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***Developing
speed endurance
by means of
Defense drills***

Pokrajac Branislav
European Handball Federation



- As we know physical preparation of players has two parts:
 - basic preparation, and
 - specific preparation
- One of the most important parts of specific preparation is ***speed (fast) endurance.***
- ***Speed endurance*** belongs to ***anaerobic*** mechanism of endurance and ***lactic*** reaction (glycolysis).

- In order to develop the process of ***lactic*** reaction (glycolysis) what we know as speed endurance must be observed to certain conditions:
 - The exercises must be from specific sport,(in handball we have two types of these, defense exercises and contra attack exercises). It can be, also, any combination of these two types of exercises or any other movements with or without ball what we can do with full speed.





- Intensity of work is 90-95%,
- Duration of exercise is 20 sec.- 2 min.
- Rest time between two repetitions may be:
 - a) 45 – 90 sec. (easier),
 - b) with the reduction of rest periods (5-8 min; 3-4 min; 2-3 min), what is much harder. If we use this method one series has 4 repetitions, number of series is 2-4 and time between two series is 15-20 min.