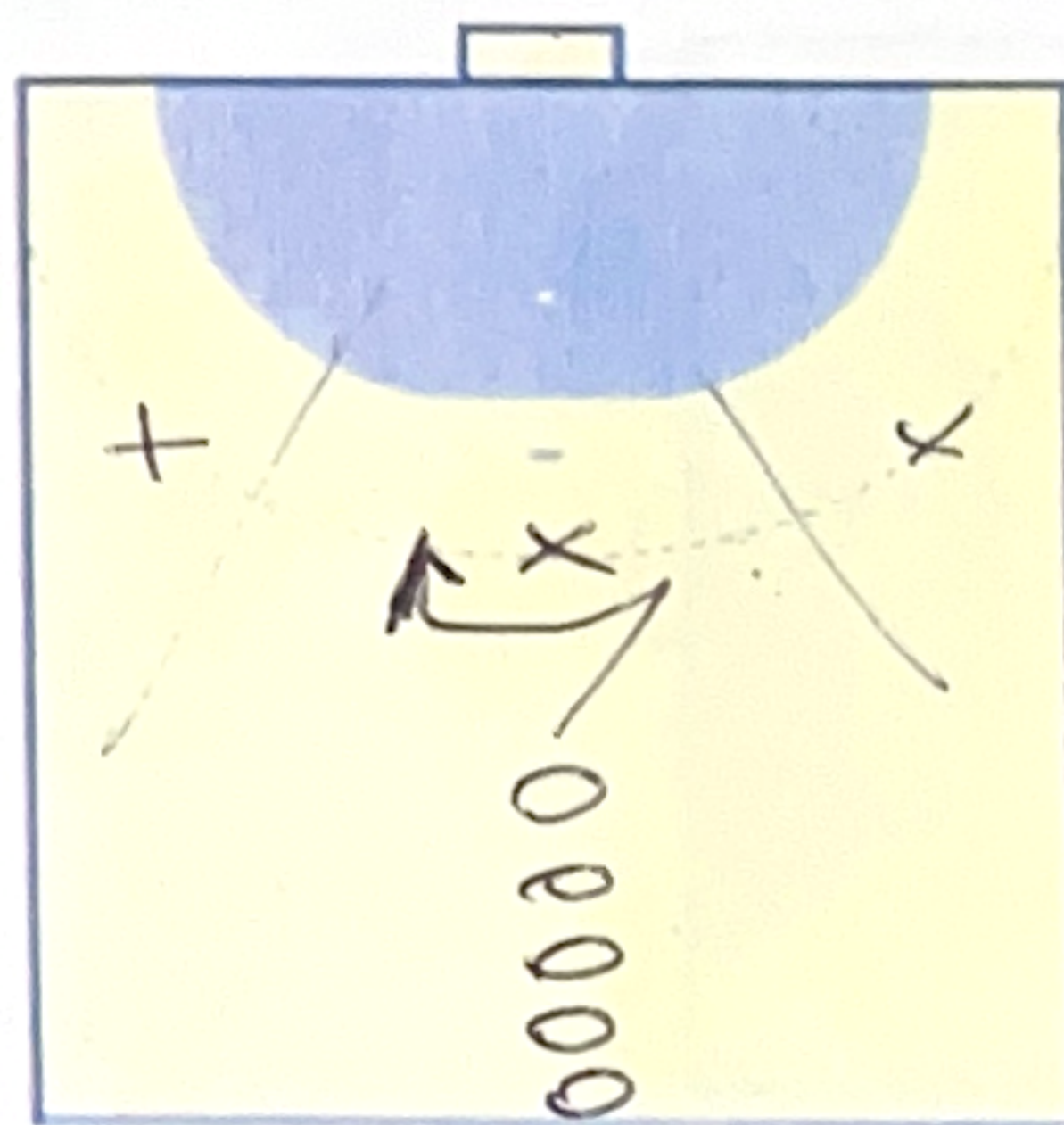
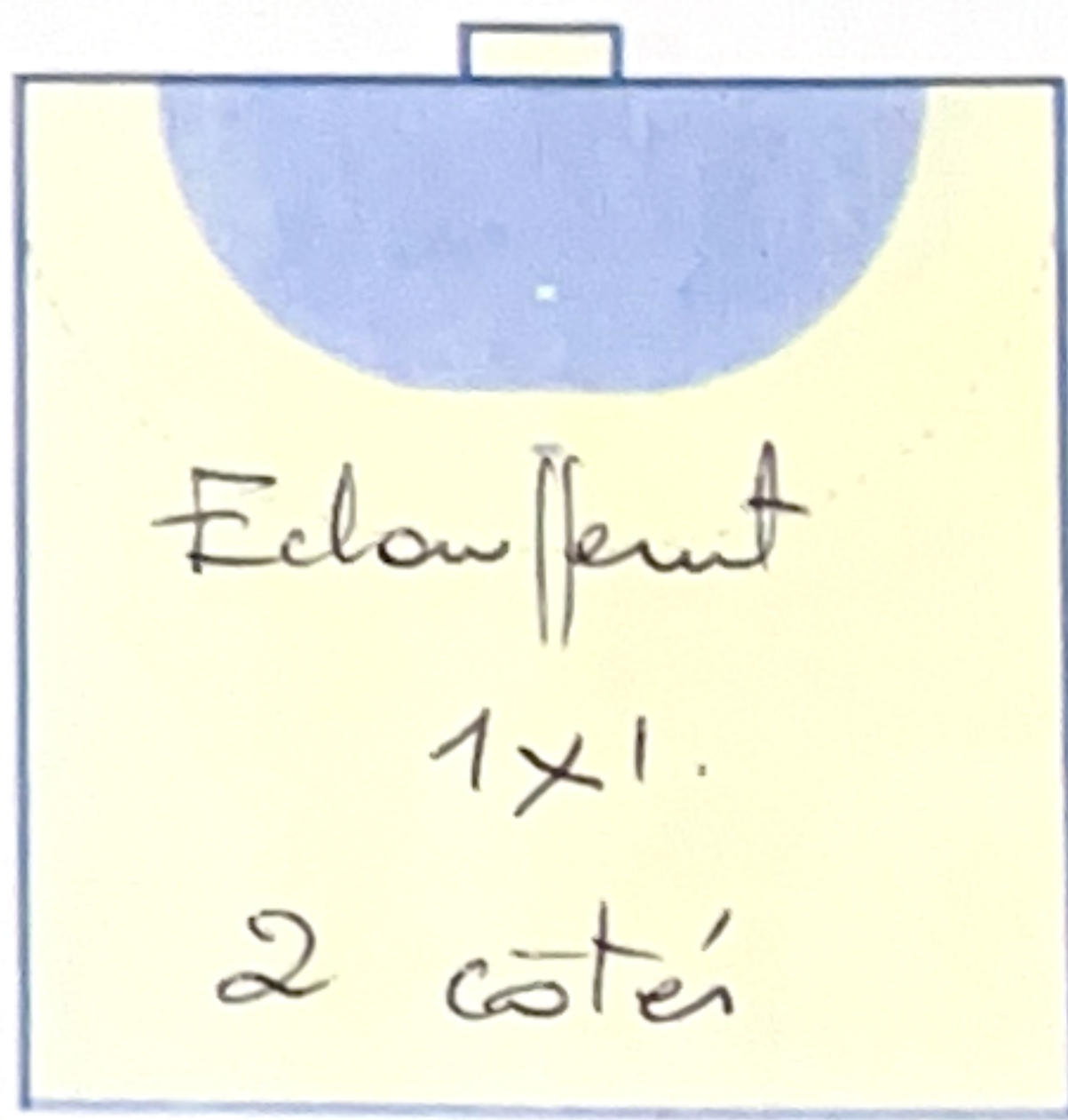


