



EHF Competence Academy & Network



**EHF EURO
2014**
HUNGARY-CROATIA
19-25 DECEMBER

Program: 2014 EHF “Rinck” Convention Open Master Coach and Licensing Course

Defence actions (correct
– incorrect in the Euro
2014 Women
Hungary/Croatia)

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Chairman of TRC





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Modern handball:

Average attacks per game 120-140

Average time of the attack less than 30 seconds

Team spends more than 50% of the time in defense

Personal research of players during a match (in Asobal League) has shown that player in game spend :

**4 minutes and 30 seconds at most
with ball (less than 10% in game)**

**55 minutes and 30 seconds without ball
(more than 90% in game)**





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Player activity during a game:

190 changes of rhythm

280 changes of direction

40 jumps

509 accelerations

56 sprints

sprint every 67 seconds,

average sprint distance 13m

less than 2 seconds

player cover about 4700 meters

about 700 activity changes

9 explosive actions per minute!





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Reaction speed :

During the same playing situation several players can be involved at the same time:

The playing situations happen at high speed

Stress (players, officials and spectators) may be a factor

Three types of reactions:

Seeing
0.15 sec

Hearing
0.12-0.27 sec

Feeling
0.09-0.27sec

You need to take a decision in less than a second !





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Study: Universidade Do Porto

- 18 elite Portuguese male referees
- 3 HD cameras
- 15 matches of the Men First National Championship

Total of all decisions during the game:

9 % incorrect decisions

14 % missed decisions

77 % correct decisions

On average, during the game we have a total:

171 decisions / including goals /

117 decisions / excluding goals /

decisions on every 21 - 30 sec





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Some studies have shown:

So we have in match:

23 % of wrong decisions

1 mistake per 4 decisions made

Of those errors $\frac{1}{2}$ are serious mistake

Almost 5% of the decisions are connected with steps :

40 % correct decisions for steps

55 % unrecognized steps

5 % non existing steps

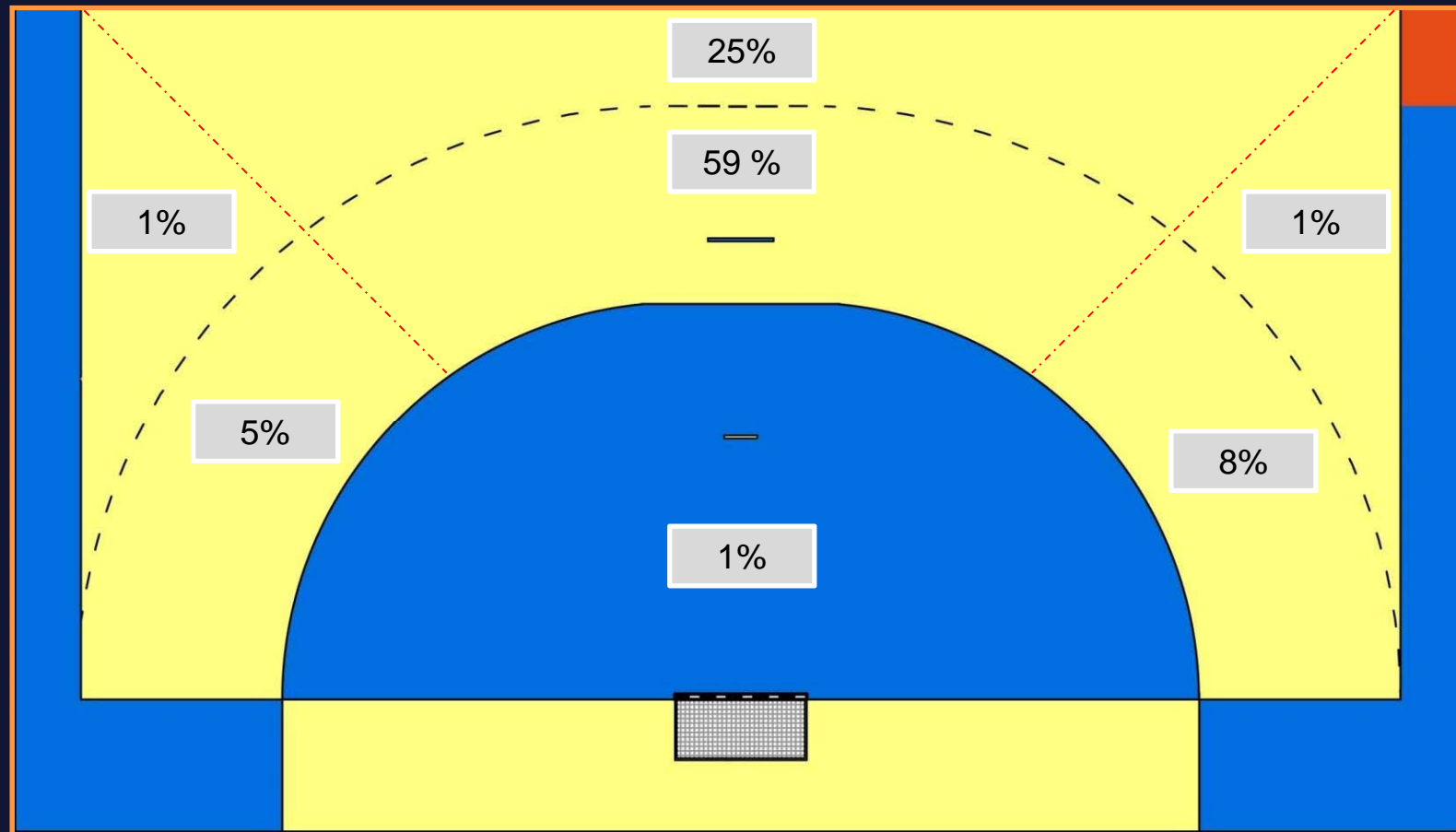




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Statistics - decisions :



