



Values of Beach Handball

Beach Handball vs. Indoor Handball

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1. Why do we like Beach Handball?





1. Why we do like Beach Handball?

- Have you ever thought about the reason why you chose Beach handball?
- What is your reason now?





1. Why we do like Beach Handball?

- What is the status of Beach handball nowadays?
- What is our vision of Beach handball in the future?





1. Why we do like Beach Handball?

We have to explain to and convince handball experts and the general public of the reasons for taking part in and the positive effects of Beach handball!





1. Why we do like Beach Handball?

Let's collect all of the positive effects (work in groups):

- regarding Beach Handball:

e.g., fair play, freedom in creating solutions, fun, proprioception training

- regarding Indoor Handball:

e.g., inflight, anticipation, increasing vertical jump



2. Physiological values

2.1. Natural environment

- Health (sunshine - vitamin D; fresh air - Oxygen) increases immune system's level
- Heart rate – higher





2. Physiological values

2.2. Movements on the sand

- Regular running on sand leads to more economical running on a firm surface
- Running, jumping, changing the direction – proprioception training +special physical training for the muscles of the legs and joints
- Recreation after injuries – soft surface for the legs, special rules, no body checking after body or hand injuries, no finger injuries



2. Physiological values

2.2. Coordination training

- Especially for children, adolescents, and juniors (lots of inflight shots-keep control of the body, spin shot (with body control), special characteristic of surface) allow provide players with improved indoor skills after beach handball





3. Mental values

3.1. Recreation and break time

- After 9-10 months of indoor handball, how can players usefully spend their time?
- What can I do with the players till preparation time?
- Motivation without matches – is it possible or not?
- Diversity of trainings as one of the most important aspects.





3. Mental values

3.2. Use the mind for other things

- The freedom of beach handball allows for active relaxation after a season of indoor handball which provides a basis for the players

3.3. Provides happiness, buzz (high), positive effects.

- Sunshine, beach, seaside, ball, game





4. Social values

4.1. To avoid body to body contact

- Independent of the result- players learn to play without checking and faults

4.2. Fair play

- To learn discipline during game and practice situations (not like in the army)
- To learn to control their body



4. Social values

4.3. Team spirit, nurture

- There is a good opportunity to increase team spirit during long breaktimes (especially in youth ages)
- Both teachers and coaches can nurture the players.





4. Social values

4.4. Change the dominant player inside the team

- Beach handball provides an opportunity to increase the roles played by complementary players- they can be at a closer level to the dominant players. After the beach season, the level of the complementary players will be better, and they can make more good decisions.





5. Beach Handball vs. Indoor Handball

Let's analyze what benefits "the big brother" may have, and what positive effects it has when an indoor handball player is involved in beach handball as well!

- Goalkeeper
- Defence
- Counter Attack
- Offence
- Quick retreat
- Beach Handball at different ages

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There is an old principle:
“If you want a good
team, get a good
goalkeeper”.





5. Beach Handball vs. Indoor Handball

5.1. Goalkeeper

Advantages:

- reaction time after the goal
- score the goal (buzz)
- soft ball (fearless) + soft surface (no fear of landing)
- saving on horizontal direction (close shots)
- take part in changing tactics

Disadvantages: ?



5. Beach Handball vs. Indoor Handball

5.2. Defence

If you want to win, first you have to create your defensive strategy.

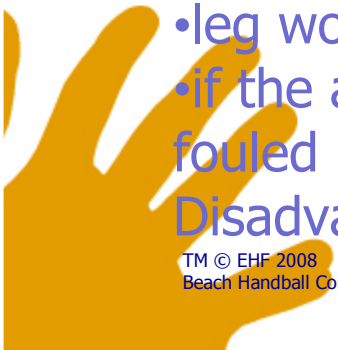
Advantages:

- anticipation (numerical inferiority in defence)
- forcing the attackers
- concentration on the most dangerous attacker
- leg work
- if the attacker in a clear scoring opportunity is unnecessarily fouled

Disadvantages: ?

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5. Beach Handball vs. Indoor Handball

5.3. Counter attack

The winner of the game, will be the team which scores the most goals by fast break.

Simple fast break (individual way):

- direct goal or direct pass - speed

Extended fast break (to gain numerical advantage)

- to play 2 against 1 -

Complete fast break

- Increase the capacities of alternatives

Disadvantages: ?

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5. Beach Handball vs. Indoor Handball

5.4. Offence

Advantages:

- base of attack – 1 against 2, 2 against 3, etc.
- anticipation – to play without bouncing and dribbling
- to create an opportunity for the most dangerous player
- playmaker and central back is the same
- to play at a numerical advantage (one player instead of goalkeeper)
- inflight shot (vision of future)

Disadvantages: ?



5. Beach Handball vs. Indoor Handball

5.5. Quick retreat

Advantages:

- anticipation – substitution strategy
- reaction time
- base of indoor

Disadvantages: ?





5. Beach Handball vs. Indoor Handball

5.6. Beach Handball at different ages

Advantages:

The greatest advantage is that there aren't any disadvantages!

(If it is necessary to play by modified rules.)



Behavior of the coach





6. Behavior of the coach

The best explanation: „I know the rules!“

- to learn the „other“ behavior,
- good example for all other coaches
- convince the referees





Do not forget! Fair Play is the basic



Foreword

These Rules of the Game will take effect on 09 March 2002.

For the sake of simplicity, this rule book generally uses the male form of words with respect to female and male players, officials, referees, and other persons.

However, the rules apply equally to female and male participants, except Rule 3 (the size of the ball)

According to the Philosophy of Beach Handball (attractiveness of the game – two teams as much as possible playing at full strength), any punishments shall be against the players as individuals and not against the team.

**<< The Philosophy of Beach Handball is based on the
Principles of „Fair Play“ – Every decision has to be
taken in accordance with these principles >>**



THANKS FOR YOUR ATTENTION!

I WISH YOU „FUNTASTIC“

BEACH HANDBALL!

