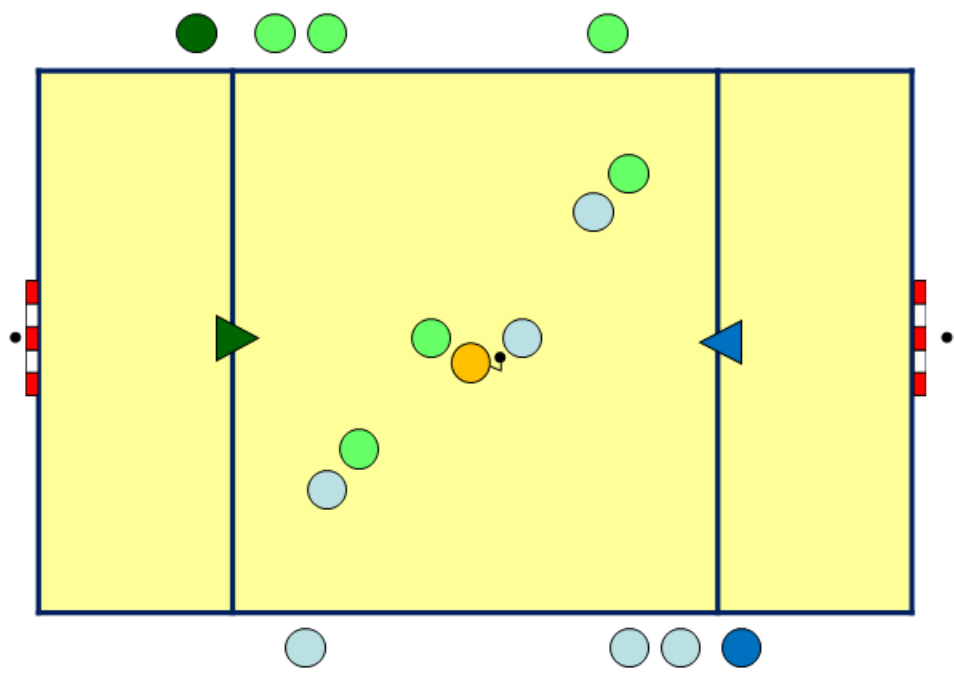


NAME	4x3 WITH MODIFIED SITUATIONS	
BLOCK	GAME SYSTEMS	
DESCRIPTION		
4x3 attack/defense situation in one goal. Attack and defense players are able to choose one or another game system according to each situation or game necessities. Play with modified scoring in both game phases. For example:		
In defense:		
- Concede a 2 points goal= -1 point. - Concede a 1 point goal= 0 point. - Save by the goalkeeper or failed shot = 1 point. - Stealing = 2 points.		
In attack:		
- Specialist player goal= 3 points. - Inflight shot/Spin-shot goal= 2 points. - 1 point goal= 1 point. - Turnover= -3 points.		
Variantes:		
- To perform each attack in each goal to increase the aerobic load. - To change the game system. - To change the time limit or number of attacks. - To use offensive procedures.		
PERCEPTIVE VARIABLE	DECISION VARIABLE	EXECUTION VARIABLE
All perceptive variables of real positional game.	All decision making of real positional game.	All execution variables of real positional game.
GRAPHIC DESCRIPTION		

