

# Differences of Men's and Women's Handball




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## **Prejudges** and **Remarks** from Referees about Women's Handball






- Women's matches are the worst we have to whistle.
- Nomination for women's matches is a degradation.
- Women's matches are a duty, but there is no possibility for making one's mark.
- It's sufficient to be present.
- Women's matches are so slow that I can whistle them from a "beer mat".
- You needn't be concentrated the entire match, it's enough if you count the goals correctly.
- Referees' mistakes are without consequences.

# Consequences of Hormonal Development

	Men	Women
Hormonal development 	large increase of testosterone	large increase of oestrogen
Anthropometric differences	larger extremities ; taller size; better conditions of lever; larger length of one's stride (step)	smaller extremities; smaller size; smaller; conditions of lever; smaller length of one's stride (step)
Muscular development	Large muscular hypertrophy; Great increase of muscles; Less proportion of fatty tissue; 40% to 50% proportion of muscular system of skeleton in relation to the body weight, applied to the extremities	ca. 60%-75% of men's muscles; double of proportion of muscular system of skeleton in relation to the (body) weight applied to the extremities.

# 3 Fundamental Spheres, which are Decisive Factors of Performance in Handball

## Physical Condition

- strength 
- speed 
- endurance 
- coordination 
- ability 

## Technique and Tactical Condition

- skills
- individual technique and tactical movement processes
- group tactics
- group tactical basic capacities (perception characteristics; decision making ability)

## Psychological Condition

- mental capacity and ability to concentrate
- aggressive behaviour motivation
- social behaviour
- reactions to the social sphere

# Results of an Investigation with the Olympic German Team:

- worried about appearance
- emotionally depending on other persons
- social and communicative motives play an important role
- more committed in training; practise more often assiduously and with more discipline
- resolve their specified difficulties and problems of competition more often by talking with the coach
- in case of failure and flops they expect a common analyse with the coach
- tendency to more fear and anxiety
- on a high level they are more goal oriented
- like having a self-portrait, which unites female qualities like gentleness and harmonious relationship with masculine qualities like independence, trying hard for success, competence and authority

# Some Items from my Own Experience

- Look and expect professional expertise and skills from the coach and from the referees.
- They can't sometimes differentiate between fair comment and personal criticism.
- Women's teams need and often expect more support and information from outside (bench).
- Great differences in the behaviour and the reactions after the match in relation to men.
- Review and judge the result and the consequences of their performance on the effects in their sphere, their role, their job and their friends.
- Women have more problems to accept the proverb: don't mix business and pleasure.

