

# Vision of Handball Future

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“ Visionaries !?!..... Psychiatry is full of them “

Visionary or a Fool ???

Tiny line



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## Nikola Tesla – Man with vision and a dream



1856 - 1943

Great scientist and visionary

*His dream was to light up whole globe by using natural source of electricity*

**Science** – wrote **180.000 pages** of different scientific papers

**Inventions:** AC electric power, radio, electric motor

Due to his researches nowadays we have:

*remote control, neon and fluorescent light, wireless transmission, computers, smart phones, x-rays, laser beams, ....*

He died in big poverty with big debts



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## VISION

VISION may be based on:

Human geniality

Scientific work

**Scientific and other FACTS**

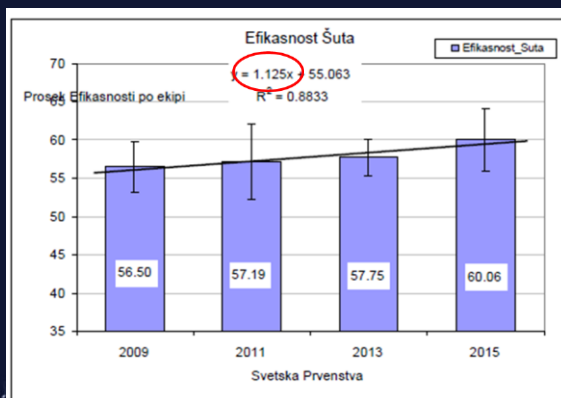


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## Some quantitative facts

### Shot efficiency



2017 WCH

Prediction

61%

Reality – **60,56%**



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## Some quantitative facts

Svetsko prvenstvo 2009 godine									
	N (ekipa)	1 – 4 mesta		5 – 8 mesta		9 – 12 mesta		13 – 16 mesta	
		Mean	SD	Mean	SD	Mean	SD	Mean	SD
Suma_Dati_golovi	16	285.750	27.54	275.00	27.84	249.75	31.82	283.25	21.38
Suma_Primijeni_golovi	16	212.00	17.40	235.00	5.60	223.75	17.40	240.75	20.54
Index_P_D_golovi	16	1.360	0.226	1.18	.12	1.12	.17	1.19	.19
Efikasnost_Suta	16	<b>57.00</b>	4.00	57.75	4.11	56.50	3.10	54.75	23.37
Svetsko prvenstvo 2011 godine									
Suma_Dati_golovi	16	258.25	17.74	273.50	24.61	161.75	26.59	163.00	18.93
Suma_Primijeni_golovi	16	195.25	13.58	224.50	27.95	139.25	12.79	179.50	2.89
Index_P_D_golovi	16	1.32	.08	1.24	.25	1.17	.19	.90	.11
Efikasnost_Suta	16	<b>60.00</b>	3.55	59.25	4.20	55.75	4.28	53.75	6.50
Svetsko prvenstvo 2013 godine									
Suma_Dati_golovi	16	246.50	8.73	195.50	15.67	163.25	15.07	161.50	7.23
Suma_Primijeni_golovi	16	202.25	7.89	149.00	23.13	126.25	13.60	148.50	9.47
Index_P_D_golovi	16	1.21	.03	1.32	.11	1.30	.04	1.10	.10
Efikasnost_Suta	16	<b>58.25</b>	2.21	58.75	.95	57.75	3.30	56.25	3.10
Svetsko prvenstvo 2015 godine									
Suma_Dati_golovi	16	269.00	30.70	249.50	21.62	172.25	29.22	168.00	5.22
Suma_Primijeni_golovi	16	222.50	12.80	209.50	14.48	136.25	19.73	164.50	21.77
Index_P_D_golovi	16	1.21	.20	1.20	.10	1.27	.11	1.03	.13
Efikasnost_Suta	16	<b>60.75</b>	5.00	60.00	.81	62.50	5.25	57.00	2.59

WCH 2017

1-4 place

**65%**



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## Values that players expect from Coaches