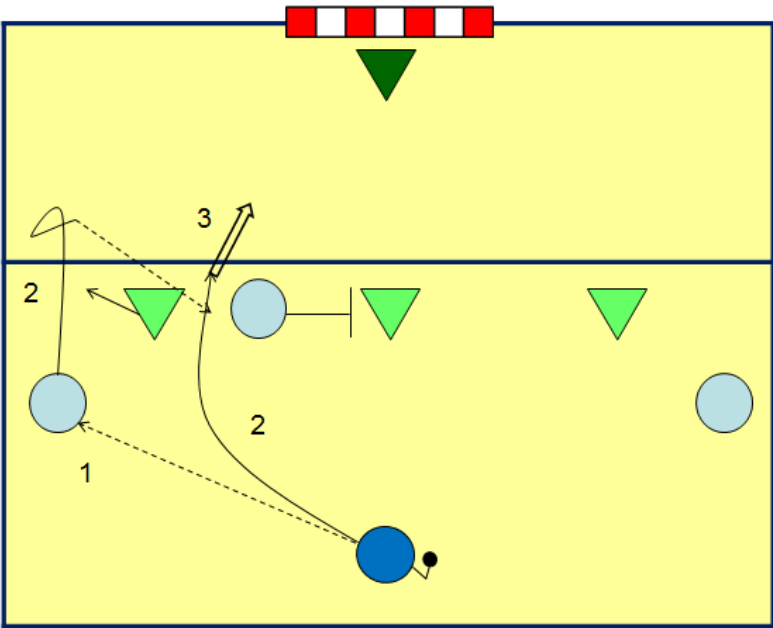


NAME	MODIFIED MATCHES	
BLOCK	SISTEMAS DE JUEGO	
DESCRIPTION		
Real match with modified conditions to foster some actions.		
Variants:		
- Special scoring. - Without specialist player penetrations. - Without outside specialist shot. - Without spin-shots. - Without inflight shots. - Don't allow move owning the ball. - Without counter-spins. - To determine a point limit to win the set. - To increase or decrease the set time. - Without change of players. - ...		
PERCEPTIVE VARIABLE	DECISION VARIABLE	EXECUTION VARIABLE
All perceptive variables of real game.	All decision making of real game.	All execution variables of real game.
GRAPHIC DESCRIPTION		
		



NAME	GOLDEN GOAL	
BLOCK	GAME SYSTEMS	
DESCRIPTION		
Real golden goal situation. Make all necessary change of players.		
Variants:		
- To isolate only the jump and fight for the ball situation. - To make a competition of that isolated situation. - To determine the game system for posterior to jump situation.		
PERCEPTIVE VARIABLE	DECISION VARIABLE	EXECUTION VARIABLE
All perceptive variables of real golden goal situation.	All decision making of real golden goal situation.	All execution variables of golden goal situation.
GRAPHIC DESCRIPTION		
		

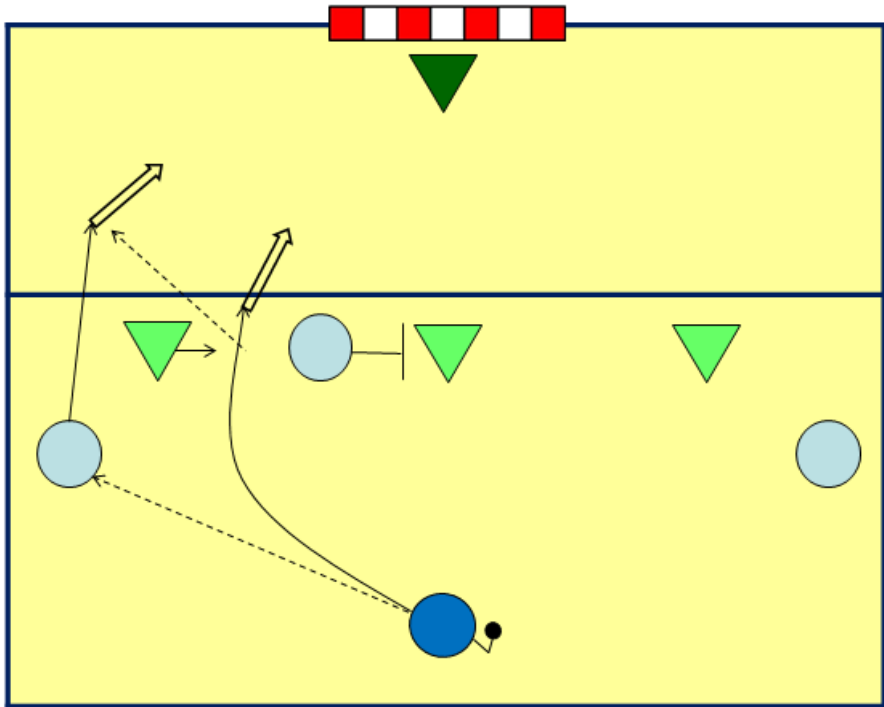
7. OFFENSIVE TACTICAL PROCEDURES

NAME	FALSE SPIN FOR SPECIALIST PLAYER PENETRATION	
BLOCK	PROCEDIMIENTOS TÁCTICOS OFENSIVOS	
DESCRIPTION		
Right or left wing, owning the ball, starts a spin-shot to pass back to specialist player, who performs a penetration between exterior and central defenders. Line player helps the procedure by picking central defender.		
Variants:		
- To increase or decrease defensive intensity. - To restrict defensive actions (defend without hands, for example). - To add decision making (for the wings) between finishing spin-shot or passing to specialist player. - To make this decision making depending upon the defender action (if defender performs a counter-spin, pass back to specialist player; if defender doesn't perform a counter-spin, finish the spin-shot).		
PERCEPTIVE VARIABLE	DECISION VARIABLE	EXECUTION VARIABLE
Location, stance and attitude of partners, opponents and ball, general spatial and time perception.	Wing: decision making between finishing the spin-shot or not (according to defensive reaction). Specialist player: decision making between shot or continue playing. Line player: moment to perform the pick.	Pass type, movement type, pick type, shot type...
GRAPHIC DESCRIPTION		
		



