



EHF Competence Academy & Network



STEPS

Introduction

Prepared by:

Dragan Nachevski
Chairman of TRC



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Modern handball:

Average attacks per game 120-140

Average time of the attack less than 30 seconds

Team spends more than 50% of the time in defense

Personal research of players during a match (in Asobal League) has shown that player in game spend :

4 minutes and 30 seconds at most with ball (less than 10% in game)

55 minutes and 30 seconds without ball (more than 90% in game)





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Player activity during a game:

190 changes of rhythm

40 jumps

56 sprints

average sprint distance 13m

player cover about 4700 meters

280 changes of direction

509 accelerations

sprint every 67 seconds,

less than 2 seconds

about 700 activity changes

9 explosive actions per minute!





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Reaction speed :

During the same playing situation several players can be involved at the same time:

The playing situations happen at high speed

Stress (players, officials and spectators) may be a factor

Three types of reactions:

Seeing
0.15 sec

Hearing
0.12-0.27 sec

Feeling
0.09-0.27 sec

You need to take a decision in less than a second !





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Study: Universidade Do Porto

- 18 elite Portuguese male referees
- 3 HD cameras
- 15 matches of the Men First National Championship

Total of all decisions during the game:

9 % incorrect decisions

14 % missed decisions

77 % correct decisions

On average, during the game we have a total:

171 decisions / including goals /

117 decisions / excluding goals /

decisions on every 21 - 30 sec





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Some studies have shown:

So we have in match:

23 % of wrong decisions

1 mistake per 4 decisions made

Of those errors $\frac{1}{2}$ are serious mistake

Almost 5% of the decisions are connected with steps :