*Players respect following values*

**Visionary (34%)** – long term goals

Coaching (24%) – individual / team goals

**Conciliatory (19%)** – Connector (peacemaker)

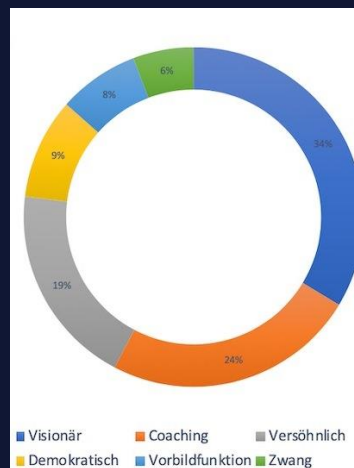
Democratic (9%) – Participation

**Exemplary (8%)** - Motivation

Dictators (6%) – under fear



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## Development trends

Technical and tactical performance in women's handball generally follows development trends in men's handball.

All tendencies been seen on SENIOR level may be notified already on YOUTH stage



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## General impressions

- High-speed play (fast breaks, quick throw-offs, ATT set play 2:2)
- One-hand catching and shooting as a tactical mean
- Impact of New rules – on game physiognomy and tactics NOT only to be observed through 7:6, 6:6/6:5
- Active, flexible defensive systems



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## High-speed play

- Number of scored and conceded goals has dropped significantly from 2009
- It doesn't mean that fast pace game lost it's importance
  - Fast retreat in Def and Fast pace game in Def are preventing Counter Attack to endanger the goal
  - First wave of CA very often intercepted

➔ **Systems for Preventing FB**



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## General Development Trends

### First conclusions:

- Increased No of GOALS
- Reduced No of ATTACKS

→ Improvement of **ATTACKING EFFICIENCY**

1-4 teams – efficiency in ATT – 65%

**Cause** – mainly further development of TH and TK  
Individual playing profile



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## Main characteristics of TOP handball players

### ATTACK

- Effective play **with** and **without the ball**
- Playing with the ball **only 1-2 steps**
- **Huge repertoire** of different **passing** and **throwing** technique (both with L/R hand)
- Endangering the goal and shooting from different BC pos.
- **Variations** in **man-to-man** situations (1:1) by combining different feints, dribbling and shots



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## Individual Behavior - **ATTACK**

Constant development in **passing** and **throwing** technique:

1. Jump shots - **reduced preparation time** (0-1 step)
2. One hand catching and passing / shooting



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## **ATTACK** – One hand catching

### Before:

- Common only for LP in situation 1:1
  - When under high pressure from DEF
  - With both LEFT and RIGHT hand

### In 1990's:

- Bilateral development of **IND skills** in ATT
  - Passing, feinting....
  - LP – catching, shooting ???



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## ATTACK – One hand catching

### Nowadays:

1. **Wings** in the FB – 1<sup>st</sup> wave long pass

2. **Backs** – less body rotation, keeping high running pace

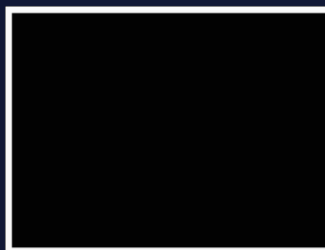
- One hand catching followed by immediate action (Shooting, passing, 1:1)
- Implemented in all situations



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## 1 hand catching - **WINGS**

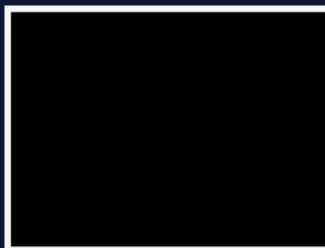


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## 1 hand catching – passing + shooting



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## ATTACK – Shooting non-dominant hand

### Possible expectations

- Line player
- Wing – after transition
- IND fast break
- Upon Breaking trough (Set Play)



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## Team behavior in ATTACK

- Fast pace game
    - many teams vs. unorganized DEF
    - TC tool vs. teams changing 2+ players for DEF
  - Mostly 1<sup>st</sup> FB wave –
    - due to fast wings with good anticipation of turnover
    - also in 2<sup>nd</sup> and 3<sup>rd</sup> wave
  - Quick throw-offs
    - As individual or group organization (1-3 waves **NEW**)
- FURTHER DEVELOPMENT !!!**



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## Group behavior - ATTACK

- Teams more relying on well-known TK concepts
  - collaboration in small groups 2:2

### **Change of pace concept !!!**

**Set play preparation phase – shorter & shorter**

- After crossing + space shifting
- After transition
- From free throw situations (with dyn. change of pace)