NAME	CENTER-BACK TO SPECIALIST PLAYER CROSSING (WITH SPECIALIST PLAYER STARTING FROM LATERAL ZONE)	
BLOCK	OFFENSIVE TACTICAL PROCEDURES	
DESCRIPTION		
Specialist player is located at a lateral zone. Start the procedure with a crossing between center-back to specialist player to attract central defender attention and make decision between passing for an inflight-shot to line player or perform a penetration between central and exterior defenders. <u>Variants:</u> - To increase or decrease defensive intensity. - To restrict defensive actions (defend without hands, for example). - To pass to line player for spin-shot. - To add the possibility to perform an outside specialist player shot.		
PERCEPTIVE VARIABLE	DECISION VARIABLE	EXECUTION VARIABLE
Location, stance and attitude of partners, opponents and ball, general spatial and time perception.	Center-back: decision making between to perform the crossing or not (according to defensive reaction). Specialist player: right after crossing and attract the defensive attention, decision making between shot (by penetration shot, by outside shot) or pass (who to pass, pass for spin-shot or inflight-shot...).	Pass type, movement type, pick type, shot type...
GRAPHIC DESCRIPTION		



NAME	LINE PLAYER PICKS TO CENTRAL DEFENDER	
BLOCK	OFFENSIVE TACTICAL PROCEDURES	
DESCRIPTION		
Line player picks to central defender for the benefit of specialist player (weak or strong side). Specialist player decides between shooting, penetrating or passing.		
Variants:		
- To increase or decrease defensive intensity. - To restrict defensive actions (defend without hands, for example). - To restrict specialist player way to shoot (only penetration shot, only outside shot...). - To restrict wings shot (only spin-shot, only inflight-shot...). - To add a previous procedure (crossing between line player and wing, for example).		
PERCEPTIVE VARIABLE	DECISION VARIABLE	EXECUTION VARIABLE
Location, stance and attitude of partners, opponents and ball, general spatial and time perception.	Specialist player: decision making between shooting (penetration shot or outside shot) or passing (for a spin-shot or an inflight-shot). Line player: moment to perform the pick.	Pass type, movement type, pick type, shot type...
GRAPHIC DESCRIPTION		
		

