

Differences of Men and Women Handball

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Prejudges and Remarks from Referees about Women Handball

- Women matches are the worst we have to whistle.
- Nomination for women matches is a degradation.
- Women matches are a duty, but there is no possibility for making one's mark.
- It's sufficient to be present.
- Women matches are so slow I can whistle them from a "beer mat".
- You needn't be concentrated the entire match, it's enough if you count the goals correctly.
- Referees' mistakes are without consequences.

Consequences of Hormonal Development

Men

Women

Hormonal development



large increase of testosterone

large increase of oestrogen

Anthropometric differences

larger extremities ; taller size;
better conditions of lever; larger
length of one's stride (step)

smaller extremities;
smaller size; smaller;
conditions of lever;
smaller length of one's
stride (step)






Muscular development

Large muscular hypertrophy;
Great increase of muscles;
Less proportion of fatty tissue;
40% to 50% proportion of
muscular system of skeleton in
relation to the body weight,
applied to the extremities

ca. 60%-75% of men's
muscles;
double of proportion of
muscular system of
skeleton in relation to the
(body) weight applied to
the extremities.

3 Fundamental Spheres, which are Decisive Factors of Performance in Handball

Physical Condition

- strength 
- speed 
- endurance 
- coordination 
- ability 

Technique and Tactical Condition

- skills
- individual technique and tactical movement processes
- group tactics
- group tactical basic capacities (perception characteristics; decision making ability)

Psychological Condition

- mental capacity and ability to concentrate
- aggressive behaviour motivation
- social behaviour
- reactions to the social sphere

Results of an Investigation with the Olympic German Team:

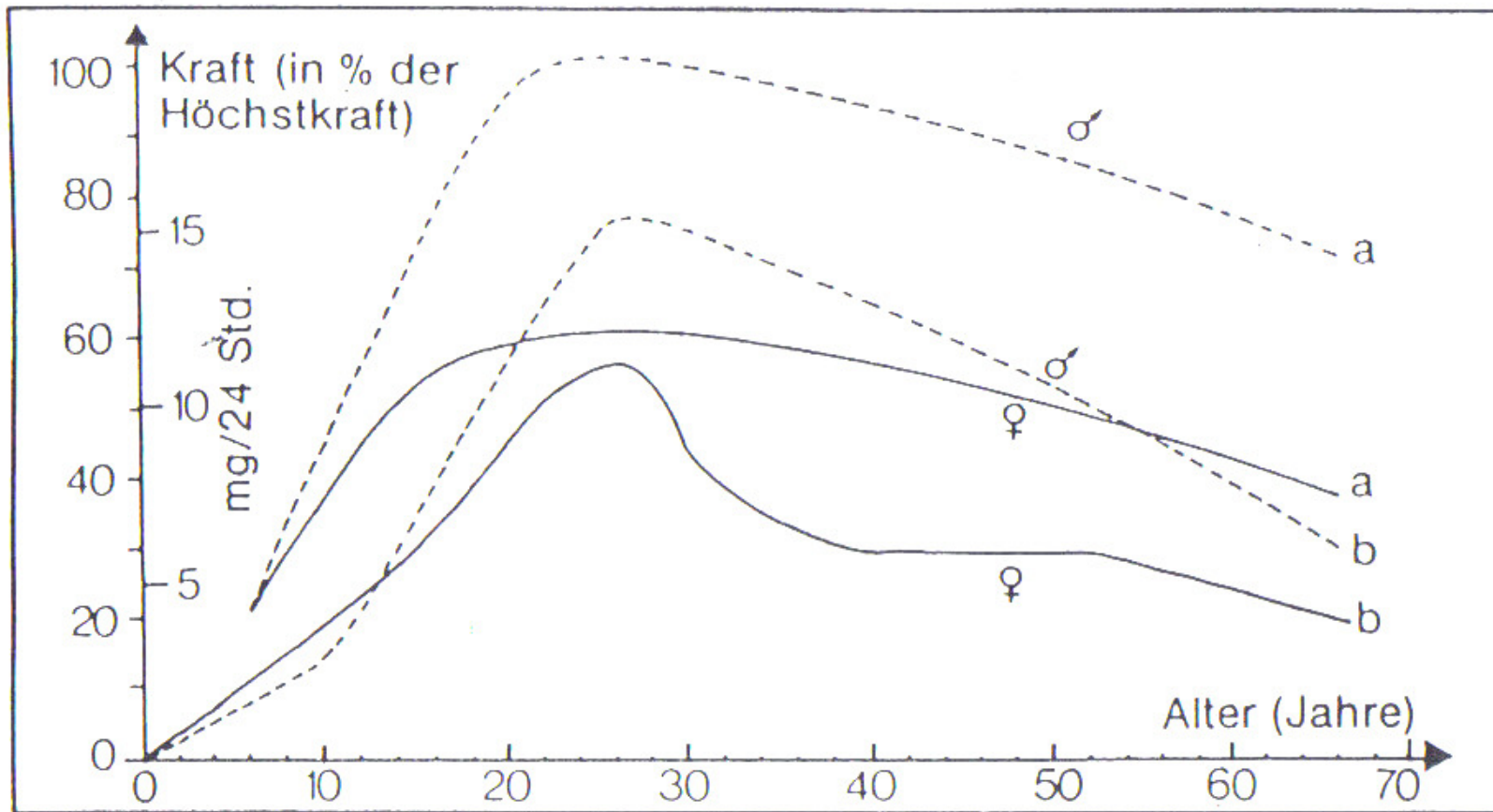
- worried about appearance
- emotionally depending on other persons
- social and communicative motives play an important role
- more committed in training; practise more often assiduously and with more discipline
- resolve their specified difficulties and problems of competition more often by talking with the coach
- in case of failure and flops they expect a common analyse with the coach
- tendency to more fear and anxiety
- on a high level they are more goal oriented
- like having a self-portrait, which unites female qualities like gentleness and harmonious relationship with masculine qualities like independence, trying hard for success, competence and authority