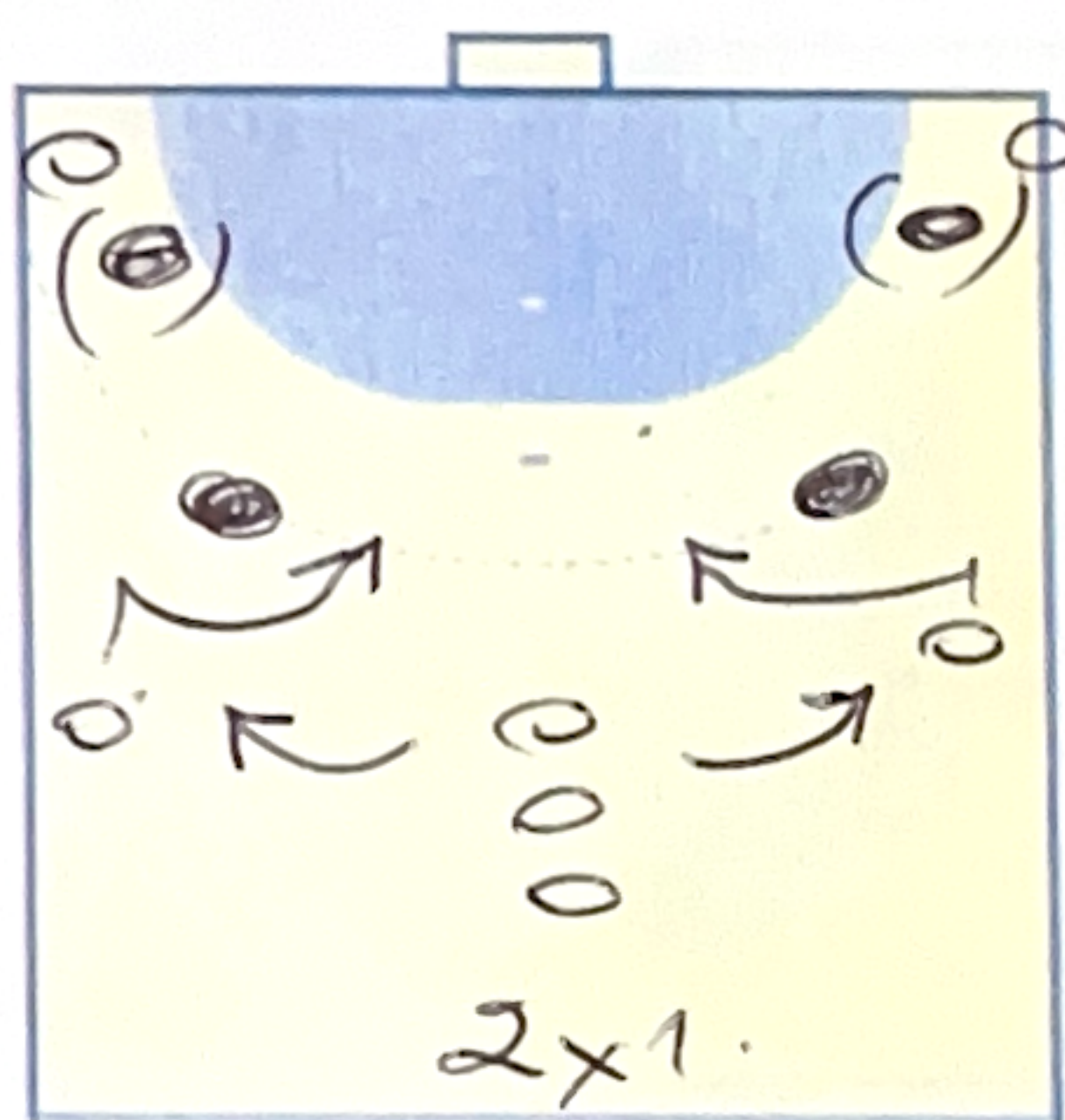
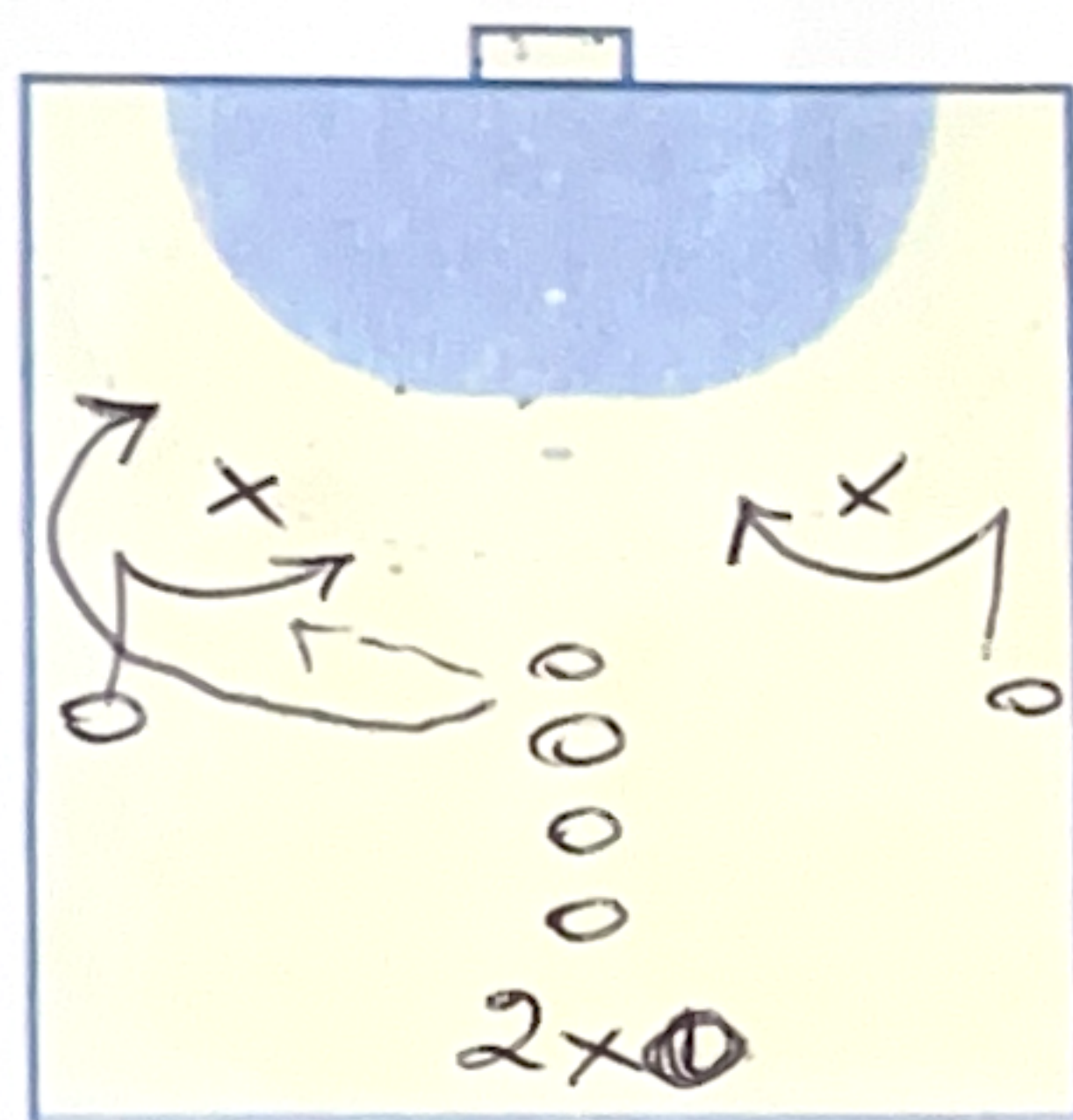