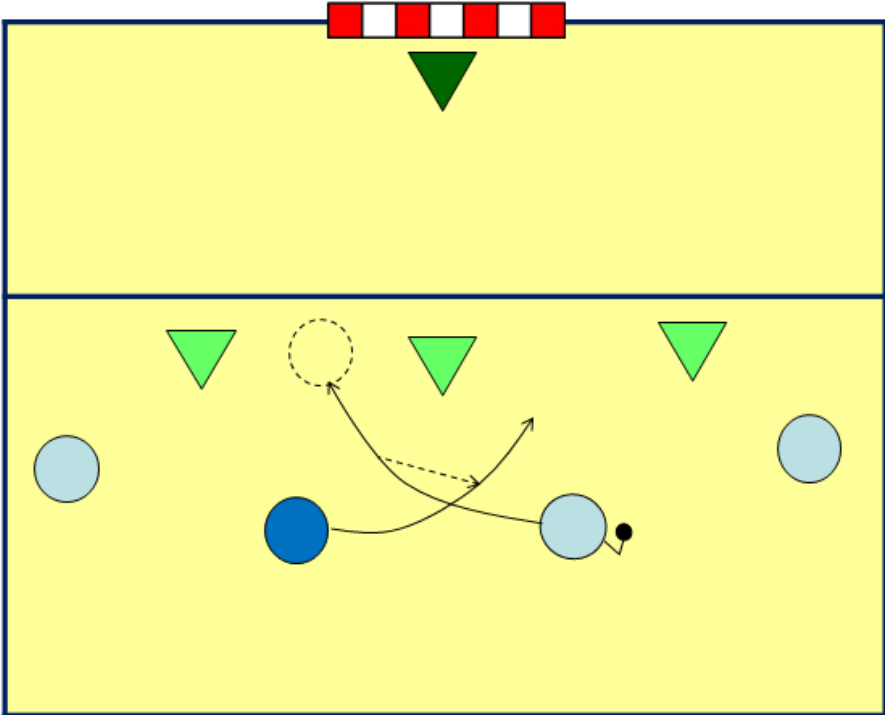


NAME	LINE PLAYER PICKS EXTERIOR DEFENDER TO ALLOW AN INFLIGHT SHOT IN THE MIDDLE OF 6M LINE	
BLOCK	OFFENSIVE TACTICAL PROCEDURES	
DESCRIPTION		
Wing attracts his pair defender in width and after that passes to specialist player. Specialist player sets central defender in width too (to opposite side) while line player picks exterior defender to allow wing player to receive a pass for inflight-shot at the middle of 6m line. Variants: - To increase or decrease defensive intensity. - To restrict defensive actions (defend without hands, for example). - To pass for spin-shot. - To add a previous procedure.		
PERCEPTIVE VARIABLE	DECISION VARIABLE	EXECUTION VARIABLE
Location, stance and attitude of partners, opponents and ball, general spatial and time perception.	Specialist player: decision making between shooting (penetration shot or outside shot) or passing (for a spin-shot or an inflight-shot). Line player: moment to perform the pick. Wing: moment to perform the movement over the direct pick.	Pass type, movement type, pick type, shot type...
GRAPHIC DESCRIPTION		



NAME	4 ATTACKERS IN LINE	
BLOCK	PROCEDIMIENTOS TÁCTICOS OFENSIVOS	
DESCRIPTION		
Four players in line attack using successive penetrations. Specialist player can be located at central or lateral zone of the attack.		
Variants:		
- To increase or decrease defensive intensity. - To restrict defensive actions (defend without hands, for example). - To change the specialist player location.		
PERCEPTIVE VARIABLE	DECISION VARIABLE	EXECUTION VARIABLE
Location, stance and attitude of partners, opponents and ball, general spatial and time perception.	Decision making between shooting or to pass the ball.	Pass type, movement type, pick type, shot type...
GRAPHIC DESCRIPTION		

