BUILDING UP MOBILE ATTACK
With the position change of Winger and Back
Training Exercises

By Zoltán Marczinka / EHF Lecturer

Introduction

A mobile attack can be built up with various interchanges of players, as the increasing amount of movements and the constant circulation of the attackers are the very characteristics of this attack system. In this case the position change of Winger and Back is the reoccurring starting point and by extending it step-by-step, the difficulty of the exercises gradually increases. Each drill systematically builds upon the other, yet they can be applied separately and modified according to the level of the team.

Practising elements of mobile attack in a drill formation gives the team an opportunity to refine passing skills, consolidate the players’ movement, maintain the level of concentration and reinforce discipline. The repeated exercises help to build up certain stamina, rhythm and pace, verbal and non-verbal communication, confidence and faith in the move. As every player takes part in the routine, training drills give each member of the team a chance to be actively involved. Furthermore, repeatedly practising, extending and mastering certain moves, can lead to a team tactical element, a ‘set move’ which enriches the tactical repertoire of the team.

Concept: creating a group tactical element which can give the team mobility in attack, and then converting it into a team tactical element, a ‘set move’ with alternative finishing possibilities.

Process of training

1. Preparatory exercises: practising basic movement elements which are necessary for the further implementation of training drills.

2. Lead up exercises: practising the position change of two players, with different passing techniques / ball delivery.

3. Training drills: introducing then mastering the concept by applying step-by-step training exercises in two stages.
   Stage I: introducing and mastering the position change of Winger and Back with systematic drills.
   Stage II: extending the position change to a team tactical element, a ‘set move’ with systematic drills.
1. Preparatory exercises

*Practise basic movement elements that are necessary for the further implementation of training drills.*

For example:
Practising quick direction changes: while running continuously at different speed, stopping suddenly at a whistle signal and then running into a different direction.

Or

Circular chasing: players take their positions in a double circle formation behind each other. Outside the circle, a chosen player chases another player who can escape if he moves in front of a row. However, now the outer most player becomes the hunted and the pursuer chases him. If the pursuer catches someone, the hunted becomes the pursuer and he starts to chase the player at the end of the next row, while the previous pursuer moves to in front of this row.

2. Lead up exercises

*Practise the position change of two players with different passing techniques / ball delivery.*

For example:

Three players continuously pass the ball with various techniques while advancing forward and change position on a “figure eight” path. The player in possession of the ball can run either in front or behind his team mate.

Or

Players position themselves in a circular formation side by side 4-5 meters apart facing the centre of the circle with one ball. B passes the ball to A who catches the ball and passes it to C while running and then moves into B’s place. Then C passes the ball to B who catches the ball and passes it to D while running and then moves into C’s place and so on. The variety of this exercise can be increased by changing the speed of running and the path of the ball, by varying the passing techniques or by adding another ball into the circle.
3. Training drills

*Introduce “mastering the concept” by applying step-by-step training exercises in two stages.*

STAGE I

*Introducing and mastering the position change of Winger and Back with systematic drills.*

Step 1: Introducing the position change of the Winger and Back
Step 2: Focusing on the technical execution of the position change
Step 3: Practising the move against a semi-active defence with the Pivot
Step 4: Practising the move against an active zone defence, competitively
Step 5: Practising the move against an active defence with the Centre Back

STAGE II

*Extend the position change to a team tactical element, a ‘set move’ with systematic drills.*

Step 1: Introducing the extension of the move: the Winger running in
Step 2: Focussing on the technical execution of the Winger running in
Step 3: Practising the move with the position change of the Pivot
Step 4: Practising the move against a semi-active defence with the Centre Back
Step 5: Completing the move and practising against an active zone defence
STAGE I
Step 1: Introducing the position change of Winger and Back

Points of focus:
- memorising the path of the players and of the ball
- building up confidence in the position change
- starting slowly and then speeding up gradually
- coordinating players movement in relation to each other
- building up communication
- eliminating ball-handling errors

Set up:
- Four markers placed in OL-LH-RH-OR positions. Wingers and pivots start from LW and RW positions, while backcourt players line up in LB and RB positions.

Method:
- With the ball received from the wing, the LB feints a breakthrough between the two markers (1), then passes to the LW (3) running up behind him (2).
- LW then while running towards the centre (4), passes the ball to the RB (5) moving forward.
- RB quickly passes to the RW (6) and with the returned ball (7) starts the same exercise as the LW and LB did on the other side.

After finishing their part, the players quickly move back to the end of the queue of their latest position. Players execute the drill continuously, with increasing speed. When passing in the backcourt, first over arm pass then jump pass should be carried out.
Step 2: Focussing on the technical execution of the position change

Points of focus:
- fine details in technical execution
- genuine shooting feint and breakthrough attempt
- accurate and well-timed long passes
- timing of the movement and passes
- feinting with and without the ball
- choosing the appropriate arc/path when the Winger runs up

Set up:
- Five markers placed in OL-LH-CH-RH-OR positions. Wingers and pivots start from LW and RW, while backcourt players line up in LB and RB positions.

