



2012 EHF Referee Seminar

„EHF CAN Preparatory Tools“




**EHF Competence
Academy & Network**



Research

Education

Proficiency Support



activities.eurohandball.com



Helmut Hörtsch
EHF CAN Co-ordinator



EHF Competence Academy & Network



„EHF CAN Preparatory Tools“

1) 2010 EHF EURO Trend Analysis

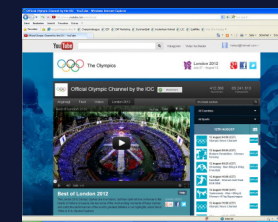
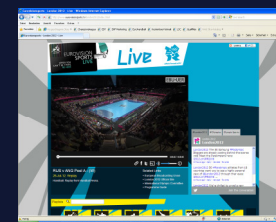
<http://activities.eurohandball.com/analyses>



2) 2012 Olympic Games – Match Replays

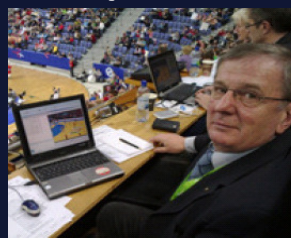
<http://www.eurovisionsports.tv/london2012>

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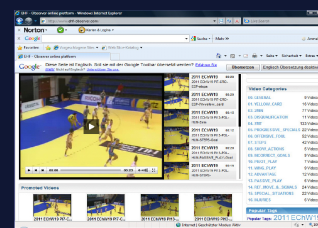


3) EHF Observer System/Online Platform/Web Portal

<http://www.eurohandball.com>



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2010 – 2012 Women's Top Handball



16/16 Teams



12/24 Teams



8+1/12 Teams

Euro 2010 Ranking

1.		NOR	Norway
2.		SWE	Sweden
3.		ROU	Romania
4.		DEN	Denmark
5.		FRA	France
6.		MNE	Montenegro
7.		RUS	Russia
8.		NED	Netherlands
9.		CRO	Croatia
10.		HUN	Hungary
11.		ESP	Spain
12.		UKR	Ukraine
13.		GER	Germany
14.		SRB	Serbia
15.		ISL	Iceland
16.		SLO	Slovenia

Table 1: The official ranking of the EURO 2010

Final Standings

Medal	Rank	Team
Gold	1	NOR - Norway
Silver	2	FRA - France
Bronze	3	ESP - Spain
	4	DEN - Denmark
	5	BRA - Brazil
	6	RUS - Russian Federation
	7	CRO - Croatia
	8	ANG - Angola
	9	SWE - Sweden
	10	MNE - Montenegro
	11	KOR - Korea
	12	ISL - Iceland
	13	ROU - Romania
	14	JPN - Japan
	15	NED - Netherlands
	16	CIV - Ivory Coast
	17	GER - Germany
	18	TUN - Tunisia
	19	KAZ - Kazakhstan
	20	URU - Uruguay
	21	CHN - China
	22	CUB - Cuba
	23	ARG - Argentina
	24	AUS - Australia

Final Standings

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	4	KOR - Korea
	5	FRA - France
	6	BRA - Brazil
	7	CRO - Croatia
	8	RUS - Russia
	9	DEN - Denmark
	10	ANG - Angola
	11	SWE - Sweden
	12	GBR - Great Britain



2012 Women's European Handball Championship
4 to 16 December 2012 in Serbia



OFFICIAL PLAYING SCHEDULE

Preliminary Round

GROUP A NOR Norway UKR Ukraine SRB Serbia CZE Czech Republic Belgrade BE	GROUP B SWE Sweden FRA France DEN Denmark MKD FYR Macedonia Nis NI	GROUP C CRO Croatia GER Germany HUN Hungary ESP Spain Novi Sad NO	GROUP D ROU Romania MNE Montenegro RUS Russia ISL Iceland Vrsac VR
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14 +CZE, MKD / 16 Teams

13/24 Teams

8/12 Teams



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2010 EHF Women's EURO Trend Analysis



The responsibility of executing this qualitative analysis was also shared by the two host nations.

Observations were made in Larvik and Lillehammer by the Norwegian squad: Paal Oldrup Jensen, Tore Johannessen and Kari Aagaard, and in Denmark by the Danish squad: Lars Frederiksen, Ole Damgaard and Ulrik Joergensen.

Afterwards Lars Frederiksen and Ole Damgaard have analysed the multiple data, identifying trends and team characteristics.

The analysis was finally edited by Ulrik Joergensen.