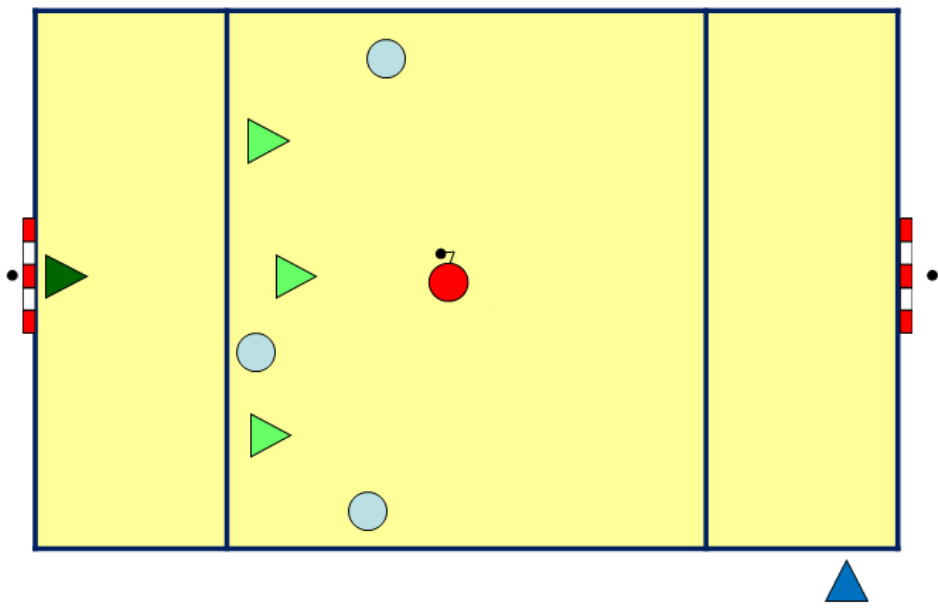


NAME	4 ATTACKERS IN LINE TRANSFORM TO 3:1 ATTACK SISTEM	
BLOCK	PROCEDIMIENTOS TÁCTICOS OFENSIVOS	
DESCRIPTION		
Start the attack with 4 players in line. Transform to 3:1 attack system through different tactical actions (losing the mark, line player to specialist player crossing...) with the aim of every player finish the tactical procedure in his specific position in a way that specialist player receive the ball in scoring and passing efficacy zone (mainly central zone).		
Variantes:		
- To increase or decrease defensive intensity. - To restrict defensive actions (defend without hands, for example). - To change the tactical action to perform the transformation to 3:1 attack system.		
PERCEPTIVE VARIABLE	DECISION VARIABLE	EXECUTION VARIABLE
Location, stance and attitude of partners, opponents and ball, general spatial and time perception.	Decision making between shooting or to pass the ball.	Pass type, movement type, pick type, shot type...
GRAPHIC DESCRIPTION		
		

8. PHYSICAL TRAINING TASKS

NAME	AEROBIC POWER WITH 3X2 GAME SITUATION	
BLOCK	PHYSICAL TRAINING TASKS	
DESCRIPTION		
Use the whole beach handball court. 3x2 situations in match format without specialist player and without changes. One of the players is a “wild card” player, who always is attacking to perform the defense always in numerical inferiority. Sets of 2-3’ to stimulate aerobic power. Resting between sets can be complete (restoring basal conditions) or incomplete (with no restoring of basal conditions, accumulating fatigue).		
Variants:		
- To limit playing zone (just one lateral zone, two thirds of the pitch...) - To restrict the way to shot (in general, by playing zones, by player specific position...) - One of attackers is always line player. - To add a specialist player (wild card player, maintaining the 3x2 situation). - To modify the defensive attitude (reactive, active, pressing defense...). - To change to a 3x3 situation with specialist player. - To add aerobic load to goalkeepers with some exercise while his team is attacking.		
PERCEPTIVE VARIABLE	DECISION VARIABLE	EXECUTION VARIABLE
Every perceptive variables of a 3x2 situation.	Every decision making of a 3x2 situation.	Every execution variables of a 3x2 situation.
GRAPHIC DESCRIPTION		



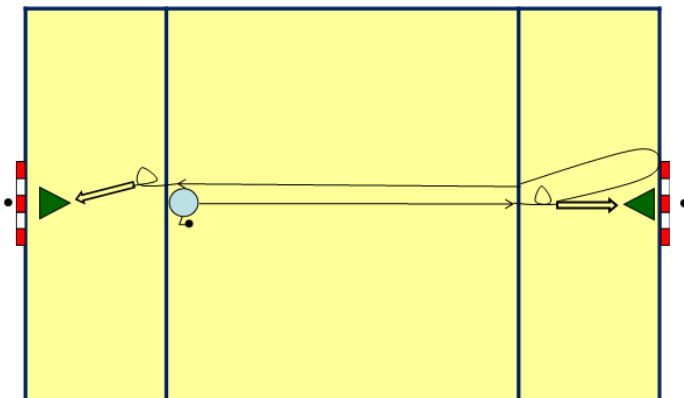
NAME	AEROBIC POWER WITH 4X3 SITUATION	
BLOCK	PHYSICAL TRAINING TASKS	
DESCRIPTION		
Use the whole beach handball court. 4x3 situations in match format with specialist player and without changes. One of the players is a “wild card” player, who always is specialist player to perform the defense always in numerical inferiority. Sets of 2-3’ to stimulate aerobic power. Resting periods between sets can be complete (restoring basal conditions) or incomplete (with no restoring of basal conditions, accumulating fatigue). <u>Variantes:</u> - To limit playing zone (just one lateral zone, two thirds of the pitch...) - To restrict the way to shot (in general, by playing zones, by player specific position...) - To modify the defensive attitude (reactive, active, pressing defense...). - To modify game systems in attack and defense. - To add aerobic load for goalkeepers with some exercise while his team is attacking.		
PERCEPTIVE VARIABLE	DECISION VARIABLE	EXECUTION VARIABLE
Every perceptive variables of a real game situation (without change of players).	Every decision making of a real game situation (without change of players).	Every execution variables of a real game situation (without change of players).
GRAPHIC DESCRIPTION		
		