Some Items out of my Own Experience

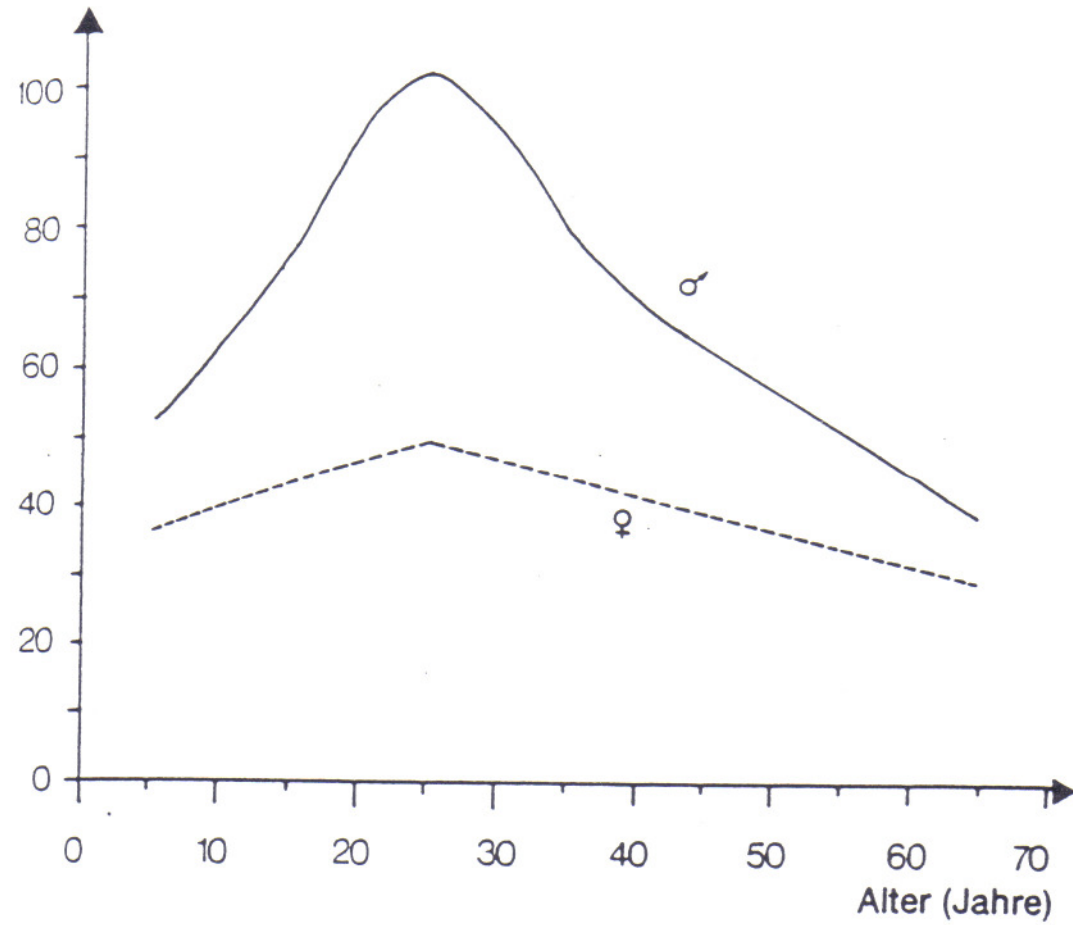
- look and expect professional expertise and skills from the coach and from the referees
- they can't sometimes differentiate between fair comment and personal criticism
- women teams need and often expect more support and information from outside (bench)
- great differences in the behaviour and the reactions after the match in relation to men
- review and judge the result and the consequences of their performance on the effects in their sphere, their role, their job and their friends

