



2009 EHF Lecturers' Seminar

8th – 9th August 2009 in Vienna, Austria

Topic: Exercise Selection for a Physical Work-out - Referees

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Type of presentation: Exposé

Progress of training

- Warm up – 5 min.
- Preparatory exercises – 5 min.
- Lead up exercises – 5 min.
- Training drills – 10 min.
- Playing a game – 10 min.

1. Warm up

Warming up

1. Easy running, change the tempo after whistle; single signal – faster, double signal – more slowly
2. Individual gymnastic
3. Running side wards, after whistle change the side
4. “Indian jumping” – use during jumping the arms/legs
5. Gymnastic

Creating couples

1. Frontal position, jumping and touch the partner's hands in the air
2. Offensive fouls – defender's basic position, attacker takes 2-3 steps and struggle with chest, next with shoulder
3. Tennis: Bouncing pass to the partner and he hits the ball back like a tennis player

Small group competitions – in one group min. 6 persons

1. Running with bounced ball to the middle line, put down the ball and run back to the goal line, touch the next player's hand who is running for the ball and bouncing back
2. Running in couples, pass the ball to the teammate from the middle line, running back without passing
3. Running from goal line to 10 m point and back
The next player from goal line to 20 m point and back
The next player from goal line to 30 m point and back
The next player from goal line to 20 m point and back

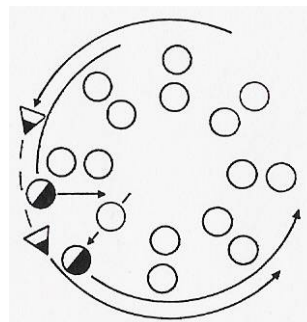
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2. Preparatory exercises

Practising basic movement elements of running with lots of direction change

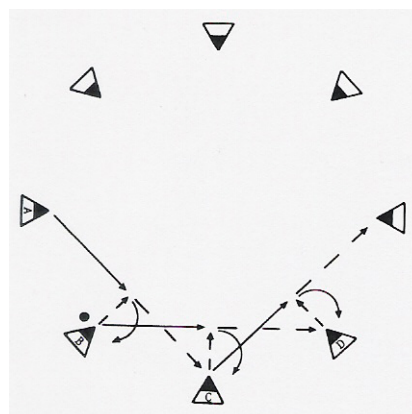
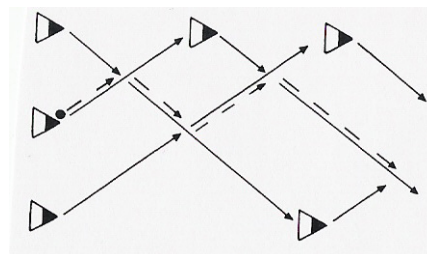
1. Practising quick direction changes: while running continuously within a limited area at different speed, stopping suddenly at a whistle signal and then running into a different direction.
2. Circular chasing: players take their positions in a double circle formation behind each other. Outside the circle, a chosen player chases another player who can escape if he moves in front of a row. However, now the outer most player becomes the hunted and the pursuer chases him. If the pursuer catches someone the hunted becomes the pursuer and he starts to chase the player at the end of the next row, while the previous pursuer moves to in front of this row.



3. Lead up exercises

Practising the position change of two players with different passing techniques and ball-delivery

1. Three players continuously pass the ball with various techniques while advancing forward and change position on a “figure eight” path. The player in possession of the ball can run either in front or behind his teammate.
2. Players position themselves in a circular formation side by side 4-5 meters apart facing the centre of the circle with one ball. **B** passes the ball to **A** who catches the ball and passes it to **C** while running and then moves into **B**'s place. Then **C** passes the ball to **B** who catches the ball and passes it to **D** while running and then moves into **C**'s place and so on. The variety of this exercise can be increased by changing the speed of running and the path of the ball, by varying the passing techniques or by adding another ball into the circle.



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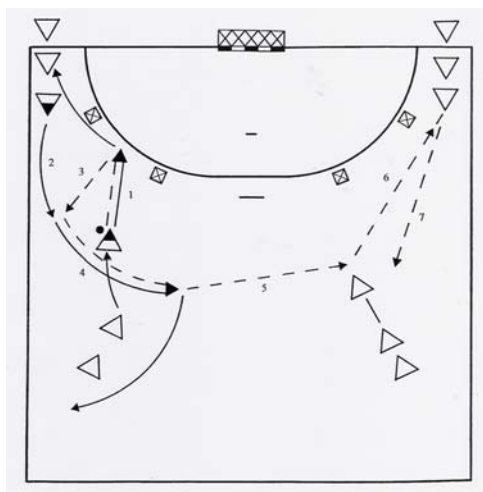
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4. Training drills

Step 1: Introducing the position change of Winger and Back

Set up:

- Four markers placed in OL-LH-RH-OR positions. Wingers and pivots start from LW and RW positions, while backcourt players line up in LB and RB positions.