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The Players' Data

Data of the players

	Height	Weight	Age
CRO	1.80	72	25.38
DEN	0*	0*	25.75
ESP	1.75	69	26.50
FRA	1.77	70	23.19
GER	1.78	0*	26.81
HUN	1.77	70	25.50
ISL	1.74	70	24.06
MNE	1.78	69	23.94
NED	1.74	69	24.13
NOR	1.76	0*	25.94
ROU	1.76	69	27.63
RUS	1.80	71	23.00
SLO	1.76	69	23.38
SRB	1.77	70	26.25
SWE	1.77	72	25.56
UKR	1.78	69	24,69
Average	1.77	69.92	25.11

Table 4: Average height, weight and age of the players on each team.

* No information available

Age and International Matches – The Top 12 teams

	Age	IM
NOR	27,00	119,75
SWE	27,25	87,38
ROU	27,38	125,00
DEN	26,00	77,75
FRA	24,88	65,75
MNE	24,75	
RUS	23,13	46,25
NED	25,13	101,25
CRO	25,50	86,38
HUN	26,00	92,50
ESP	27,50	80,88
UKR	25,25	58,50

Table 5: Average age and average number of international matches for the eight Players on each top 12 team, who played most time during the EURO 2010.

Information about international matches was taken from the official programme of the EURO 2010. No information was available concerning MNE.



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The Goalkeepers

	EURO 10					EURO 08				
	Save %	Shots	Shots/match	Saves	Saves/match	Save %	Shots	Shots/match	Saves	Saves/match
NOR	46	269	33.6	123	15.4	43	294	36.8	125	15.6
SWE	39	290	36.3	114	14.3	39	221	36.8	86	14.3
ROU	40	328	41	131	16.4	36	310	44.3	111	15.9
DEN	40	290	36.3	115	14.4	33	239	39.8	79	13.2
FRA	43	267	38.1	114	16.3	37	131	43.7	48	16
MNE	35	262	37.4	93	13.3					
RUS	40	242	40.3	97	16.2	42	317	39.6	134	16.8
NED	35	222	37	77	12.8					
CRO	36	259	43.2	92	15.3	32	308	44	100	14.3
HUN	38	237	39.5	90	15	30	228	38	68	11.3
ESP	36	221	36.8	79	13.2	34	297	37.1	100	12.5
UKR	31	246	41	76	12.7	32	253	42.2	81	13.5

Table 6: Shots, saves and save % for the top 12 teams of the EURO 2010 and the corresponding numbers for the same nations from the EURO 2008.

The top goalkeepers of the EURO 2010

Goalkeeper		EURO 10	EURO 08
Haraldsen	NOR	47	47
Leynaud	FRA	44	38
Grimsbø	NOR	42	33
Tolnai	ROU	42	
Sidorova	RUS	42	
Grubbström	SWE	42	
Mortensen	DEN	41	33
Navarro	ESP	39	
Palinger	HUN	39	28

Table 7: The top goalkeepers of the EURO 2010 measured by save %. For comparison their save % at the EURO 2008 is also shown.



The Defence

	Goals rec.	GR/match	Shots	SR/match	Steals	St/match	Blocks	Bl/match
NOR	146	18.25	269	33.6	63	7.9	39	4.9
SWE	176	22	290	36.3	47	5.9	43	4.1
ROU	197	24.63	328	41	39	4.9	27	3.4
DEN	175	21.88	290	36.3	48	6	18	2.3
FRA	153	21.86	267	38.1	35	5	22	3.1
MNE	169	24.14	262	37.4	37	5.3	18	2.6
RUS	145	24.17	242	40.3	36	6	22	3.7
NED	145	24.17	222	37	33	5.5	11	1.8
CRO	167	27.83	259	43.2	28	4.7	24	4
HUN	147	24.5	237	39.5	42	7	17	2.8
ESP	142	23.67	221	36.8	32	5.3	9	1.5
UKR	170	28.33	246	41	35	5.8	13	2.2

Table 8: Goals and shots received, steals and blocks for the top 12 teams of the EURO 2010.

	Goals received		Shots received	
	Total	Avg. per match	Total	Avg. per match
NOR	133	16.63	251	31.4
SWE	149	18.63	255	31.9
ROU	160	20	285	35.6
DEN	158	19.75	269	33.6
FRA	131	18.71	239	34.1
MNE	145	20.71	233	33.3
RUS	122	20.33	214	35.7
NED	113	18.83	183	30.5
CRO	131	21.83	216	36
HUN	114	19	187	31.2
ESP	121	20.17	192	32
UKR	129	21.5	199	33.2

Table 9: Goals and shots received in organized defence for the top 12 teams of the EURO 2010.



