



Long term performance & match preparations

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Long term performance

Based on experience in the EHF course, lay the foundation in your own country.

Going further into detail than was possible in Switzerland

Exchange with other referees and their experiences

Physical: Watch your diet
exercise regularly

also in handball free time

give your body regeneration



Long term performance

Psychological: refresh and deepen
knowledge of rules
stay mentally active
follow games in the stream / on site
whistle as much as possible
note down questions and have them
answered by a specialist (Ivan).



match preparations

Let a third person film you, then evaluate the video and set goals for the next games

Example:

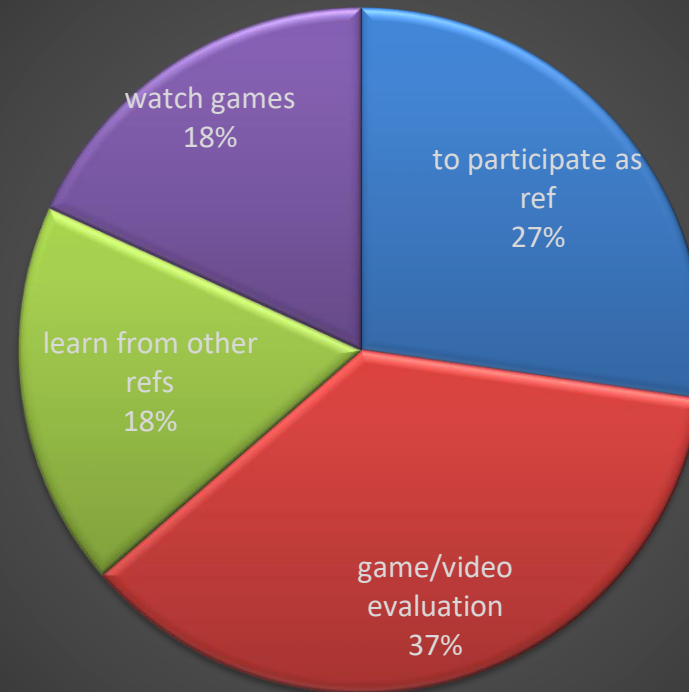
Goals next matches // Mike Jaun & Stefan Kurth

Situation	how to improve	tool
Almost crash with players	Positional play Where to stand/run	Video Draw better way to run on court model
Problem to understand special English words	Write down these words and learn it in leisure time	Internet dictionary
Too few suspensions	To recognize unsportsmanlike actions from the beginning!	Video Rules of the game



match preparations

aid to get a better Referee



■ to participate as ref ■ game/video evaluation ■ learn from other refs ■ watch games



The advantages of the use of the head sets in BH

better communication

no disturbance of the players

less hectic

calmer to the outside

Danger: Don't discuss too much with each other,
don't talk into your partner's areas

As a pair, find the correct frequency of use of the
headset

