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EXERCISE BOOK No. 3

HANDBALL BETA COACH – TRAINING COURSE PROGRAM





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HANDBALL BETA COACH – TRAINING COURSE PROGRAM

The main objective of the project is primarily to improve the qualifications of young athletes starting their coaching path. This training pays particular attention to aspects related to building patterns and directions of activities of a contemporary trainer, mainly related to sport and substantive preparation to perform this demanding profession. Everyone who thinks about their future connected with managing a team must be aware that it is not only about conducting trainings. A coach is also a pedagogue, a psychologist, a mentor and a guardian. In connection with the development of science, creation of new forms of training, new forms of control and motivation, it should be remembered that one cannot stop at the knowledge gained so far. The trainer must learn every day, develop his skills and knowledge, and then implement them in his coaching work.

The project, in its basic assumption, pays particular attention to the elements related to the improvement of professional qualifications

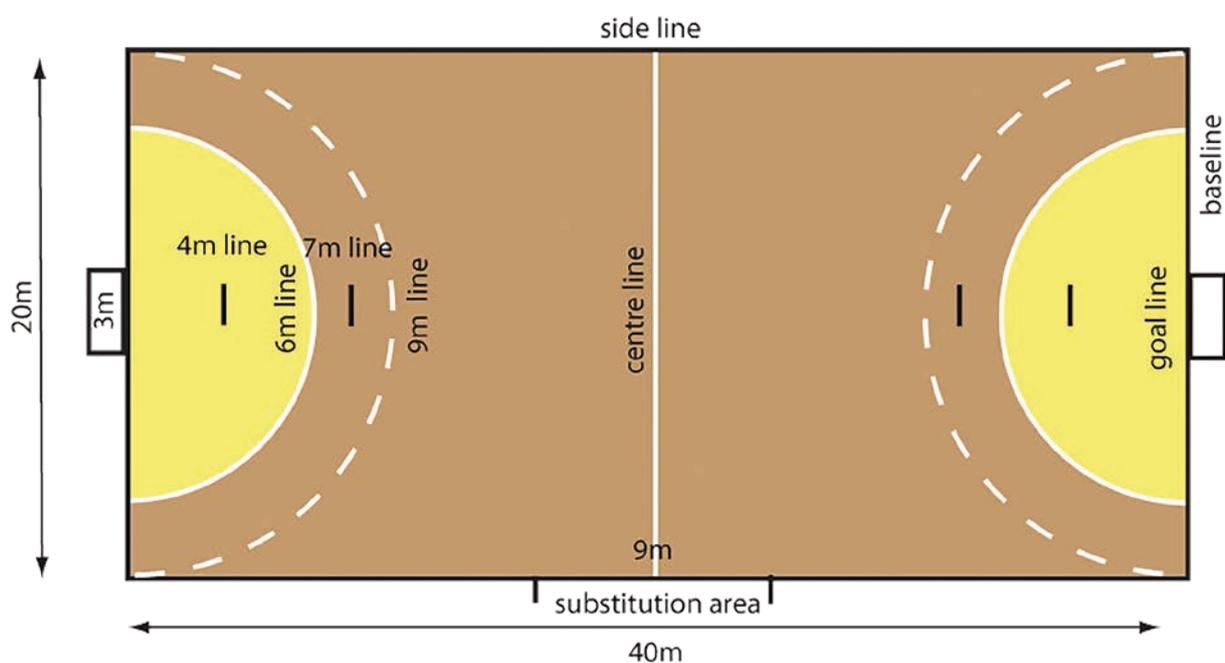
at every stage of sports career, with particular emphasis on its initial stage, the teenage age.

GENERAL RULES FOR HANDBALL, PITCH DIMENSIONS

SS1

1. CHARACTERISTICS OF HANDBALL GAMES

Handball developed at the turn of the 19th and 20th centuries. However, its origins can be traced back to antiquity.

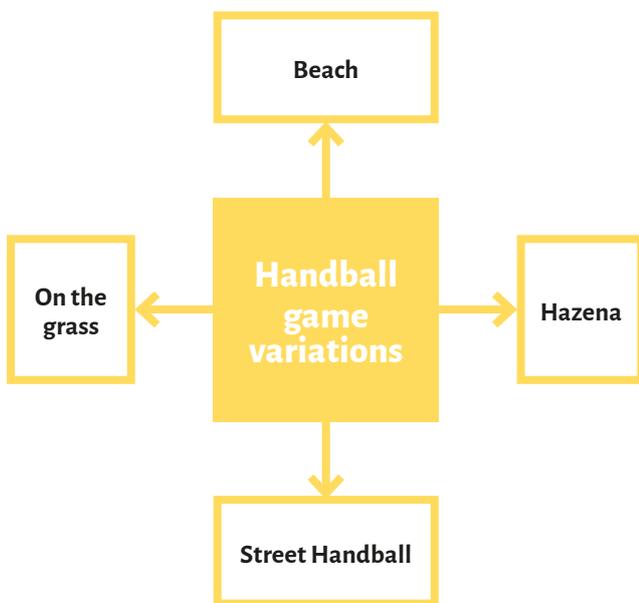


HANDBALL

Play advances towards the goal, with the red side on the attack, during an Olympic handball match.



You can read about the games of throwing the ball in the songs of Homer VI and VIII. The first descriptions tell about the game, where the player had to catch it in a jump without touching the ground with his feet. Hence the name of Urania (sky or blue). On the paintings from that period we can see another game called harpaston, where the ball is picked up by two teams. Currently, the most popular version of handball is a seven-person game (Danish). Few people know that there are 11-person (German) and hazena (Czech) varieties of handball.