# The Consequences for the Refereeing of Matches from my Point of View:

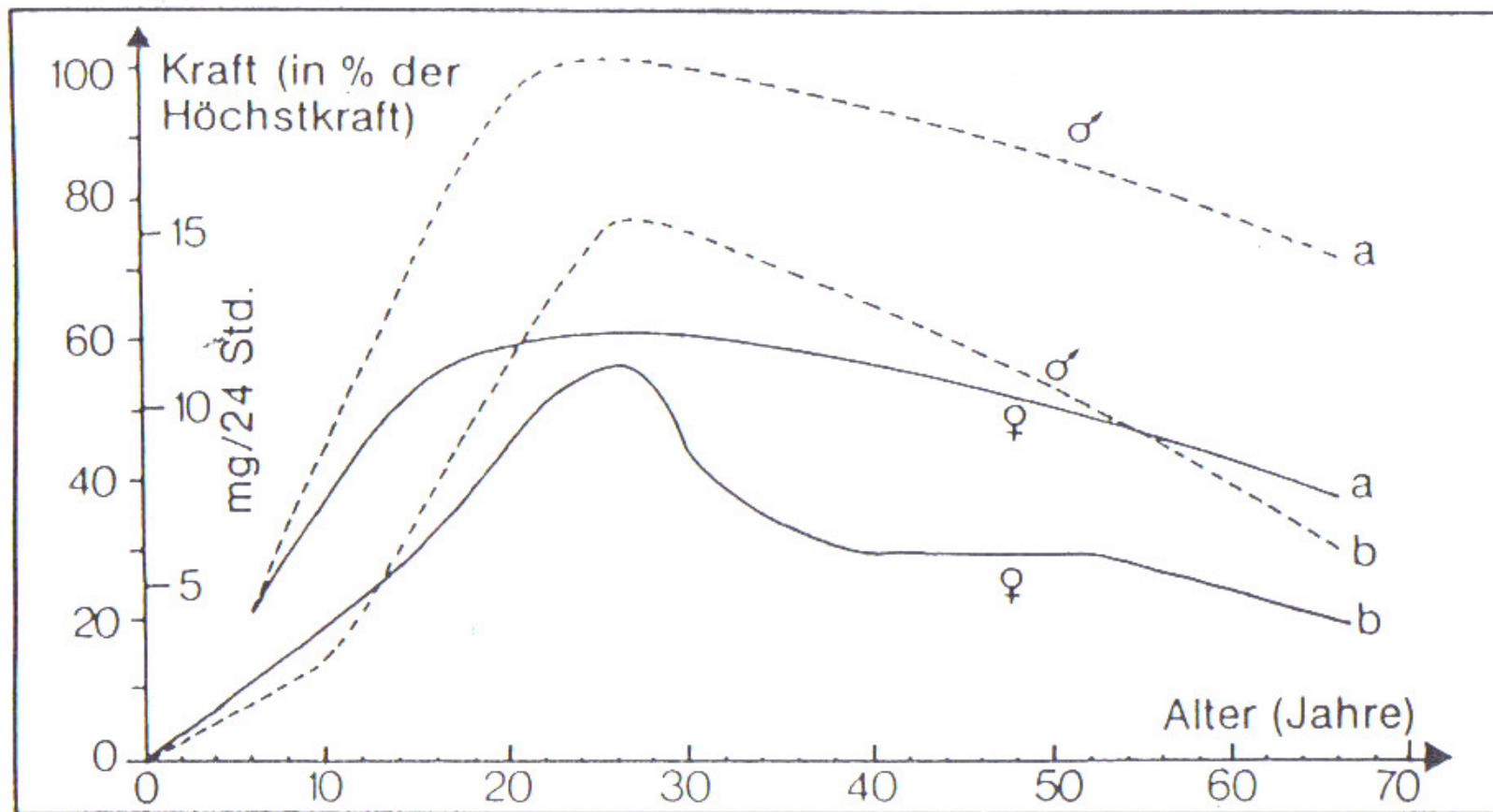
- Women's matches have less 1:1 situations with so much pressure and often less wrestling elements.
- Women's matches are slower and less dynamic.
- They do not have the same high jumps at the line or at the wings.
- Because of shorter and smaller extremities female players do not have the same length or size of steps (smaller steps) they have another rhythm in dribbling, feinting or breaking through.
- Wait a little bit longer that means to have more feeling for advantage.
- You must decide the technical mistakes in the same way as in men's matches and you shouldn't give the attacker an advantage because of wrongly felt pity.
- Female players expect and accept professional expertise.
- In case of negative comments or remarks by the female players in a match, the referees have to react in the same manner as in men's handball.
- The referees' behaviour before and after the match or during a tournament has an influence on the succeeding matches and their atmosphere, that means on the acceptance of one another.
- The referees' behaviour must be relaxed but not chummy. It's a tightrope walk, a balancing act.