40 % correct decisions for steps

55 % unrecognized steps

5 % non existing steps

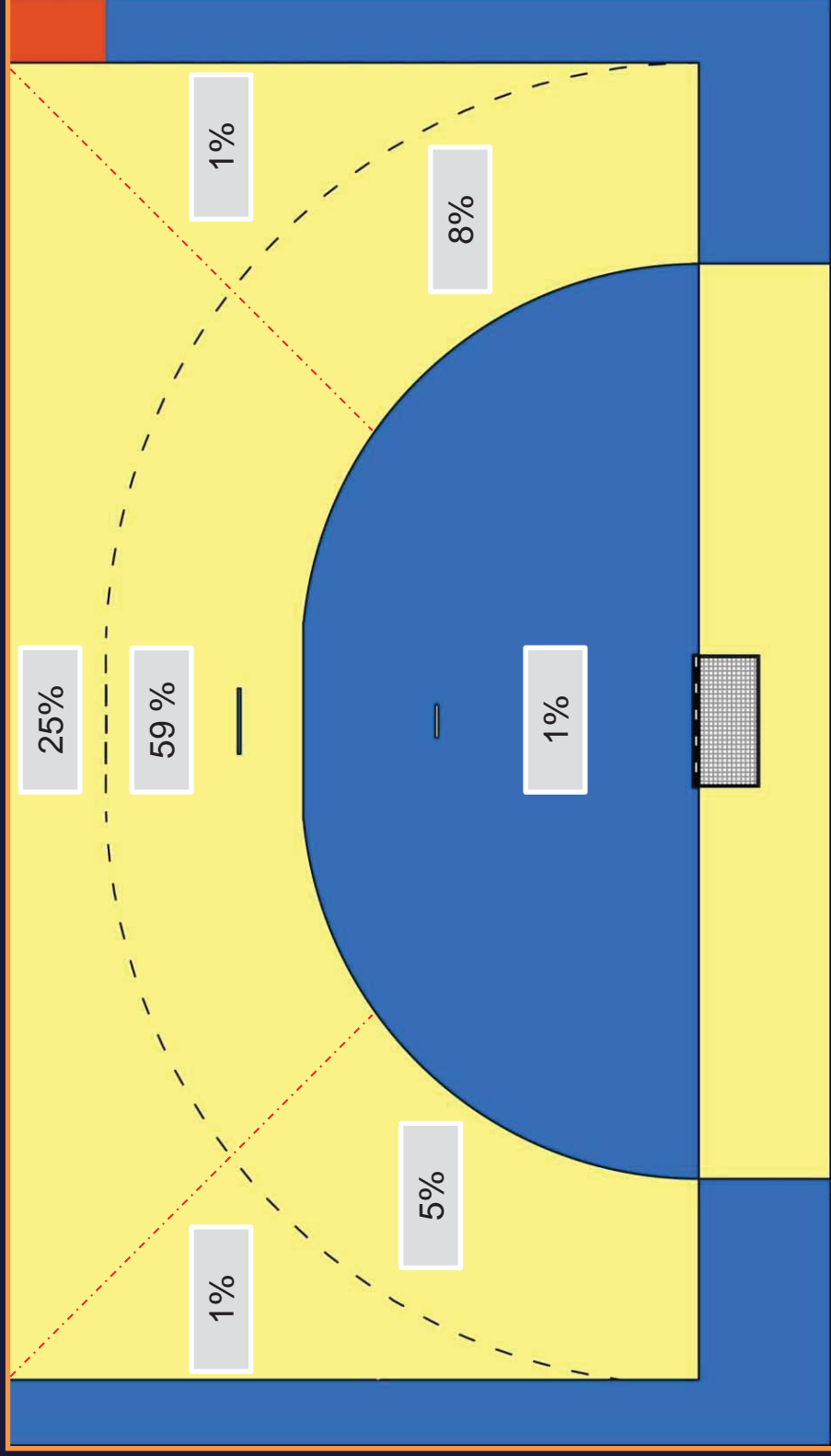




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Statistics - decisions :