NAME	LACTIC ANAEROBIC CAPACITY WITH IN GAME SITUATIONS	
BLOCK	PHYSICAL TRAINING TASKS	
DESCRIPTION		
Use the whole beach handball court. Play different game situations (2x1, 3x2, 3x3, 4x3...) with or without specialist player in match format (use one “wild card” player who always attacks (as specialist player if he or she is in the game situation, or as attack player if he or she is not in the game situation) to perform the defense always in numerical inferiority. Play sets with duration between 40” and 2’ to stimulate lactic anaerobic capacity in game situations. Resting periods can be: a) Complete (restoring basal conditions): with these resting periods, work will be emphasized to improve the capacity to perform a higher intensity and quality work in lactic anaerobic conditions. b) Incomplete (with no restoring of basal conditions, accumulating fatigue): with these resting periods, work will be emphasized to improve the capacity to withstand repeated efforts maintaining intensity and quality in lactic anaerobic conditions.		
Variants:		
- To limit playing zones (only one lateral zone of the pitch, two thirds of the pitch...). - To restrict the way to shoot (in general, by playing zones, by specific position...). - To change the “wild card” player specific position, or to restrict his actions. - To change the defensive stance and attitude (active, reactive, pressing defense...). - To modify attack and defense game systems. - To add anaerobic load for goalkeepers with some exercise while his team is attacking.		
PERCEPTIVE VARIABLE	DECISION VARIABLE	EXECUTION VARIABLE
Every perceptive variables of a real game situation (without change of players).	Every decision making of a real game situation (without change of players).	Every execution variables of a real game situation (without change of players).
GRAPHIC DESCRIPTION		



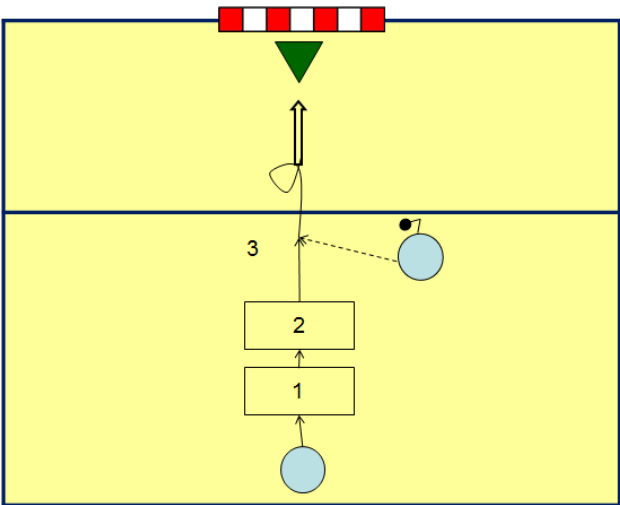
NAME	ALACTIC ANAEROBIC CAPACITY WITH IN GAME SITUATIONS	
BLOCK	PHYSICAL TRAINING TASKS	
DESCRIPTION		
Use the whole beach handball court. Play different game situations (2x1, 3x2, 3x3, 4x3...) with or without specialist player in match format (use one “wild card” player who always attacks (as specialist player if he or she is in the game situation, or as attack player if he or she is not in the game situation) to perform the defense always in numerical inferiority. Play sets with duration between 7” and 15” to stimulate alactic anaerobic capacity in game situations. Resting periods can be: c) Complete (restoring basal conditions): with these resting periods, work will be emphasized to improve the capacity to perform a higher intensity and quality work in lactic anaerobic conditions. d) Incomplete (with no restoring of basal conditions, accumulating fatigue): with these resting periods, work will be emphasized to improve the capacity to withstand repeated efforts maintaining intensity and quality in lactic anaerobic conditions. <u>Variants:</u> - To limit playing zones (only one lateral zone of the pitch, two thirds of the pitch...). - To restrict the way to shoot (in general, by playing zones, by specific position...). - To change the “wild card” player specific position, or to restrict his actions. - To change the defensive stance and attitude (active, reactive, pressing defense...). - To modify attack and defense game systems. - To add anaerobic load for goalkeepers with some exercise while his team is attacking.		
PERCEPTIVE VARIABLE	DECISION VARIABLE	EXECUTION VARIABLE
Every perceptive variables of a real game situation (without change of players).	Every decision making of a real game situation (without change of players).	Every execution variables of a real game situation (without change of players).
GRAPHIC DESCRIPTION		



