

Speed & technical skills



Bogdan Macovei

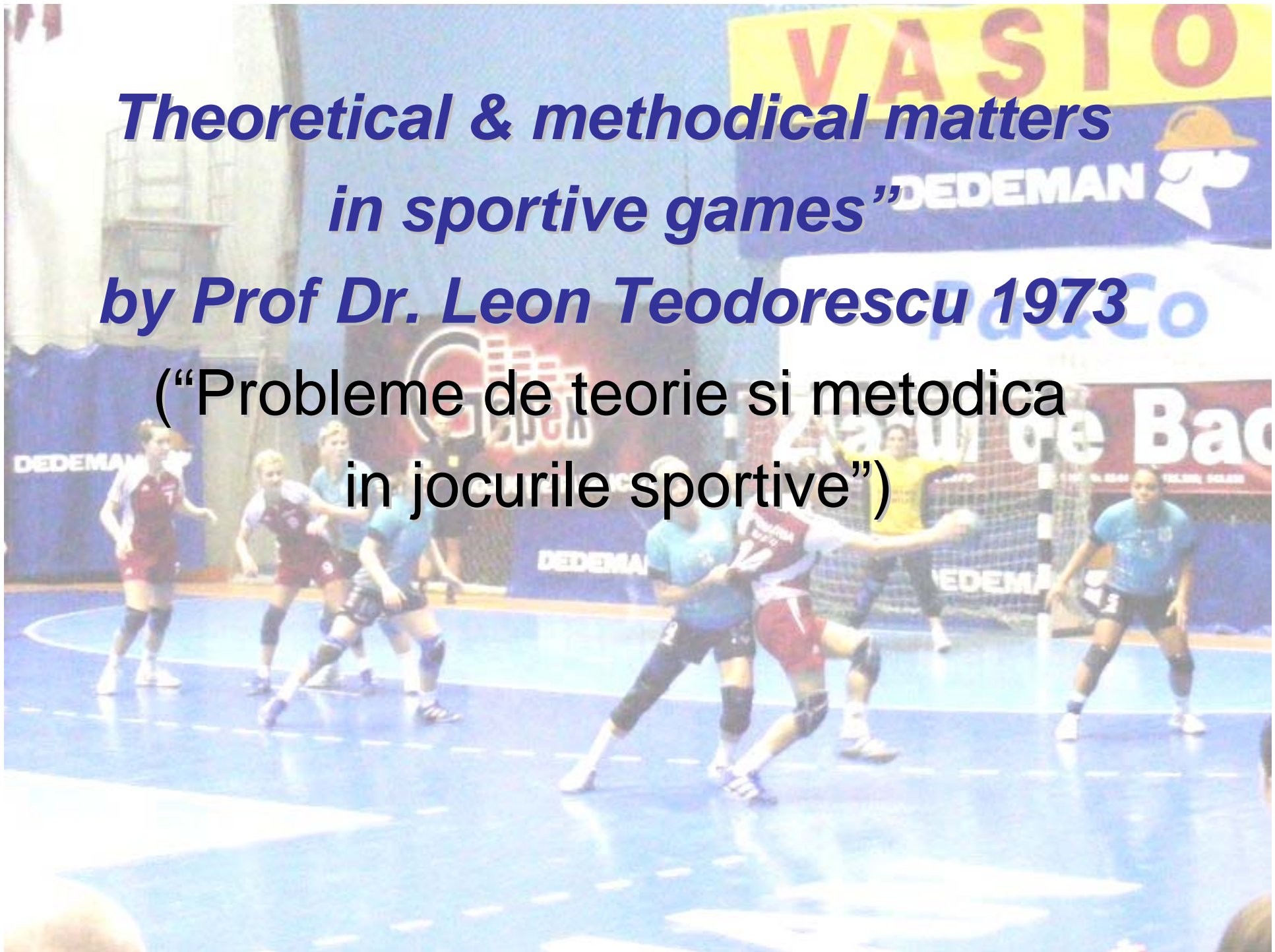
Characteristics and trends in top level practice of sportive games

Fight to impose the playing rhythm & tempo
Increase of the importance & usage
frequency of aerial play
Simplification of collective attack build-up
Increase of the importance of an efficient
defense
Usage of stable position couples
Increase of the “team leader” importance
(likely center back)

***Theoretical & methodical matters
in sportive games”***

by Prof Dr. Leon Teodorescu 1973

**(“Probleme de teorie si metodica
in jocurile sportive”)**



Which are the confirmed trends in the actual top level handball?

