



Practical Training for Referees

1. General remarks

Practical training for referees is very important – and in the same way very difficult. A referee should know the different parts of ball handling and other technical behaviour in the practice himself, like steps or attacker fouls. When he is able to explicate these courses of movement, he is more able to observe and to decide in these special parts. Problem: Normally, the technical skills and expertises from referees in ball handling are limited, therefore it's problematic to improve observation points concerning the own abilities in handball playing – and it could be dangerous. Nevertheless, we will give some variations for practical training parts for referees on all levels.

2. Parts for improvement as referee

There are different parts for improvement:

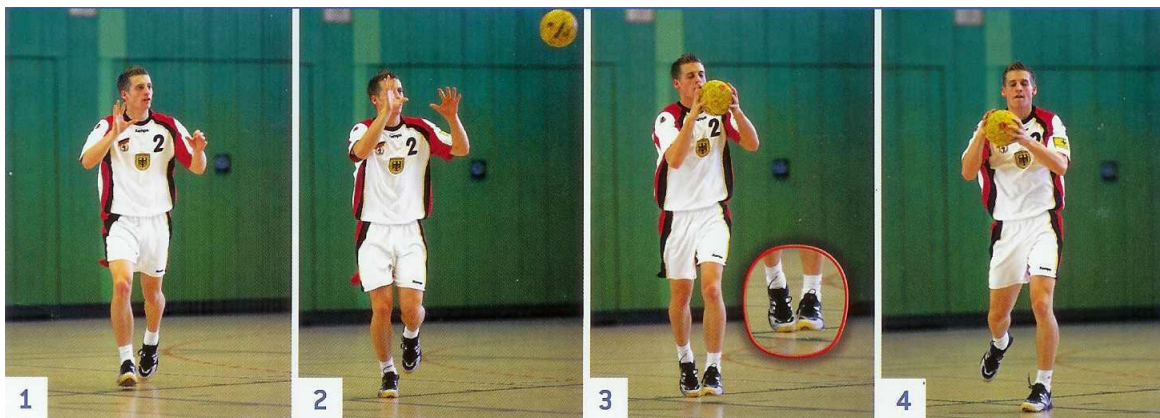
- Technical parts in the game (steps, attacker foul, double dribbling, foot)
- Technical parts as referee (moving paths)
- Tactical/technical parts in small groups (wing game, pivot game, 1 : 1, 2 : 2)
- Tactical parts in the complete team (defending- and attacking systems in 6 : 6)

2.1. Technical parts for referees

Proposal 1: Steps

Organisation 1:

Let the referees exercise own technical variations in steps against a passive defender. The point: only « feeling » the mechanism of technical movements. The referees have to train different possibilities of fints, moments of ball catching, moments of zero – steps, different distances to the defender. It is also important, that we can show the referees the risk in a game, when a player brings the ball in speed.



On which picture, we have to decide for the first step? Yes – picture Nr. 4!

Organisation 2:

With the time, the defender can start to an active way, to produce pressure on the attacker. In all this situations, some referees have to decide, if there are technical mistakes and in this moments, they have to whistle. The lecturer has to interrupt some times to give advises for the observation support.

Proposal 2: Attacker foul

Organisation 1:

In the same way, the lecturer can exercise also attacking mistakes. First against a defensive player, then this player has to start more aggressive.

Organisation 2:

Two opponent players. Play the ball 10 – 12m in front of them and after a whistle, they have to sprint to the ball and to gain the ball, then running a counter attack. Some referees have to decide, if the ball scramble was correct, also the counter attack. Advice to the referees: the position of the ball is mostly not interesting....! But hands and bodies!



Is the referee fixed on the ball, he will miss the fault from the attacker player

Organisation 3:

We will try to show you an established attack and with pressure from wing player into the centre – then passes the ball to the back player. He passes the ball, when he is in the air, but continues his move into the defender! Many referees don't whistle for attacker foul, they are following the ball. The player, who was „first on spot“, owns the place.

Proposal 3: Double

Build a moving line with the players, distance 2 – 3m. Let them bounce the ball in manner of slalom through the line. Some referees outside have to observe, if the ball handling is correct or not.

2.2. Technical parts as referee

Proposal 1: Moving paths

The most referees have the problem, that in moments of counter attacks, they turn on the wrong side to run back to the other side. Why? This is a normal reflex to make the first step with the stronger leg. Right hander will turn on the right side!