EUROPEAN HANDBALL FEDERATION



Attaque: le croisé

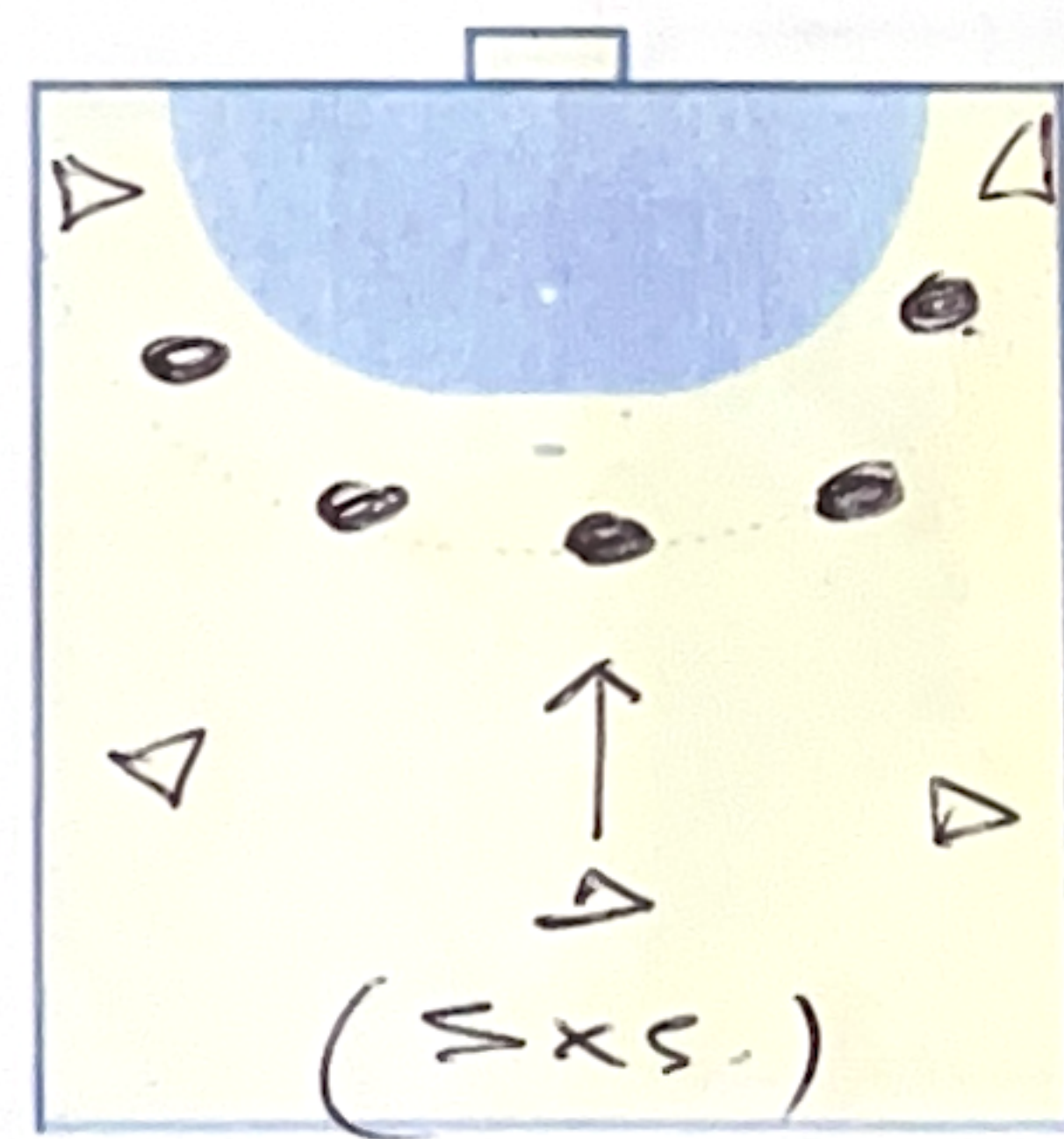
- Qualité des appuis
- Sortie du ballon
- Intention offensive.



