



Beach Handball

Beach Handball Training

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1 Introduction

About the Lector:

Alex Gehrer was one of the pioneers of the TSV Bartenbach, who organized in 1994 the first Beach Handball Tournament in Germany.

He graduated with his master thesis about the “Development of Beach Handball” in 1997 at the University of Tübingen, Germany.

From 2000 to 2006 Alex Gehrer was the National Coach of the German Beach Handball National Teams.

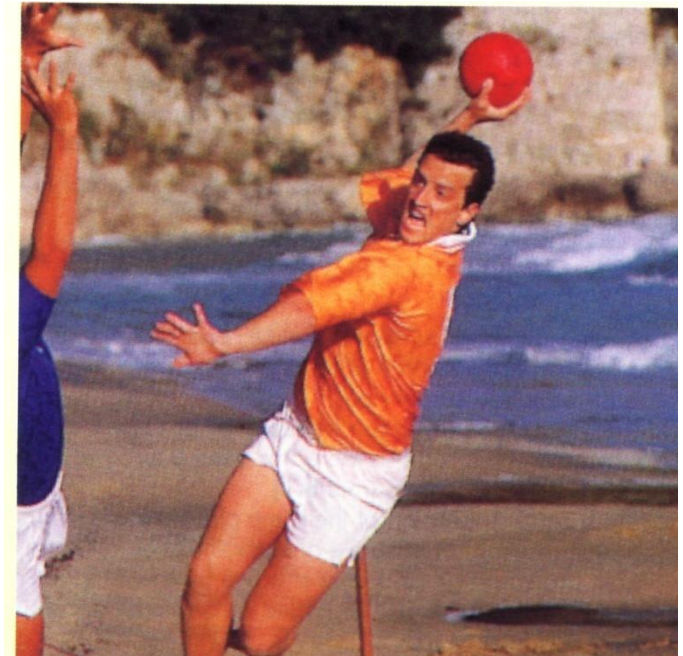
Alex Gehrer is EHF Beach Handball Delegate since 2005; since the foundation 2007 he is also part of the “IHF Beach Handball Working Group”.



2 *Origin and Development*

The history of the sports game Beach Handball starts on the "Isola di Ponza", a little island in South Italy, on June 20th, 1992.

Mr Gianni Buttarelli (president of the handball team Sequax Lazio) and Mr Franco Schiano (president of a series B handball team in Italy) have the idea of "Handballbeach".



2 *Origin and Development*

1992: First Tournament

The first Beach Handball tournament worldwide took place at the beach of San Antonio in Ponza a month later (in July).

The teams of Gaeta 84 Contax, Ciampino, Roma Populinier, Lazio Sequax as well as Polyot Celjabinsk (Ural) competed under floodlight for the first tournament victory in Beach Handball.



2 *Origin and Development*

1992: Foundation of COHB

Within the same year (1992) Gianni Buttarelli and Franco Schiano founded in Italy the “Comitato Organizzatore Handball Beach (COHB)”, which was worldwide the first organized association representing Beach Handball.



2 *Origin and Development*

1993: International Tournament

The first official international Beach Handball tournament took place under Buttarellis leadership in Rome in 1993.

Participants were the Junior National Teams of Algeria, Taiwan and the Russian province Ural, the Military Select Team of Italy, as well as the Junior Select Team of TSV Bartenbach (Germany).



3 *International Recognition*

1994: IHF Recognition

The international interest in Beach Handball grew permanently.

Beach Handball became officially recognized by the International Handball Federation (IHF) in May 1994.

Internationally valid rules for Beach Handball were fixed during the IHF congress in September 1994 in Harleem (Netherlands).

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Nr. 178 / 3-94

HANDBALLBEACH WIRD INTERNATIONAL

Handballbeach, eine grundlegende Aktivität des Italienischen Handballverbandes, hat zwei Jahre nach seiner Einführung eine erste offizielle und internationale Anerkennung erfahren: Beim letzten IHF-Kongress gab es eine Demonstration für alle Delegierten. Ziel war es, Anregungen zu vermitteln, die Grundregeln vorzustellen und Meinungen der Kongressteilnehmer einzuholen.

Handballbeach war schon der wichtigste Punkt bei der vorausgegangenen Tagung der Italiener im Mai des Jahres, an der auch die Propaganda- und Entwicklungskommission der IHF teilnahm. Kommissionspräsident Herrmann (GER) hat dabei unterstrichen, dass Handballbeach als Spezialität des "Open Air Handballs" aufgefasst werden muss und unter freiem Himmel und je nach Besonderheit des Landes auf unterschiedlichen Untergründen gespielt wird - auf Sand, Rasen und anderswo.

Handballbeach ist als eine Art Werbemaßnahme entstanden. Daher ist bereits ein internationales Demonstrationsprogramm geplant, dessen Hauptdarsteller Kinder sein werden. Aufgrund seiner technischen und methodischen Besonderheiten kann das Spiel jedoch auch eine nützliche Alternative für Leistungssportler sein.

4 International Championships

2000: 1st European Championship

In July 2000 the first European Beach Handball Championship was organized by the European Handball Federation (EHF) in Gaeta near Rome (Italy).

First European Champion became the Ukraine with the women and with the men Belarus.

Since then eight European Senior Championships have been played.



4 International Championships

2001: World Games in Akita

At the World Games 2001 in Akita (Japan) Beach Handball was for the first time an invitational sport.

Again the German women ranked 2nd after the Ukraine and the Belarus men defeated Spain in the men's final. The European champions also became unofficial world champions.

Since then Beach Handball was three more times in the program of the World Games (2005, 2009, 2013).



4 International Championships

2004: WCh in El Gouna (Egypt):

The first Beach Handball World Championships finally took place in El Gouna (Egypt) in November 2004.

At the women's competition the Europeans occupied the first five places ahead of Brazil, Japan and Hong Kong. At the men's Egypt became World Champion ahead of the four participating Europeans; Bahrain, Oman and Brazil were ranked the last 3 places. In 2016 the 7th Beach Handball WCh will be played in Budapest (HUN).



5 Philosophy and Playing Rules

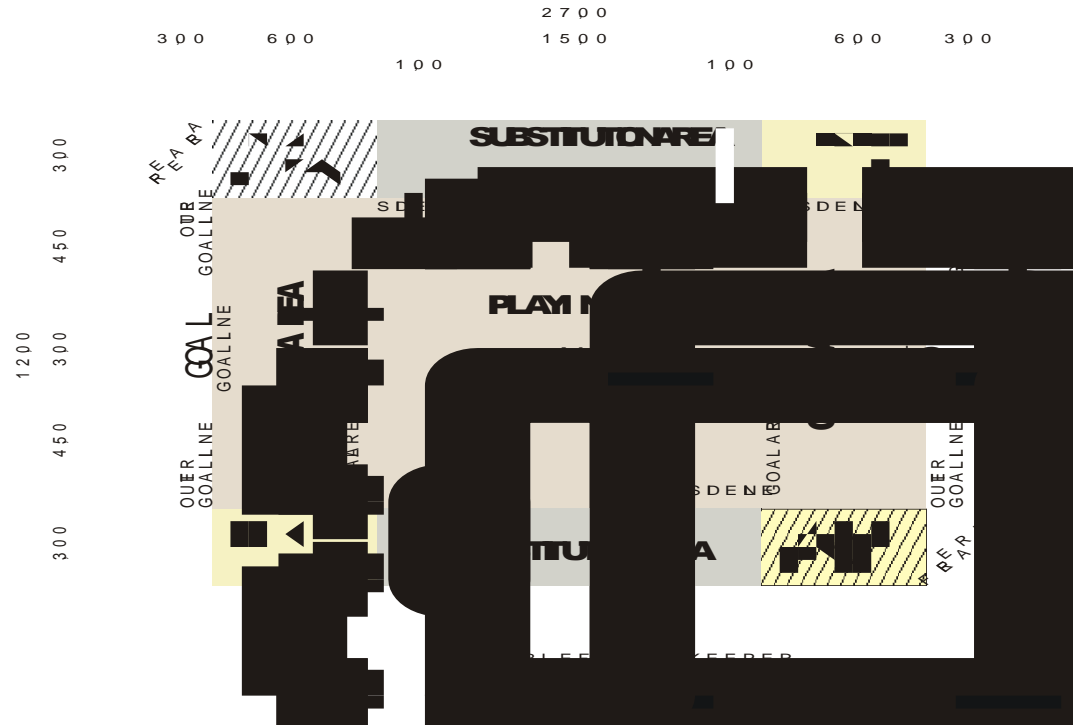
- 5.1 Playing Court
- 5.2 Teams
- 5.3 Balls
- 5.4 Goalkeepers
- 5.5 Playing the Ball
- 5.6 Playing Time
- 5.7 Scoring
- 5.8 Punishments
- 5.9 Philosophy
- 5.10 Shoot Out

5.1 Playing Court

Beach Handball is played on a court that is 27 meters long and 12 meters wide.