- Changes of the rules of the game for making it more exciting and spectacular
- Changes of the game conception
- Changes in the training conception and practical methodology (see the importance of position couples tactical efficiency, 2/2 or 3/3 in contrast with collective tactics 6/6)
- The improved goal numbers (and attacks) in top level competitions
- Usage of fast attacks and partial elimination of the attack phase organizing

Speed in attack & technical skills in ball handling.

Why?

All quantitative & qualitative ECh analyses at all levels, men's or women's show several general trends:

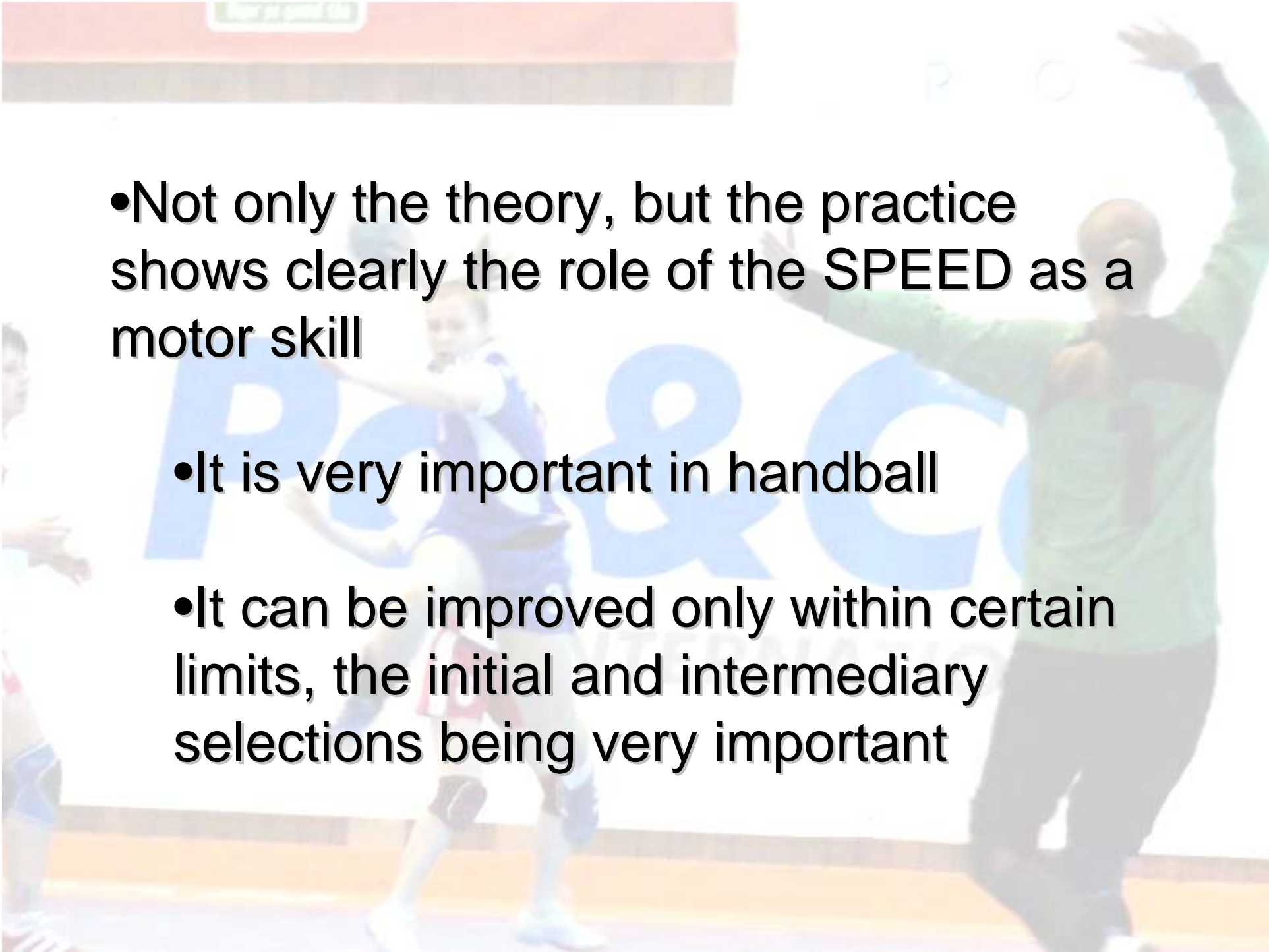
- Increase of attack numbers per team to over 65
- Increase of the technical errors average (from 12-15% for seniors to 20-25% for other age categories)
- The fast breaks & fast attacks average is now approx 30% of the total number of scored goals