duel - côté bras.
tirer ou croisé

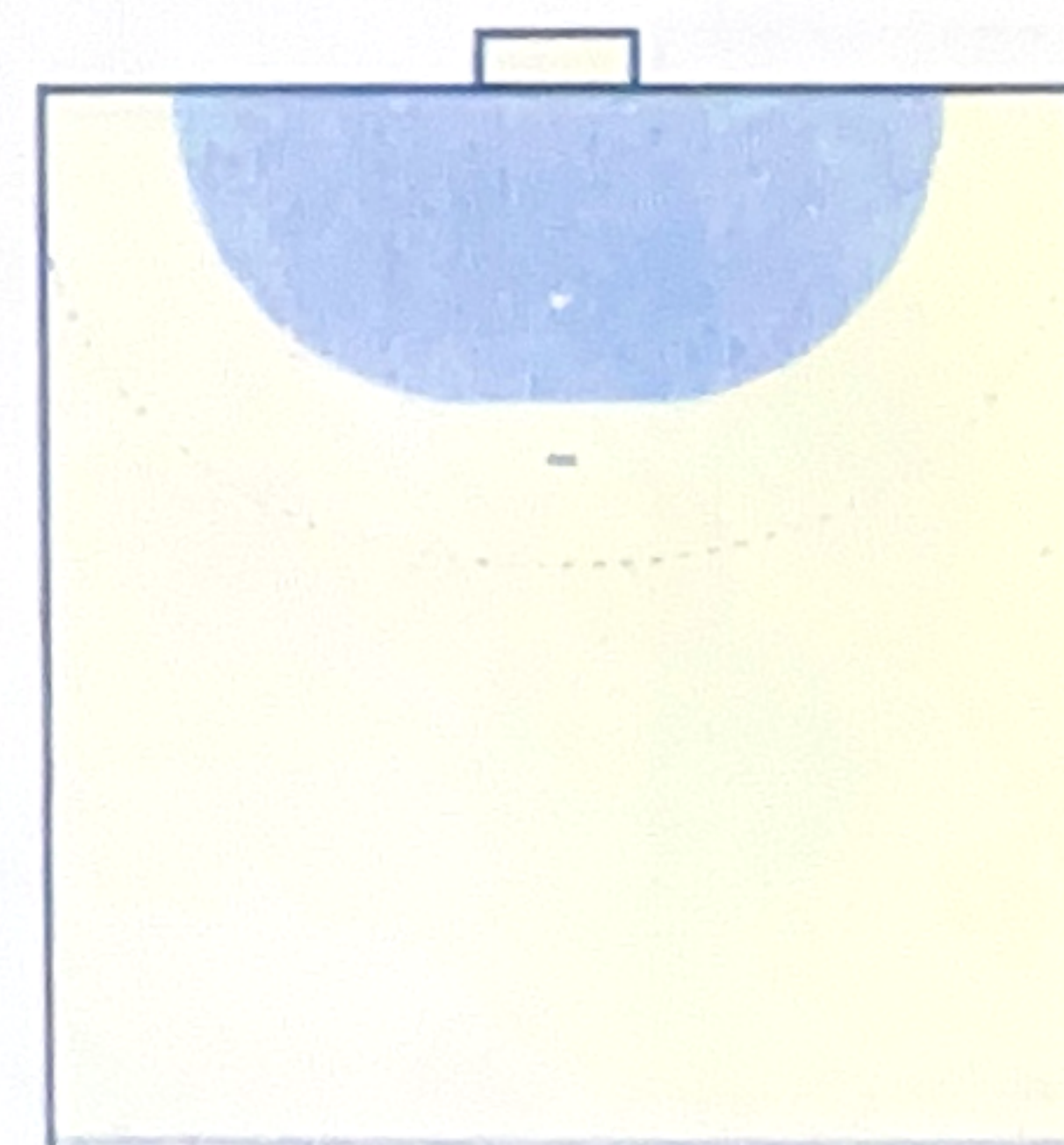
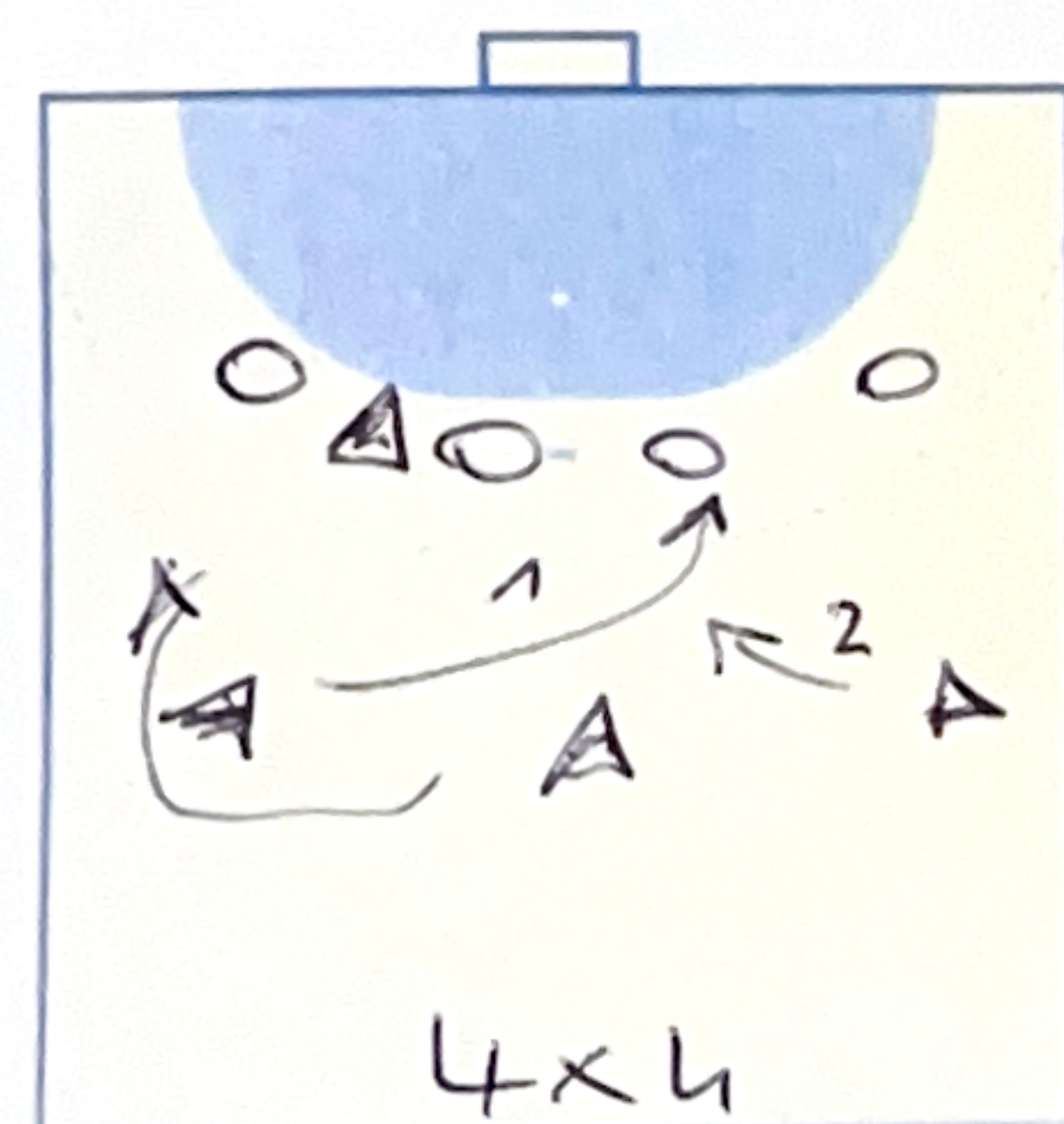
- Sortie de balle
- "libérer un espace".

puis 3x2



orientation de la course.

- Sortie de balle
- lecture de la réaction défensive
- Attaque centrale → AL.