almost 85% of the decisions are in the middle of the court

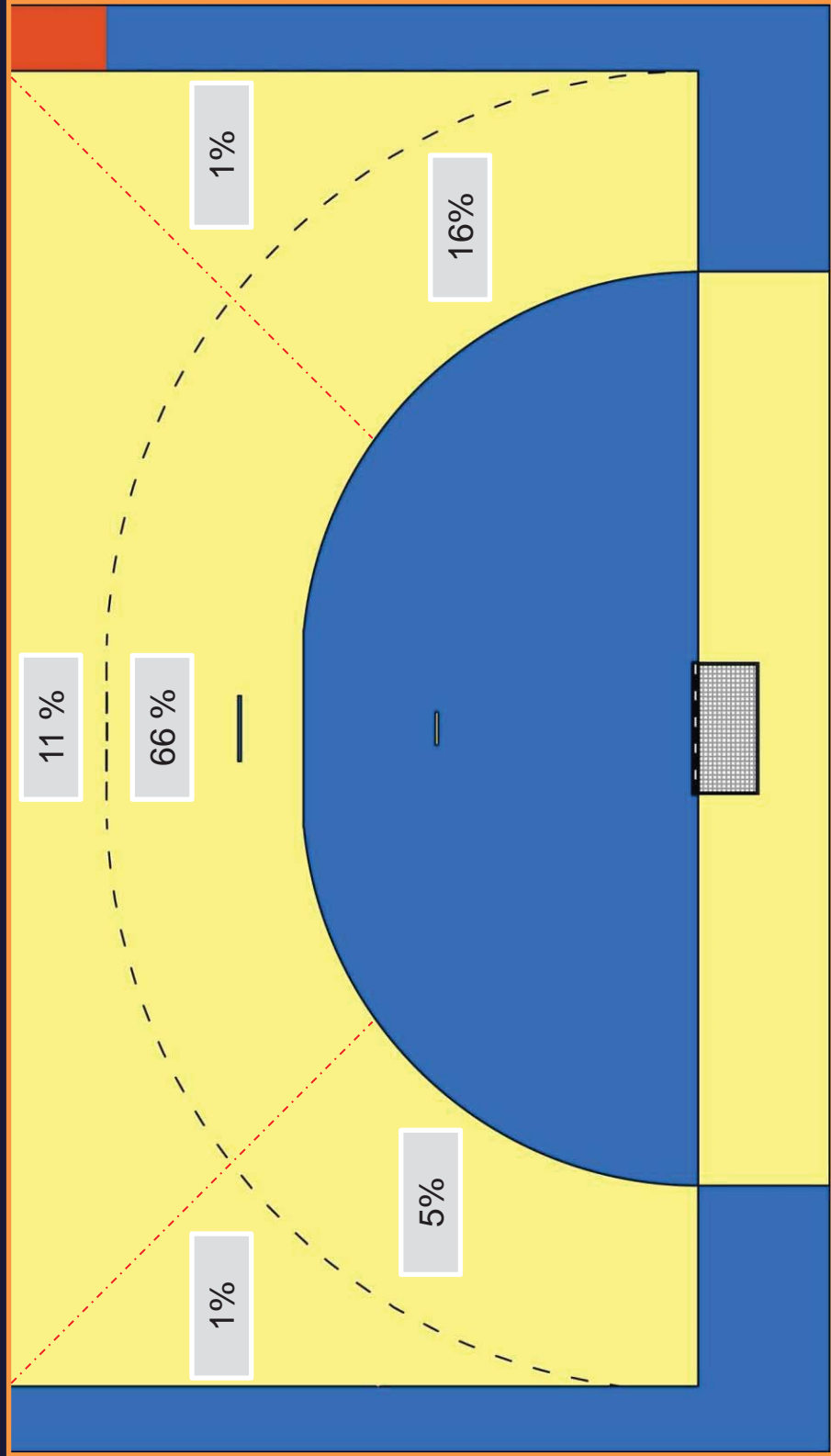




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Statistics - mistakes :



77% of the mistakes are in the middle of the court





It is permitted to :

take a maximum of 3 steps with the ball (13:1a); one step is considered taken when:

7.3.a

a player who is standing with both feet on the floor lifts one foot and puts it down again, or moves one foot from one place to another;

7.3.b

a player is touching the floor with one foot only, catches the ball and then touches the floor with the other foot;

7.3.c

a player after a jump touches the floor with one foot only, and then hops on the same foot or touches the floor with the other foot;

7.3.d

a player after a jump touches the floor with both feet simultaneously, and then lifts one foot and puts it down again, or moves one foot from one place to another.

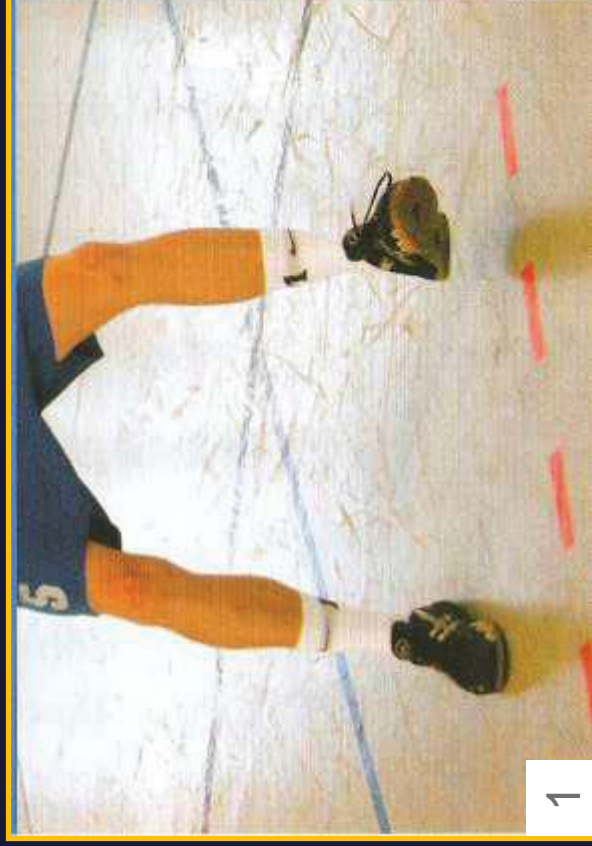




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Criteria for decision:



receiving the ball or dribble

moment when a player catches the ball

contact with the court after that





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EHF EURO
2014
HUNGARY vs. ROMANIA
WOMEN | 15. DECEMBER

EHF

Steps - receiving the ball:



