



PROFILE/ EXPECTATION OF TODAY'S REFEREES

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European Handball Federation

- **Preparation like the teams:**

- **theoretical/tactical**
- **physical**
- **mental/psychological**
- **teamwork/cooperation**



- **Theoretical preparation :**



- knowing of actual trends in tactic and strategy

- presentations

- practical applications



- specific game-situations (pivot, wing, acting)

- **Physical preparation :**

- like a players

- regular training program

- fitness and nutrition program

- running paths, position on field





- **Mental /psychological preparation :**
 - **Concentration skills**
 - **Reaction ability**
 - **Anticipation**



- **Teamwork/Cooperation :**



- position -, moving-, to get better angle
- different defence and attack systems
- personality and behaviour
- avoid compensation- consistency