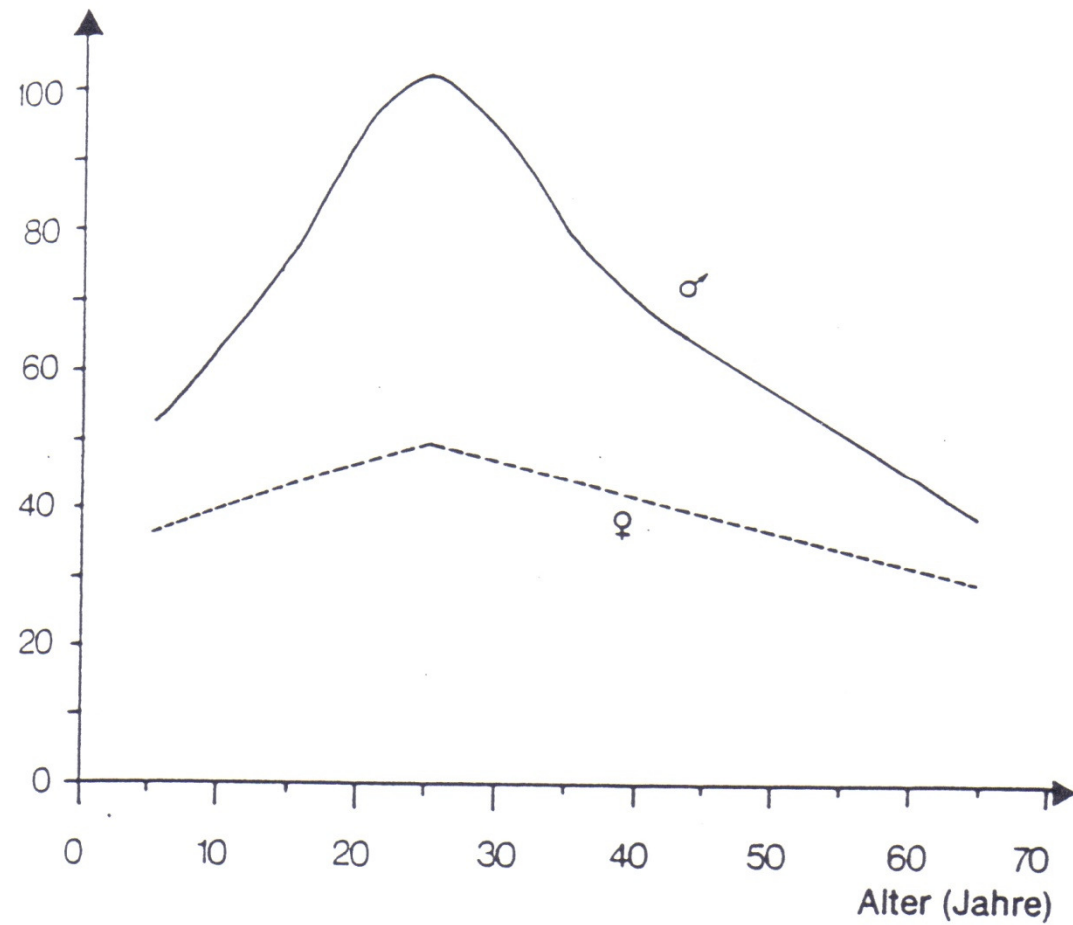
Perhaps we can finally notice:

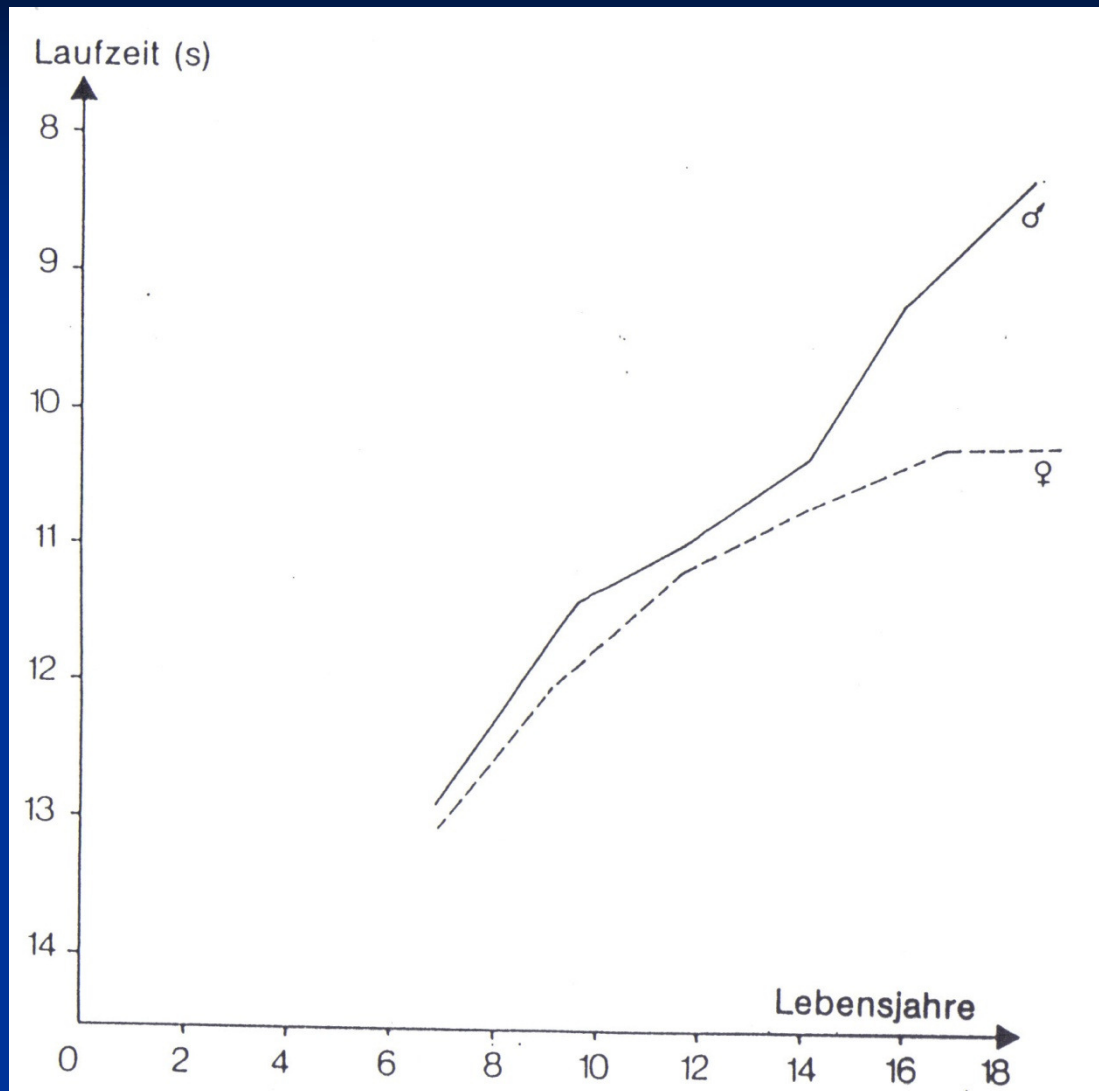
Apart from the different physical conditions, women's handball is the same game as men's handball.....  
but it is played differently and the acting persons are different, too.