**FURTHER DEVELOPMENT**  
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2:2 - change of pace  
+  
space shifting



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2:2 - change of pace  
+  
transition + crossing



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## Defense – general impressions

- Key element of team's success
  - *“ATT wins games, DEF wins Championships”*
- Critical factor for reaching final comp. stages
- Among 7 most efficient teams
  - 6 teams reached ¼ finals and
  - 2 teams semi finals and
  - 1 team finals



Martin Ambros (Gyor) – using TTO, about DEF  
 Finals WF4 2018  
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## Team behavior - DEFENSE

- Top teams dominantly use 6:0 (flexible systems)
  - Only good solution for 6:7
- Only few teams 5-1, 3:3 – non-EU countries (KOR, JPN)
- Growing trend of Active DEF on wings on opposite side of the ball



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## Flexible defense

It is standard nowadays even in **Young Age Cat**

### Main goal:

- To put as much pressure on opponent with or without the ball

### Used:

- Some teams always – RUS, HUN
- Only in certain situations or parts of the game – NED, NOR, ROU



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## Flexible defense

### Preconditions:

- Good individual abilities (stance, moving in stance / def)
- Players mentality (competitor)
- Activity (controlled aggressiveness)
- Communication
- It has to be well trained



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## Flexible defense

- Basketball – *“Match up DEF”*
- Clear trend of playing DEF based on IND skills

Question: *Would we ever play Man to Man as in basketball?*

Basketball restrictions (2m height players, No of fouls, .....

**Biggest problem** – in the field of **Psychology**

How to convince the players that this DEF sys is **UNBEATABLE**



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## Individual Defenders

- Further development of IND qualities in DEF
  - Def stance, Moving in the stance **and** Moving in DEF
  - Besides **parallel** and **diagonal** stance – **3 MORE**  
**OPEN, CLOSED, SEMI-CLOSED**
  - Different individual strategies (using L/R diag. stance)
    - Attacking the ball (Tackling) + Attacking the passing line (**Flexible**)
- Changing **2 or + players** ATT-DEF is less frequent

→ Fast-paced handball



→ More universal players (ATT – DEF)

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## Development of NEW DEF. ELEMENTS

### 1. Provoking offensive foul

- In the past was consequence of bad ATT
- Nowadays – IND DEF technical element
- Due to the improvement of IND DEF skills

Special TC tool of some players:

- Excellent in IND DEF skills
- Good reading of the game (predict the opponent)

Smart player



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## Development of NEW DEF. ELEMENTS

### 2. Doubling the attacker – from Basketball

- Wing positions
- Occasional use
- As a quick TC surprise
- To provoke technical mistake
- From organized def. system (6:0, ...)



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## ATTACK – Numerical inferiority ?

# ???

New rules 01/07/2016

7:6

(case POR - EURO Championship 2017)

6:6 / 6:5

What will be in future?



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## ATTACK - 7:6

Further development

a) **2 pivots** – different playing strategies

b) **4 back court players + 1 pivot**

– Some actions



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## DEFENSE vs. 7:6

a) Mostly system 6:0

**BUT !!!**

b) Some coaches – 5:1 less deep



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## Changes in the Rules of Game

**Huge impact on H. development**

### 1. Fast throw-off

- Great impact on the field of physical preparation
- Almost no time for quick recovery

### 2. Passive play – 6 passes

- 9 m small actions (TC schema)
- With different No of passes

### 3. “Shot clock” – some proposals

- It will increase level of Intensity even more that we expect



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## Possible challenges in the future

### Physical preparation and periodization

- High-speed H., play without rest
- Tight calendar

### Important role of reserve player

- High-speed H – long bench
- Winning the titles

### Ref's performance

- Big influence on the game (passive play, progress. punishment)
- Pick & Roll – almost disappear
  - Important TACT. tool against deep and flexible defense



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## Possible challenges in the future

### Periodization of Main Competitions

- Mid-Season - only Team Sport

### Involving new technologies

- In different training aspects
- Video analyze of performance
- “*Maison de Handball*” – very good example



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Coaching Business...

To Explore on the field

That is how you may become a visionary

But please, let's NOT meet on some Psychiatry Clinique

Thank you !



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