Suspensions

	Total	Average/match
NOR	11	1.4
ROU	13	1.6
FRA	14	2
DEN	17	2.1
UKR	13	2.2
SLO	8	2.7
SRB	8	2.7
SWE	22	2.8
CRO	18	3
MNE	22	3.1
RUS	19	3.2
ESP	20	3.3
GER	10	3.3
NED	21	3.5
ISL	11	3.7
HUN	30	5

Table 10: Suspension distribution.

Suspensions

The general impression of a championship dominated by high quality defence play is supported by the suspension statistics. The total number of suspensions at the EURO 2010 was 257. At the EURO 2008 the total number of suspensions was 299.

The combination of fewer goals and fewer suspensions indicates that the defence skills of the players have been improved.

Once again Norway tops the ranking being the team with the least suspensions – in average 1.4 suspensions per match.

The top 4 teams in this suspension ranking are among the five best teams in the final ranking of the championship, which suggests that avoiding suspensions contributed to a good result.

Hungary is quite different from the rest by receiving in average 5 suspensions per match. No doubt that this was a clear disadvantage for the Hungarians who in the end had to settle with the 9th place.



Defence Systems

Characteristics of some of the top teams

Norway played a classical 6:0 defence with physically strong and very experienced players in the central defence (Larsen, Hammerseng and Frafjord, who all were among the individual top defenders of the EURO 2010 according to the official statistics).

By virtue of years of cooperation and great anticipation they managed to make a lot of steals when the opponents tried to pass to the lineplayers. The steals were often converted into a goal by a fast break.

The tables also reveal that a strong defence performance was a key factor for the Swedish team to reach the final. **Sweden** also played a traditional 6:0 defence with good movement, intensity and a lot of tackles.

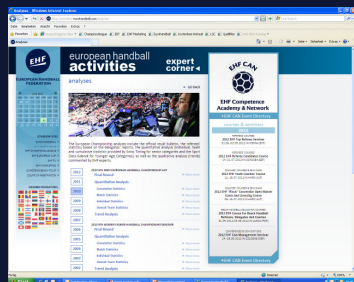
It goes for Sweden as well, that the central defence is built up by experienced and physically strong players (Torstensson, Wiberg and Flognman), who have been playing together in the national team for some years.

Defence system video clips from NOR, SWE, UKR and FRA



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More Analyses and Video Clips on

<http://activities.eurohandball.com/analyses>



Women's
European Championship 2010

Qualitative analysis

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		2010	2008
6 Meter Central	Shots	402	485
	Goals	269	356
	Efficiency	66.9 %	73.4 %
Wing	Shots	625	625
	Goals	285	340
	Efficiency	45.6 %	54.4 %
Break Through	Shots	410	312
	Goals	262	231
	Efficiency	63.9 %	74.0 %
9 Meter	Shots	1750	1771
	Goals	571	597
	Efficiency	32.6 %	33.7 %

Table 12: organized attack: Shots, goals and average efficiency rates from four different positions. Comparison EURO 2010 and EURO 2008. Only the Top 12 teams from both championships are included in this statistic.



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Conclusions

Norway was simply the best team on practically all statistical parameters.

- the best goalkeeper save percentage
- the lowest numbers of shots and goals received per match
- the highest numbers of steals and blocks per match
- the lowest number of suspensions in average per match
- the highest number of fast break goals in total
- the highest number of goals in total
- the highest efficiency rate in organized attack
- the over all best team in majority/minority

The other teams indeed have some catching up to do. Hard work or perhaps new strategies are requested. Or perhaps the retirement of some of the older Norwegian players will make everything more even.

The goalkeepers have developed their strategies and positioning and are now excessively challenging the shooters. Especially when it comes to the near shots the shooters will have to develop their jumping and shooting abilities as well as their decision making.

Also the back court players will have to develop a diversity of tools. Fast, dynamic and skilful players are requested.

In women's handball it seems to be increasingly difficult to create good shooting opportunities playing six against six. Perhaps other strategies or tactical means must be tested by the coaches.

At the same time this means that the ability to carry out fast breaks and prevent the opponent from succeeding in this still has a growing importance.

The quality of the play and the matches on the second consecutive playing days was observed to be considerably lower during the EURO 2010. Unfortunately this was especially the case on the final day where none of the four teams were any near their top level.