On both of the short sides of the rectangle is the 6 meter goal area enclosed.

At the end of the goal area a handball goal (3 x 2 meters) is placed in the center of the goal line.



5.1 *Playing Court*

The longer boundary lines of the court are called side lines, the shorter ones are called goal area lines.

The substitution area for the court players are the side lines (in playing direction on the left side first half and on the right side second half).

The goalkeeper must enter the court over the side line of his own goal area and leave the court over the substitution area of his team.



5.2 Teams

A Beach Handball team consists of 10 players. The goalkeepers/specialists have to be marked with a shirt in different colour.

A maximum of 4 players per team (3 court players and 1 goalkeeper) is allowed to be on the court.

Only the goalkeeper is allowed to enter the goal area. The remaining players are substitutes who remain kneeling in their own substitution area.



5.3 Balls

All players are barefoot and play with a round, non-slippery rubber ball (men's ball: 54 - 56 cm circumference and 350 - 370 g weight; women's ball: 50 - 52 cm circumference and 280 - 300 g weight).

It is allowed to dive for the ball, bounce the ball, throw, catch, stop, push and hit the ball.



5.4 Goalkeeper

The goalkeeper is allowed to touch the ball with any part of his body for defense in the goal area.

The goalkeeper is allowed to enter the court from the goal area without the ball.

Two points are awarded when a goal is scored by the goalkeeper.

After a goal the game continues with goalkeeper throw.



5.5 *Playing the Ball*

It is permitted to throw, catch, stop, push or hit the ball by using hands, arms, head, thighs, torso and knees as well as diving for the ball when it is lying or rolling on the ground.

A goal is scored when the entire ball has crossed the entire width of the goal line.



5.6 *Playing Time*

The game consists of two halves, which are scored separately. Each half lasts 10 minutes, the half-time break lasts 5 minutes.

If the score is even at the end of one half, the „golden goal is used (restart with referee throw).

The winner of each half is awarded one point. Each half begins with the referee throw.



5.7 Scoring

If both halves are won by the same team, this team is overall winner with the score 2:0.

If each team wins a half, the „Shoot Out“ (one against the goalkeeper) will be used.

The winner of the Shoot Out wins the game with the result 2:1.



5.8 Punishments

A suspension must be given for wrong substitution, repeated fouls, unsportsmanlike conduct and progressively punished fouls. The suspended player can be replaced as soon as there has been a change of possession between the two teams (turnover). The second suspension of a player results in a disqualification (red card). Fouls which endanger the opponents health, fouls of the goalkeeper during „Shoot Out“ also result in a disqualification.



5.8 *Special Scoring*

Furthermore, the rules of the IHF are to apply, with some changes in the scoring system:

Two points are awarded for creative or spectacular goals (especially inflight and spin shots), for goals scored by the goalkeeper or for goals scored by a 6-m throw.



5.9 *Philosophy*

Because of the fast change of ball possession, a fixed-position defense is practically never, a fact which results in an almost bodiless game. Fun and spectacular scenes, like diving for the ball in the sand or the attempt to score „in flight“ are more valuable than winning at all costs.



5.9 Philosophy

Caused by the permanent 4:3 – situation, goals can be scored relatively simple in a technical-tactical approach in the Beach Handball.

After a goal, the game is directly restarted without starting signal from the goal area.

This is the reason why the game is played at very high speed and with many spectacular actions.



5.9 Philosophy

The Philosophy of Beach Handball is based on the principles of

FAIR PLAY

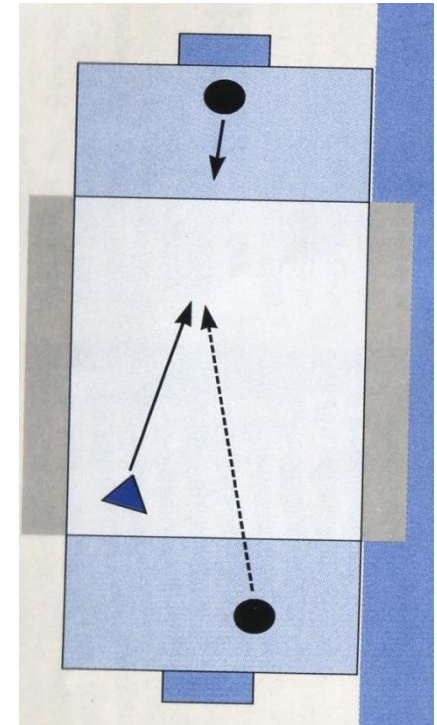
Also high score differences can become equalized by the special scoring (in flight, pirouettes and goalkeepers goal) and by the fact that each half counts separately.



5.10 Shoot Out

Besides the “inflight”, the spin shots and the character of the fast counterattack make out the attractiveness as well as the „Shoot Out“ when a draw is observed after the two sets.

Five players of every team throw in turns at the opposing goal after a pass of their own goalkeeper from the own goal area, under consideration of the three step rule.



5.10 Shoot Out

Both goalkeepers start off standing on their own goal line.

The court player must stand at the crossing of the goal area line and the side line.

When the referee blows the whistle, the court player passes the ball to his goalkeeper on the goal line.



5.10 Shoot Out

Once the ball has left the player's hand both goalkeepers may move forward.

The goalkeeper with the ball must remain in his goal area.

Within 3 seconds he must either take a shoot at the opposing goal or pass the ball to his teammate, who is running towards the opponent's goal.



5.10 Shoot Out

The court player must catch the ball and try to score a goal without any rule violation.

If the attacking goalkeeper or the court player commits any rule violation, the attack is over.

The defending goalkeeper is allowed to leave and re-enter his goal area. If he violates a rule (foul against the court player), a 6-meter-throw has to be awarded (2 points).



5.10 Shoot Out

The winner is the team that scores more points after 5 throws.

If the outcome has not been decided after the first round, the Shoot Out will be continued. The ends shall be changed, the other team goes first.

In this round, the match is decided as soon as one team takes the lead after an equal number of attempts by each team.



6 Training in Beach Handball

- 6.1 Fitness Training
- 6.2 Technique Training
- 6.3 Tactics Training
- 6.4 Defensive Tactics
- 6.5 Offensive Tactics
- 6.6 Signs and Abbreviations

6.1 Fitness Training

Beach Handball requires the conditional factors of **strength, speed and endurance**.

Strength in Beach Handball is essentially based on jumping and throwing.

Speed in Beach Handball refers to starting speed (e.g. at counterattacks) and the speed of reaction (e.g. when switching from offense to defense).



6.1 *Fitness Training*

Strength and speed are decisive in the field of endurance for both, indoor handball players and Beach Handball players.

In the following two training units, the improvement of the mentioned training qualities is being described on a Beach Handball field.



6.1.1 Exercise 1 (Fitness)

Jumping Variations on the Sand:

Objective: Improvement of the jumping strength.

Exercise:

Squat jumps with both legs on the spot (tip: as high as possible), on one leg (tip: short contacts) step jumps (tip: long jumps, short contact times) hurdle jumps (tip: no inter-jumps, upright upper body)

Load:

5-6 jumps, 2-3 minutes break, 5-6 sets



6.1.2 Exercise 2 (Fitness)

Beach Sprints:

Objective: Improvement of the start speed and the reaction speed.

Exercise:

Sprints from baseline to baseline from different starting points on acoustic or visual signals. Recreational breaks (2-3 minutes passing with the ball e.g.) after every sprint.

Starting points: Standing start, belly position, seat position, defense position.

Beach Handball match without substitution with a 2nd attack after goal (recreation in the position attack, 2-3 minutes and pass variants).

Load: 5-6 sprints or attacks, 2-3 minutes break between, 3-5 games or series.

6.2 *Technique Training*

In the field of training the technique in sports games, one can distinguish between **technique acquisition training** and **technique application training**.

The technique application training is further subdivided into **technique variation training** (learning variations of basic techniques) and the **technique adaptation training** (adaptation of the variations to specific game situations).

The following exercises in the field of technique application training refer to the **technique variation** (learning of variation of basic techniques).

6.2.1 Exercise 3 (Technique)

Applying Jumps:

Objective: Variation of jump techniques.

Exercise: Variation of the basic techniques of jumps (one-legged, with both legs, other leg) regarding the start (step number, direction, length of steps) and the jump (high, far).

Load:

5-6 jumps, 2-3 minutes break, 5-6 sets



6.2.2 Exercise 4 (Technique)

Applying Passing and Throwing:

Objective: Variation of passing and throwing techniques.

Exercise:

Passing with the Beach Handball

(on the left, on the right, against direction of movement, in the jump, over-head, backhand, from the rotation, pressure pass etc.).

Throws with the Beach Handball with variation of the start movement (length, form, dropping height) and the throw (direction, corner, throw kind (loop, bouncing ball, direct)).



6.3 *Tactics Training*

Tactics Training:

The basic tactics training in Beach Handball always should contain the main elements of the game:

- ability to orientate,
- passing under time-pressure
- spectacular throws
(in-flights, spin shots, etc.).