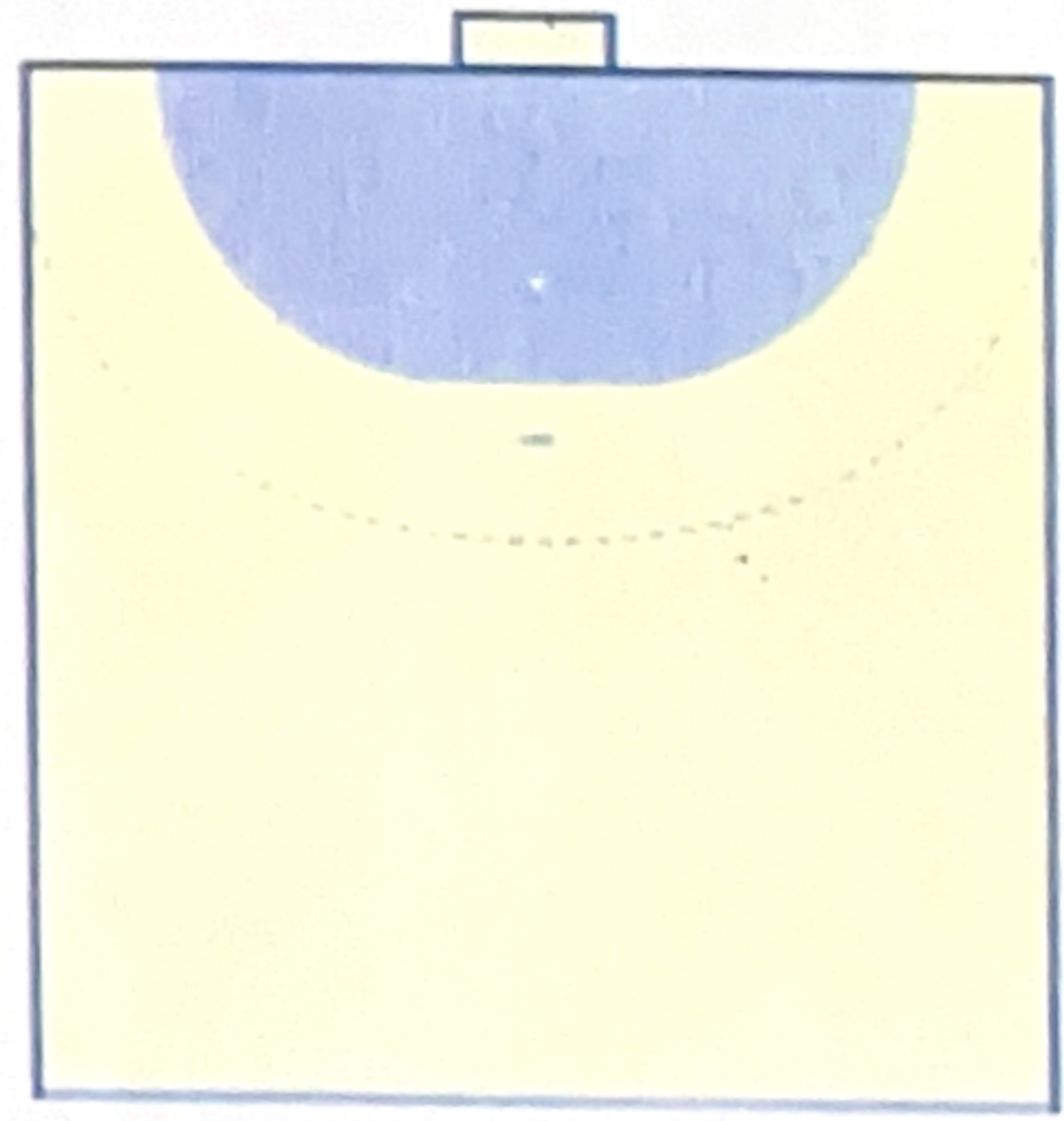
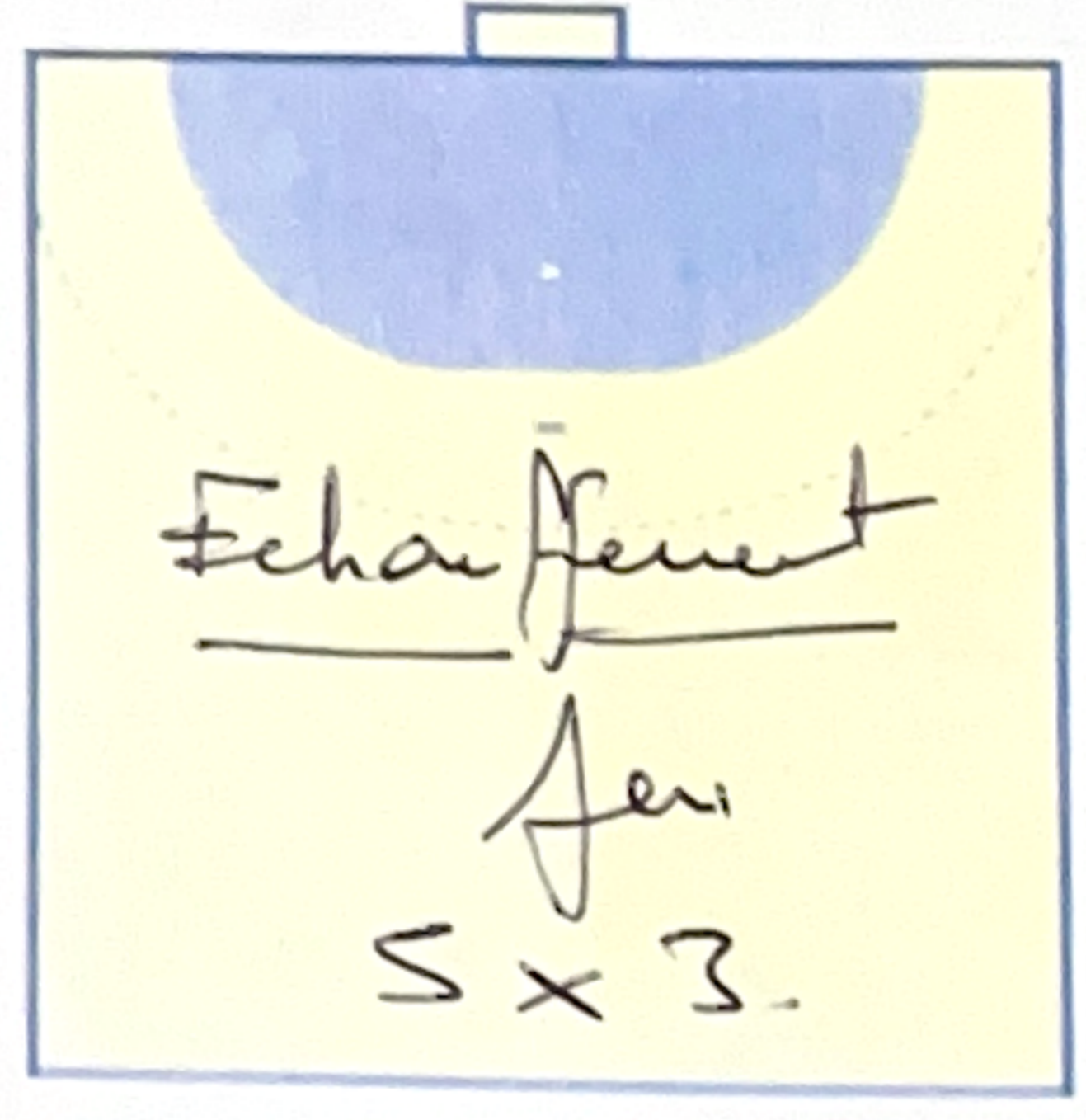


Croisé AR. AR

- tirer (protection)
- jeu DD
- utilisation du bloc (Ae)
- décaler.

