



Competitions
Conference

FOCUS ATHLETES

Hans Holdhaus

IHF – Medical Commission

Benchmarking Men's Handball



European Handball Federation



Competitions
Conference

FOCUS ATHLETES

INSTITUTE
FOR
SPORTSMEDICINE
& SCIENCE
(IMSB – AUSTRIA)

IHF – MC

IHF
ANTI – DOPING
UNIT



Benchmarking Men's Handball



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Competitions
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FOCUS ATHLETES

HANDBALL
HAS
CHANGED

FASTER



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FOCUS ATHLETES

HANDBALL
HAS
CHANGED

MORE
DYNAMIC



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FOCUS ATHLETES

HANDBALL
HAS
CHANGED

MORE
ATTRACTIVE



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FOCUS ATHLETES

HANDBALL
HAS
CHANGED

RISKIER



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FOCUS ATHLETES

HANDBALL
HAS
CHANGED

MORE
VIOLENT



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**FOCUS
ATHLETES**

**EURO
2008
NOR**



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FOCUS ATHLETES

EURO 2008 INJURY STUDY

MINOR INJURIES	0 – 1 days	26
MEDIUM INJURIES	2 - 7 days	11
SERIOUS INJURIES	2 – 25 weeks	10

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EURO 2008 INJURY STUDY

CONTUSION

18 CASES

38,3 %

STRAIN / RUPTURE

20 CASES

42,5 %

OTHERS

9 CASES

19,2 %

Benchmarking Men's Handball



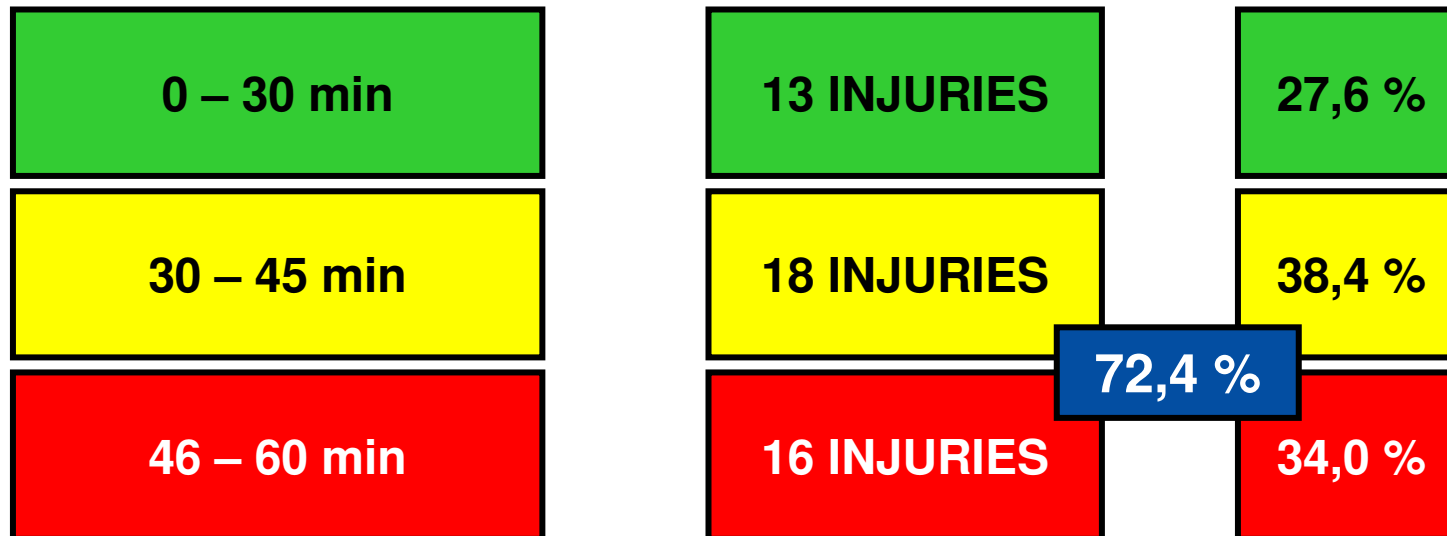
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EURO 2008 INJURY STUDY



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EURO 2008 INJURY STUDY

? REASONS ?

FOUL

CONDI / COO

FATIGUE

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EURO 2008 INJURY STUDY

? CONSEQUENCES ?

PREVENTION

PREPARATION

LIMITS

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CONSEQUENCES

TOP PLAYER

**REDUCTION
OF
MAYOR
COMPETITIONS**

1 / y

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FOCUS ATHLETES

CONSEQUENCES

TOP PLAYER

**MORE
REST DAYS
DURING
TOURNAMENTS**

Tr / Re

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CONSEQUENCES

TOP PLAYER

80 – 85 G/y

OVERLOAD

2 G/w

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FOCUS ATHLETES

CONSEQUENCES

TOP PLAYER

PERIODISATION

CYCLISATION

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CONSEQUENCES

TOP PLAYER

WC & EC

JAN / DEC

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FOCUS ATHLETES

CONSEQUENCES

TOP PLAYER

**NEW
MODEL**

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FOCUS ATHLETES

**PREPARATION
CYCLUS
(Club)**

MID / VII



MID / VIII



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Competitions
Conference

FOCUS ATHLETES

**PREPARATION
CYCLUS
(NT)**

MID / VIII



END / VIII



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Competitions
Conference

FOCUS ATHLETES

COMPETITION
CYCLUS
(NT)

BEG / IX



MID / IX



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Competitions
Conference

FOCUS ATHLETES

**PREPARATION
CYCLUS
(CLUB)**

MID / IX



END / IX



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Competitions
Conference

FOCUS ATHLETES

**COMPETITION
CYCLUS
(CLUB)**

BEG / X



END / V



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Competitions
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FOCUS ATHLETES

**PREP / COMP
CYCLUS
(N-TEAM)**

BEG / VI



MID / VI



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Competitions
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FOCUS ATHLETES

HOLIDAYS

MID / VI



MID / VII



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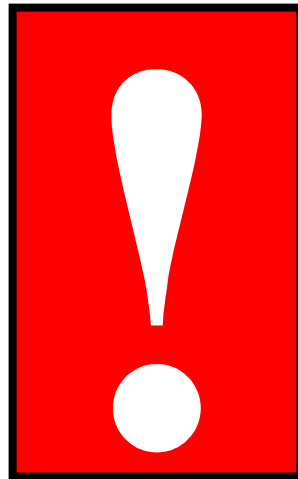


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**PROTECT THE
ATHLETES**



Benchmarking Men's Handball

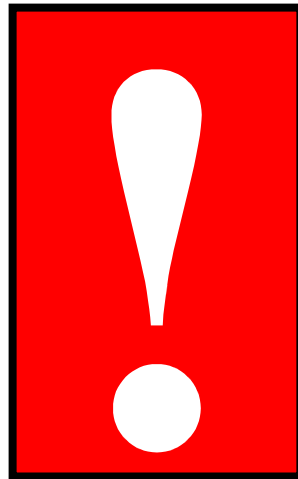


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**TIME FOR
REGENERATION**



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**TIME FOR
REHABILITATION**



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**THANK
YOU**



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