6.3 *Tactics Training*

Exercises:

Exercises should develop from easy to complex.

In the following four exercises, features of the Beach Handball tactics are explained for essential learning.



6.3.1 Exercise 5 (Tactics)

Objective:

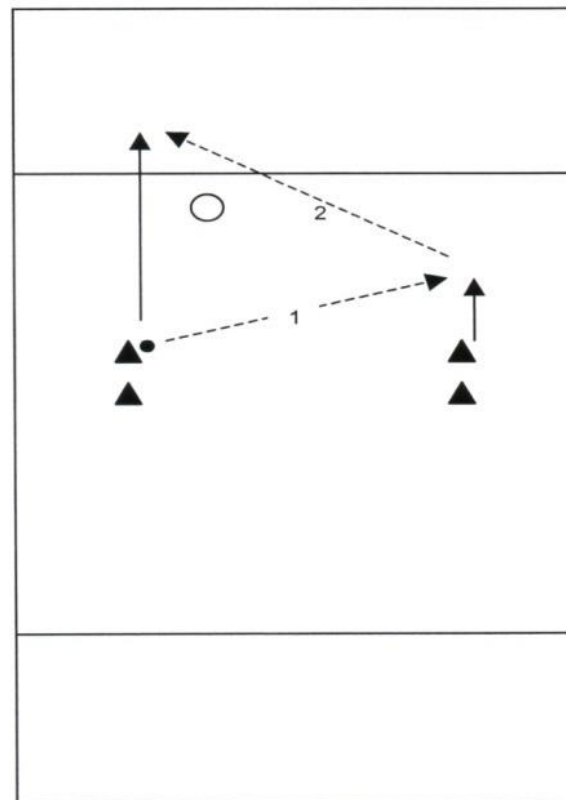
Introduction of the in-flight (at first without defending players, then with a rather passive defending player).

Procedure:

LW(O) passes to RW(O).

LW (O) runs parallel into goal direction.

RW(O) plays the Inflight Pass to LW(O).



6.3.2 Exercise 6 (Tactics)

Objective:

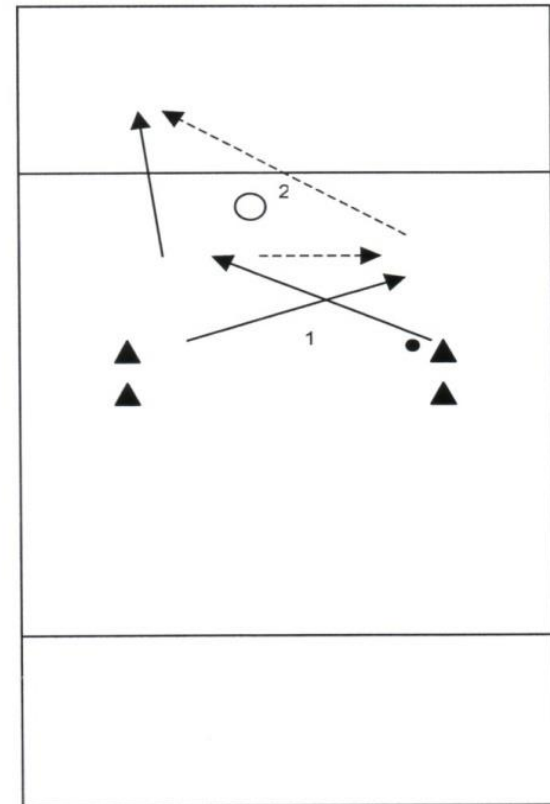
Variation of the in-flight pass (at first without defending players, then with a rather passive defending player).

Procedure:

RW(O) crosses with LW(O).

RW(O) runs on the left into goal direction.

LW(O) plays the Inflight Pass on RW(O).



6.3.3 Exercise 7 (Tactics)

Objective:

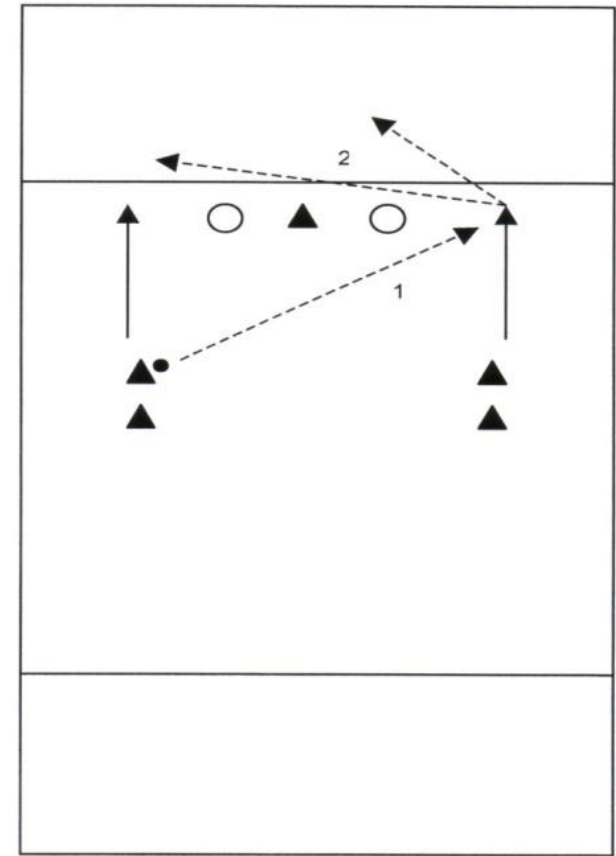
Decision training and training of the orientation ability (with a second defending player and a pivot).

Procedure:

LW(O) passes to the running RW(O).

LW(O) runs parallel into goal direction.

RW(O) plays situationally the Inflight pass to the P(O) or the LW(O).



6.3.4 Exercise 8 (Tactics)

Objective:

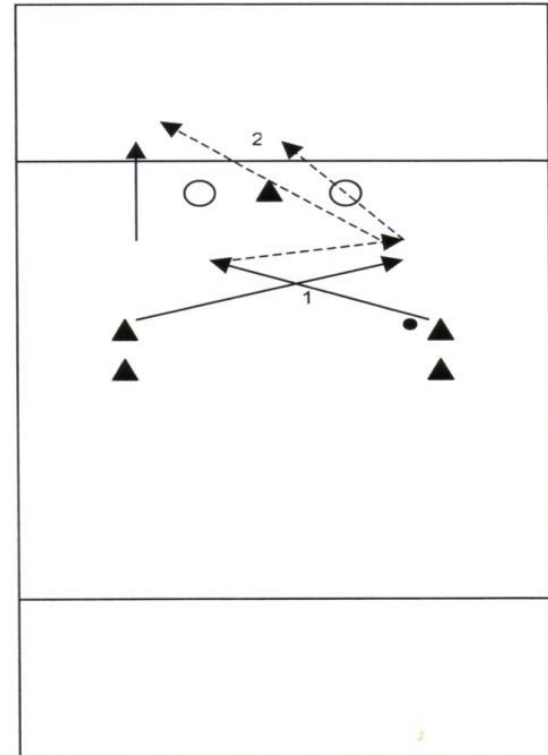
Decision training and training of the orientation ability.

Procedure:

RW(O) crosses with LW(O).

RW(O) runs on the left into goal direction.

LW(O) plays situationally the Inflight pass to the P(O) or to the RW(O).



6.4 Defensive Tactics

Defensive Tactics:

In principle, due to the permanent minority situation, a 3:0-defense seems to be reasonable in Beach Handball, because in that way, spaces can be covered best and concentrated visually.

As an alternative and as a tactical answer against certain attack formations, however, also other defense tactics are to be considered.



6.4.1 Variation 2:1 - Defense

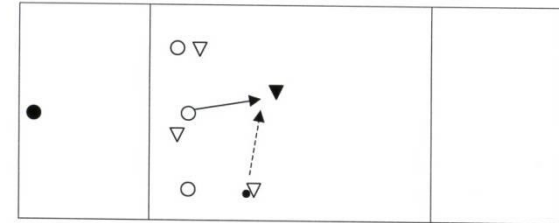
This variant can be recommended against teams who have an outstanding specialist G(O).

Procedure:

At the pass of the line attacker LW(O) to the specialist G(O) the defending player C(D) explosively steps out (and blocks him so that neither pass nor shot on goal is possible; if necessary by a tactical foul)

Remark:

At this formation the relatively easy pass to the P(O) has to be watched, i.e. the two line defenders (LW(D) and RW(D)) must cover the room in the defense middle.



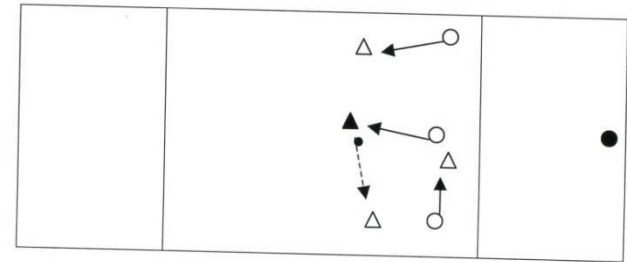
6.4.2 Variation Man-to-Man Marking

Against teams which have a technically or tactically weaker player in their rows this variant is recommended.