Handball game variations:

Beach handball:

This is the most popular version of handball. Its history began with the idea of Prof. Gianfranco Briani, a member of the Italian Olympic Committee (C.O.N.I.), who came up with the idea of working on a project based on the experience of beach volleyball. On the one hand, handball on sand was supposed to attract the attention of beachgoers and on the other hand it was supposed to be a valuable tool promoting traditional handball. The first tournament was held on 20 July 1992 on St. Anthony's beach in Ponza, which is the official birthday of this sport. It was supposed to be a combination of sport and fun. Over time, however, it was noticed by the International Handball Federation, which in 1994 created the first „official” version of the game rules. Since then, beach handball has been growing rapidly around the world, gaining in popularity. It has become an official sporting discipline with its own rules and championships.

A beach volleyball match may involve 4 players from each team, one of whom is a goalkeeper. Everyone plays barefoot, but it is allowed to wear socks or bandages. The game consists of a ten-minute catch and a five-minute break between them. The size of the pitch is 27x12 m, but the actual playing space is slightly smaller and amounts to 15x12 m.

Winning beach handball is determined by the number of match points. A match point is awarded for winning half of the game. The winner is the one with the two points. If, after both halves have been played, it is impossible to decide on the winner, then there are throws on the same with

JUL	27	28	29	30	31	AUG	1	2	3	4	5	6	7	8	9	10	11	12
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Handball *Copper Box, Basketball Arena*

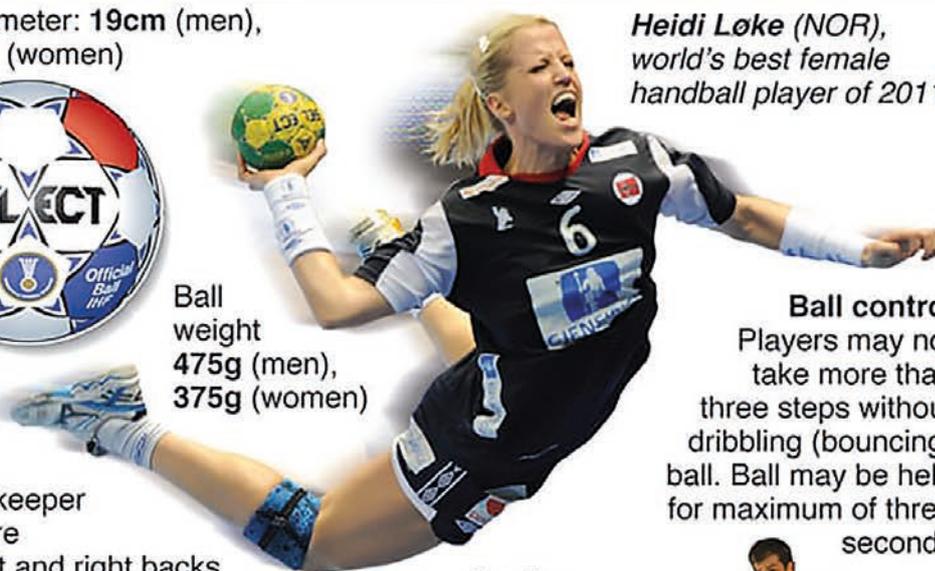
● men ● women

Ball diameter: 19cm (men),
17.5cm (women)



Ball weight
475g (men),
375g (women)

Heidi Løke (NOR),
world's best female
handball player of 2011



Ball control
Players may not
take more than
three steps without
dribbling (bouncing)
ball. Ball may be held
for maximum of three
seconds

TEAM

1. Goalkeeper
2. Centre
- 3-4. Left and right backs
5. Circle runner
- 6-7. Left and right wingers

Goal: 3m wide,
2m high

Goal area
Occupied
only by
goalkeeper

9m line: Free throw
line for minor violations

Jump shot
Players may not
step into goal
area but can jump
over 6m line and
shoot for goal,
releasing ball
before landing
inside area



7m line
Penalty throw for
major offences

Centre line

Court
20m x 40m

6m line

4m line
Goalkeeper
restraining line
during penalty throw

Infringements
No tripping, pushing,
hitting, charging or
holding allowed.
Players may not
kick ball

Source: LOCOG
Original pictures: Getty Images

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the goalkeeper. Each goal scored is one point. However, beach volleyball players may also make so-called spectacular throws, which are scored double. A spectacular throw is, for example, a hit on a goal from a jump.

Handball on the grass:

A handball variety played on a grassy pitch, such as grass hockey or soccer. This sport was established in the 1920s in Germany on the basis of handball. It gained popularity in Germany in the 1930s.

The rules of the game do not differ from the rules of the game in the hall. Such a form is often used in games of schoolchildren and gives the opportunity to play in the open air.

Hazena:

A sport game similar to handball, one of its predecessors. It comes from the Czech Republic. Nowadays it is not very popular and rarely practiced.

Its precursor was Vaclav Karas. It gained its greatest popularity in the 1930s. During this period it was cultivated almost exclusively by women. The rules are similar to handball. The 48 m long and 38 m wide pitch is divided into 3 parts of 16 m each (two defensive fields and a central field). In the defensive field there is a goal area with dimensions of 4 by 8 meters. On the end lines there are gates measuring 2 m high and 2.35 m wide.

