



## **Team 3 – Left Back**

### **Topic 3: Focus Athletes – Escorting Challenges for Top Performance**

- National team competitions should have longer, more intensive preparation period for “medium players”,
- September is a possible option but disadvantage for the national teams and coaches,
- Future research on competition period,
- To use all 14 player's in a match ,giving more balanced playing time
- No time for the reserve player's to warm up after the first half of the match (warm-up problem in the second half-time),
- Match time proposal: 3 x 20 min.,
- Education level of coaches have to be improved,
- Education of coaches shall contain physiological aspects as well.
- There should be more rest days in all competitions
- Psychological aspects of a player's preparation should not be forgotten. A player also needs psychological relaxation. Maybe setting up a player's psychological profile (like already done in Denmark) is an approach to this matter. Further research in the psychological field should be done.
- An idea would also be to change to rules of the game – to divide the games up in 3 periods of 20 minutes.
- Better regeneration makes more sense than reducing the number of matches. Players should know what they have to expect when they play for the best teams and nations – its their job!
- Players never get 2-3 weeks of holidays in a row. A player is situated between the club and the nat. team.
- The condition of the players gets worse during the season. There is a lack of training time because of too much travel.

- Players self-discipline with regard to motivation and mentality sometimes missing, especially when the opponent is much weaker. The direct contact of the trainer to its players is therefore very important.
- As a result of the previously mentioned aspects the following issues have to be taken into consideration: mental factor, nutrition, live style, mental balance, regeneration & selected number of matches only
- A compact season without interruption is desired. Lots of matches would be possible because a long rest period would follow.
- 4 weeks of holidays ONLY are enough to regenerate
- approach from federations to set up an insurance for players in case of injury during nat. matches exists
- Players don't get a rest day when they return to the club after a national team match – no regeneration possible, because the national league starts.
- The problem of resting periods is that clubs fix training matches when they get a rest period by the federation, in order to profit

Documentation  
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