Procedure:

At the pass to the weakest opponent player (here: RW(O)) all defending players step out explosively to all other opponents (and block them that no pass is possible to them).

The 1-pointer or the try of a pirouette of the weaker line attacker RW(O) is accepted consciously.



6.4.3 Defense Inflights/Pirouettes

Against inflights and pirouettes the co-operation between goalkeeper and defending player can be very important.

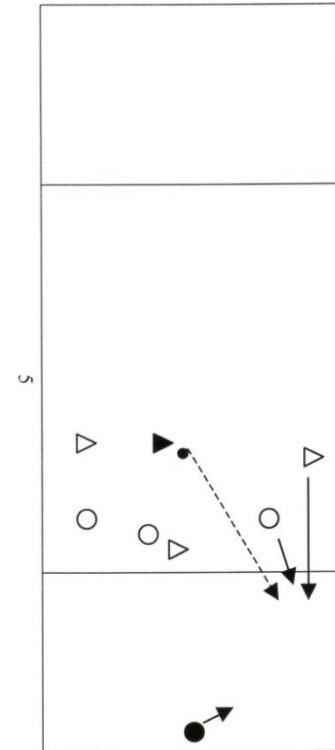
Procedure:

A defending player (here: RW(D)) anticipates an inflight pass or a pirouette. He jumps into the goal area with the attacker LW(O) and blocks the long corner.

The goalkeeper covers the nearer corner.

New Development:

The C(D) blocks the long corner.



6.5 *Complex Offensive Tactics*

Set Moves:

The following tactical variants are suitable for teams which play Beach Handball competitively.

These set moves were developed in April 2000 by the Beach Handball National Team of Germany at a training camp in Riccione (Italy) and improved upon continuously ever since.



6.5.1 *Fastbreaks*

In Beach Handball one key strategy is to try to play fastbreak passes. After this initial wave a lot of possibilities develop in the offending position due to the 4:3-situation.

The goalkeeper / specialist G(O) being in possession of the ball is always the starting point of the two following tactical variants. This is in line with the practice of the game, as in Beach Handball the game is always continued with the throw-in by the goalkeeper regardless of whether the opposing team has scored a goal or missed it.

In addition, we assume for fast-breaks, that two players have just been exchanged. The defending players closest to the substitution area leave the field. For the attack, two players come in.

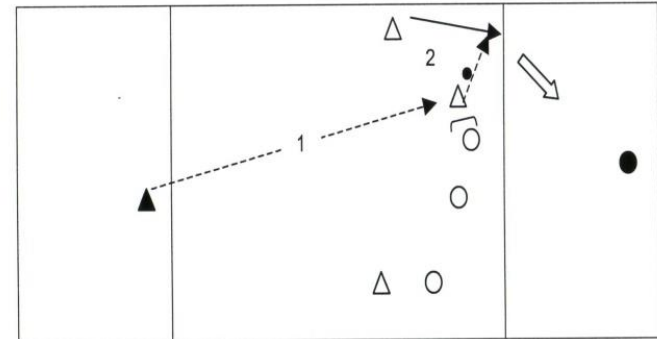
6.5.1 Fastbreak „One“

Objective: Inflight of the two substitutes from the wing position.

Procedure:

G(O) passes to the first substitute P(O).

P(O) blocks off the defending player rushing up RW(D) and plays the inflight pass to the second substitute LW(O).



6.5.1 Fastbreak „Two“

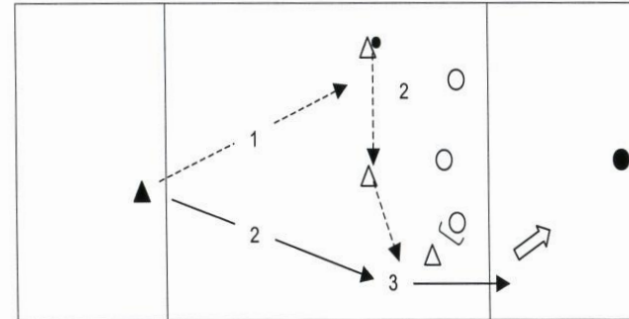
Objective: The goalkeeper / specialist shoots on goal from the wing position.

Procedure:

G(O) passes to the first substitute P(O) at the left wing and goes to the right wing.

LW(O) passes (over C(O) or direct) to G(O). RW(O) blocks off RW(D).

G(O) shoot on goal from the right wing.



6.5.2 *Position Offense*

For the attack, it has been discovered that placing the specialist / goalkeeper G(O) in a middle position allows maximum pressure against the defense and thus creates most opportunities.

After a fast-break without direct success, one may change the goalkeeper to the specialist. This is only permitted through the goalkeeper area.



6.5.2 Set Move „Three“

Objective: Shot on goal of the specialist G(O) from the middle position.

Procedure:

RW(O) passes to G(O).

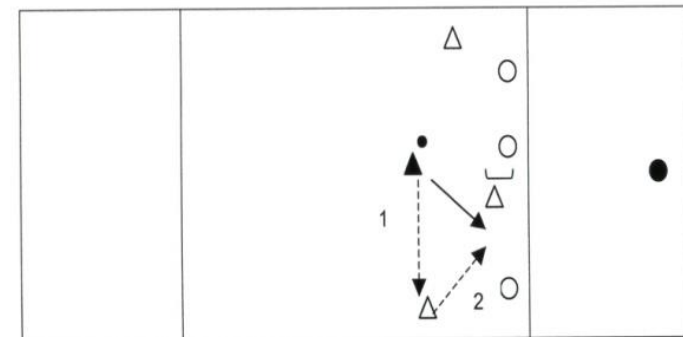
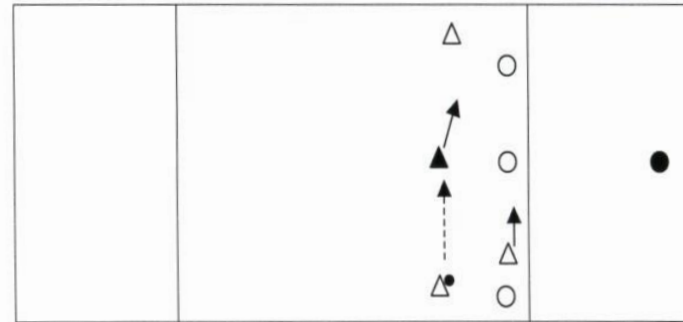
G(O) feints a pass to LW(O).

Simultaneously P(O) moves to the middle.

G(O) passes to RW(O) and moves without the ball to the gap between C(D) and LW(D).

P(O) blocks off C(D).

RW(O) passes back to G(O). The specialist breaks through at the middle position.



6.5.2 Set Move „Four“

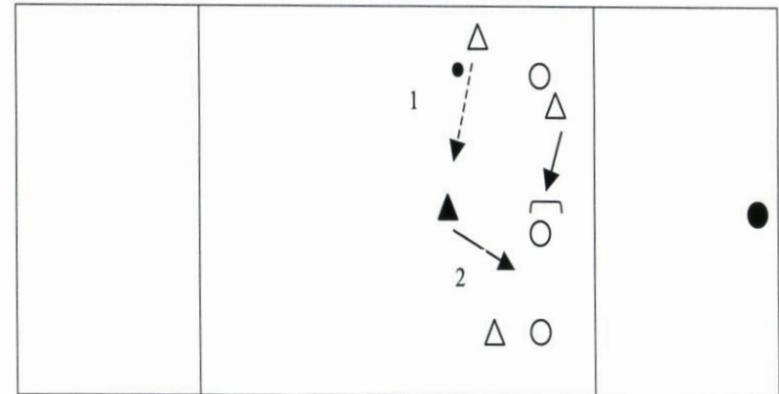
Objective: The specialist plays the in-flight pass to the wing or to the pivot.

Procedure:

LW(O) passes to G(O).

G(O) moves to the right side and makes pressure into the gap between LW(D) and C(D).

P(O) moves from the left side to the middle and blocks off C(D).