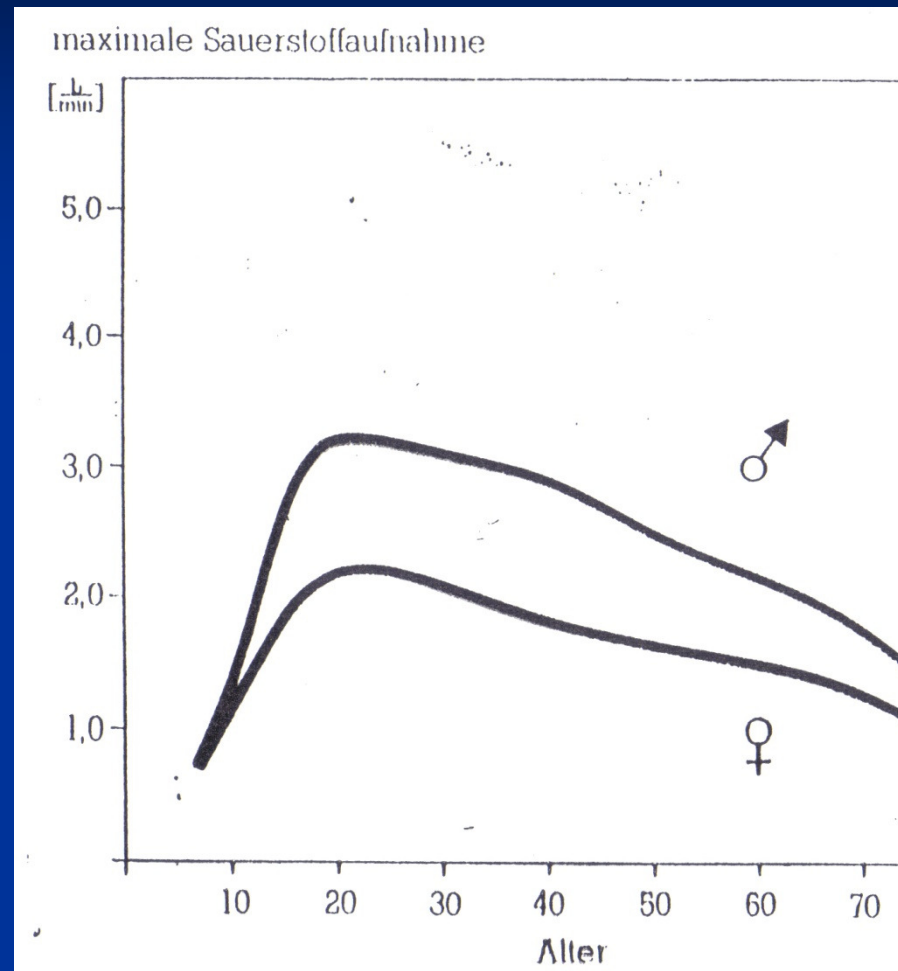


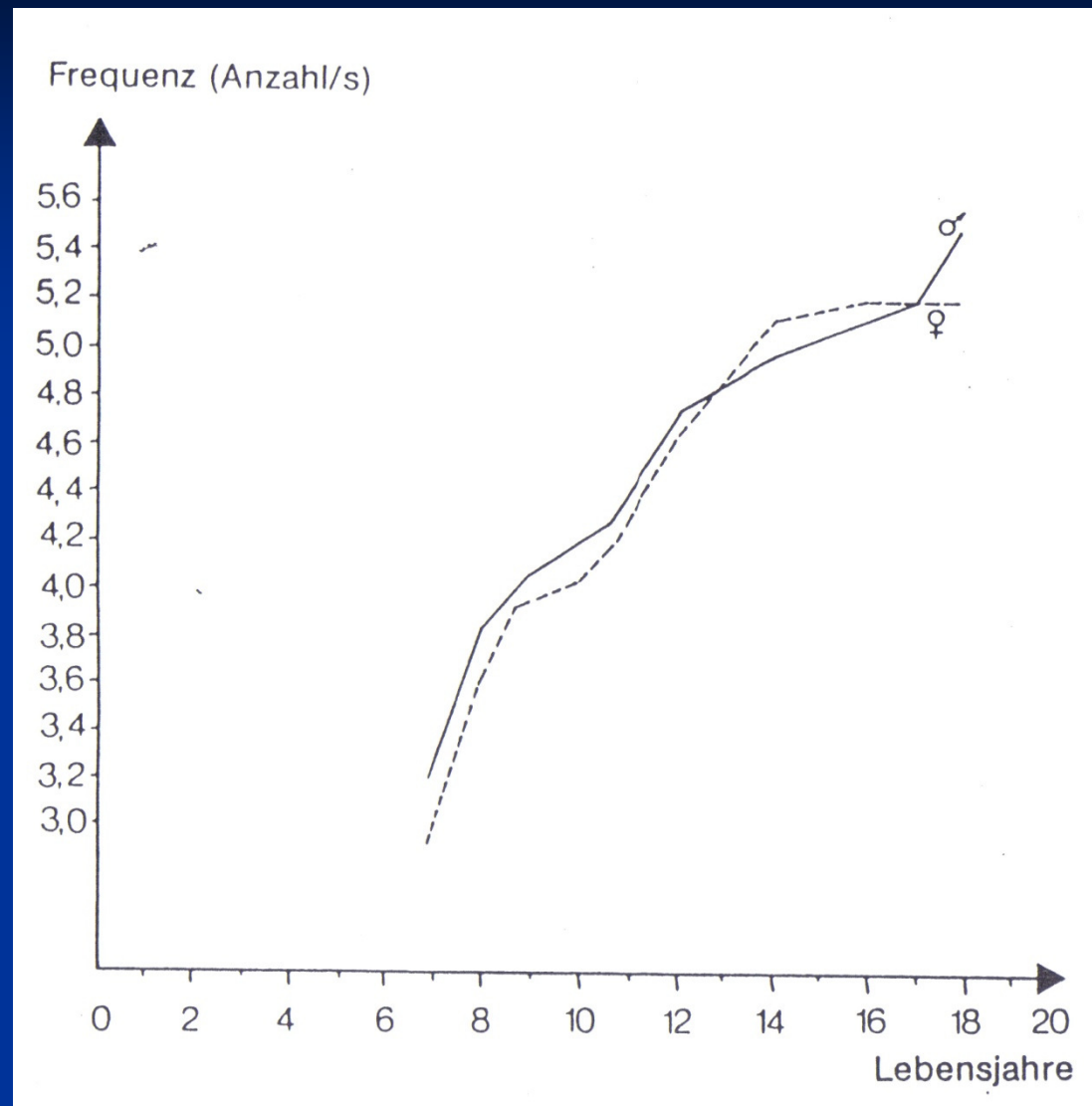


Trainierbarkeit (in % der max. Trainierbarkeit)









Koordinative Fähigkeiten	Schuljahr									
	1	2	3	4	5	6	7	8	9	10
Fähigkeit zur Koordinierung unter Zeitdruck										
Räumliche und zeitliche kinästh. Differenzierungsfähigkeit										
Akustische und optische Reaktionsfähigkeit										
Rhythmusfähigkeit										
Räumliche Orientierungsfähigkeit										
Gleichgewichtsfähigkeit										
Fähigkeit zur Koordinierung unter Zeitdruck										
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Rhythmusfähigkeit										
Räumliche Orientierungsfähigkeit										
Gleichgewichtsfähigkeit										

Knaben

Mädchen