The goal of the game is to score a goal. The game involves two teams of seven players each, a goalkeeper and six players in the field, with defenders allowed only on their own defensive field, midfielders on their own defensive field and central field, and strikers on the opponent's central field and defensive field. The goalkeeper can only stay in his own goal area. A player with a ball may take three steps.

It is currently only cultivated in the Czech Republic, where there is a national federation of this sport, as well as male and female leagues.

Street Handball:

It is headed by the Street Handball Organization (SHO). Lasse Borensen, a member of the Danish national team, Fiensburg Handewitt, former national team coach and Ole B, is responsible for the establishment of the street handball organisation. Andersen and Torben Sorensen. The idea behind the creation of this sport was to ensure greater interest in handball and, above all, to reach out to young people who would not otherwise be interested in handball. In order to achieve this goal, SHO considered that public schools have a key role to play in this matter.

In a street variation, handballs are played by both teams to the same goal. During the attack, the goalkeeper from the attacking team plays as an additional playmaker, which causes a numerical advantage of one team.

GAMEPLAY SYSTEMS

Cup

Match and
rematch

Everyone with
everyone

Mixed

2. COMPETITION SYSTEMS

Cup:

This system is used in the case of a large number of teams, and limits the time of the competition. The essence of this system is that in further games participate only the winners, the losers are out. The imperfection of this system is its low objectivity.

Match and rematch:

This system provides for two rounds with one opponent. The ideal schedule includes alternate games such as home, away, home, away, away.

Everyone with everyone:

In this system, each participant plays one by one with all his opponents. This is the most fair system, as it allows a player or team to fully demonstrate their ability to fight all their opponents. However, it is possible to use it with a small number of teams and a sufficient number of deadlines.

Mixed:

It is a combination of the principles of „everyone with everyone“ and cup systems. It works best with more teams and a short time to play. A classic example of this system is the World Cup. First the eliminations are played in groups with the „each with each“ system, and then the group winners form further groups.

3. AGE CATEGORIES

Children:

Players up to 12 years of age at the start of the competition (5th grade of primary school).

Young people:

Competitors up to 14 years of age

Younger juniors:

Competitors up to 16 years of age



Juniors:

Players under 18 years of age.

Seniors:

Players after the age of junior. There are no longer any age limits in this category.

NOTE: According to the regulations, there is also the age group „Youth” and these are people aged 19-20 years. Unfortunately, this group is not covered by any games due to the fact that all players from times after Junior age start playing in the senior league teams.

SS2

1. GAME RULES

- a. General rules of the game – discussion of the rules of the game on the basis of the Polish Handball Association.

The notes cover aspects such as:

REGULATION 1 – PLAYING FIELD

REGULATION 2 – TIME OF PLAY, FINAL SIGNAL, STOPPAGE OF TIME OF PLAY

REGULATION 3 – BALL

RULE 4 – TEAM, SUBSTITUTIONS, EQUIPMENT, INJURY TO THE PLAYER

REGULATION 5 – GOALKEEPER

REGULATION 6 – FORBIDDEN ZONE

REGULATION 7 – BALL GAME, PASSIVE GAME

REGULATION 8 – FOULS AND UNSPORTSMANLIKE BEHAVIOUR

REGULATION 9 – SCORING A GOAL

REGULATION 10 – THE THROW-IN STARTING GAME

REGULATION 11 – SIDE LINE PROJECTION

REGULATION 12 – THROW FROM THE GOAL

REGULATION 13 – FREE THROW

REGULATION 14 – PENALTY SHOOTOUT

REGULATION 15 – PENALTIES

RULES OF PROCEDURE FOR THE CHANGE ZONE

GUIDELINES FOR PITCH AND GOALS

- b. Rules of beach volleyball – discussion of game rules based on the Polish Handball Association:

- Game start, game time, end signal, game stoppage (Time-out) and team break

- Ball
- Team, player substitutions, player equipment
- Goalkeeper
- Gateway field
- Ball game, passive game
- Offences against an opponent, unsportsmanlike behavior...
- Goal scored
- Judicial throw
- Side line projection
- Throw from the goal.
- Free kick
- Penalty kick (6 meters)
- General rules of throwing (side line, goal, free, penalty)
- Penalties
- Judges
- The timekeeper and the secretary
- Signalling
- Rules of Procedure for the changeover zone
- Regulations for the dress of competitors
- Sand quality and lighting regulations

- c. Refereeing – discussion of the rules and signals on the example of the Polish Handball Association

- RULE 16 – JUDGES
- RULE 17 – TIME MEASURING AND SECRETARY
- SIGNALISATION
- LIST OF EXISTING SIGNALLING SYSTEMS
- EXPLANATIONS OF THE GAME RULES

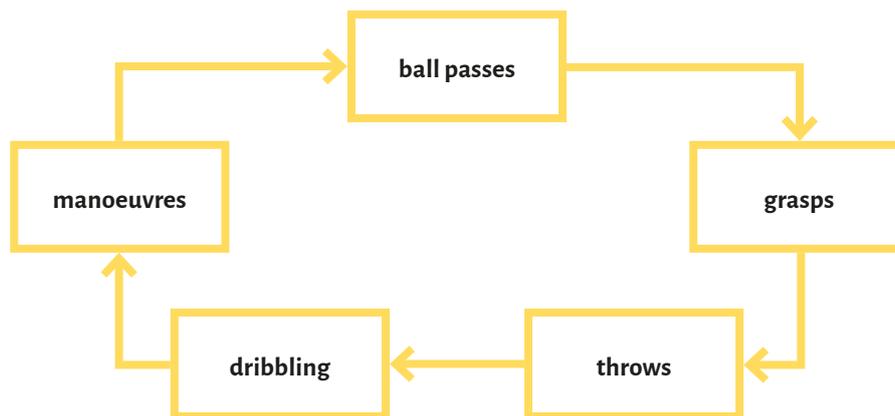
SS3

1. TECHNICAL COMPONENTS:

Moving around the pitch, the technique of grips and passes are elements of the game which, in combination with each other, should lead to a throw on goal. That's why it's so important to train from scratch, which will ultimately form a whole.