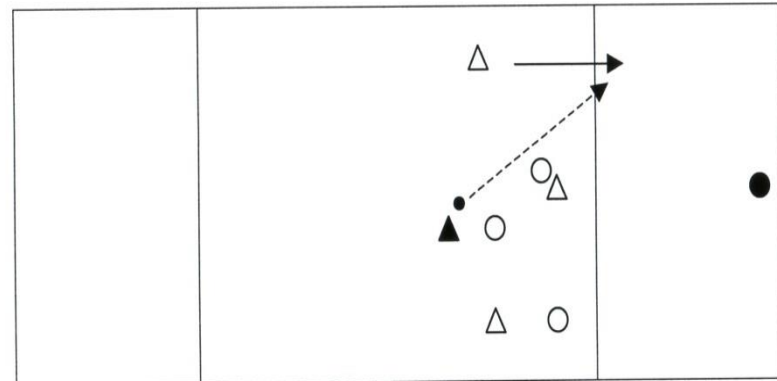
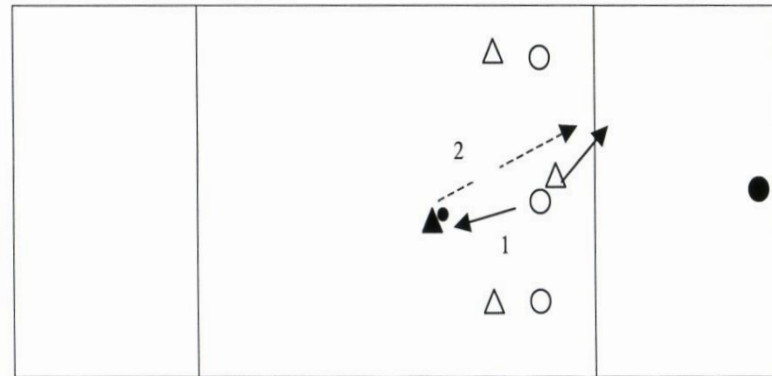
6.5.2 Set Move „Four“

Possibility 1: C(O) attacks the specialist G(O).

G(O) plays the inflight pass to P(O).

Possibility 2: RW(D) follows P(O) to the middle position and blocks him off.

G(O) plays the inflight pass to the free standing LW(O).



6.5.2 Set Move „Five“

Objective: Shot on goal of the specialist G(O) from the middle or inflight pass to the P(O).

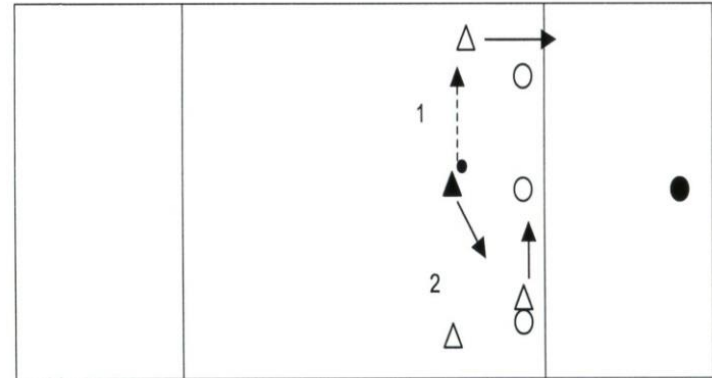
Procedure:

G(O) passes to LW(O) and moves to the left side.

LW(O) jumps with the ball on the left side at RW(D) into the goal area.

G(O) moves to the right side.

Simultaneously P(O) moves to the middle.

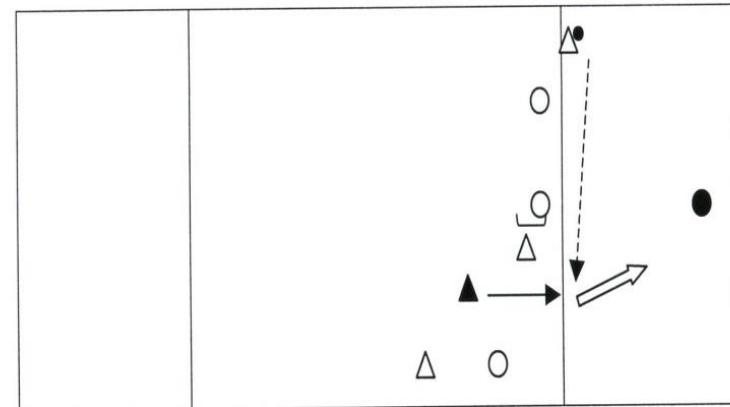


6.5.2 Set Move „Five“

P(O) blocks off C(D). G(O) rushes into the gap between C(D) and LW(D).

LW(O) plays the inflight pass to G(O).

If C(D) releases the block, also the inflight pass to P(O) is possible. Are both passes impossible, the pass back to RW(O) is the last solution.



6.6 Signs and Abbreviations

Zeichen	Kürzel	Internationale Bezeichnung	Deutsche Bezeichnung
		Run	Laufweg
		Pass	Pass
		Block	Sperre
		Shot on Goal	Wurf auf das Tor
	G(O)	Goalkeeper (Offence)	Angreifender Torhüter
	G(D)	Goalkeeper (Defence)	Verteidigender Torhüter
	LW(O)	Left Wing (Offence)	Außenangreifer Links
	LW(D)	Left Wing (Defence)	Außenverteidiger Links
	RW(O)	Right Wing (Offence)	Außenangreifer Rechts
	RW(D)	Right Wing (Defence)	Außenverteidiger Rechts
	C(O)	Center (Offence)	Mittelspieler (Angriff)
	C(D)	Center (Defence)	Mittelspieler (Verteidigung)
	P(O)	Pivot (Offence)	Kreisläufer (Angriff)

7 Training Effects

Used as training means, Beach Handball offers some excellent qualities. With the Beach Handball training methods you may also improve a lot of technical requirements of indoor handball.



7 *Training Effects*

Training effects on the Beach Handball field:

- Improvement of the jumping strength by jumping in the sand.
- Improvement on the speed endurance by the fact of nearly no existing breaks and the permanent playing situation.
- Improvement of throwing techniques by simply gripping the ball.
- Improvement of jumping and falling techniques by taking higher risk on the sand surface.
- Counterattack training combined with the improvement of the ability of passing under time-pressure and improvement of the ability to orientate.

7 Training Effects

Dr Marco Cardinale examined Beach Handball very explicitly as a training means already in 1996.

Different tests were carried out by two test groups of seven persons each for the determination of the training effects of Beach Handball from April till June 1996.

The first group was recruited from the Italian Military Selection (NM) which had exercised in the examination time period exclusively on sand. The second group was the Italian National Team (NA) , which was tested during a Beach Handball tournament in Brazil.

The tests of the first group were carried out in the training period four times to get valid and significant results.

Source: MONTAGNI/CARDINALE 1996

7 Training Effects

With the Squat Jump and the Counter Movement Jump Cardinale could measure altitude and flying time and draw conclusions (see the following illustrations) on the jump strength so.

SQUAT JUMP
SQUAT JUMP

da Bosco, 1992

Il soggetto, partendo da una posizione delle ginocchia a 90°, effettua un salto verticale ottenendo a gambe distese. Il computer rileva il tempo di volo e l'elevazione del centro di gravità in cm.

The athlete, starting from a static position with the knee at 90°, carry out a vertical jump bouncing with straight legs on the platform. The computer measure fly time and height of rise of centre of gravity in cm.

COUNTER MOVEMENT JUMP
COUNTER MOVEMENT JUMP

da Bosco, 1992

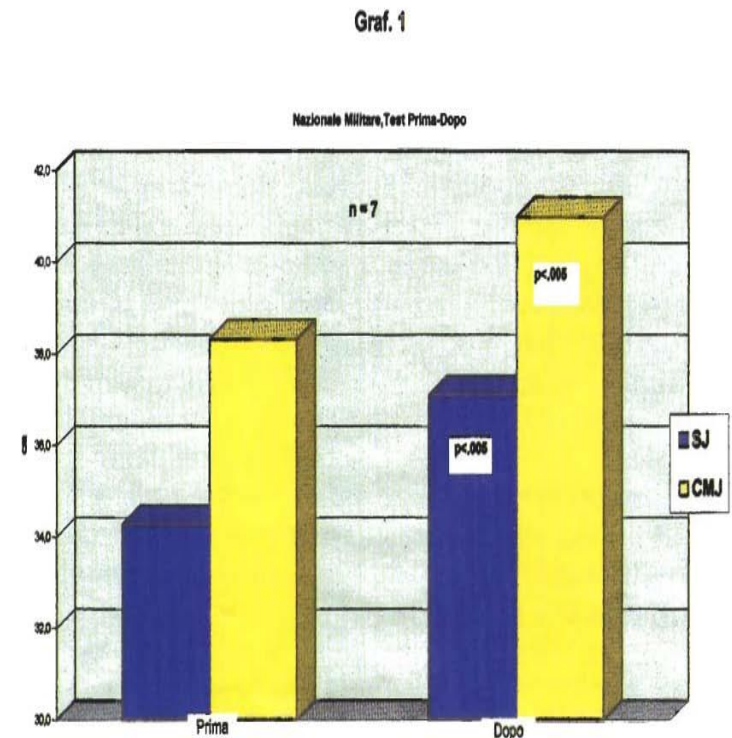
Il soggetto, partendo da gambe distese, effettua un salto verticale preceduto da un caricamento. Il computer rileva, come nello SJ, il tempo di volo e l'elevazione del centro di gravità in cm.

The athlete, starting with straight legs, carry out a vertical jump with a counter movement. The computer measure, as in SJ, fly time and height of rise of centre of gravity in cm.