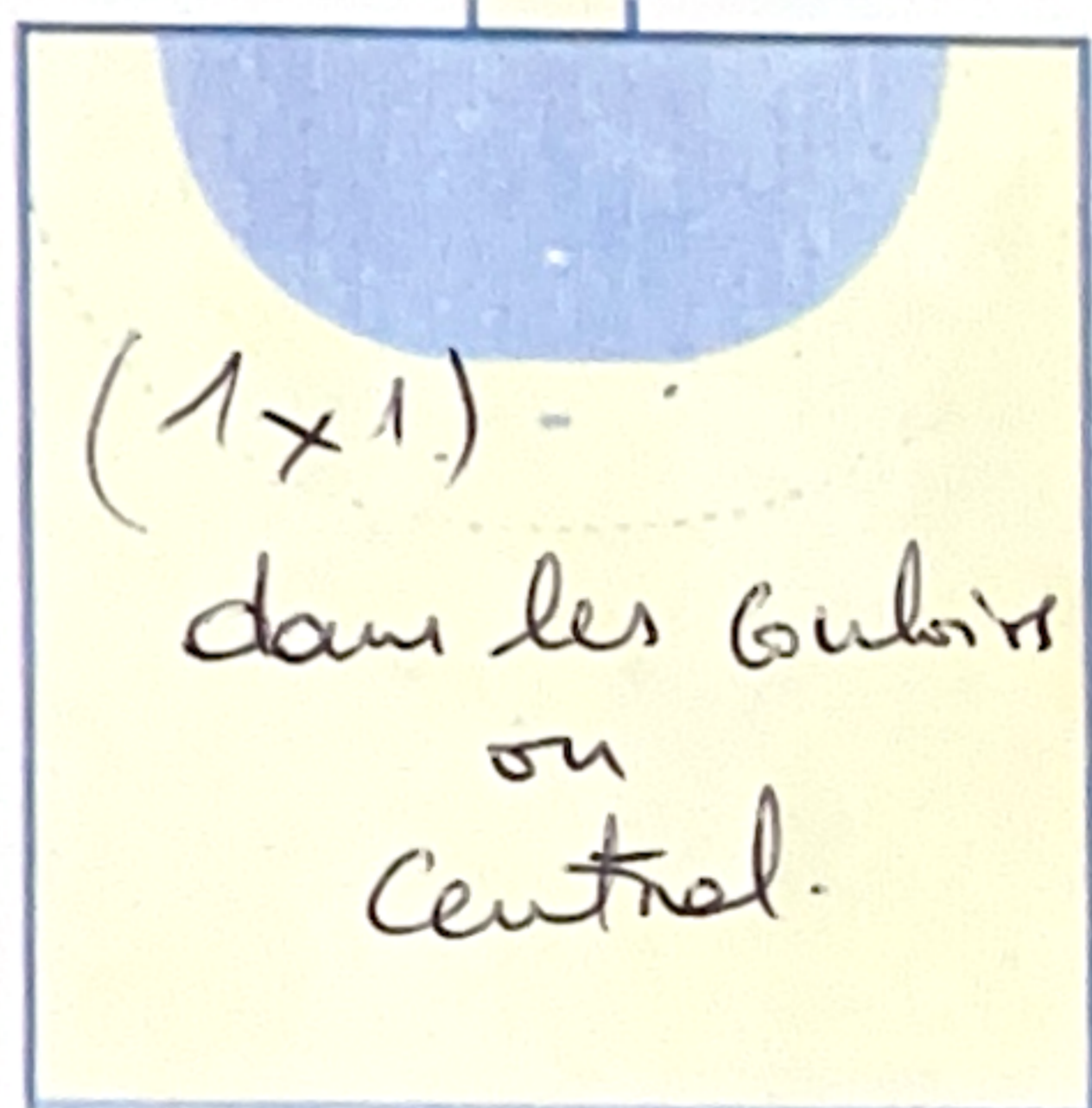
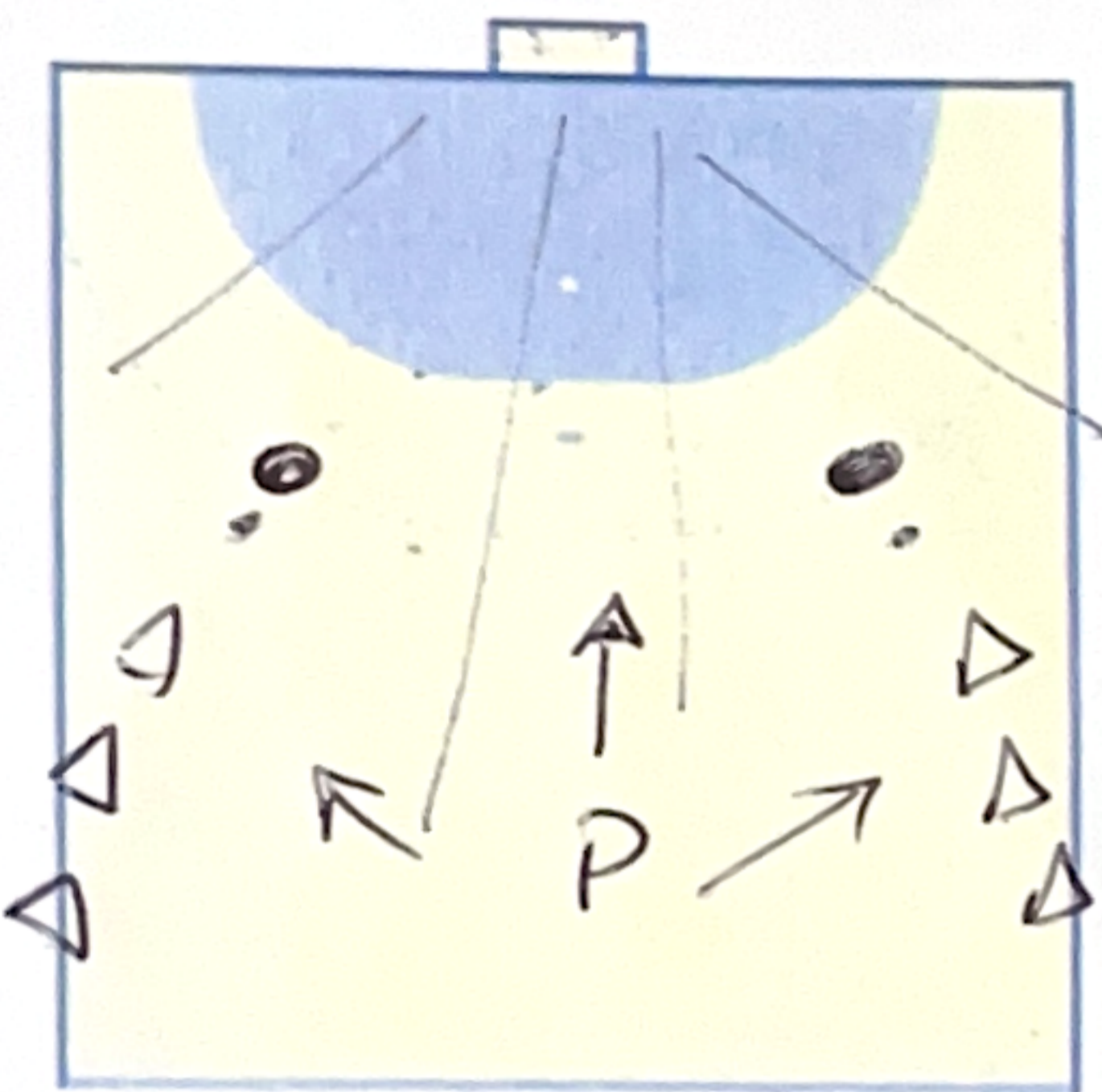


EUROPEAN HANDBALL FEDERATION



Mobilité défensive.

