

## 75 HANDBALL RECEIVE ON THE FLY

**Purpose:** To exploit the advantage of fast play through the corridor.

### ORGANISATION

- ▶ 10 players involved at any one time.
- ▶ Play starts on the half-back flank with an opponent on the mark.
- ▶ The kick goes into the corridor to be marked (K2).
- ▶ 2 receivers sprint past to take the handball at top speed (Hb3).
- ▶ The handball receiver either kicks (K4) to the forwards or runs and carries to by-pass the corridor defenders (may Hb4).
- ▶ The drill should end with a shot at goal.
- ▶ Rotate players in and out of the drill.
- ▶ Re-start the drill if a turnover occurs.
- ▶ Use different positions outside the corridor to start the drill.

### COACHING POINTS

- a. The timing of the handball receivers' runs is very important – they need to arrive a split second after the corridor mark is taken.
- b. Speed gives the opponents less time to make a good defensive decision. In addition, all the angles are opened up in front of goal if the play comes through the corridor.
- c. The "free" opponent in the corridor should try to slow up the handball receivers by trying to make them change their mind.