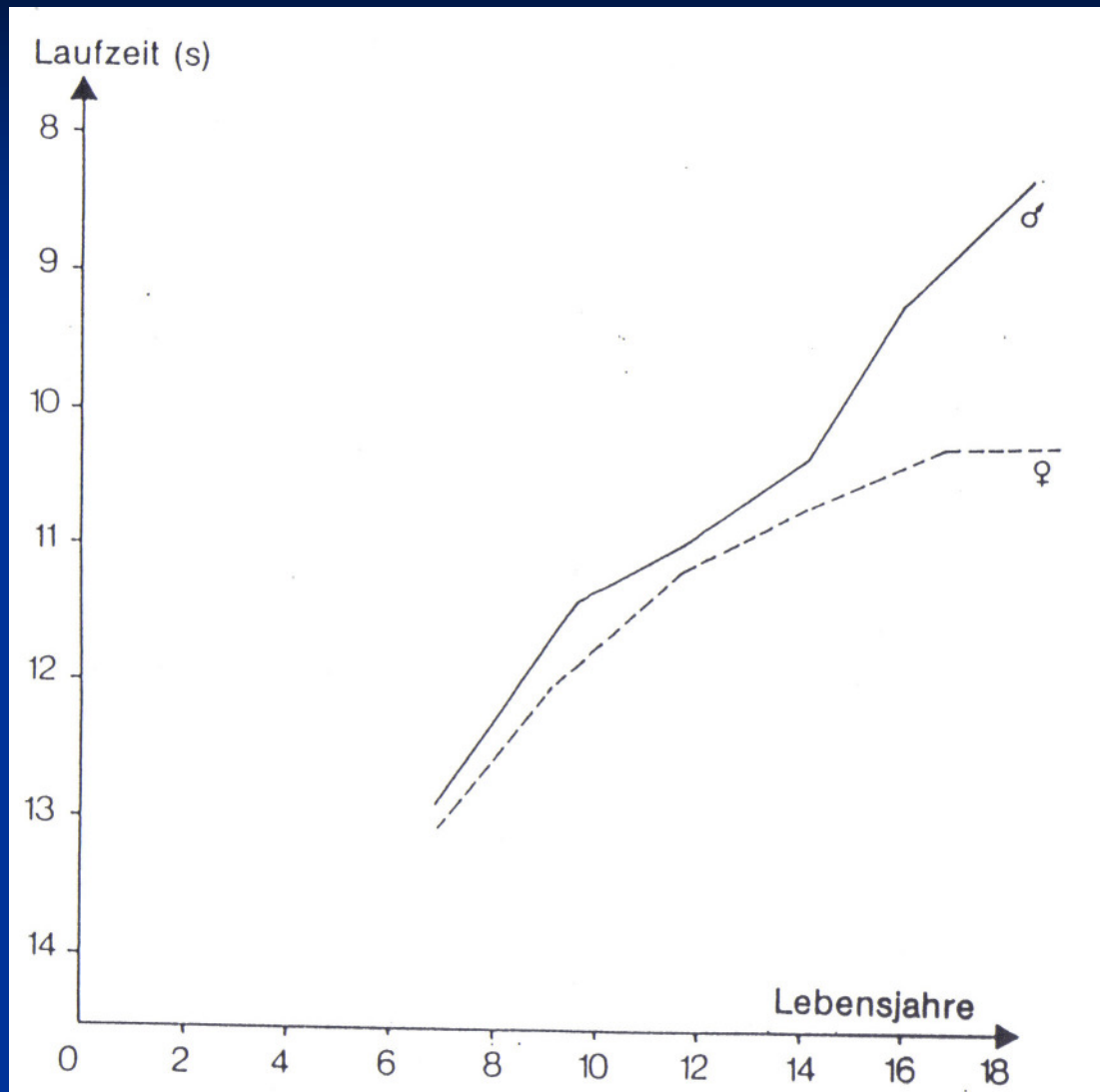
The Consequences for the Refereeing the Matches from my Point of View:

