



## 2006 EHF Top Coaches' Seminar





# Training Components

## Training Framework

**Individual  
Training**

**Games with  
small groups**

**Match tempo**

**Guidelines within  
the team**

**Athletic/Coordinative conditions  
for achievement**



# High Speed Handball

## 1 Since when has this been spoken of?



- Professionalism of the associations
- Increase of Quality and Quantity
- Improvement of Medical Support
- Improvement of Physiotherapy Support
- Differences in the living standards the players of today and from those from a decade ago
- Introduction of New Rules



# High Speed Handball

2 „The >quick centre< destroys the handball culture!”

Bengt Johannsson



- Opinions of some Coaches regarding the “quick centre”
- Does the “quick centre” really destroy the handball culture?
- Is a good defence at all possible?
- How does the spectator react to these developments?
- Statistics Kiel – Magdeburg

Can 54 goals within 60 minutes be normal?



## Tempo of the match: THW Kiel v SC Magdeburg

Number of attacks		
	THW Kiel	SC Magdeburg
Attacks 1st half	39	38
Attacks 2nd half	41	42
Attacks in the match	80	80
Goals	54	34
Effectiveness of Attacks	67,5 %	42,5 %



## Tempo of the match: THW Kiel v SC Magdeburg

Speed Handball – Developement		
Games	Number of attacks/match	Average playing time/attack
OG 2004 44 Matches	115,7	31,1 sec
WCH 2005 (86 Matches)	120,2	29,9 sec
WCH-Final 2005 CRO v ESP	130	27,7 sec
THW Kiel – Magdeburg	<b>160</b>	22,5 sec



## Tempo of the match: THW Kiel v SC Magdeburg

### Attack analysis THW Kiel

Attacks executed from:	Attacks	Goals	Effectiveness of Attacks
Quick Throw-off	18	<b>10</b>	55,6 %
Counter attack	36	<b>29</b>	80,6 %
Position attacks	26	15	57,7 %



## **Tempo of the match: THW Kiel v SC Magdeburg**

- 67.5 % of all attacks were executed through speed play!
- 72.2 % of all goals were scored through speed play!
- Taking into consideration all speed play actions (e.g. interrupted by the team, interrupted by fouls from the opponents) this means:

**Out of 80 attacks 69 attacks were lead by speed play (= 86%)!**





# High Speed Handball



## 3 Examples

- 1. Slideshow:  
Quick throw-off  
THW Kiel – VfL  
Gummersbach**
- 2. Video examples**



# Quick throw-off THW Kiel – VfL Gummersbach





# Quick throw-off THW Kiel – VfL Gummersbach





# Quick throw-off THW Kiel – VfL Gummersbach





# Quick throw-off THW Kiel – VfL Gummersbach





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# Quick throw-off THW Kiel – VfL Gummersbach



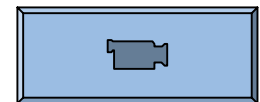
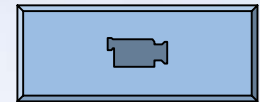
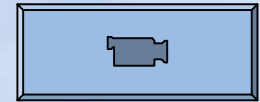


# High Speed Handball



## Video examples

- High-Speed from TV Großwallstadt
- High-Speed from THW Kiel v der SG Flensburg-Handewitt
- Trained or Luck and Chance?





# High Speed Handball

## 4 Psychology of the „quick centre“



- Speed handball and the “quick centre”
- “Quick centre” – Why?
- How does one feel as an opponent with the constant pressure?
- What could the possible answer be, for us as coaches, to the psychological strain on the team?
- What are the methodical training consequences?