The answer for the above mentioned question is

THE IMPROVEMENT OF TECHNIQUES & TACTICS IN FAST SPEED CONDITIONS

at the individual level and especially at the position couples level, both very important in order to finalize successfully the tactical collective actions

A background image of a handball game. A player in a green jersey is jumping high on the right side, reaching for the ball. A player in a blue jersey is in the center, also jumping. The court is orange, and the background wall is white with a large blue 'P&C' logo. A red banner is visible at the top left.

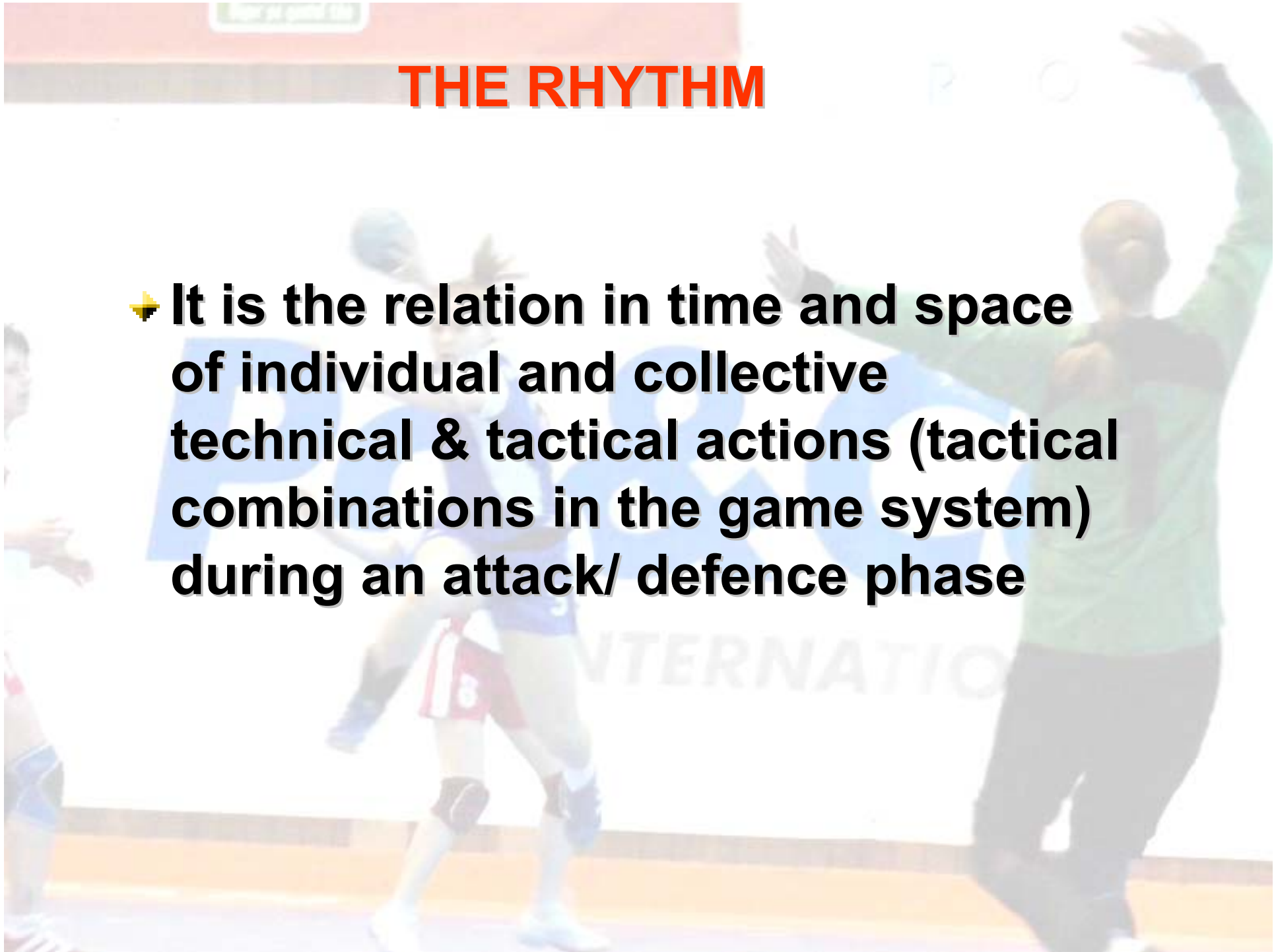
- Not only the theory, but the practice shows clearly the role of the **SPEED** as a motor skill