Method:
- When receiving a long pass from the RB, the LB makes a starting feint to the right (1), then after catching the ball, quickly moves to the left (2) and attempts a breakthrough between the two markers.
- The moment the LB changes direction with the ball, the LW makes a quick starting feint to the left (2), and then runs up behind the LB (3).
- LB with a quick, short pass (4) sets off the LW, and moves to the wing (6).
- LW in LB position now threatens the goal with a jump shot between the two markers (5), and then makes a jump pass to the RB, moving forward (6).
- RB then with the ball received while moving to the left, initiates the same exercise as the LW and the LB did on the other side (7-13).

After finishing their part, the players quickly move back to the end of the queue of their latest position. Players execute the drill continuously with increasing speed.
Step 3: Practising the move against a semi-active defence with Pivot

Points of focus:
- utilising the blocking and freeing of the Pivot
- practising goal shooting
- genuine and authentic attack attempts
- decision making, patience and discipline

Set up:
- Five defenders take their place in OL-LH-CH-RH-OR positions with two Pivots amongst them and one Goalkeeper in the goal. Wingers start from the LW and RW positions, while backcourt players line up in the LB and RB the positions.

Method:
- When the LW and LB change position on the left side of the attack (1-4) and the LW in LB position moves towards the centre with the ball, the P moves in the opposite direction, from the CH to block the RH defender (5).
- LW with a jump shot attempt (6) keeps the CH defender under pressure, and according to his reaction, the LW has alternatives: direct goal shooting (a), passing to the P (b) or making a long pass to the RB (c).
- When or if the ball returns from the RB, the LW moves to the left (7) and at the same time, the P moves from the RH defender, to block the CH (7).
- LW in LB position attacks the gap between the OR and RH (8) then tries to score by: breakthrough (a), passing to the P (b) or setting up the LB in the wing (c).

The attack needs to be finished on the side of the position change and the backcourt player on the other side can be used for passing only. Players continue the exercise until a preset number of passes, a set time, fault or a goal. When finished, players move to the end of the queue of their latest position and the other side repeats the same exercise.
Step 4: Practising the move against an active zone defence competitively

Points of focus:
- wide attack with long passes in the backcourt
- 3 vs. 3 attack
- constant pressing
- position change without the ball
- verbal/non-verbal communication
- competitiveness

Set up:
- Six defenders take their place in a zone defence formation with two Pivots amongst them and one Goalkeeper in the goal. Wingers start from the LW and RW positions, while the backcourt players line up in the LB and RB positions.

Method:
- After a position change of the LB and LW (1-3) the two players in the LB and RB position make a few long passes (e.g. 4-8), while pressing between the half defenders, with a genuine attempt to score.
- By utilizing the Pivots, with this repeated process each side has several alternatives to conclude the attack with a through-shot, a breakthrough, by passing to the P or by setting up the team mate in the wing.
- If unsuccessful after a given number of passes, the other side changes position with the ball, while players swap back on the left side without ball.

Players execute the exercise within a set time, for a number of position changes, for limited passes, fault or a goal. When the attack finishes, the players move back to the end of the queue of their latest position and the other side starts the same exercise again.
Step 5: Practising the move against an active defence with the CB

Points of focus:
- maintaining pace and pressure
- wide attack with long passes in the backcourt
- authentic position changes with and without ball
- verbal/nonverbal communication
- alertness and long concentration span

Set up:
- Six defenders take their place in a zone defence formation with one Pivot amongst them and one Goalkeeper in the goal. Wingers start from the LW and RW positions, while the backcourt players line up in the LB, CB and RB positions.

Method:
- If the attack is still unsuccessful after a given number of position changes with and without the ball, players can continue with the following move:
- After a position change (1-4) the LW makes a long pass to the RB (5), then runs to the centre (6). At the same time the CB moves behind him, to LB position (6).
- The two players in the LB and RB positions exchange dynamic long passes while attacking the goal (7-8).
- Then, when after another position change (9-12) the ball comes back from the right, the LW in CB position delivers the ball to the LB in LW position (15), and moves back to the wing (16). At the same time the CB moving up from LB position (15), receives the ball from the LB (16), then runs back to his position (17).

Players execute the exercise within a set time limit, for a number of position changes, limited passes, fault or a goal. When the attack finishes, the players move back to the end of the queue of their latest position and the other side starts the same exercise again.
STAGE II

Step 1: Introducing the extension of the move: Winger running in

Points of focus:
- memorising the path of the players and of the ball
- maintaining the authentic execution of the position change
- starting slowly and speeding up gradually
- timing of the running in and running back
- building up communication
- eliminating ball-handling errors

Set up:
- Four markers placed in OL-LH-RH-OR positions. Wingers and pivots start from the LW and RW, while backcourt players line up in the LB and RB positions.

Method:
- After a position change on the left side (1-3) the LW while running makes a long pass to the RB (4) and then runs in to the marker on the other side, taking the position as the second pivot (5).
- When the ball returns from the RW then (7), the LW in the P position quickly exchanges passes with the RB (8-9) and runs back to his original position (10).
- Meanwhile the RB exchanges passes with the LB who has moved back to his position (11-12), then with the ball returns from the wing (14), starts the same exercise on the other side, - now the RW runs in.