Method:

- With the ball received from the wing, the LB pretends a break – through between the two markers (1), then passes to the LW (3) running up behind him (2).
- LW then while running towards the centre (4), passes the ball to the RB (5) moving forward.
- RB quickly passes to the RW (6) and with the returned ball (7) starts the same exercise as the LW and LB did on the other side.

After finishing their part, the players quickly move back to the end of the queue of their latest position. Players execute the drill continuously, with increasing speed. When passing in the backcourt, first overarm pass then jump pass should be carried out.

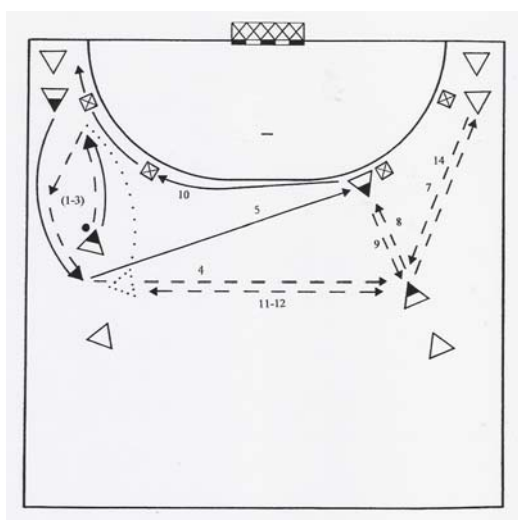
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Step 2: extending the move: Winger running in

Set up:

- Four markers placed in OL-LH-RH-OR positions. Wingers and pivots start from the LW and RW, while backcourt players line up in the LB and RB positions.



Method:

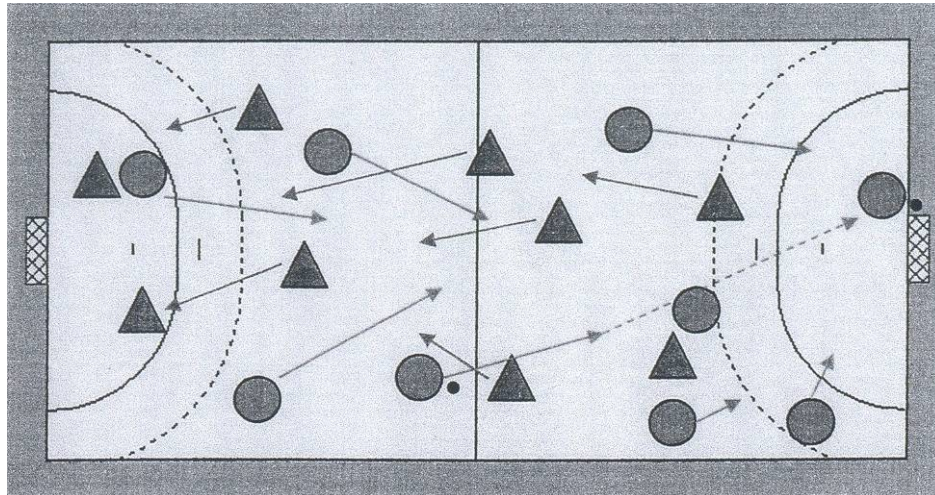
- After a position change on the left side (1-3) the LW while running makes a long pass to the RB (4) and then runs in to the marker on the other side, taking the position as the second pivot (5).
- When the ball returns from the RW then (7), the LW in the P position quickly exchanges passes with the RB (8-9) and runs back to his original position (10).
- Meanwhile the RB exchanges passes with the LB who has moved back to his position (11-12), then with the ball returns from the wing (14), starts the same exercise on the other side, - now the RW runs in.

After finishing their part, the players quickly move back to the end of the queue of their original position. Players execute the drill continuously with increasing speed. When passing in the backcourt, first overarm pass then jump pass should be carried out.

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5. Playing a game



Two teams playing on the full handball court without goalkeepers, with one ball. The players are not allowed to bounce the ball and must keep the “3 steps, 3 minutes” – rule while playing. All players are allowed to step inside the goal area and move freely inside. The aim of the team is to advance towards the opponent’s goal with passing then, score a goal by touching the goalpost /crossbar with the ball still in the player’s hand. After the team scores a goal in this way the other can start from the goal line and try to score a goal at the other end. Extension: when a team scores a goal can keep possession of the ball and then, can score again, this time at the other goalposts.