



Heritage of Speed Handball

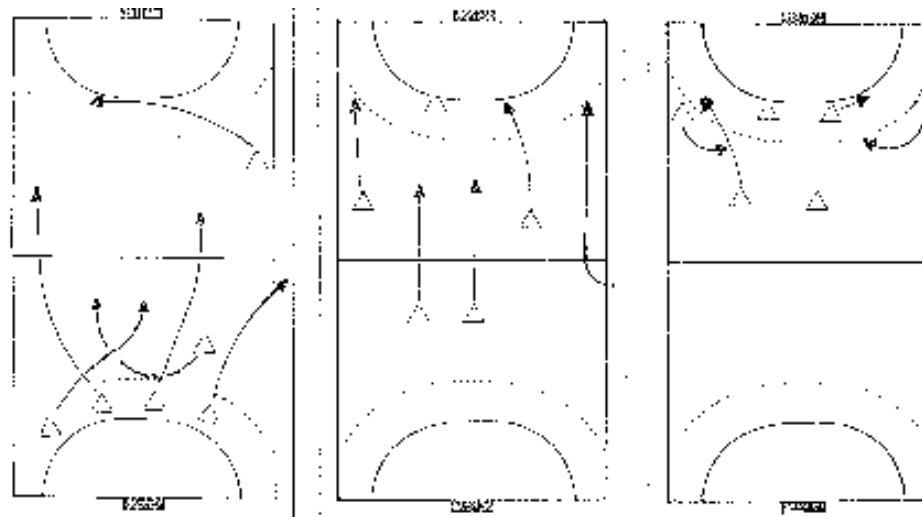
2008 EHF Top Coaches Seminar
11 – 14 Dec 08 in Skopje / MKD

Dr. Wolfgang Pollany
MC EHF

Speed Handball

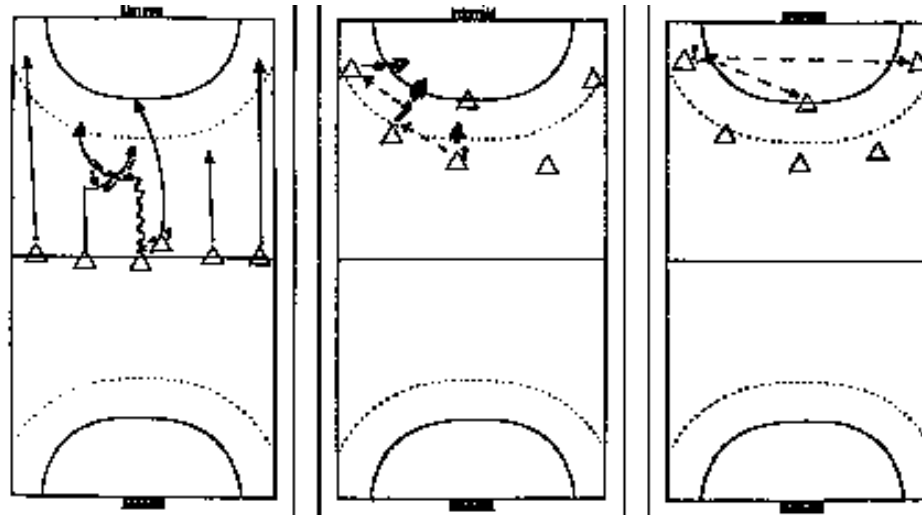
- ◆ Up to middle 80s
 - Single fast break only
 - Followed by second wave
- ◆ From 86 to 95/96
 - Conceptive fast breaks in 3 waves

