



Training Beach Handball - ideas and remarks

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1. Values of Beach Handball





1. Values of Beach Handball

1.1. Physiological values

- natural environment (sunshine - vitamin D; fresh air – Oxygen)
- running, jumping, changing the direction = proprioception training
+special physical training for the muscles of the legs and joints





1. Values of Beach Handball

1.2. Mental values

- after 9-10 months of indoor handball, how can players usefully spend their time?
- 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





1. Values of Beach Handball

1.3. Social values

- players learn to play without checking and to control their body
- there is a good opportunity to increase team spirit during long breaktimes (especially in youth ages)





2. Pay attention to

- the weather
- the quality of court
- condition and age of the players





3. Principles

- enjoyability
- playfulness
- purposefulness





4. Depends on the coaches' aim

- to play at the highest level
- to make Beach Handball a part of physical preparation
- increase the team spirit and provide a fun/happiness





5. First steps

- interpretation of FAIR PLAY
- to teach and learn the rules perfectly
- explain the reason (what is our aim with Beach handball?)





6. Logical order

- techniques
- tactics
- to play according to the rules and based on Fair play





8. Warm up games

- based on the BH rules (e.g. no bouncing, no checking, etc).
- unusual, interesting, different (benefits from using a soft surface!)
- fun (to change the feeling of all training)





9. Warm up

- especially for knees and ankles
- more stretching for muscles (2-3 times during each training session)
- prepare for the special rules and solutions (spin shots, inflight shots, etc.)





10. Warm up for goalkeeper

- making saves horizontally
- preparing for special rules and solutions (close shots, coordinating with blockers)
- preparing for special rules and solutions (direct goal)





11. Physical preparation

- special exercises for leg muscles
- torso muscles
- with different, enjoyable GAMES!!!!





12. Attack techniques

- basic movements
- spin shots
- inflight shots





13. Defence techniques

- basic movements
- diving block (against spin shot)
- gaining possession of the ball (against inflight shots)





14. Attack tactics

- to find the easiest way to score 2 points
- score the 2-point goal and don't give the opposition a chance to score a direct goal or to start a simple fast break
- to benefit from/exploit the number advantage





15. Defence tactics

- continuous anticipation
- to force the attackers into the most difficult situation, especially while defending against 2 point-goals
- to counterbalance the disadvantageous situation with different tactical solutions





16. Substitution tactics

- good substitution tactics can be a key in winning
- it provides a foundation for defensive and offensive tactics
- provides an opportunity for the coach and players to discuss anything





17. 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!

- goalkeepers (making horizontal saves)
- soft ball (fearless) + soft surface (no fear of landing)
- continual anticipation in offence and defence
- base of attack – 1 against 2, 2 against 3, etc.
- recreation after injuries





17. Beach Handball vs. Indoor Handball

Advantages:

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





18. Pay attention to healthcare

- weather (sun UV, rain, temperature, etc.)
- clean up the court
- special problems because of the circumstances (eyedrops, nail injuries, cut injuries, spine)





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 >>**



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European Handball Federation



THANKS FOR YOUR ATTENTION!

I WISH YOU „FUNTASTIC“

BEACH HANDBALL!