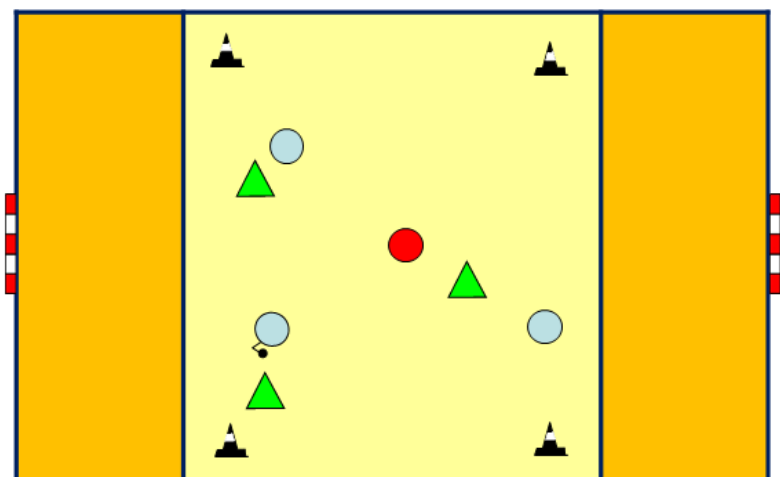
NAME	APPLIED REPEATED SPRINT ABILITY (RSA) TRAINING	
BLOCK	PHYSICAL TRAINING TASKS	
DESCRIPTION		
Perform a 15 meters sprint (length between both 6m line) + spin-shot (1 repetition). Incomplete restoring period walking to outer goal line, back to 6m line and repeat the task to the other goal. Measure and find (if it's possible) the number repetitions that the player is able to maintain speed and quality of movement and high, depth and quality of spin-shot to individualize the load for each player. Right after find the optimal number of repetitions, we can use this measure for focusing the task to: a) Improve power output and capacity to repeat the maximal power (performing the same or lower number of repetitions). b) Improve power endurance (maintaining of maximal power output) (performing a higher number of repetitions). In both cases, we will work over the lactic anaerobic capacity. <u>Variants:</u> - To change the shot type (spin-shot, inflight-shot, specialist shot...). - To add a support player who passes the ball to the player who performs the task. - Instead of performing a shoot, perform a game situation (2x1, 3x2, 4x3...). - To add RSA for goalkeepers too (to band of change, to opposite 6m line...). - To perform the task with 2 players at the same time (one on each goal). - To add changes of direction (agility) at the sprint phase. - To modify resting periods parameters (active or passive, duration (being always incomplete)). - To change sprint for other type of specific movement (defensive movement, for example). - To add a previous perceptive stimulus during the sprint phase to indicate the shoot type (for example: 1) spin-shot 2) inflight-shot 3) 1 point shot).		
PERCEPTIVE VARIABLE	DECISION VARIABLE	EXECUTION VARIABLE
General spatial and time perception. Location of 6m line, location, stance and attitude of goalkeeper.	Shot location.	Shot type, arm location, take off type (1 foot, 2 feet).
GRAPHIC DESCRIPTION		
		



NAME	SPIN-SHOT, INFLIGHT-SHOT AND COUNTER-SPIN APPLIED PLYOMETRICS.		
BLOCK	PHYSICAL TRAINING TASKS		
DESCRIPTION			
Players organized in two lines (one line of attackers, one line of defenders). First player at each line performs three consecutive two feet jumps over three small hurdles. Right after that, attacker performs a spin-shot (receiving the ball from a support partner) and defender performs a counter-spin trying to block the shot (both with two feet take off). Coach must emphasize on the use of elastic factors of countermovement (stretch-shortening cycle (SSC)) and on the use of arms to increase the power and efficiency to jumps.			
<u>Variants:</u>			
- To perform jumps over the hurdles with arms to chest or hips isolating lower limb action. - To modify the height of hurdles and the distance between them. - To add a perceptive variable - To add a previous perceptive stimulus during the hurdles jumps phase to indicate the role of the players (by passing the ball to one of them, turning the receptor into attacker, for example). - To increase or decrease the number of jumps (following the principle of fatigue avoidance to maintain the movement quality, or adjust the number of reps to stimulate the power output or power endurance).			
PERCEPTIVE VARIABLE	DECISION VARIABLE	EXECUTION VARIABLE	
General spatial and time perception. Location of 6m line and hurdles, location, stance and attitude of goalkeeper.	Shot location.	Shot type, counter-spin type (with one hand, with two hands, component of vertical or horizontal jump, perpendicular or parallel jump...).	
GRAPHIC DESCRIPTION			