Ball passes:

Important technical element. The most important thing is that they should be accurate, fast and reasonable. The application must be made in such a way that the recipient is able to receive it and make the next move.



Due to the way the application is made, we distinguish:

- single pass
- Pass with both hands
- situational applications (from the hip, wrist, goat)

Grips:

Grabbing the ball is a basic technical element in handball. A very important element of grabbing the ball is the ability to properly position oneself in relation to the ball flight.

There are several types of grabbing the ball:

- Upper – grabbing the ball, which flies above the head. We divide this grip into blunt (a player, in contact with the ground) and blunt (the ball is taken in blank).
- Upper – one of the basic gimmicks. The ball is grabbed at the height from the hips to the head. It is most often used during the transition to the throw or pass.
- Lower – the ball is grasped below the line of the hips
- From the ground – we include in this group the grip of the ball lying down, the grip of the ball rolling
- With grasp – Usually this grasp occurs in case of inaccurate feeding. Acceptance is on one hand and then grabbed with the other.

Throws:

This is the decisive skill of a player. The effectiveness of the throws is influenced by the way the player moves and his body's position in relation to the ground. Most throws are made with maximum use of the player's whole body.

During the match we distinguish throws:

- The throw starting the game
- Side line projection
- Throw from the goal.

- Free kick
- Penalty kick

During the game we distinguish throws:

- In place – Position in a step, the extended leg overtakes the hand by throwing
- Jumping throwwe distinguish two types: up-jumping and up-jumping and up-jumping.
- Jump throwbefore the throw the competitor performs a jump (crossed step) or a jump
- Padded throwmost often it is done by rotary and winged players. We distinguish: a throw with a pad to the side, a throw with a pad on the throwing arm, a throw in a jump with a pad.
- Situational projectionsmost often: a runner's throw, a printout, a derailleur, a spinning throw.
- Deviation throwthe attacker tries to bypass the defender by changing the position of the torso.

Dribbling:

It's an integral part of handball. It is designed to make it easier for a player to move around the ball field. In case of close contact with the opponent, lower the posture during dribbling and protect the ball with your own body. Avoid dribbling in a positional attack.

IN WHAT SITUATIONS SHOULD DRIBBLING BE USED?

- When all players are covered and there is no person to pass the ball.
- when a player receives the ball and has the opportunity to throw, but is too far away from the goal
- when a player combines the element of dribble and throw on goal
- during tactical play, where without dribbling the action cannot be carried out

THE MOST COMMON MISTAKES MADE DURING DRIBBLING:

- Hitting the ball with the palm of your hand
- No field of play observation
- After grabbing the ball in a one-handed manner, go straight to the dribble.
- Not using the possibility to perform three steps before starting dribbling, just after grabbing the ball

Manoeuvres:

The main purpose of deception is to mislead the opponent as to our intentions. Thanks to this, a player can get a convenient position to make a throw, go free or take over the ball.

We divide the professions into..:

- Made of a body that usually involves the torso and legs, performing a fake body movement.
Made without the ball are designed to confuse the opponent so as to get into a convenient position and catch the ball from the passer.

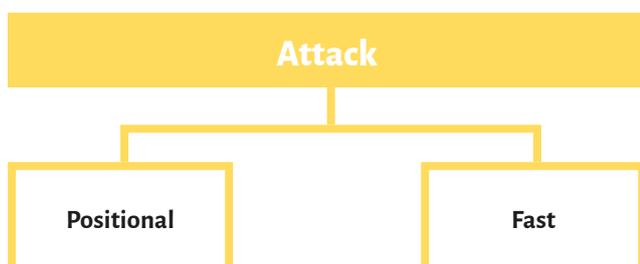
Executed with the ball are designed to pass the opponent and throw or pass the opponent and pass the ball to a player from his team, who at the same time gets a convenient position to throw the ball.

- Made by a ball that marries a throw or pass.
Marked throw is designed to confuse the opponent and at the same time make it easier to pass it and throw on goal.

Marking passes are designed to confuse the opponent and at the same time perform a pass to another player from the team.

2. GAME TACTICS:

Sporting tactics is a purposeful, rational, economic and planned way of conducting a fight, taking into account the level of skills and capabilities of one's own and the opponent's, the terrain, conditions of the fight, as well as the rules and regulations in force in a given discipline.



Attack – positional and fast:

Positioning is a game where each player takes his or her own pre-determined position on the pitch.

In a simple version it can be carried out without changing the position.

In the more difficult one – the one that we observe every day in the struggles of teams on a reasonable level – players exchange their positions, striving and crossword with each other. The main assumption is to create a convenient position for another player from the team to throw on goal.

The positional attack is divided into three phases:

- Initial – This occurs after a failed fast attack or after a deliberate transition to a positional attack. The team then takes its positions, possibly exchanges players, recognizes the opponent's defense and makes a decision about the game, which it will perform immediately.
- Preparatory
- Specific attack

A quick attack is the easiest way to score a goal. This form of attack is used when the technical skills of players increase and the development of speed and coordination of movement.

