

**SPORTS AUTHORITY OF INDIA
NETAJI SUBHAS NATIONAL INSTITUTE OF SPORTS:PATIALA**

**ONLINE COACH EDUCATION PROGRAMME – SYLLABUS
HANDBALL**

Sr.No.	Topics	Contents
1.	The 10 instructions in handball	an introduction into the series with 10 basic expressions to understand the structure of the game and how to teach it
2.	Basic Principles in Defence And ALack	explanation of four basis principles in defence and four basic principles in aLack, valid for all coaches bases on the structure of the game; video examples for practical expertises included
3.	Basics of coordination	methodical formula for general and specific training of coordination handball; video examples for practical expertises included
4.	Basics of Speed and Agility	introduction in basic knowledge of speed-training; video examples for practical expertises included
5.	Man-to-Man/Sinking M-T-M Defence	explanation of transition from man-to-ma to sinking man-to-man-defence; video examples for practical expertises included
6	Cooperation in Defence	building a structure and explaining the four variations of cooperation in defence; video examples from international matches
7.	Defence 3:2:1	developing the basic movements and cooperations in the zone-defence 3:2:1; video examples for practical expertises included
8.	Defence 5:1	developing the basic movements and cooperations in the zone-defence 5:1; video examples for practical expertises included
9.	Defence 6:0	developing the basic movements and cooperations in the zone-defence 6:0; video examples for practical expertises included
10.	Active and Variable Defence	creating a system for three categories of defence systems; prescription of individual variability; video examples for practical expertises included
11.	Individual Skills in ALack	prescription of the basic techniques in aLack; connecting techniques and perception; developing a system of three methodical steps to teach; video examples from matches
12.	Ballhandling & Dribbling	prescription of basics and variations of that technique; showing the system of three methodical steps by video examples for practical expertises
13.	Catching & Passing	prescription of basics and variations of that technique; showing the system of three methodical steps by video examples for practical expertises

14.	Throwing	prescription of basics and variations of that technique; showing the system of three methodical steps by video examples for practical expertises
15.	Basic ALack Movements	prescription of basics and variations of that technique; showing the system of three methodical steps by video examples for practical expertises
16.	Cooperation in ALack	building a structure and explaining the four variations of cooperation in aLack; video examples from international matches and practical exercises included
17.	Teamplay in ALack	building a structure and explaining the team play in a Lack; video examples from international matches included
18.	ALack against Defensive Defence	creating a concept of aLack against defensive defence; video examples from international matches and practical exercises included
19.	ALack against Offensive Defence	creating a concept of aLack against offensive defence; video examples from international matches and practical exercises included
20.	Specific Agility in Handball	developing the concept of specific agility in handball and the methodical formula; video examples for practical expertises included
21.	Fast-Break & Retreat	explanation phases and waves in fast-break; prescription of rules of conduct for fast-break and retreat; video examples from international matches and practical exercises included
22.	Special Situations (numerical Advantage/Disadvantage)	building a strategy for team-play in aLack and defence in numerical advantage and disadvantage resulting in concrete tactical means
23.	Analysis of WC/EC in Men Handball	statistics and qualitative analysis with video-examples from the EC 2018, WC 2019, EC 2020
24.	Analysis of WC/EC in Women Handball	statistics and qualitative analysis with video-examples from the WC 2017, EC 2018, WC 2019
25.	Handball-Theory of Conduct (a session that closes the whole series)	a comprehensive concept focussing on all aspects of game-structure and teaching in handball as a reflection to the whole series; video-material included