In order to create high quality matches on the final day it is our recommendation to put in a rest day between the day of the semi-finals and the final day.

As mentioned the teams in general seem to be closing in on each other. In addition a lot of talented young players are breaking through.

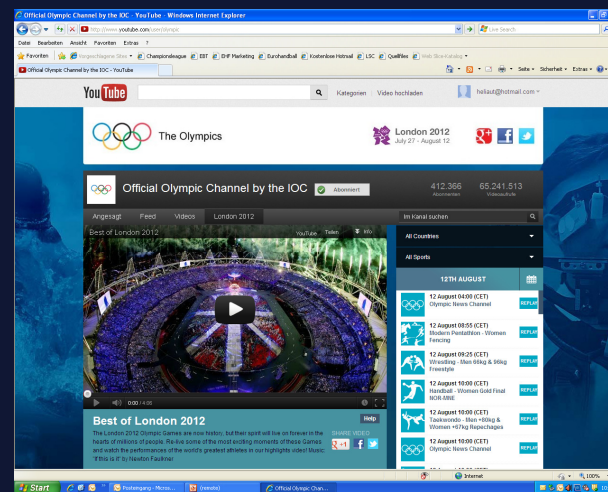
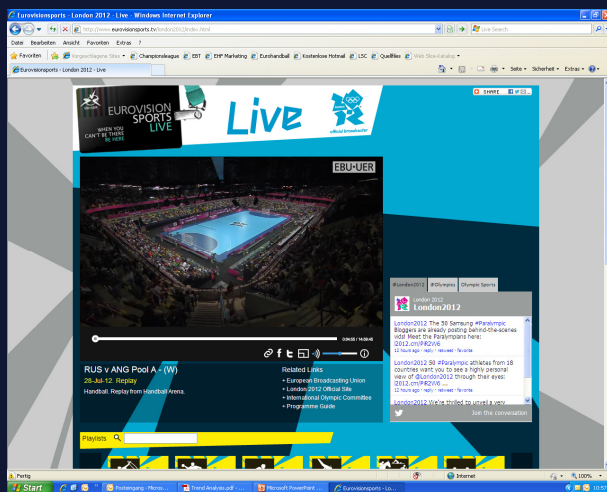




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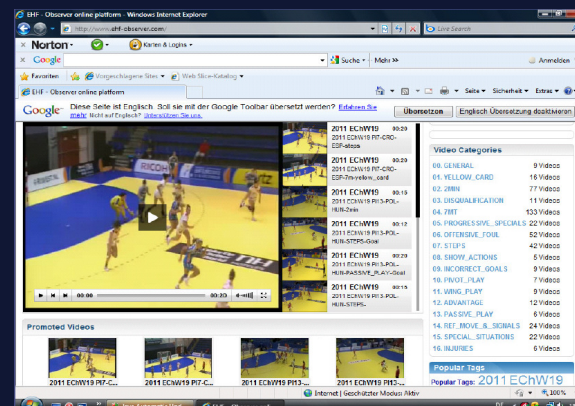
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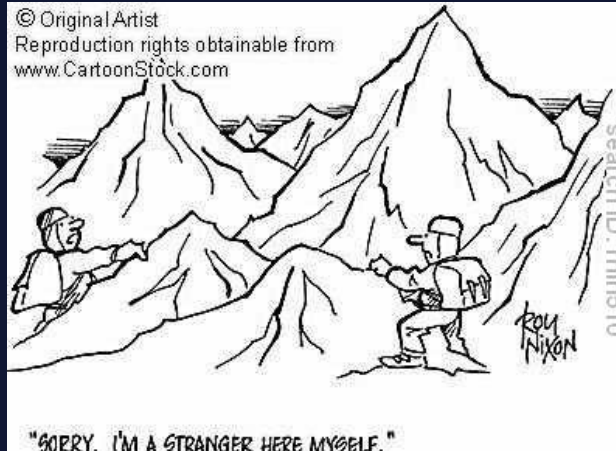


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Advice from Mountaineering

Stress Management



„If you feel stressed/anxious, take a deep breath/continue breathing and do the next small step into the direction you want to go!

Don't stop breathing/Don't hesitate!

Get moving/in motion at once!

„If you feel uncertain/stressed on a narrow path alongside a mountain wall, move closer to the wall and do the next small step into the direction you want to go!

Don't look down or up !
Feel the safety back-up of the wall!
Get moving/in motion at once!



**THANK YOU FOR
YOUR ATTENTION !!!**

GOOD LUCK !!!



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