However, receiving the ball means receiving a pass

We can talk about zero step only when player receives a pass

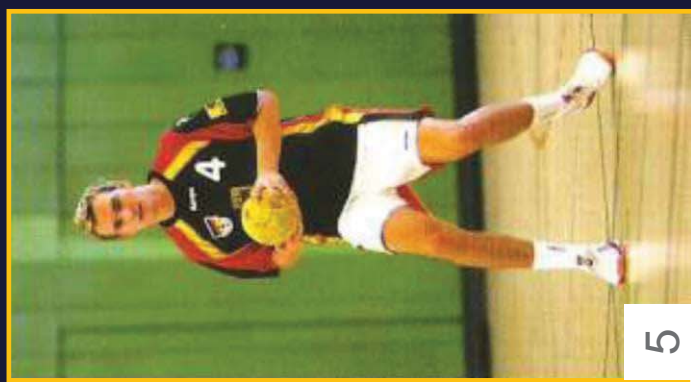
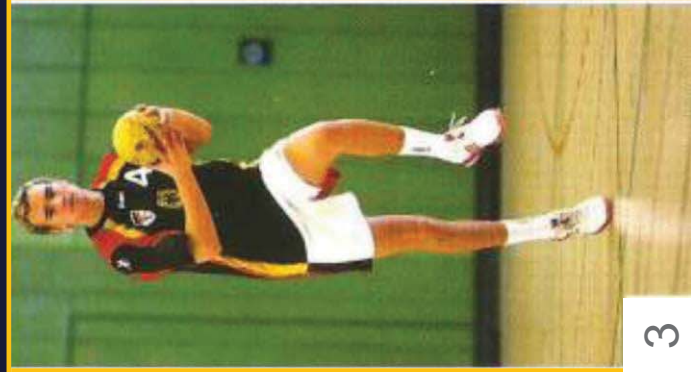
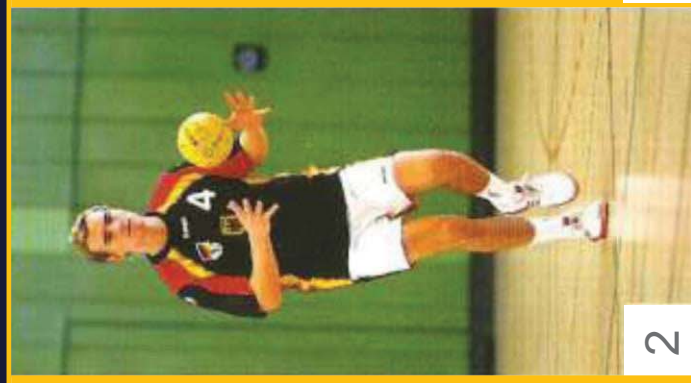




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Steps - dribble:



touching the floor with foot after dribble is considered as step!

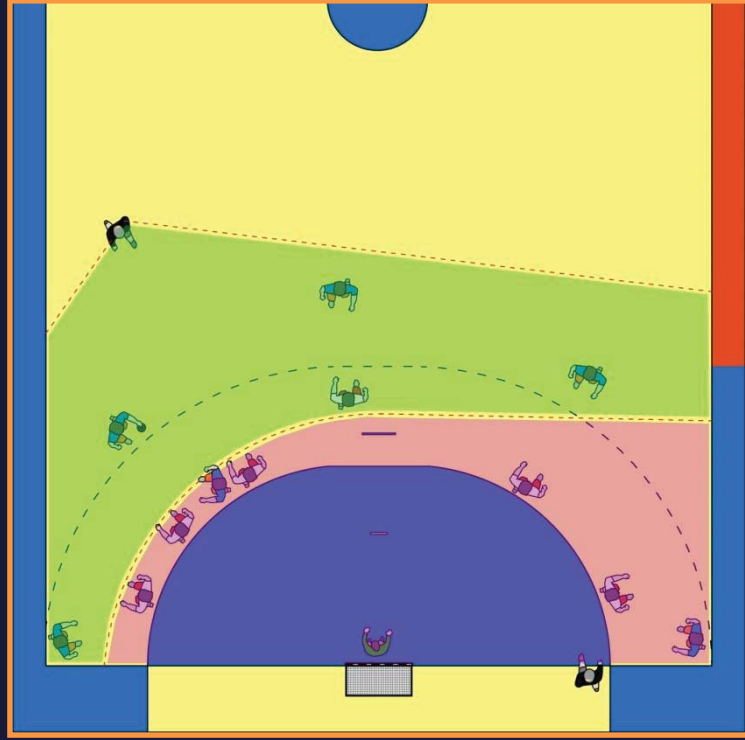
there is no „zero step“ after ball dribble!