7 Training Effects

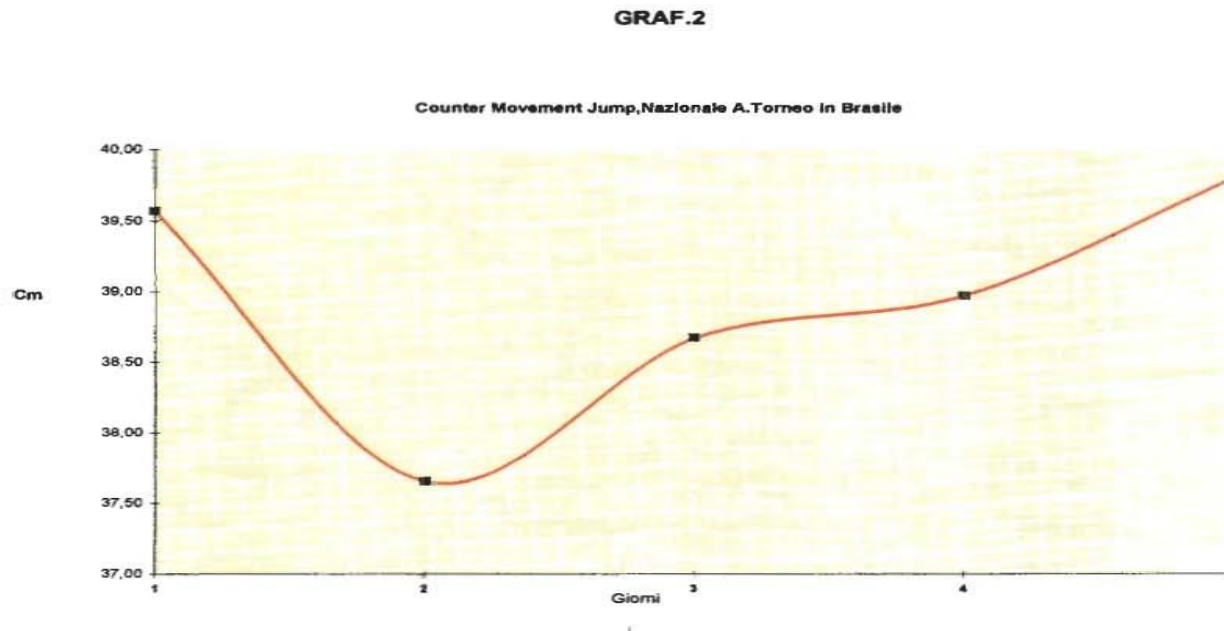
After a three-month training on sand, the Italian Military Selection (NM) could improve their jump height at the Squat Jump (SJ) by 2.8 cm (+8.3%) and at the Counter Movement Jump (CMJ) by 2.7 cm (+6.9%).

It could be shown that the training on sand improved the explosive strength and vertical jumping strength significantly.



7 Training Effects

This observation was supported by the second test-group, the Italian National Team (NA) which were subject to the same tests during the five-day tournament in Brazil.



7 Training Effects

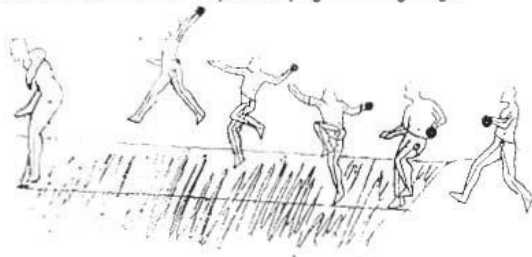
Furthermore, the test group (NM) also were subject to technique tests. Both, the "One Step Run In Shot" as well as the "Three Steps Run In Shot" were tested.

At the two experimental setups, the test persons had to jump highly, throw a handball at the culmination point and then land one meter of the jump point vertically.

TERZO TEMPO 1 PASSO ONE STEP RUN IN SHOT

Il soggetto, distante un metro dalla pedana, effettua un passo ed un tiro in elevazione. Si raccomanda di cercare la massima elevazione possibile e di atterrare entro un metro della pedana con le gambe distese.

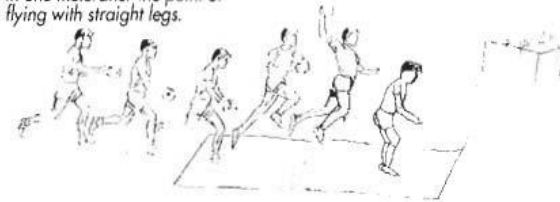
The athlete, starting one meter before the platform, carry out one step run in shot. The athlete must reach the max elevation of centre of gravity and he must land in one meter after the point of flying with straight legs.



TERZO TEMPO 3 PASSI THREE STEPS RUN IN SHOT

Il soggetto, distante tre metri dalla pedana, effettua un tiro in elevazione preceduto da tre passi di rincorsa con lo stacco e l'atterraggio sulla pedana. Si raccomanda di cercare la massima elevazione possibile e di atterrare entro un metro della pedana con le gambe distese.

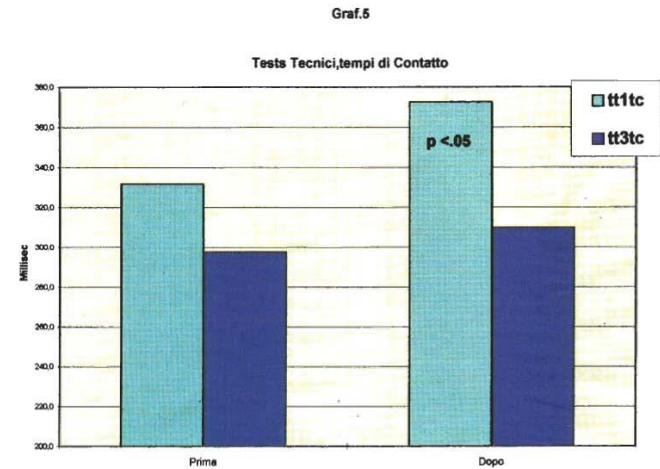
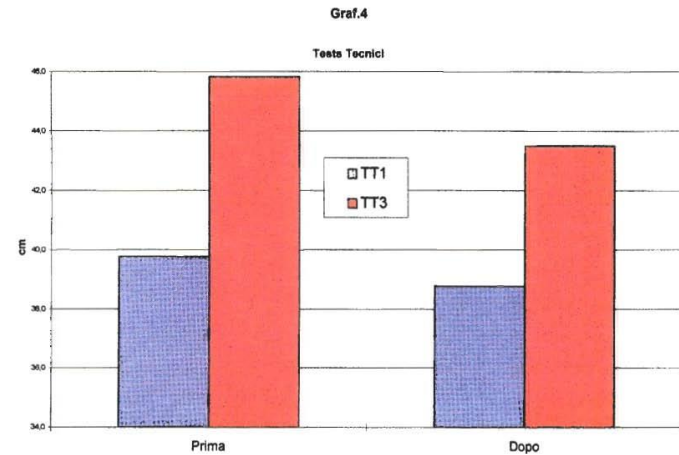
The athlete, starting three meters before the platform, carry out a three steps run in shot with the jump and the land executed on the platform. The athlete must reach the max elevation of centre of gravity and he must land in one meter after the point of flying with straight legs.



7 Training Effects

It turned out that a deterioration by the training on sand was observed at complex movement processes, like the jump throw both in jump height and at the contact time.

The jump height after a three-month exclusive sand training dropped by 2.5% at the "One Step Run In Shot" (TT1) and by 5.1% at the "Three Steps Run In Shot" (TT3).



7 Training Effects

Nevertheless MONTAGNI and CARDINALE share the opinion that "Beach Handball can undoubtedly be regarded as an effective general training means in transitional phases or for the preparation for a indoor handball season" (MONTAGNI/CARDINALE 1996, 125).

The authors recommend a combination of training on sand and explosive strength training in the hall or on a solid underground for the improvement on jump strength of indoor players.



7 Training Effects

Results concerning the endurance condition of Beach Handball players were presented by German Doctors Dr. H. H. Schumacher (Sports Medicine) and Dr. Dr. R. Berndt (Human Biology).

At the German Beach Handball Championships, between 2000 and 2007 in Cuxhaven, over 500 Beach Handball players were tested under competition conditions.



7 Training Effects

“It was proven that Beach Handball is a very dynamic and speed endurance induced kind of sport with strong physical demands on Beach Handball players regarding maximum strength and endurance.

The medical parameters showed good training conditions of the players; the specific lactate analysis yielded values in the aerobic-anaerobic area with occasional tops into the anaerobic metabolism.

The tests underlined the special load of playing goalkeepers (specialists). Blood Creatininkinasis values (CK) increased considerably especially with the male handball players”.