Winged players and advanced defenders start at the first pace. The time from the moment of throwing to the passing of the pass by the goalkeeper ranges from 2 to 4 seconds.

Crossword is a kind of offensive in which players switch positions and try to confuse the opposing team's defenders. If defenders make a mistake during a change of cover, one player from the attacking team will remain free to throw a goal.

Types of defense systems:

A defence game is a set of tactical and technical measures aimed primarily at taking the ball away from the attacking opponent. Another task of the defender is to prevent the attacking player from reaching a comfortable position.

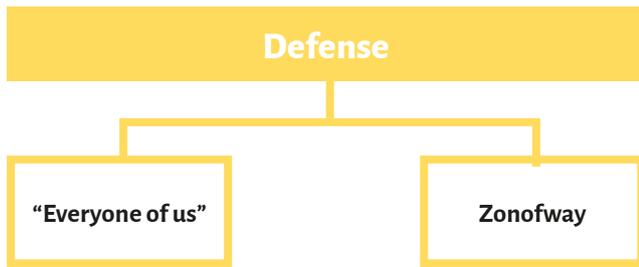
It should be remembered that defensive exercises are unattractive and very tedious. Therefore, we must make every effort to carry them out in an interesting and interesting form.

Main principles of conduct in defence:

- Immediately switch from attack to defence
- Properly return to defense.
- Keep an eye on the player with the ball at all times.
- Use block, stroke, kick-back, intercept ball,
- The situation should be foresee

We divide handball defense into..:

- The defence „each one of its own” – is the beginning of the teaching of zone defence. It means that each player is hiding one of the



opposing players. This defence completely disorganizes the opponent's attack. Unfortunately, at the same time it requires a lot of effort from all players.

- b.** Zone defense – is the basic defensive system. Properly positioned defenders, responsible for a specific zone, attack each opponent with and without the ball. Zone defense is a closed process involving the cooperation of the entire team.

It can take place in a setup:

- In one line



- Two lines:



- In 3 lines



- a.** Combined defence (mixed defence) - is a combination of "each other's" defence and zone defence (some players defend each other's and the rest their own zone).

Mistakes in defense:

- Lack of knowledge of proper defence conduct
- poor fitness preparation
- insufficient teamwork
- lack of agreement between competitors
- too little aggressiveness of the defense game
- lack of evaluation of the good assessment of the situation

Handball has now become a more dynamic and powerful game. Defensive actions require a great training plan, thanks to which the goal of the defense game is to take over the ball from the attacking team and not to passively play on the line of the forbidden zone.

Tactics and technique of the goalkeeper's game:

Basic goalkeeper techniques:

- a.** (Posture and mobility) – A good goalkeeper should have the ability to move correctly, to position himself correctly in the goalkeeper's position and to evaluate the situation on the pitch in an excellent way. The task of the coach is to constantly develop these skills.

It is necessary to observe the movements and balance of the goalkeeper's body.

- b.** Grips and passes – the goalkeeper should be able to master all types of grips and passes and to extinguish the ball at all heights and in all directions.
- c.** Defending the ball with hands, legs and body – when defending the balls, the goalkeeper must assess the height of the ball and

choose the most effective form of defense. Considering the speed of the attack and the speed of the ball's flight, there is very little time for this and must be done automatically. Only properly selected training will allow you to develop these skills.

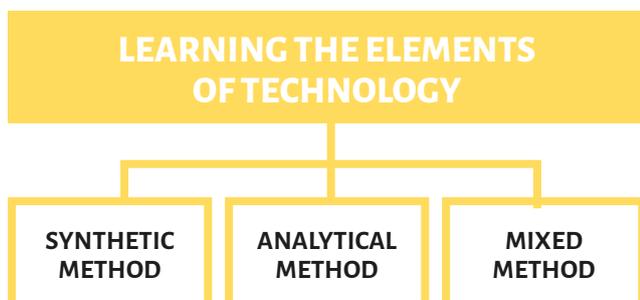
The fitness preparation of the goalkeeper should include:

- flexibility exercises
- gymnastics
- jump exercises
- speed exercises
- acrobatic elements

SS4

1. BASIC METHODS USED IN TEACHING ELEMENTS OF TECHNOLOGY:

- The synthetic method (teaching exercises in their entirety) is based on a holistic approach. It is the most natural method of teaching. It is used to teach movements and natural activities such as running, jumping and throwing. The weakness of this method is the possibility, in case of improper behaviour, to perpetuate bad habits, which are then very difficult to eliminate. It is not fundamentally suitable for the teaching of complex and difficult exercises.
- The analytical method (method of teaching exercises in parts) is based on the distribution of movement into components, learning each of them separately, and then combining the learned elements into a whole. This makes it easier to learn complex exercises. The degree to which the exercise is divided into elements depends on the individual level of fitness of the exercising person. When using this method, we must remember that the individual elements do not constitute an exercise in themselves. Only in combination with others they take on a closed and meaningful whole with a movement. This method is usually used to teach certain elements of sports games.



- The complex method is based on a combination of analytical and synthetic methods. Initially, it is taught in a holistic way, then it distinguishes complex elements and improves them using a partial method, and then returns to holistic teaching again.

