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**Women's handball
“a fighting sport”**

Women's handball

Being a high-level handball player engaged in 2011 is not always clear.

It is not always easy for a woman to be able to express herself fully in the sport she has chosen.

Attitudes must change again in Europe.

The quest for sport excellence in women's handball must remain a constant goal in all components of performance. The fight to improve the game and female players' preparation conditions is also going out off the field.

Context of women's handball in Europe

Women's sports have a political dimension in Europe

Specificity of women's handball

Evolution of women's professional handball

The relationship with institutional and private partners

A key to the future : women's professional handball success.

Context of socio - professional education and training of young high level female handball players

Competition: too many games?

The balance of sports training and socio-professional education still unstable

Formation of high level female players

Training: trends

Two important principles for the player's formation.

Context of women's handball in Europe

Political dimensions of women sports in Europe

Obstacles (political, cultural, legal, social ...) still exist, which hinder women's practice.

For women, it is a lot harder to reach their aim

The EU has been working since the early 2000s to promote women's sports development

Work of the European Parliament and the adoption of the "White Sport Paper".

The EHF must retain the initiative of proposals for the development of women's handball excellence with the collaboration of the national federations.



women's handball specificity

's handball still bears **derogatory** connotations:

etitive sport, associated with images of strength, power,
ssion, achievement.

inity is often perceived as the opposite of these images:
sport without contact, without violence, movement and
que first

ast acceptable women's sports are those that involve an
ot "to physically dominate an opponent through physical contact"
eny).

man is not educated for sporting events

need to change the social look on women's handball to improve
lopment and guide the practises choices..



Women's handball is still less popular than men's handball in most countries

- It is often presented or perceived in terms of deficiencies compared to men's handball!

“A woman offers a different style in the game or to the technique; in short, she's feminized the game”.

Social context of a high level women handball

anxiety about their future is real:
Investment in high-level handball will also
depend on professional choices
Associations and clubs must:
Be careful listeners
Organize a socio-professional management
Choose an individual organization with the
Right partners.



women's professional handball evolution

women's professional handball still a young sport in full development

image returned by the media is rather positive in several countries

questions:

Can I make a career as professional handball players?

Can I make a living with this job in Europe?

Can I build my life as a wife and mother?

the relationship with institutional and private partners

A professional female handball player is now one worker as any another in Europe

Professional sport is an economic activity (Case 2000 ECJ)

Government limitations are increasing professionalization (government spending and involvement of private partners are reduced)

Ability to renegotiate the relationship and the modalities for financing women's handball clubs with all



Professional leagues are set up
in several countries

Professional women clubs
continue to be structured

Budget bordered by rules.

Several new partners: they must
put together a more effective
operation

New challenges, particularly
economic, weaken stability

It is also essential to maintain
and develop the positive image of



Context of socio-professional education and training of young high level female handball player

excellence's pursuit (sport and socio-professional success) for young female players is more and more difficult to achieve.

Competition: too many games?

Teams (U18 and U20)

U18

European Championship (U17)

World Championships (U18)

U20

European Championships (U19)

World Championship (U20)

6 teams competition: 12 days and 7 games in June / July

6 teams competition: 12 days and 7 games in June / July

6 teams competition: 12 days and 7 matches in August

4 teams competition: 15 days and 9 / 10 matches in July/August

France Junior Team -20 :

matches / matches Qualification / EuroCh - WorldCh

EuroCh / WorldCh qualification = 10 to 12 matches

before the qualification matches = 9-12 matches

before EuroCh / World = 4 to 6 matches

September to August: =25 to 30 matches.

official matches: 30 matches

preparation matches : about 5 to 10 matches



total: 60 to 70 games a season!
240 to 280 games in 4 years!

2 - The balance of training and socio-professional education still unstable

Observations

Calendar is loaded: official competitions and friendly matches are connected to a tight schedule in this way.

Increase in volume of training loads and the variety of training's methods: video analysis, tactical preparation, recovery ...

Training's personalization still insufficient

Increase the intensity of the training's weights

Socio-professional education

Education's calendar often loaded.

Facilities exist, but are not extensive enough

Integration of education's choice is not always easy



possible improvements

an idea:

- pursuit of studies for female players
- organized the education from the sport's project

organisation of study should be considered longer period, depending on the player's potential.

education's strategy must be based on a more precise analysis of the means, motivations and personal context.

level is also learning of personal responsibility



Formation of high level female player

Training: trends

Need for a specific preparation of the young elite :

Personalised training for the best players

Intensive training for all the players who have a great potential.

Attention about excessive training

Injuries are more frequent

Better organisation of education / training / competition / recovery

Pressure from the environment (trainers, clubs, parents) when players must make important choices (burn out)



To study the present training conditions

Reduce the quantity of training

Difficult to understand.

Preparation should be more personalised

Difficult to organize, but essential

Request the player's participation to build their own project's project.

Alter concept relationship between trainer and player

Precautions for the recovery: it allows a state of freshness

Necessary for the training and essential in competition



oshansky: comments about the present training methodology

volume of training loads achieved the limit of
ableness.

ould look for models that assure a most rational
he training loads ...»

y there is the tendency to increase the
y of the training work to increase the
eness of the training process, especially for
class athlete »

s an expedient that needs to be used very
y according to the qualification of athletes, the
their preparation and the calendar of
itions.»



An active participation in her training as future high-level player:

Participate actively in their own education as future high-level player:

time to explain the game's basics

Comparing different systems to have a good knowledge of the game

Give the player the opportunity to take the initiative

Continue to develop intelligence

Adaptation of the young players all along their training

Continuing and development of the game's analysis

Learn to manage the complexity of the game.



The actor is not the one who reads the event, but one who lives it»

“Collective intelligence” : to be successful together.

Parameters to build the game together:

Relational aspect:

The team looks like a micro-society. The game's conception touches the philosophy of life, the relationships between

Technical options are a way of operating this conception.

Working for a certain degree of harmony.

Organizational aspect:

Organize the game collectively, in defense and in attack.

In the offensive phase, it is much more complex, especially with the introduction of creativity



ective intelligence: «to play together, we must think together»

ective intelligence means at first a way of thinking about the game: unique and shared by all.

ion to the individual qualities but also have the ability to adapt to the collective project.

ost important motivation for learning is fun. This
for young people, it is also true for
sionals.

en discipline and spontaneity, the tension is

the two principles come together, we can be
ffective.



Conclusion

Women's handball will experience a critical period concerning its evolution during the next years: **to be better recognized or continue to be a second class sport.**

It's not easy for a young player to achieve excellence in the sport. It's often a struggle trail in order to get to the different stages.

Give the respect and admiration for the engagement and determination of all those girls who try and succeed in their sports career despite all the difficulties which stand in their way of sports excellence