8 Beach Handball Analysis System

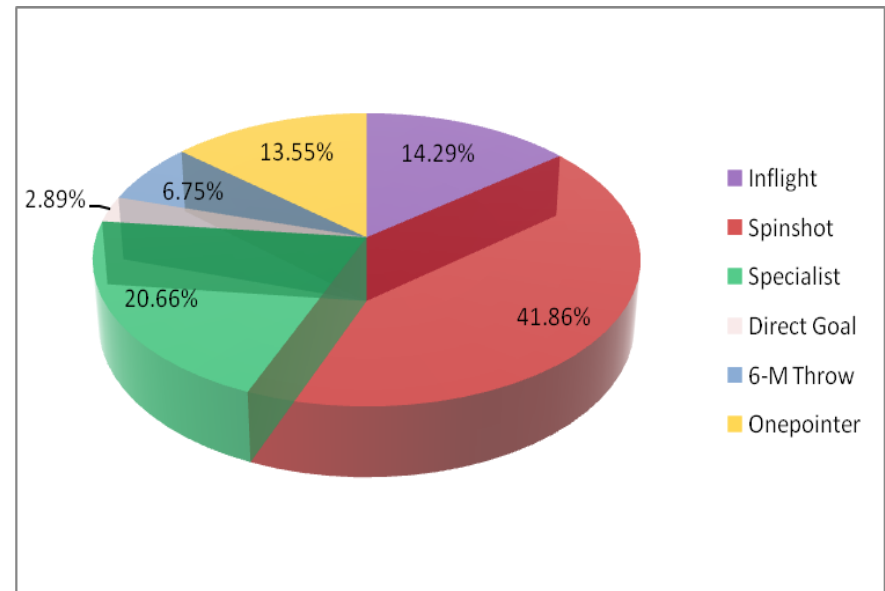
Introduction

Introduced at the 3rd Beach Handball World Championships 2008 in Cadiz the “statistic project” has been developed significantly since then. The handwritten system has been upgraded to a full electronic scouting system. With modern touch screen laptops the actions of the game can be followed. With the scouting reports the coaches of the teams receive important information during the tournaments. Furthermore one can get valid data and results for the development of the sport Beach Handball itself.

8.1 Selected Results

Results from Antalya 2010:

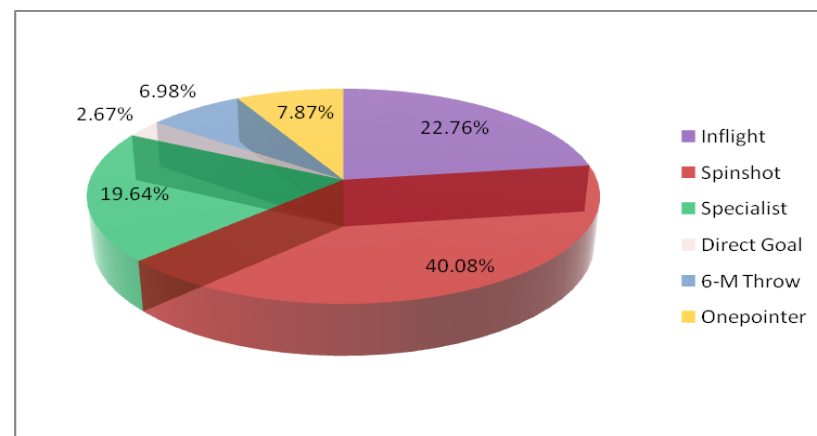
In 112 matches there were in total 4'044 successful final actions in attack, which means, actions that have been either finished with one or two points. 41% of all the actions were spinshots, 20% goals by the specialists and 14% inflights.



8.2 *Difference between the Genders*

By comparing men and women one can see that especially with the inflights there is a big difference between the genders. Women only succeeded with 5% inflights while men had over 22%. Men use 40% spinshots and 19% specialist goals. Onepointers only are needed in 7% of the successful final actions.

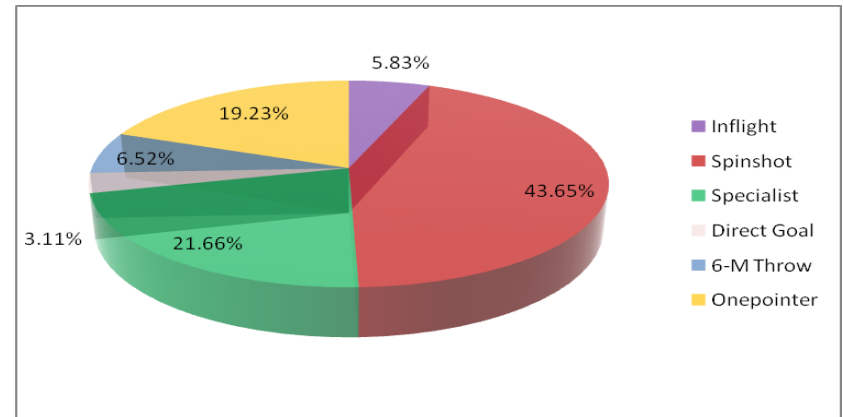
Successful Final Actions		
MEN	Absolute	Relative
Inflight	460	22.76%
Spinshot	810	40.08%
Specialist	397	19.64%
Direct Goal	54	2.67%
6-M Throw	141	6.98%
Onepointer	159	7.87%
SUM	2'021	100.00%



8.2 *Difference between the Genders*

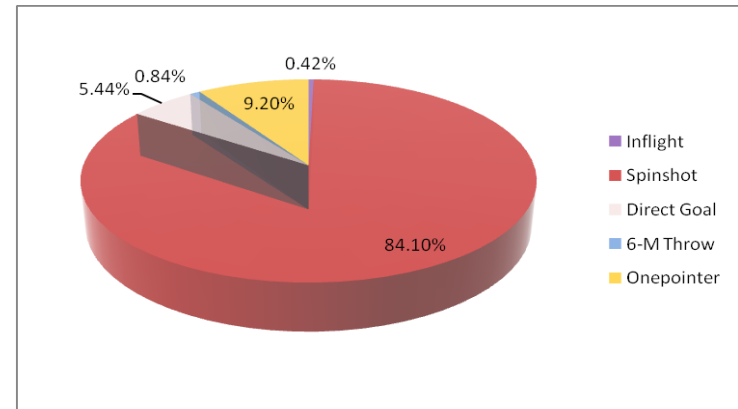
Comparing 2010 with 2008 the inflights performed by women decreased **by nearly 50%!** At the same time the spinshots (43%) and onepointers (19%) increased significantly. One clearly can see that women do not successfully use the tactical element of inflights any more, which was some years ago the only spectacular element in Beach Handball.

Successful Final Actions		
WOMEN	Absolute	Relative
Inflight	118	5.83%
Spinshot	883	43.65%
Specialist	438	21.66%
Direct Goal	63	3.11%
6-M Throw	132	6.52%
Onepointer	389	19.23%
SUM	2'023	100.00%



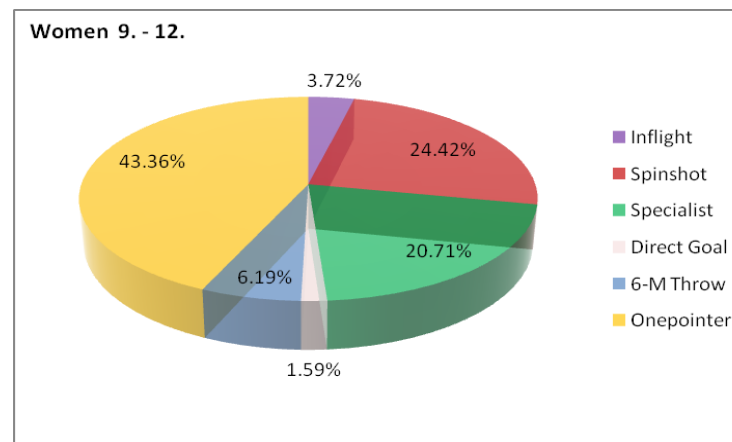
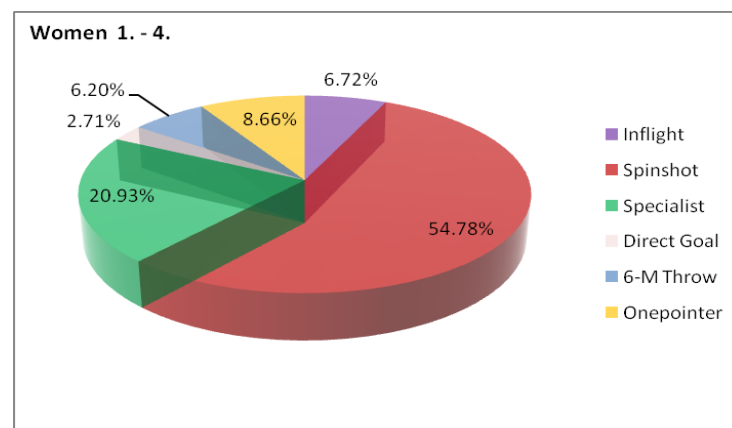
8.3 Shoot Out Statistics