almost 85% of the decisions are in the middle of the court



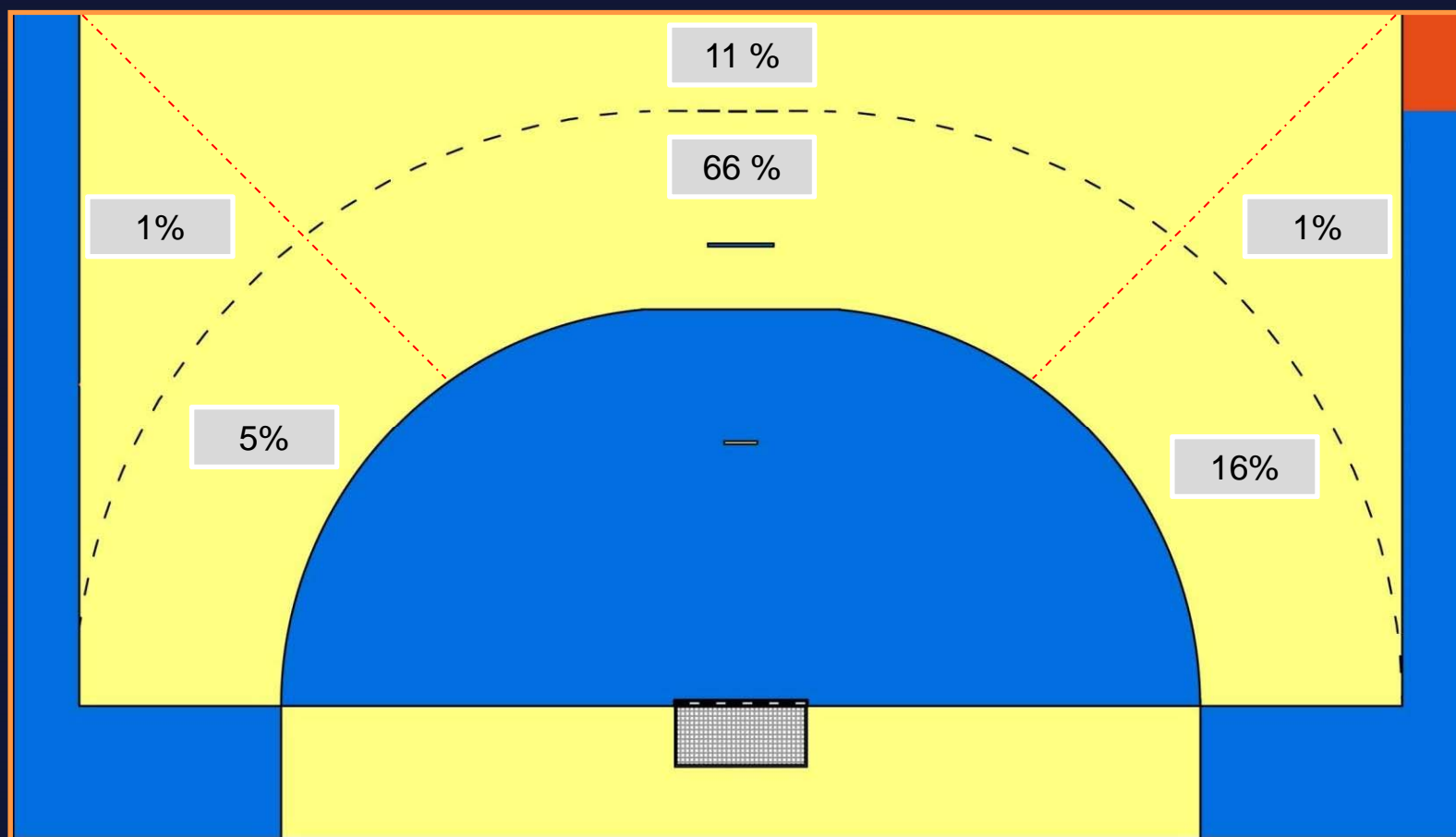
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Statistics - mistakes :



77% of the mistakes are in the middle of the court



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Situations at the Goal-area line

- Actions at the goal-area line
 - Struggle between pivot and defenders
 - Quick movements, especially from the wings without the ball
 - Situation with offensive blocks
- Who use illegal methods (make a foul or use the goalea) to get better position?
 - Defender
 - Attacker
 - Both Attacker + Defender
 - More than two players are involved



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- Question is: Who or what is our problem really?
- Answer is: **MODERN HANDBALL**



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MODERN HANDBALL

Fast and attractive sport

Sport with lots of action

(many decisions from referees side)

Sport with lots of body – contact

(many opportunity for fouls)

Sport with (only) two referees



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Several irregularities between players

- More fouls in the short distance zone
- Holding on – pivot moves towards the center
- Push into the goal area
- Defensive block while standing/acting in the goal area
- Irregular attacker movements through the goal area
- Catch the bounced pass



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Whats the situation in the wing position

In the old days.....

Close space without crash

In the modern times..... God save the Wing



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Inside GArea vs outside GArea

Defender's foul vs offensive foul

Progressive vs not progressive

Close space without crash



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More and more awarded 7-meter throws are NOT correct. Is it FACT?

We experience a growing tendency for some referees to defend „wrong“ 7 meter throw by signaling a violation of rules as the defender is inside the goal area.

It is unfair that many, and maybe mostly topplayers, gain improper advantages due to these wrong decisions with regard to 7-meter throw situations.

NEW TENDENCY – long step in front of the wing



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Situations



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Thank You!

