

PRESENTATION

- Monique Tijsterman

Dutch Handball Vision



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MONIQUE TIJSTERMAN

- 44 years and ex-national team player
- Working for the Dutch Handball Federation since 1995; as from 2001 full time
- Trainer/coach education
- Topcoach 5 (National Olympic Committee)
- Since march 1 Eventmanager
- Lecturer EHF



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A VISION IS?

- According to you
- Vision how to play handball
- Dutch handball vision



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WHAT IS A VISION?

- According to the dictionary:
 - to see
 - to perceive
 - broad perspective
 - particular insight
 - look, tendency, opinion



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START

- Ton van Linder, Bert Bouwer, Henk Groener and Sjors Röttger
- 2002



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VISION, WHY

- Why do we have to have a handball vision?
 - recognizable way of playing handball
 - it is always clear what you are training/playing
 - you can always explain why
 - helps to substantiate medium and longterm goals



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VISION, WHY NOT

- Loss of uniqueness
- You do not want to be recognizable
- You want somebody else to determine direction
- You do not want anybody else to prescribe what to do
- You want to find out yourself



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IMPORTANCE

- Recognizable way of playing
- You have a clear training direction
- Substantiate way of playing
- Keep moving and (possible) changing



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VISION FOR WHO

Trainer-coach

Player

Educator

Referee



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HOW DO YOU GET A HANDBALL VISION

- Look around you
- Look beyond your sport
- Brainstorming
- Have an opinion
- Thinking and developing



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HOW TO COME TO A VISION

- We look and explore
 - Past, present and future in The Netherlands
 - Place in the handball world
 - Cultural situation in The Netherlands
 - Social situation in The Netherlands
 - Education in The Netherlands
 - Physical and mental aspects



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HOW TO GO ON

- To train and play according to the vision
- To educate new trainers according to the vision
- Explain vision to referees
- Approach the game according to the vision



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HOW TO GO ON

- Handball analyses
- Characterize handball
- International developments
- Where do we want to go to
- What do we want with this handball vision
- Goals



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INFLUENCE

- Culture: The Netherlands, region culture, living environment and club culture
- Sports culture: The Netherlands and topsport



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FACTORS OF INFLUENCE

- Society: influence environment, parents, school, perform
- Social: values and standards, relationship
- Education: type, what do they run into



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FACTORS OF INFLUENCE

- Health: trainability
- Physical and mental: age, phase of life, characteristic
- Analyse: what do they know? what can they?
- Goals: what do they want? what are we going to do? how are we going?



CHARACTERISTICS

- Speed
- Dynamics
- Surprising
- Effectiveness



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FROM ANALYSING TO VISION

- Speed
 - Fast society
 - Players have good basic speed
 - Can be trained
 - Speed is usable in our games
 - Speed is important in our games



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FROM ANALYSING TO VISION

- Surprising
 - Young people have to be creative, they have to find out for themselves
 - They do so through computer, internet, social media, etc.
 - They enjoy finding out



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CURRENT STRUCTURE

Topsport

Women

Men

Junior

Juniors

HA

HA

Youth

Youth

Talents

Talents

Talent Education

Handball Schools

Handball Talent
Centre

Clubs



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Talent Education

Education
levels

Sport
levels

Place

Education

5

Top

Foreign topteam

EHF-IHF

international

4

Performance

CL - EC

First
Scnd
Third

HT4 – HS4

3

Game

HA
Handball School

HT3 – HS3

2

Recreation
sport

Regions

HT2 – HS2

1

Young
players

Club

HT1 – JHS1

