HANDBALL
Dynamic Game & Speed Training

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Introduction

Today, handball around the world is more dynamic and faster than ever before.
With more emphasis on **fastbreak**, teams use dynamic and fluid transitions into offence play, resulting in **shorter offence time**.

Dynamic and fast play principles can now be seen in **set offence**.
Focusing on fastbreak, offensive individual plays, 1:1, 2:2 and 3:3, are becoming a technical and tactical priority.
Players need **new conditional characteristics** to apply this new fastbreak technical and tactical approach.

Today, it is essential for players to have more **explosive strength**, more **flexibility** in offensive and defensive roles and to be **faster**.
Game mentality and application on the court are necessary capabilities.
Dynamic handball game style combined with offensive and defensive discipline develops handball further.
To support this development, one of the most important things is conscious conditioning training and its main element, speed.
Why is Conditioning Important?

Handball players cannot be **successful** without conditioning.

Conditioning is becoming more important in **elite handball** everyday.
What is Handball Conditioning?

Conditioning is one of the most important **performance indicators** in handball.

Conditioning is **motor skills** (strength, speed, endurance, mobility, and coordination), **technique**, **tactic**, and **psychological characteristics** merged to work together.
What is Speed?

An athlete’s movement from one point to another point using maximum rapidness or an athlete’s movement application completed as quickly as possible.

(Y. Sevim)
Reaction Speed

Technique / Tactic

Perception Speed

Technique / Tactic

Application Speed

Sprint Speed

Speed Endurance

Training Science Perspective

Speed in Handball
Reaction Speed

- Seeing: 0.15 sec.
- Hearing: 0.12-0.27 sec.
- Feeling: 0.09-0.27 sec.

Simple Reaction

Combined Reaction
GOALKEEPERS

- Reaction is very important for handball goalkeepers.
- Speed, flexibility, and good reactions are wanted from a good goalkeeper.
- Speed trainings are very important for goalkeepers.
Motor Factors That Affect Speed Characteristics

- MUSCULAR STRENGTH
- ENDURANCE
- MOBILITY
- COORDINATION
- STRENGTH - COORDINATION RELATION
Other Factors That Affect Speed

- Physical Composition
  - Height
  - Weight
  - Etc.

- Psychological Factors
  - Motivation
  - Nervous System
  - Motor Units
  - Etc.

- External Factors
  - Uniform
  - Shoes
  - Court
  - Etc.

- Fatigue etc.
SPEED TRAINING METHODOLOGICAL ARRANGEMENT

Training Reaction Speed

General
Handball
SPEED TRAINING METHODOLOGICAL ARRANGEMENT

Sprint Speed ➔ General
Handball
SPEED TRAINING METHODOLOGICAL ARRANGEMENT

Speed Endurance  General
Handball
SPEED TRAINING METHODOLOGICAL ARRANGEMENT

Handball Speed Training Combined with Technique-Tactic
Important Points for Speed Training

- Speed is a hereditary characteristic.

- Maximum strength training is a foundation for speed characteristic development.
As a handball player’s maximum strength increases, **ATP-CP** reserves, which are necessary for speed, also increase.

Developing and correcting **coordination** characteristics increases speed.
Speed training and coordination training should be done together because inter-muscular and intra-muscular coordination increases speed.
Mobility, which increases wide angle movements, affects speed positively.
Speed training uses almost **100% power**.

Speed training should be done at the **beginning** and in the **middle** of practice.
Speed training uses the **full resting principle**.

A fatigued athlete should not do speed training because tired muscles **lose their explosiveness**.
In handball, *general speed (without the ball)* should first be developed and then speed combined with *technique*. 
Basic and combined speed training should be done during every practice of the last period of pre-season and in-season.
Speed training (motor skills) should start between the ages of 8-10 years old.

Maximum speed is reached when
- males are 12 years old
- female are 14 years old
Speed training, combined with **jumping** and **coordination** exercises, is more effective.
Conclusion

Handball has become a more *dynamic* and *high tempo* game.

Dynamic game in handball requires players to have *more conditioning* characteristics.
Speed training (without the ball and with the ball) should be an important component in handball practice.

Developing reaction speed, the foundation of the technical and tactical game principle, is essential because of the increase in handball tempo.