- Women matches have less 1:1 situations with so much pressure and often many wrestling elements.
- Women matches are slower and have less dynamic.
- They have not the same high jumps at the line or at the wings.
- Because of shorter and smaller extremities female players have not the same length or size of steps (smaller steps) they have another rhythm in dribbling, feinting or breaking through.
- Wait a little bit longer that means to have more feeling for advantage.
- You must decide the technical mistakes in the same way as in men matches and you shouldn't give the attacker an advantage because of wrong felt pity.
- Female players expect and accept professional expertise
- Negative comments or remarks by the female players in a match, the referees have to react in the same manner as in men handball.
- The referees behaviour before and after the match or in the meantime of a tournament has influence on the following matches and their atmosphere, that means on the acceptance on each other. The referees' behaviour must be relaxed but not chummy. It's a tightrope walk, a balancing act.

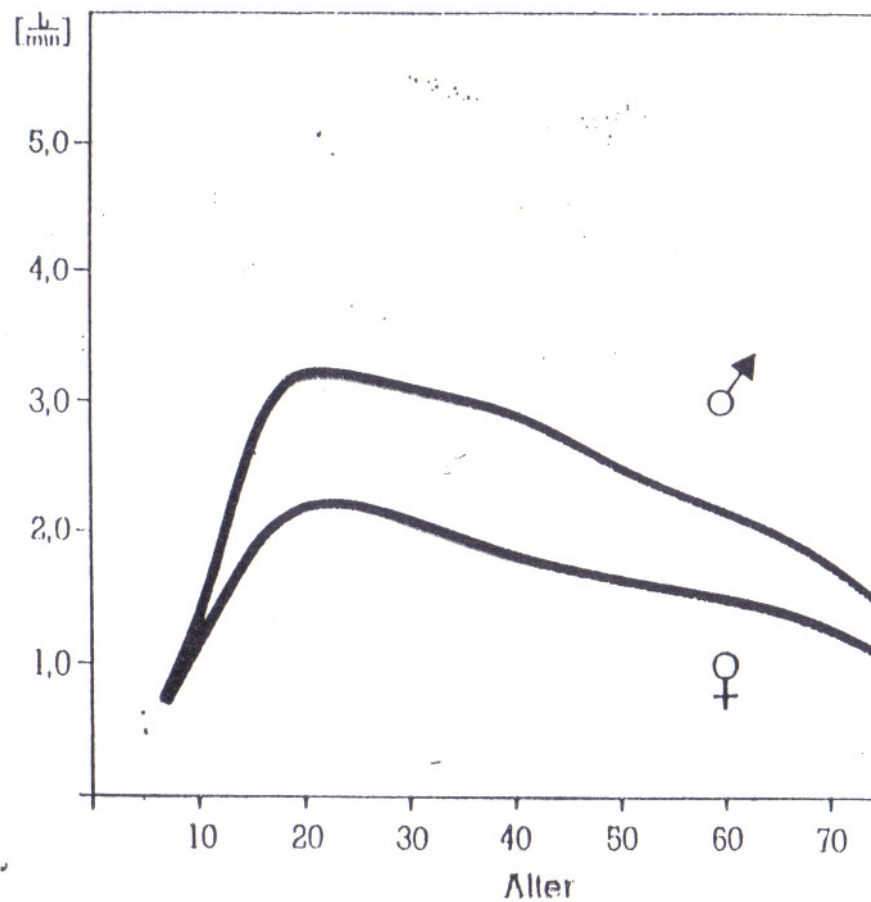


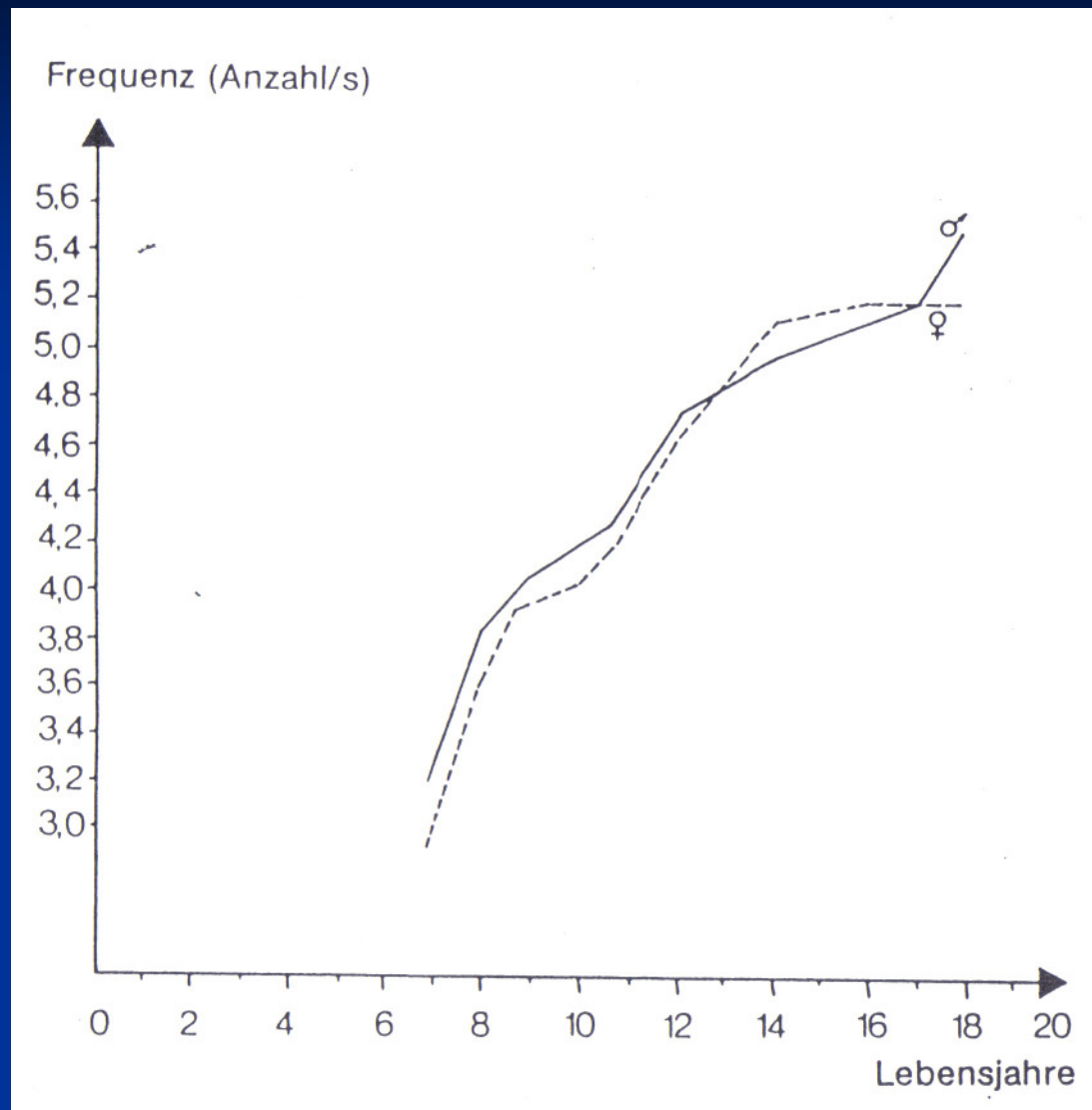
Trainierbarkeit (in % der max. Trainierbarkeit)





maximale Sauerstoffaufnahme





Koordinative Fähigkeiten	Schuljahr									
	1	2	3	4	5	6	7	8	9	10
Fähigkeit zur Koordinierung unter Zeitdruck	■	■	■							
Räumliche und zeitliche kinästh. Differenzierungsfähigkeit	■				■	■				
Akustische und optische Reaktionsfähigkeit			■	■	■					
Rhythmusfähigkeit				■	■					
Räumliche Orientierungsfähigkeit							■	■	■	
Gleichgewichtsfähigkeit					■	■				
Knaben										
Fähigkeit zur Koordinierung unter Zeitdruck	■	■	■							
Räumliche und zeitliche kinästh. Differenzierungsfähigkeit	■				■	■				
Akustische und optische Reaktionsfähigkeit			■	■	■					
Rhythmusfähigkeit		■	■	■						
Räumliche Orientierungsfähigkeit							■	■	■	
Gleichgewichtsfähigkeit				■	■					
Mädchen										