2. FORMS OF EXERCISES USED IN TEACHING AND IMPROVING TECHNIQUES:

- showing and explaining—to the exercising we give the way of making a given technical element, the purpose and in what conditions it should be used in the game
- teaching and improvement: initially in the simplest and most accessible conditions for practitioners, using a playful and strict form
- teaching and perfecting in conditions similar to the game (in the form of fragments of the game)
- improvement during the game (simplified game, school game, proper game).

The learning should be comprehensive and smooth from one exercise to the next. As a result, it is supposed to lead to the improvement of the technical level of performance of the given elements.

SS5

1. METHODOLOGY OF TEACHING IN HANDBALL:

Methodology of teaching passes and grabbing balls

Teach the tricks and passes simultaneously. Start with the trick and pass the semi-mountain one-handed pass, then move on to the other, more and more difficult elements. At the beginning we teach the tricks and passes easier and often used in the game, then we move on to the learning of more difficult and rarely used elements. When teaching tricks, remember to make sure that the practitioners:

- held fingers wide open, hands facing the ball, hands slightly bent in elbow joints
- they were watching the ball...
- they were taking a starting position for the application
- they always walked in the direction of the administration
- they didn't correct the grip.

What are the rules to follow when teaching applications?

- you should master the skills of passing with your right and left hand
- applications should be carried out on the fly
- seek to master a variety of applications
- the ball should always be passed before a running player, taking into account the speed at which the player moves.

What are the most common mistakes when teaching tricks and passes?

- When grasping: bad posture, excessive leaning forward, bad hand position.
- Passing: pass backwards (not in front of the running player), pass too strong, pass the ball with a bow.

Learn how to apply and grab with both hands:

- Throw the ball up and grab it in the correct hand position.
- Grasping the ball bounced off the wall
- Double passes in place.
- Pass the ball in pairs, moving backwards and forwards.
- Passing the ball in pairs on the run face to face.
- Pass in pairs. Exerciser A runs to the cone (set in the middle) passes the ball, returns to his place.
- Players face each other sideways, facing the opposite direction. Distance 56m. The player with the ball carries out the attack in the direction of the goal (3 steps) and then passes to the partner, who must take the ball in motion. The passer immediately after passing turns back and does the same in the opposite direction.
- Players face the goal at a distance of 68 m from each other. One back 45m. The backward player starts without the ball along the side line. He receives a pass and continues the attack and passes it to the passer.

Methodology of teaching dribbling balls, deception, playing without balls and throwing them into goals:

Proper dribbling of balls:

- dribble at hip height
- pushing the ball into the ground is done by straightening out the hand in the elbow and wrist joints
- When in contact with an opponent, lower the posture and connect it with nobody else's dribbling.

Methodology:

- Dribbling the ball in place with your right and left hand
- Dribbling the ball in trot
- Dribbling the ball in the fast lane
- Dribbling the ball with a change of direction
- Dribbling slalom between cones
- Dribbling the ball in contact with an opponent
- The dribbling relay race
- Fun with a ball while dribbling the ball

Methodology of teaching professions:

- Exercising the profession in a place without a ball
- Practice deception in a place with a ball
- Exercising deception during the march
- Practice deceit while running
- Around the pitch, every few steps to make a move.
- Exercise of the flag contests
- Exercising against an opponent without a ball
- Exercising against an opponent with a ball

Learning to throw on the run:

- Synthetic method
- Ball with both hands at chest height
- Without changing the rhythm of the run
- The projection arm is guided forward, back upwards, arm (elbow) above the shoulder
- Full hand movement with slight forward inclination of the torso.

Learning to throw after a jump:

- Analytical method
- Ball with both hands at chest height
- Learning how to jump over a crossroads while walking your hand away from the ball
- Learning to rotate the torso during a jump
- Throw the ball and the goat, grab the ball on the cross-legged leg, opposite to the throwing hand, make a jump with a stop position.
- Jumps with stopping and leading hands divided by single dribbling of the ball.

Learning how to throw a jump:

- Analytical method
- Ball with both hands at face height
- Learning to rebound from the opposite leg to the projection hand with simultaneous raising of the knee up the other leg and landing on the rebound leg
- The removal of the hand (high up) with simultaneous rotation of the torso in the air
- Withdrawal of the knee to the outside with rotation of the torso
- Performing the whole movement (rebound, torso rotation, hand discharge and knee visit).

Learning to throw a pad:

- Analytical method 140
- In simple kneeling hand with ball visited upwards diagonally
- Losing balance with simultaneous feeding to the partner and pad cushioning with both hands
- Passing with a pad and simultaneous straightening of the legs
- From standing position, strong deflection of legs with torso rotation, passing with pad to partner.

Methodology of teaching movement in defense:

Basic ways of moving in defense:

- Forward running
- Reverse running
- Detentions
- Changes of direction

The task of the defender is to force the opponent's movement towards the side line, which will allow him to push it off and prevent the throw. The opponent passing in the direction of the side line has, in most cases, a throwing hand on the side of the defender, which additionally facilitates the task for the obliterated. The defender cannot finish his action if the attacker with the ball has gained an advantage (released). He must continue running after the opponent until the attacker gives up or loses the ball.

Learning to stand up for yourself:

- body weight on the metatarsal
- slightly spaced feet
- legs slightly bent
- torso slightly inclined
- your hands are raised in front of you.

Learning to cover „each other's“:

- we start with a game of 1 goal
- individual cover and the ball is given by the coach standing in the middle. The ball should be given to the coach.
- individual cover and passes between attackers
- individual cover plays up to 5 passes.
- passing in cover „each of your own“.
- school game on the whole pitch. Individual cover immediately after losing the ball.
- school game. After losing the ball quick return to its own half and individual covering from the half of the pitch (with the handover).