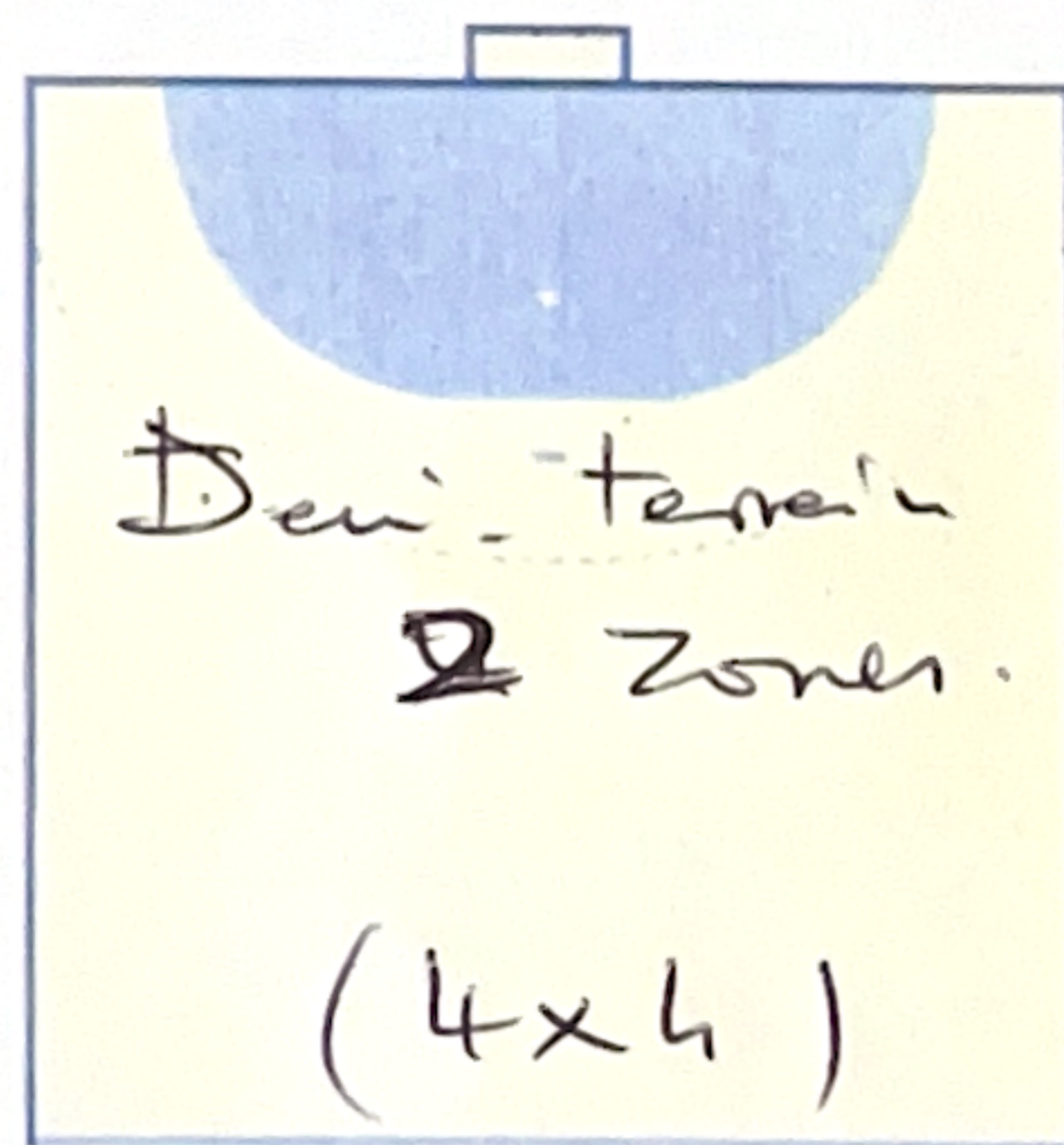
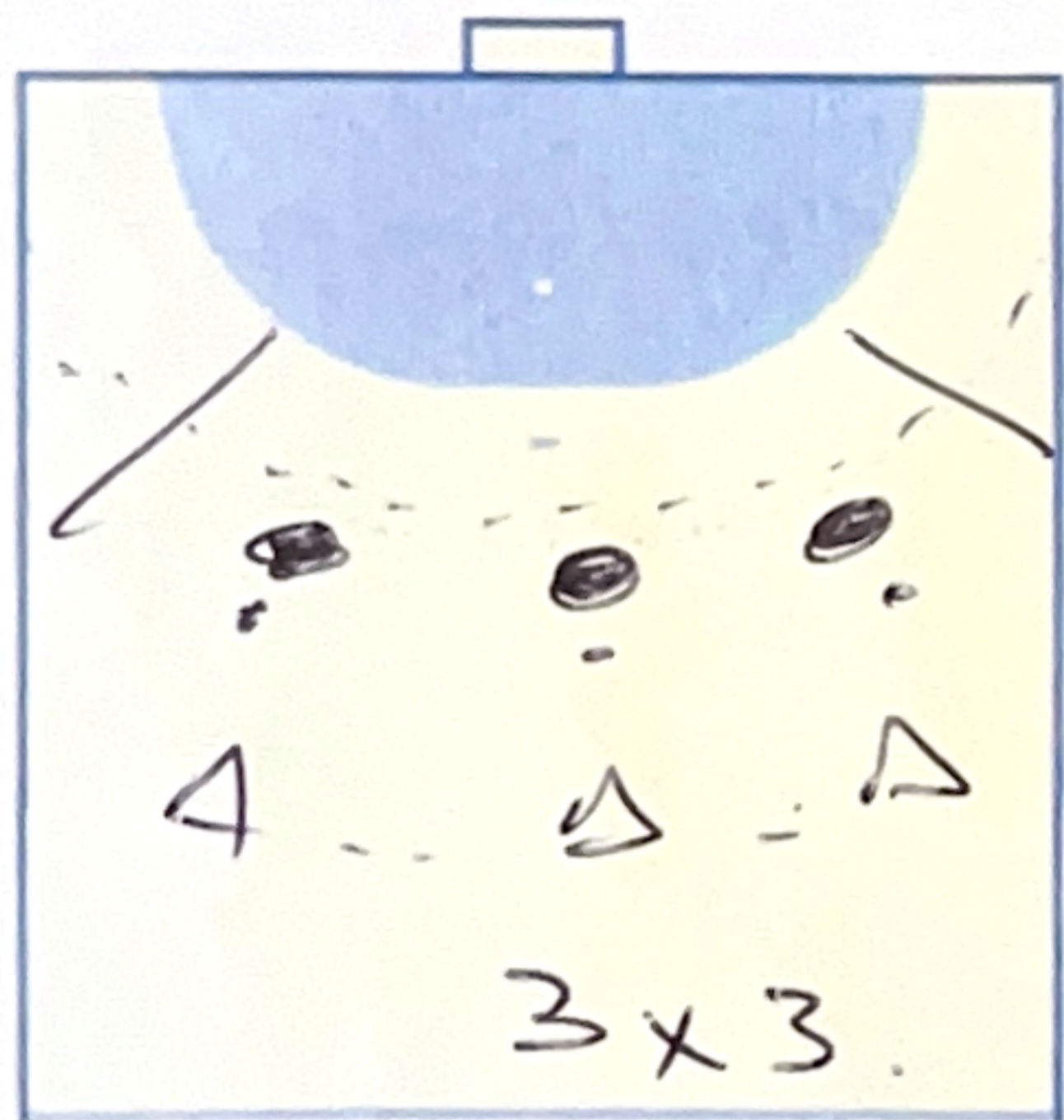
la défense, c'est avant tout les jambes, plutôt que les bras (neutralisation)



