



Competitions  
Conference

**Changing the rules of the  
game – similar to the NBA  
Game divided in more  
periods ( 3 x 20 or 4 x 15)**

Benchmarking Men's Handball



European Handball Federation



Competitions  
Conference

## **Harmonise interests:**

- federations – preparation**
- clubs – uninterrupted season**
- players – rest period**

*Benchmarking Men's Handball*



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**Overall approach: mental  
factor, nutrition, lifestyle,  
mental balance,  
regeneration & selection  
between matches**

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**Professional player means:**  
**→ duties**  
**→ & responsibilities**

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