# High Speed Handball

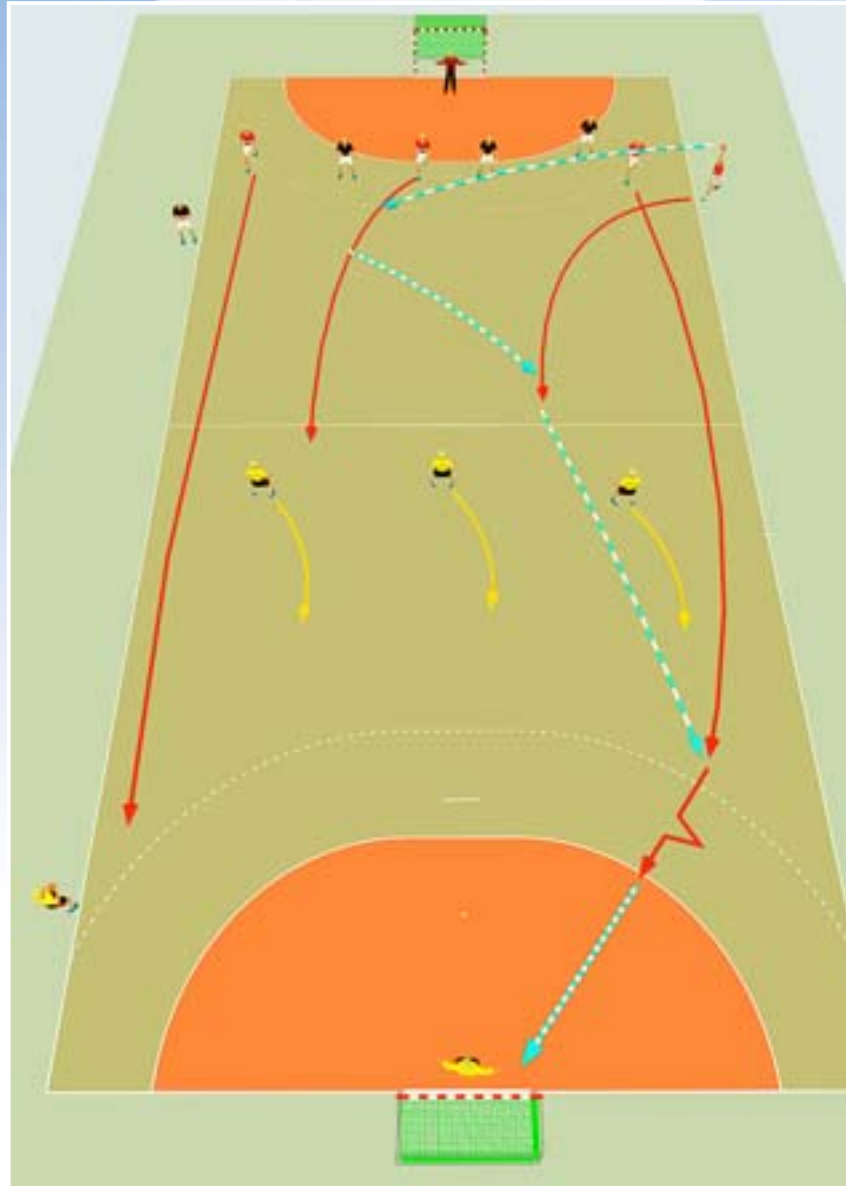
## 5 High Speed – permanent or temporary/tactical?



- How do we decide?
- When to “run” and when to attack with a “concept”?
- With a “concept” – but how?
  - Opponent orientated
  - Defence formation orientated
  - Situation orientated
  - Perseverance ability orientated (opponent and own team)
  - etc.



# High Speed Handball



## What is important?

- For a fast game – fast decisions are required
- A selection of suitable exercises integrated into the warm-up
- Exercises for fast runs and pass coordination
- Basic exercises to improve passing accuracy and the passing speed in various decision making situations
- Basic and objective orientated games with varying conditions that increase physical demand
- High action pressure in all exercises



**◆ Always keep in mind that: „People learn best, what they find enjoyable.“**

**In regards to practical training sessions in the hall: Training and improvement of high speed handball in the range of capacity.**