In the Shoot Out the situation has developed dramatically considering the idea of many different and creative shots. 84% of all 239 successful shots on goal in **Antalya 2010** in the Shoot Out were spinshots supplemented by 9% (tactical) one-pointers and only **1 inflight!**



8.4 Differences in Performance (Women)

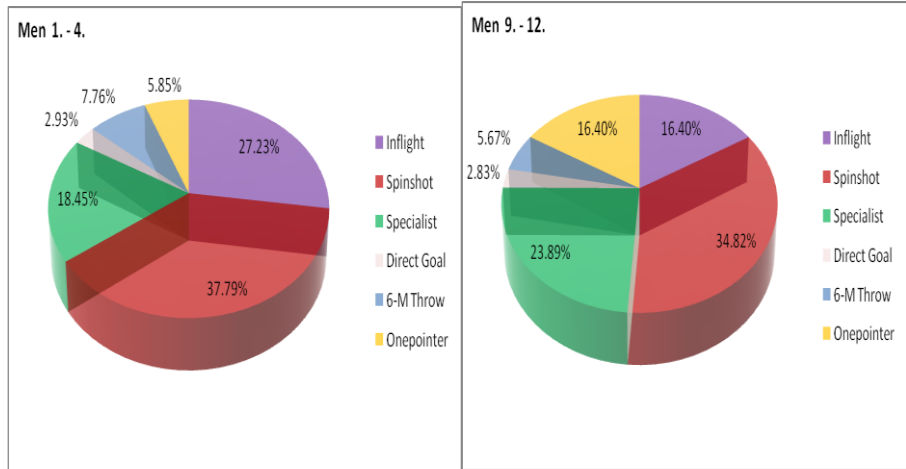
Also very interesting is the differentiation between the top teams (best four) and the weaker teams (last four). While the top teams at the women's competition finalise over 54% of their shots with spinshots and at least over 6% with inflights, the weaker teams are only able to finish 24% spinshots and 3% inflights, but mainly use the tactical element of onepointers (43%) or specialist goals (20%).



8.5 Differences in Performance (Men)

If one compares the top teams (1-4) in the men's category with the weaker teams (9-12) you can see that the top teams had nearly 60% more successful final actions (786) than the weaker teams (494). Also the number of successful inflights at the top teams (214) is much higher as the respective number at the weaker teams (81). While the top teams only had to use 5% onepointers the weaker teams were forced to use over 16%.

Successful Final Actions				
MEN	1 to 4		9 to 12	
	Absolute	Relative	Absolute	Relative
Inflight	214	27.23%	81	16.40%
Spinshot	297	37.79%	172	34.82%
Specialist	145	18.45%	118	23.89%
Direct Goal	23	2.93%	14	2.83%
6-M Throw	61	7.76%	28	5.67%
Onepointer	46	5.85%	81	16.40%
SUM	786	100.00%	494	100.00%

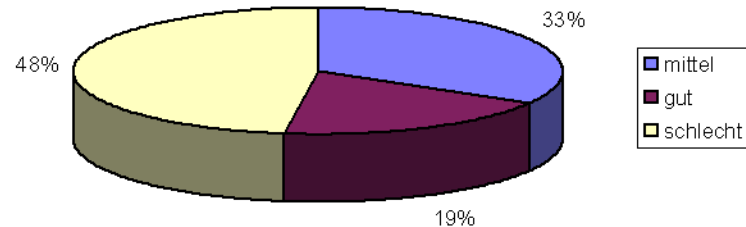


9 Beach Handball in Schools

The obvious problem of Beach Handball in schools and physical education is the lack of Beach Handball fields.

Via co-operation with clubs this problem can be solved.

On the other hand, the idea behind the game of Beach Handball can also be realised in a sports-hall or on a grass surface.



Chances and Possibilities of Beach Handball in PE voted by the participants of the German Beach-Handball-Masters-Serie 1996 (in percent; N = 362).

Source: GEHRER, A: Beach Handball, eine Antwort auf den Zeitgeist der Gesellschaft, Tübingen 1997.

9.1 *Advantages of Beach Handball*

- Due to the material, the ball is palpable for every student (also without wax) and in the defense the ball does not hurt.
- Due to the fact that bouncing the ball in Beach Handball is nearly not possible, the ball must be passed very often. The **Ability of Orientation** will be taught and also co-educative aspects can be considered (i.e. girls' goals count one additional point).
- Due to the material of the ground (sand), the resentments of falling, jumping or diving for the ball are much lower and the stimulative nature of sand is very high.

9.2 *Beach Handball Unit*

Exercise Series Beach Handball:

Based on the previous knowledge and the level of the students you may start on the different modules of this exercise series.

A complete Beach Handball unit for Physical Education in school or University (with 3 up to 5 hours) can be arranged with these modules.



9.2 *Beach Handball Unit*

MODULE 1: Jumping

Objective: Learning of jump techniques.

Exercise: Learning of the basic techniques of jumps (one-legged, with both legs, other leg) regarding the start (step number, direction, length of steps) and the jump (high, far).

Load:

5-6 jumps, 2-3 minutes break, 5-6 sets



9.2 Beach Handball Unit

MODULE 2: Passing and Throwing

Objective: Learning of passing and throwing techniques.

Exercises:

Passing with the Beach Handball

(on the left, on the right, in the jump, over-head, backhand, from the rotation, pressure pass etc.).

Throws with the Beach Handball on different points of the goal (high, low, left, right).



9.2 Beach Handball Unit

MODULE 3: Introduction of the Inflight

Objective: Catching the Ball in the air and throwing it in the jump.

Problem: Very short air time

Formation: Students in one row and teacher / or a good pass player gives the passes

1. Normal passes (with and without spring board)
2. Inflight passes (with spring board)
3. Inflight passes with trampoline / rebounder



9.2 Beach Handball Unit

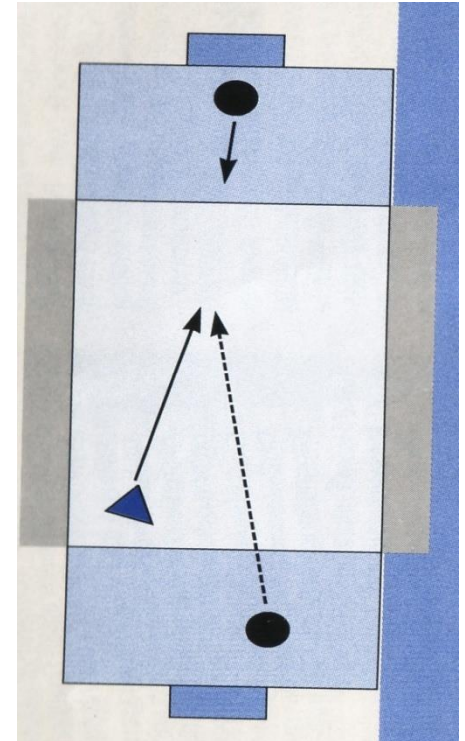
MODULE 4: Introduction of the Shoot Out

Formation: Like in the Shoot Out in Beach Handball the students stay on the goal area line of both goals.

Exercise:

1. Trail run on one goal with all students (teacher plays the passes)
2. Continuous run on both goals (only one-pointers)
3. Ditto with spectacular goals (behind the back, through the legs, etc. → let the students be creative)
4. Competition on two goals with 2 teams

Note: In the beginning a neutral pass player can also be in the middle of the field.



9.2 Beach Handball Unit

MODULE 5: Beach Handball Match Indoor

Formation: On a volleyball or basketball field with marking system (and two goals on both ends). Bouncing is not permitted (ball possession for the other team).

Exercise:

1. Without substitution players, goalkeeper leaves the goal and becomes specialist (4 players per team)
2. With 1 substitution player in attack for the goalkeeper (5 players per team)
3. With 2-4 substitution players (6-8 players per team)

Note:

In co-educative courses one extra-point for girls.



10 Courses and Workshops

Courses and Workshops:

Schools, clubs and Federations have the possibility to book Beach Handball courses and workshops.

The seminars include theoretical and practical aspects of the game of Beach Handball.

With handouts, presentations as well as practice on the field the game of Beach Handball will be explained.

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All pictures by Axel Heimken and Alex Gehrer.

Many Thanks for your Attention !



Practical Topics Coaches Course

Beach Handball

Count the number / percentage of the different shots per match (3 matches minimum):

- ✓ Inflights
- ✓ Spinshots
- ✓ Specialist
- ✓ Goalkeeper
- ✓ Onepointer
- ✓ Other

Identify different set moves / defence systems:

- ✓ Describe offensive set moves
- ✓ Describe defensive systems
- ✓ Identify special tactics (individual and group tactics)

Identify the difference of the top teams in comparison to the weaker teams (top 3 versus last 3):

- ✓ What makes the difference?
- ✓ Percentage of shots on goal
- ✓ Offensive tactics
- ✓ Defensive tactics
- ✓ Selection of players
- ✓ Individual stars