Fast Break System URS



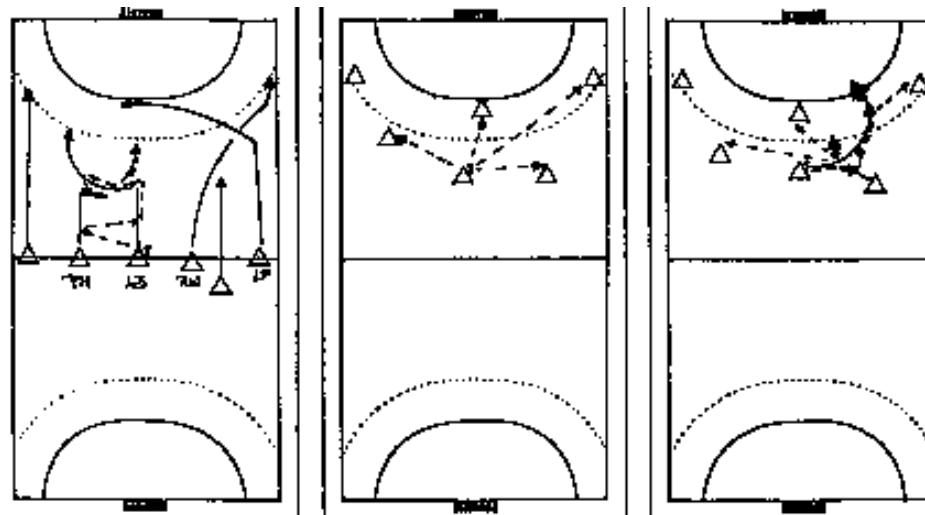
Fast Break after Makes

- ◆ AUT



Fast Break after Makes

- ♦ international



Fast Break after Makes

- ◆ Defense delayed continuation of the game
- ◆ Therefore discussions:
 - Fast throw off – defense not set
 - Throw off by goalkeeper from 4m line
 - both teams not set
- ◆ Conclusion: fast throw-off-rule



Effects



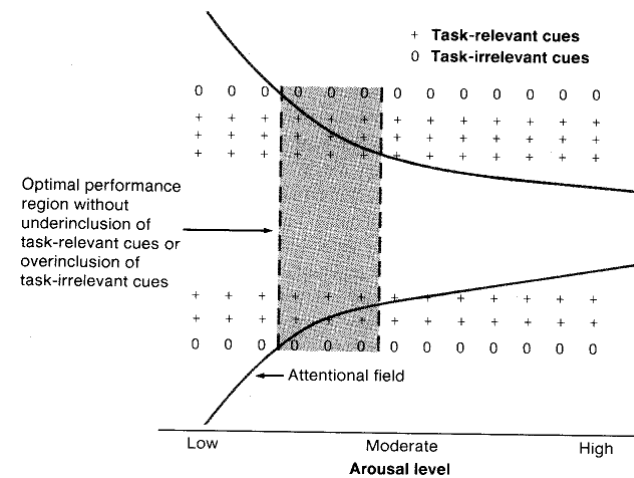
- ◆ Turnover play has improved a lot in general and especially after scores
- ◆ No more celebrations after makes
- ◆ Substitution perfect
- ◆ Some moves towards forechecking

Consequences

◆ Increase of

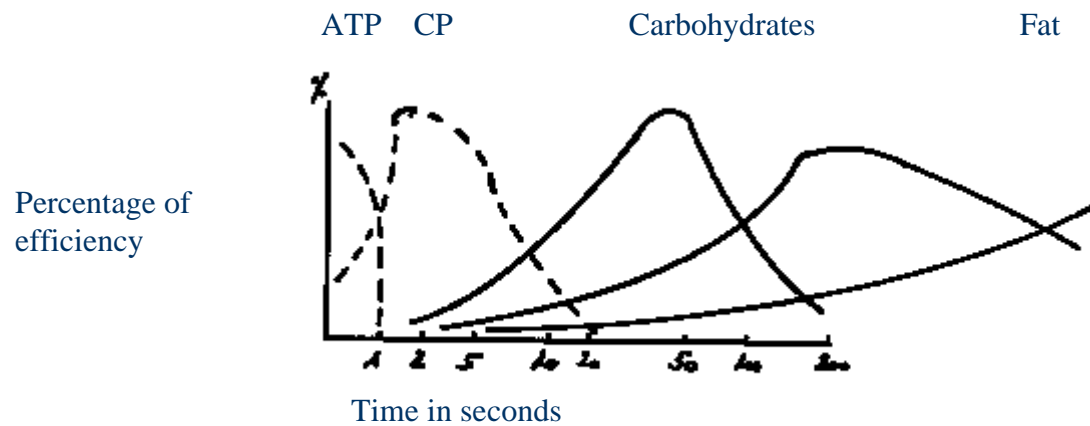
- Level of attention: 100% 7-10s ratio 1:10
90% 2-3min ratio 1:6

- Span of attention:



Consequences

◆ Energy supply



Recovery time	180s – 100%	120s – 94%	90s – 88%
	60s – 75%	30s – 50%	10s – 10%

Problems

- ◆ less efficiency
- ◆ Oxygen debt
 - → no fatigue in muscles
 - → wearyness of CNS
 - → mistakes in decision making

Development

Different styles of fast play

◆ League matches

- Average turnover play
- 1-2 weak points / team
- 90% attention enough

◆ Championship tournaments

- Top turnover play
- Complete set of players
- +/- calculation inbalanced
- 100% attention **a must**



Development



The decisive factor for success in balanced challenges is the
switch of rhythm

an irregular switch causes mistakes of
the defence (Carpenter Effect)



Heritage

- ◆ Different approach in athletic preparation
- ◆ New focal point in goalkeeper-training
- ◆ Always start for fast break by two players
- ◆ Defence with fast turnover-play
- ◆ Intensity of the game has increased