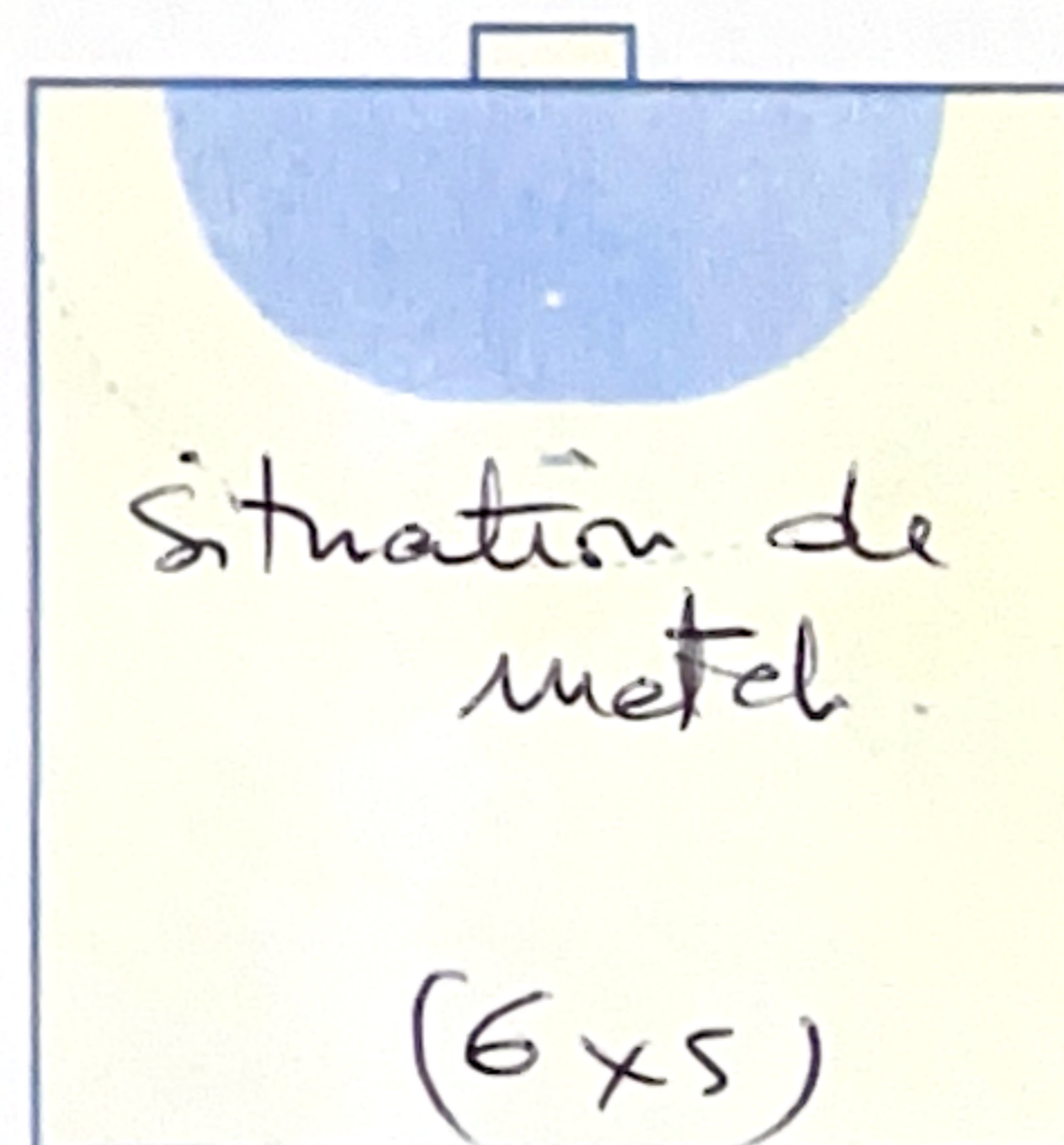
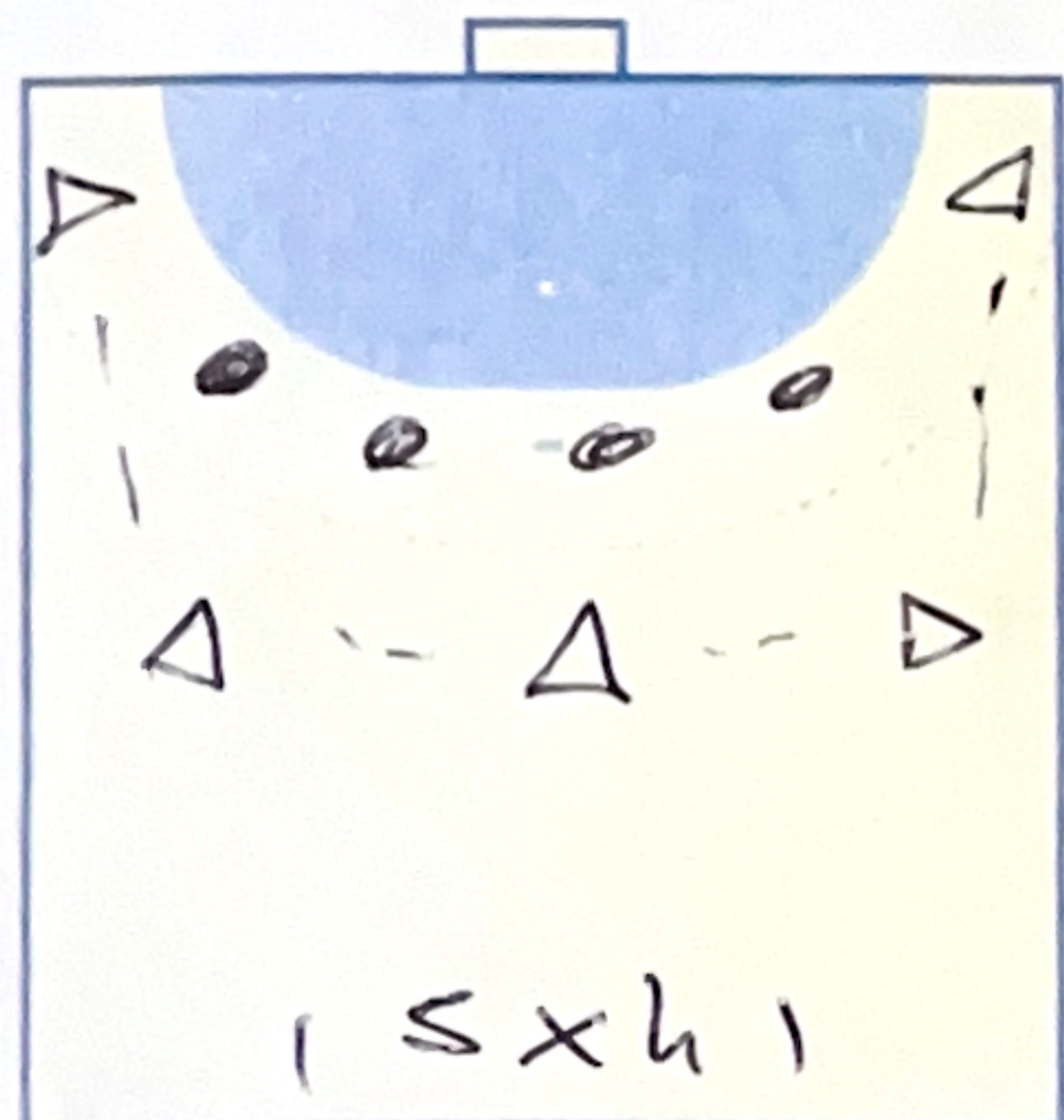
individuel - Technique.

orienter la course.

Réduire la distance défenseur avec 1 ballon ou 2 ballons



- Entroide avec partenaire
- perception opposé
- flottement, réduire les espaces.



- Grande mobilité en profondeur et latéralement
- prise de risque.
- Entroide.
- perception de l'action du partenaire.