Methodology of teaching movement in attack:

- Straight run without an opponent
- Running with a change of pace or direction
- A run with a bypass of the opponent
- Trying to get away from your opponent
- Getting into the most convenient position to take the ball between the opponent and the ball.

Attack stoppages:

- When the competitor wants to change direction by 180 degrees
- Stopping while running by placing your legs on the ground in turn, attaches a lowered posture and bend your torso

- The weight of the body is evenly distributed and rests on the metatarsal, so that you can move in any other direction.

Spinning in attack:

- On the spot, on the run, with or without the ball
- From 90 to 360 degrees, i.e. from a quarter turn to a full turn
- They are ideal for casting, dribbling and dribbling.
- The ultimate goal is to free yourself from your opponent...
- Attack jumping:
- We use the following when grabbing the ball
- We use the following during throws to score a goal

Methodology of teaching goalkeeper technique:

Goalkeeper's attitude:

- – open arms
- the elbows below the shoulders
- hands on forearm extensions
- feet on the hip width
- the heel does not touch the ground
- legs slightly bent

Defence of the top balls:

- The most effective and safest way of defending top balls is to defend them with both hands.
- Defending the balls with one hand:
 - Reflection from the leg further away
 - The ball is stopped by hands, but in defense the goalkeeper moves the whole body.
 - The movement must begin with a rebound from a leg further away from the ball.

Defence of the lower balls:

- Defending a straight leg with a slip
- The goal should be to maintain the position in the fence court, which allows the goalkeeper to observe the ball continuously and to return to the goalkeeping position much faster.
- Defense with a spreadsheet seat
 - a. Leg rebound with reduced centre of gravity.
 - b. Full body displacement sit-up
 - c. Possible slip on the heel of the leg closer to the upright
 - d. Elbows slightly bent
 - e. Straight trunk
 - f. Hands slightly bent

Techniques for defending throws from the wing:

- position of the leg closer to the post
- the position of the hips and torso at the post (to prevent throwing into a short corner)

- the hand closer to the post, bent at the elbow and positioned above the head, secures the upper corner, with a high height in front of the face

The technique of defending throws from the front line:

- Forward projection, reducing the angle of the projection
- Move sideways towards the hand with the ball

SS6 3H

1. THE FACTORS DETERMINING THE SPORTING CHAMPIONSHIP

- Somatic characteristics – body structure
- Motor skills – motor characteristics
- Special Skills – Technique and Tactics
- Mental activities – personality traits, motivation, achievements

2. THE TASKS OF THE TRAINER

- Team members (coach, players, employees)

The cohesion of the team is an extremely important element:

- a. The team cannot exist, develop, operate effectively and be successful without coherence.
- b. Coherence and solidarity of the team allows for the survival of difficult situations, difficulties and failures.
- c. Team cohesion, camaraderie feeling, compassion, friendship are particularly important as a source of pleasure and satisfaction for athletes.
- d. The primary objective in teams is sporting success. Without coherent target-oriented action, there can be no success.

Therefore, one of the most important tasks of a coach is to motivate and shape the cohesiveness of the team.

Target setting

1. the setting of objectives to be achieved
2. Selection of priorities
3. define the timeframe
4. evaluation of the current situation
5. establishing the stages of implementation
6. commencement of implementation
7. control and modification of target or route to target

Training planning

- a. Training objectives – result from the set goal
- b. Forms of training – selection of training forms depending on the purpose, results of control, training objectives.

- c. Individualisation of training – during training classes, individualisation of players' tasks should be introduced as often as possible. It must be conditioned by the position in the pitch, physical conditions, motor skills, etc.

Motivation

Motivation (from Latin *motivus* 'mobile' from *motus* 'movement') – a state of readiness to undertake a specific action, a need aroused group of psychological and physiological processes, determining the basis of behaviours and their changes. The inner state of a human being, having an attribute dimension.

Division of motivation:

- a. Internal – responsible for performing a specific job resulting from personal interests, individual needs or the willingness to improve and develop. Thanks to this kind of motivation, athletes find pleasure in sport, and the practice of discipline itself is stimulating and pleasant for them. Persons with a high level of internal motivation strive to acquire new skills and continuously improve their results.
- b. External – is related to the consequences of the action, which can be disclosed in the form of medals, financial prizes, media interest, fans' interest, but also as a way to avoid unpleasant consequences. In this case, behaviour is only an instrument to achieve something else, which is awakened by a system of rewards and penalties.

Motivation is a very important part of sport. High motivation or lack of it are the most frequently awarded elements that determine the effectiveness of tasks.

Motivation is a process. It changes with the stage of achieving the goal, directs and regulates our behavior. Both the internal state of the competitor and the immediate external environment have a direct impact on the process.

The motivational climate in a group of players is the result of the coach's leadership style and directly influences the level of internal motivation of the players.

Ensuring team integrity

The condition for the efficient implementation of the objectives is the existence of an effective team.

Its development takes place simultaneously on two levels:

- a. achieving results – it is directly related to the team's ability to achieve its objectives.
- b. personal relationship – refers to how you work with others in a team, how you work with others, what the climate and atmosphere is like in the team.

Teamwork management is often identified with only the first of these elements.