- It is very important in handball

- It can be improved only within certain limits, the initial and intermediary selections being very important

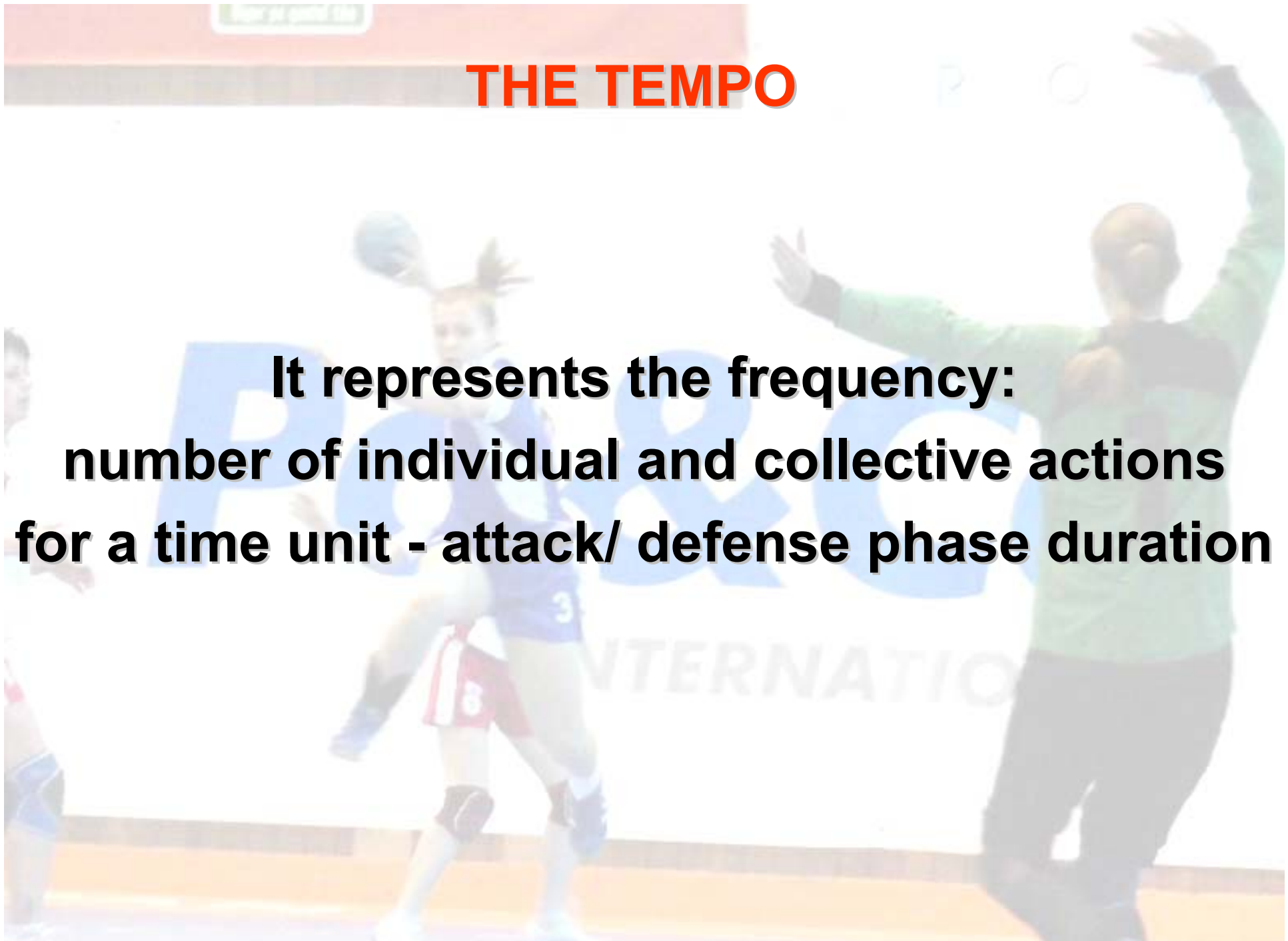
THE RHYTHM

- ✦ It is the relation in time and space of individual and collective technical & tactical actions (tactical combinations in the game system) during an attack/ defence phase



THE TEMPO

**It represents the frequency:
number of individual and collective actions
for a time unit - attack/ defense phase duration**



COORDINATION (1)

Coordination appears in all its forms during the handball game:

- control ability: the evaluation of the information (teammate – ball – opponent) and the accurate estimation of the following movement;
- rhythm ability: integrating the actions in time and free-will actions;
- differentiation ability: kinesthetic, the movement action is distinguished and evaluated under the influence of the nervous system;
- balance ability: to insure a correct position of the body during the motion actions (technical-tactical methods);



COORDINATION (2)

- ability of combining and matching the movements: performance of complex actions made up of many tactical methods or situations;
- space orientation ability: temporal, determination of the court area, of the teammate's position, of the moment when the opponent takes action;
- anticipation ability: to foresee the actions that are going to follow;
- ability of changing the movements: the quick transition from some gestures and actions to others (even before the first one has finished).