Organisation 1:

Referees have to line up like field referees. After a whistle, they have to turn around and to sprint down to the court line. In this sprint situation, the referee has to look to an imagine game, that means, he has to turn his body in direction of the court. In a second step, let the referees lying down, the head in direction of the free throw – and goal area – line, hands on backside. Then whistle again. The referee has to sprint

to the other side, view every time to the court centre. In these situations, the referee has to fight against his normal instinct again.

Organisation 2:

Game possibility: Group – ball (light team plays the ball between the teammates, the dark team tries to catch the ball). The players are only allowed to move sideways or forwards (like a referee) in a clear area. After a whistling signal, both teams have to sprint on the other court side and to play in a specific area again. All players have to turn after the signal with the view direction towards the court.



Organisation 3:

Contra attack is getting more and more dangerous and therefore it is important, that the referees are moving correctly and have the right angle. It is difficult to see pushes etc., if the referee only concern is to run back to the goal line. Best position in the must cases is 1 – 2m behind and in a speed along the sideline or 2 – 3 m away. Don't forget: the counter attacks starts, when the attacking team has lost the ball.....

2.3. Tactical/technical parts in small groups (wing, pivot, 1 : 1, 2 : 1, 2 : 2, 3 : 3)

Proposal 1: Wing shots

Wing shots from amateurs, like referees, are not easy and sometimes dangerous. For this exercises, demonstration teams are preferred or the referees have to act lightly!

Organisation 1:

The defence player has to act in the first time absolutely passive with raised up hands. The wing players have to take their shots in a normal way first and after some time, they have to provoke defence mistakes themselves. They have to link their arms with the defender's arm, they have to provoke falling downs etc. Referees outside have to decide for free throw, 7m, attacker faults or nothing. Advise from the lecturer: goal area referee have to take a clearer distance to the wing player, to observe the whole situation. Don't follow the ball! But follow the legs, the bodies, hands, arms, entering the goal area in combination with the whole playing situation. The referee is not allowed to be surprised in such moments! That means, he has to anticipate!

Organisation 2:

In the second part, the defence player has to act more aggressive and with fouls on the attacker's body. Hitting the ball arm, attacks to the hips and legs to provoke a disbalance, slight body checks, pushing from behind etc. But never in a dangerous

way! The referees have to observe this actions with support of the lecturer.



Left picture: Very dangerous situation! The defender holds the thigh, normally for a very short moment. The wing player could crash down. The referee has the reflex to observe the object of the game: the ball! In situations, in which the caught ball is on a higher position than the shoulder, he is not any more interesting for the referee - the ball is saved! That means, the referee has to observe and check the line and all other activities around the players. Not all situations are so clear like on the central and right picture...

Proposal 2: Pivot

For a lot of years, the importance of the pivot was quiet zero. In the last years, this situation has totally changed. The pivot is one of the most important players, he is the second playmaker. In the games this importance is clear to see. More fight regarding space, position, blocking etc. The different ways to act and react are multifaceted! We can introduce the circle game to understand the actions, to understand the intention of attacker and defender, to feel and execute different handlings of the players.

Organisation: 1

A defense player, a circle player, a player to pass the ball to the pivot. The pivot has the target to shot a goal. The defender has to avoid the shot. Defender and attacker have to act in different ways to „win“. The goal referee has to observe the whole situation. Advise: don't follow the ball, but observe the bodies, legs and arms.

Organisation 2:

Two defenders, two attackers, one player to pass the ball, 2: 2. Clear advice here: The field referee has to observe the game from the field players, the goal referee the circle game! The same observation tasks.

2.4. Tactical parts in the complete team (defending, attacking systems in 6 : 6)

For the referee, it's absolutely important to know the different attacking- and, on the other side, the defending systems. Not only the systems, but also the moving paths from players, the different targets, the intention of all players. In this kind, he is able to understand the game and the acting of all players. He can adapt movements, behaviour, advantage, is not fixed to the ball. The referee is able to see and feel the game and to take correct decisions in all parts of the game.

It is very difficult to exercise these systems with referees. It's obligatory to have two demonstration teams. The lecturer and the coach (!) have to explain all moving- and the observation parts for the field- and the goal referee. The systems: 6 : 0 offensive and defensive, 5 : 1, 3 : 2 : 1, 4 : 2, 3 : 3. But to explain all the systems in this essay in details, is too much.....

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