Job distribution:



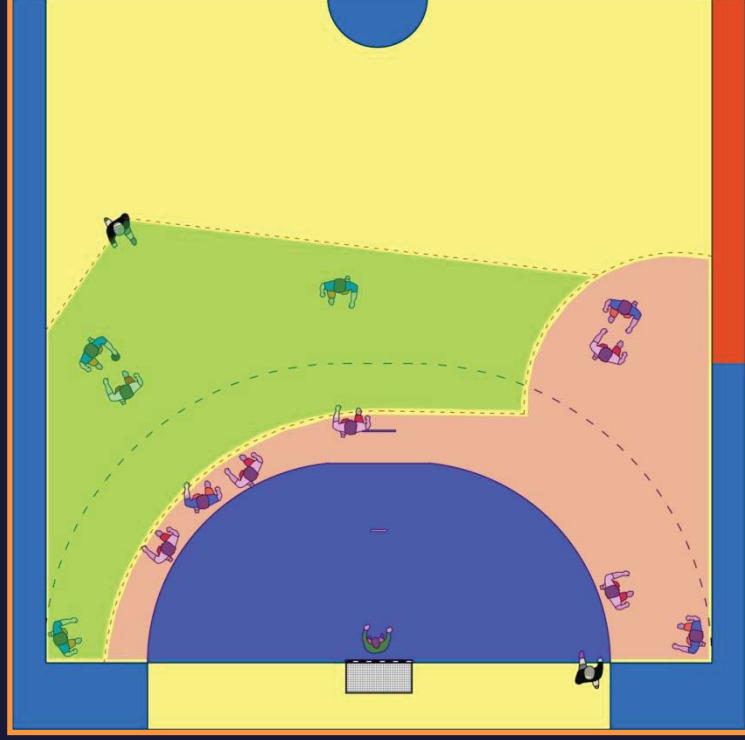
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6-0 defence

5-1 defence

shallow 4-2 defence



deep 4-2 defence

3-2-1 defence

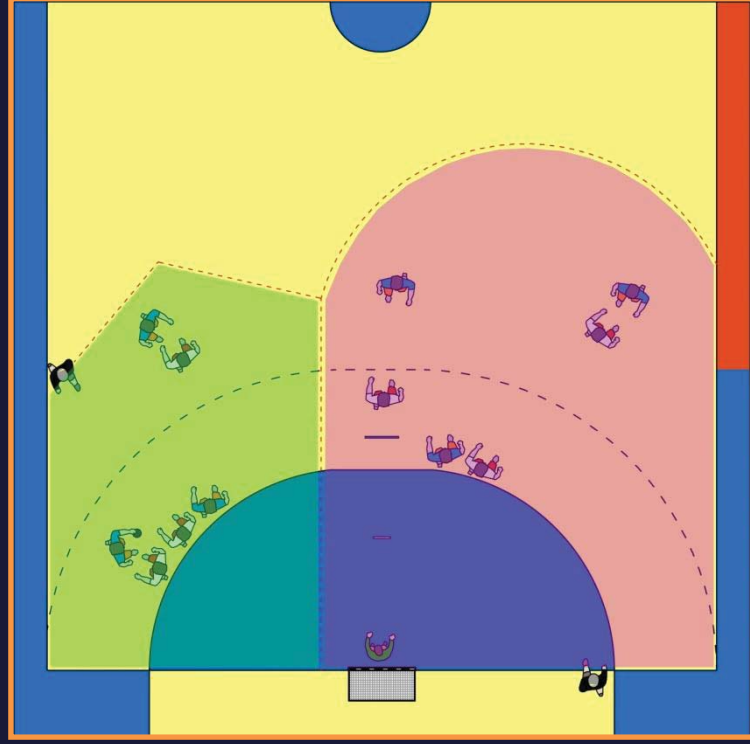
3-3 defence



Job distribution:



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4-2 defence with marking

3-2-1 defence with marking

3-3 defence with marking



pressing

full marking



Advices :

1

Do not count steps, try to develop a feeling

Practical training, the youth categories

2

Try to memorize the typical situation for steps

Watch as many games as possible

Videos, analysis of your matches

3

Job distribution, who is responsible

attention to steps the middle of the court

4

Body language and signals

steps - changing the ball possession

strong whistle, sell your decision



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Thank You!