NAME	POWER WORK BY TRANSFERENCES METHOD APPLIED TO SPECIFIC SHOOTING ACTION (HIGHER LIMB)	
BLOCK	PHYSICAL TRAINING TASKS	
DESCRIPTION		
Players act individually performing the next exercises:		
1) Plyometric push up x 3 (emphasizing on maximal takeoff from the sand). 2) Two hands medicinal ball shots x 3 (prone positon), emphasizing on maximal power output (speed and height). 3) Steps cycle + leaning back shot (emphasizing on maximal power output) receiving the ball from a support partner		
Resting periods between sets should be complete to avoid the neural and metabolic fatigue (it allows to perform every set in the same conditions). Coach may emphasize in the necessity of a high level of concentration and muscle activation because this type of task need a high central and peripheral activation level.		
Variants:		
- To increase or decrease the number of repetitions according to the number of repetitions that each player is able to maintain maximal power output and perform quality (principle of individualizing). - To perform medicinal ball shots only with dominant arm. - To change the shot type. - Instead of emphasizing in higher limb, emphasize in lower limb. For example: 1) Back squat 2) Two feet jumps 3) Spin-shot.		
PERCEPTIVE VARIABLE	DECISION VARIABLE	EXECUTION VARIABLE
6m line. Location, stance and attitude of goalkeeper.	Shot location.	Shot type, arm location during the shoot.
GRAPHIC DESCRIPTION		
		



NAME	TOUCH THE CONES (SMALL SIDED MODIFIED GAME FOR THE DEVELOPMENT OF LACTIC ANAEROBIC CAPACITY)	
BLOCK	PHYSICAL TRAINING TASKS	
DESCRIPTION		
Make 2 teams (3 players + 1 “wild card” player who always attack for both teams). Inside the playing area (without goal areas) four cones are placed (one at each corner). The aim of the game is, under beach handball rules, touch the cones with the ball (hand-held). Turnover take place if the ball goes out of the playing area, if the ball is intercepted by a defender or if a defender performs an opponent defensive control to the attacker who owns the ball. To ensure the dynamism of the game, place some balls around the playing area for being took if the main ball goes out of the playing area. Sets of 50” of work / 25” of rest (ratio 2:1) to stimulate anaerobic lactic capacity. After each set, change the ball possession automatically. <u>Variants:</u> - To increase or decrease the playing area or number of players. - To modify the work and rest time to emphasize over one capacity or another. - To use aleatory work and rest time. - To increase or decrease the number of cones and its location. - To pass after a spin. - To determine an obligatory number of passes to be achieved before touch a cone. - Don’t allow repeat cone. - To change the ball possession when an attacker is touched owning the ball. - To play with 2 balls.		
PERCEPTIVE VARIABLE	DECISION VARIABLE	EXECUTION VARIABLE
Every perceptive variables of a numerical superiority attack or numerical inferiority defense (without shooting).	Every decision making of a numerical superiority attack or numerical inferiority defense (without shooting).	Every execution variables of a numerical superiority attack or numerical inferiority defense (without shooting).
GRAPHIC DESCRIPTION		
		



NAME	COORDINATION SKILLS IN LADDER + TRANSFORMATION TO 2X1 SITUATION (UNDER UNCERTAINTY)	
BLOCK	PHYSICAL TRAINING TASKS	
DESCRIPTION		
Players organized in three lines. In front of each line, a training ladder is placed. After the signal (coach whistle, for example), each player performs a steps predetermined sequence. Right after that, one of the support partners (placed next to ladders) passes to any of three players who leave the ladders. The player who receives the ball (attacker), passes to another partner who turns into attacker too. The player who doesn't receive the any pass turns into defender. Right after that, perform a 2x1 situation without specialist player. <u>Variants:</u> - To modify the steps sequence at the training ladder. - To add other elements for the development of coordination skills (hurdles, sticks...). - To restrict the 2x1 situation rules to facilitate some actions or others. - To limit the shooting zone. - To change the number of lines (5 for numerical inequality; 4 or 6 to numerical equality (in this case, the first ball receptor turns into specialist player). - To add training ladder for goalkeeper too.		
PERCEPTIVE VARIABLE	DECISION VARIABLE	EXECUTION VARIABLE
Training ladder (or other elements for the development of coordination skills), location of the ball after the coordination phase, defense/attack reorganization after the first pass, every perceptive variables of 2x1 situation.	Who to pass (first receptor) according to perceptive variables, every decision making of 2x1 situation.	Different coordination steps predetermined sequences, every execution variables of 2x1 situation.
GRAPHIC DESCRIPTION		