In teamwork we also meet other needs, such as the need for affiliation. From the psychological point of view, this is one of the basic psychological needs expressed in the aspiration to be with other people, to identify with a specific social group and to seek its acceptance. It is often the fact that belonging to a group and the good atmosphere in it is a gratification for the enormous burden of training.

Factors determining the cohesion of the team:

- Discovering similarities in attitudes and values
- Group identity formation
- Spending time talking about things unrelated to training and the team, also remembering special occasions and events for team members
- Setting clear and achievable objectives for the team
- Celebrating the success of the team
- Encouraging openness in the expression of views
- Organising group-wide meetings to exchange information, take decisions or discuss an action plan

Preparation of sporting competitions

Stages:

- Preparation of the schedule
- fixing the date of the competition
- establishment of the cost estimate
- the preparation of the competition rules and regulations
- determination of the composition of the jury
- Transmission of information to the teams
- Ordering cups, prizes, diplomas, etc.
- 9. review of equipment and assistance
- Preparation of the minute program
- 11. Accepting team requests.
- 12. Preparation of the courtroom for the competition
- Preparation of the report

Training workout control

Properly understood control of the training process is an essential part of sports training. The content of the control should be the assessment of the health condition of the athlete, the movement technique, the training load and the performance of the athlete and the attitude towards the competition.

Certain basic principles should be followed in the control of the training process:

- the control process should be comprehensive and systematic

- criteria, parameters and methods of control must be adapted to the age and skills of the competitors
- the choice of criteria and control methods should be consistent with the objectives of the various stages of training

Control includes:

- establishment of the actual situation
- a comparison of the actual situation with the intended situation, so as to reveal any inconsistencies between them
- identify the reasons for the non-compliance found and the conditions conducive to more effective action
- making corrections to the program or the goal of the training process.

The main types of control are:

- Current control – we assess on the basis of direct analysis of measurement data and their relation to indicators characterizing the previous reactions to a given load. As a result of this procedure, we can correct the type, intensity, volume and quality of exercises carried out in the following areas in the training unit.
- Operational control – we determine by analyzing the indicators characterizing the reactivity of the system in relation to the planned load curve in the micro– and mesocycle. As a result of such a procedure we can modify the structure and size of loads within the framework of micro– and mesocycle.
- Periodic control – are assessed at selected points of the macrocycle (e.g. after successive periods), according to the training objectives and planned training tasks. On this basis, we obtain premises for corrections of the long-term training programme.

METHOD OF HANDBOARD ATTACHMENT – PARTICULAR (14 H)

PS1 2H

1. Learning exercises:

- a. With ball
- b. No ball
- c. Dribbling

2. Moving around the court

- a. Forward and backward movement at standstill
- b. Delivery and delivery step
- c. Dash and dash
- d. Take-offs
- e. Running at a variable pace and direction
- f. Turnover
- g. Forward and upward jump

3. Passes:

- a. Upper
- b. Semi-terrestrial
- c. Lower
- d. Situational

4. Grips:

- a. Upper
- b. Semi-terrestrial
- c. At the hip level
- d. Lower
- e. Situational
- f. One

5. Throws:

- a. On the spot
- b. On the run
- c. In the jump
- d. With jump
- e. With pad
- f. Situational
- g. With deviation

PS2 2H

1. Attack:

- a. Position
- b. Fast

2. Defence:

- a. Each of his or her
- b. Zone
- c. Combined

3. Professions:

- a. Body
- b. With ball

PS3 1H

1. learning the techniques of the game:

- a. Goalkeeper intervention
- b. Wingman's game
- c. Rotary game

PS4 2H

1. Game system:

- a. Situation 1x1
- b. Situation 2x1
- c. Situation 1x2
- d. Situation 2x2

PS5 3H

1. Defense game system:

- a. Attack on a player who has possession of the ball
- b. Attempted environment by the defenders of the player who has possession of the ball
- c. Attacking a player with a ball without committing an offence
- d. Preventing passing by correct setting of the defender
- e. Interception of the ball

2. Attack game system:

- a. Typical behaviour of novice players
- b. Role of players without a ball
- c. Playing on a large area of the pitch
- d. Playing in a small space on the pitch
- e. Organisation of a game of positional attack (2-1-3, 2-2-2, 1-2-3)
- f. Curtains

3. Goalkeeper – the basics of the game:

- a. Assumptions of the goalkeeper's game
- b. Goalkeeper's attitude
- c. Common mistakes
- d. Upper ball defence techniques
- e. Lower ball defence techniques
- f. Wing-ball defence techniques
- g. First-line ball defence techniques

PS6 3H

1. Different forms of play

- a. 2+1 X 2+1
- b. 3+1 X 3+1
- c. Mini handball
- d. Beach handball

ORIGINS:

Framework Programme of Sport Training dedicated to sports divisions, sports schools, sports championship divisions, handball training centres approved by the Ministry of Sport and Tourism.

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Wojciech Nowiński – „Handball. Techniques and tactics”.

Michał Spieszny, Ryszard Tabor, Lidia Walczyk – „Handball Technique Methodology Basics of Tactics”.

Henryk Norkowski – „Handball – goalkeeper, rules of the game, technique, tactics, training”.

The Handball Association of Poland – Rules and Regulations for Handball

Handball Association in Poland – Rules and Regulations for Beach Handball

Handball Association in Poland – Rules of the street handball game

Bondarowicz Marian , Staniszewski Tadeusz – „Basics of theory and methodology of games and movement games”.

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Basic Handball – <http://www.olympichandball.org/wp-content/Basic%20Handball%20Methods.pdf>



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