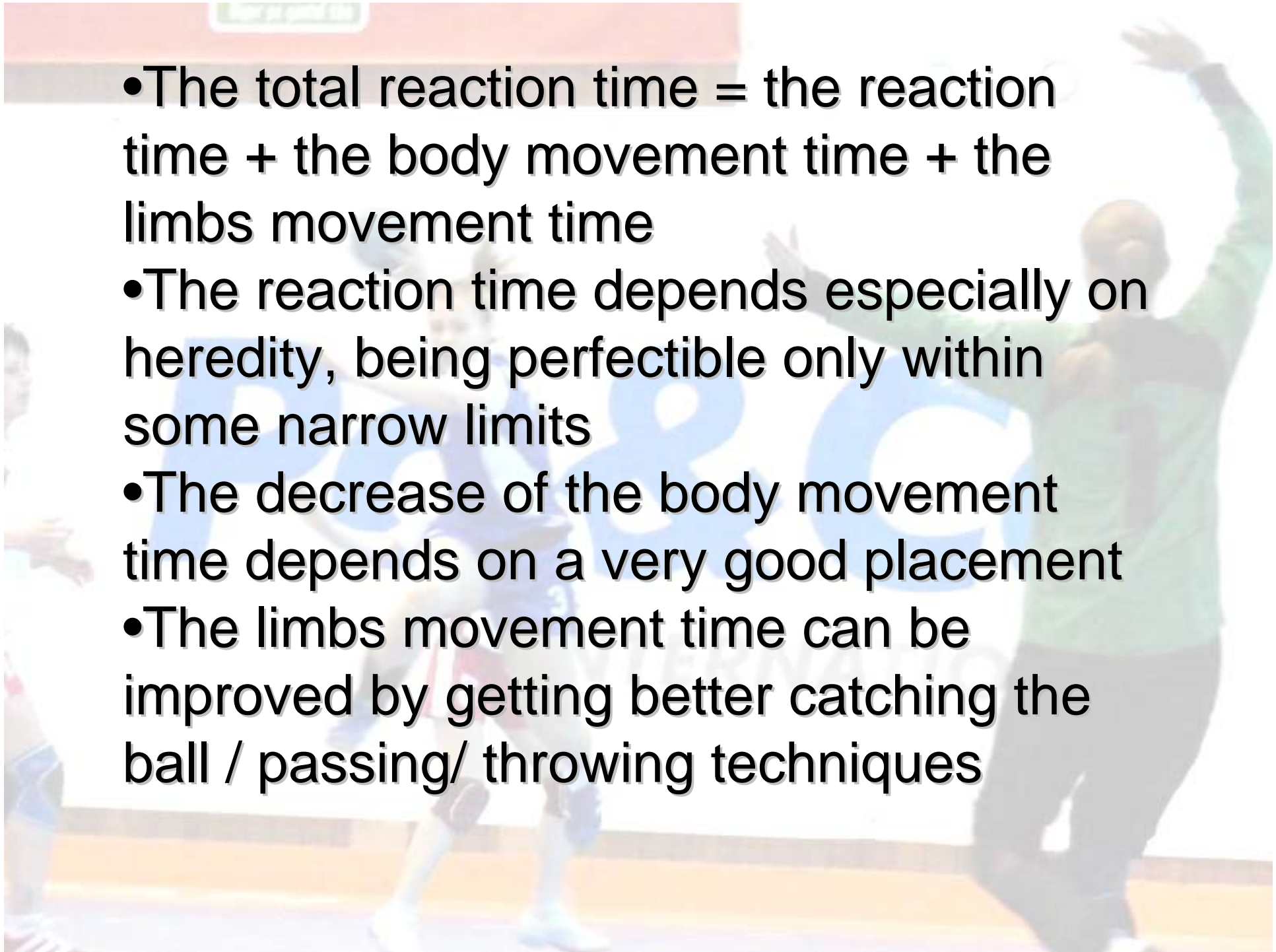
THE SPEED



THE REACTION SPEED

- For auditive stimuli – 0.12- 0.27 sec (referee's whistle, teammates' or coach's voice)
- For visual stimuli - 0.15 sec (ball trajectory, teammates' positions, teammates', coach's or referee's gestures –see pre-passive)
- For technical & tactical perception stimuli- 0.09- 0.27 sec (Technical and Tactical Individual Speed)

- The total reaction time = the reaction time + the body movement time + the limbs movement time
- The reaction time depends especially on heredity, being perfectible only within some narrow limits
- The decrease of the body movement time depends on a very good placement
- The limbs movement time can be improved by getting better catching the ball / passing/ throwing techniques



THE MOVEMENT SPEED

Forward

Backward

Lateral

Diagonal



TECHNICAL & TACTICAL INDIVIDUAL SPEED

Catch-passing

- “Movement sense” (own, teammates’, opponents’ – including here a tactile sense of a pivot or in cases of “one-to-one” marking)
- The ball trajectory (anticipation and adaptation of the catching, passing or throwing techniques)
- Placement on the court (with one or both legs on the floor, in jumps, with or without ball)
- Endurance (during a game and during a whole tournament)

TECHNIQUES & TACTICS OF POSITION COUPLES

Are determined by:

- **Achieved speed level (in all its forms) and in endurance conditions**
- **Individual technical level in speed & endurance conditions**
- **Individual & position couples' coordination**
- **Direct opponents' reaction**

COLLECTIVE TECHNIQUES & TACTICS

Depend directly on the playing rhythm & tempo in attacks and are determined by:

Achieved speed level

(in all its forms) and in endurance conditions

Individual technical level in speed & endurance conditions

Position couples' technical & tactical level in speed & endurance conditions

Individual, position couples' & collective coordination can depend on the planned strategy for a game/ a tournament

can depend on a playing moment or a score

can depend on particular circumstances in the evolution of the game (e.g. numerical superiority/ inferiority)

can depend on the opponents' defense reaction, especially on a change of the system

Bibliography

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