After finishing their part, the players quickly move back to the end of the queue of their original position. Players execute the drill continuously with increasing speed. When passing in the backcourt, first over arm pass then jump pass should be carried out.
Step 2: Focussing on the technical execution of the Winger running in

Points of focus:
- fine details in technical execution
- genuine shooting feint and breakthrough attempts
- accurate and well-timed long pass
- timing of the movement and passes
- feinting with and without the ball
- choosing the appropriate arc/path when the Winger runs up/in

Set up:
- Five markers placed in OL-LH-CH-RH-OR positions. Wingers start from the LW and RW, while backcourt players line up in the LB and RB positions. One Pivot stands beside the central marker, where the position change starts.

Method:
- Players change position on the left side, with the LW running in to the second P position (1-5). When the LW approaches the centre, the P from the side of the central marker moves to the marker on the right (4).
- When receiving a long pass from the LW, the RB makes a starting feint to the left (4), then after catching the ball quickly moves to the right (5) and attempts a breakthrough between the two markers.
- The moment the RB changes direction with the ball, the RW makes a quick starting feint to the right (5), and then runs up behind him (6). Simultaneously, the LW quickly starts off; swaps with the P (6) and moves back to the wing (7).
- RW then moves to the left, and after passing to the LB back in his position runs in (9), initiates the same exercise as the LW and LB did on the other side. After finishing their part, the players quickly move back to the end of the queue of their original position. Players execute the drill continuously with increasing speed.
**Step 3: Practicing the move with the position change of Pivot**

**Points of focus:**
- keeping the defenders under constant pressure
- timing of the movement and passes
- interchange of Winger and Pivot
- sign language / non-verbal communication
- patience and discipline

**Set up:**
- Four Half defenders take place within the marked area with one standard Pivot, between the two CH defenders. Wingers start from the LW and RW positions, while backcourt players line up in the LB and RB positions.

**Method:**
- Players change position on the left side, with the LW running in to the second P position, next to LH and the P from between the two CH defender moves to the side of the RH (1-5).
- RB with the ball caught from the LW exchanges passes with the RW (6-7), then makes a long pass to the LB (8) returning to his position.
- When the LB attacks the goal, the P moves out (9), receives the ball from him (10), passes it to the RB while running (11), and then moves to the LW’s position (12).
- When the P approaches the centre, the LW quickly starts off and behind the defenders runs back to his original position (10).
- RB quickly passes to the RW and with the returned ball starts the same exercise as the LW and LB did on the other side.
After finishing their part, the players quickly move back to the end of the queue of their original position. Players execute the drill continuously with increasing speed.
Step 4: Practising the move against a semi-active defence with CB

Points of focus:

- keeping the defenders under constant pressure
- utilizing the blocking and freeing of the Pivot
- practising goal shooting/breaking through
- decision making
- genuine 3 vs.3 attack
- patience and discipline

Set up:

- Six players take their places in zone defence formation with one Goalkeeper in the goal. One standard Pivot positions himself between the half defenders, always on the side where the position change starts. Wingers start from the LW and RW positions, while backcourt players line up in the LB, CB and RB positions.

Method:

- After gaining the right rhythm by passing the ball around, the LW and LB change position, with the LW running in to the second P position (1-5).
- When receiving the ball from the LW, RB the quickly fakes to the right, and then passes back to left back position (6) where the CB arrives.
- The two players in LB and RB positions make a few long passes while pressing between the half defenders (7-8).
- By utilizing the Pivots, with this repeated process each side has several alternatives to conclude the attack: break-through / through shot (a), passing to the P (b) or setting up the team mate in the wing (c).

Players execute the exercise within a set time limit, number of position changes, limited passes, fault or a goal. When the attack finishes, the players move back to the end of the queue of their original positions and the other side starts the same exercise again.
Step 5: Completing the move and practising against active zone defence

Points of focus:
- wide attack with long passes in the backcourt
- position change without ball
- verbal/non-verbal communication
- competitiveness
- maintaining pace

Set up:
- Six players take their place in a zone defence formation with one Goalkeeper in the goal. One standard Pivot positions himself between the half defenders, always on the side where the position change starts. Wingers start from the LW and RW positions, while backcourt players line up in the LB, CB and RB positions.

Method:
- After a position change of the Winger and Back (1-5), the two players in the LB and RB positions make a few long passes while pressing between the half defenders with a genuine attempt to score (e.g. 7-8).
- If unsuccessful after a set number of passes or time, the move can be continued:
  - For a predefined signal the P moves out from the goal-area line (9), receives a pass from the CB in left back position (10), delivers the ball to the other side (11-12), then takes the LW’s previous position on the side of the LH defender (13).
  - Simultaneously, the LW moves behind the defenders to occupy the P’s position on the side of the RH defender (11).
- While a position change on the right side, the LW moves to his position (14), then LB moves up to the backcourt (15), then CB moves back to his position (16).

Players execute the exercise within a set time limit, number of position changes, limited passes, fault or a goal. When the attack finishes, the players move back to the end of the queue of their original position and the other side starts the same exercise again.