

Strategic Plan

Designing a preparation plan for a handball team **(Seasonal, monthly, weekly and daily program)**

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Designing a preparation plan for a handball team

(Seasonal, monthly, weekly and daily program)



Designing a preparation plan for the team is interesting and exciting yet a very time consuming activity for the coach. However, a thorough, well thought out and carefully designed seasonal, monthly, weekly and daily training program is absolutely essential for the systematic preparation of any team.

The strategic overview of a seasonal plan is a general guidance which includes principles of the training based on scientific facts. However, this is unmanageable, so for a practical approach it is better to break down the workload into more manageable units. As the units of preparation are further sub-divided the plan becomes more detailed. It is important to remember that it is not a rigid document and there needs to be flexibility within the preparation plan so, it is advisable to plan from month to month and from week to week in order to constantly assess, adjust and adapt according to the needs of the team.

Every training session builds upon each other, even the smallest segment - an exercise for example - must belong somewhere within the bigger unit. Consequently, the strategic plan provides a detailed and systematic framework.

The model included in this article has been designed for a professional handball team participating in domestic and European cup competitions. Naturally this is only an example and adjustments need to be made according to the level and needs of the team yet the principles remain the same...

Factors that need to be taken into consideration when designing a team's preparation plan:

- **Calendar** – as life revolves around the calendar, the cyclical rhythm of everyday life must also be reflected in the preparation plan. The preparation phase as well as the resting period prior to and the regeneration phase afterwards need to be adjusted according to the traditional competition schedule of the sport. It is more manageable to subdivide the preparation plan into season, month, week and day.
- **Competition Schedule** – competition and cup matches provide the cornerstones of the program. The successful performance at these events determines the ranking, opinion about and atmosphere of the team, therefore the performance must peak at these matches. The preparation matches and tournaments are the instruments for achieving the optimal competition condition, thus they take priority in the program.
- **Training facilities** –the availability of facilities limit the quantity and quality of the training. The amount and the division of training time that can be spent in the sports hall; the equipment; the existence and availability of additional training facilities (such as gym, swimming pool, sauna, running track, video-room etc.), are all key factors in terms of planning.
- **Financial conditions** – the team's budget determines what kind of extra performance enhancing programs (training camp within the country and/or abroad, participation in domestic and/or international tournaments, team building events etc.) can be included in the program in order to achieve the set goals planned.
- **Availability of players** – decisively influences the amount of time that can be spent with the players for their preparation. The proportion within the squad of professional or amateur, single or married, student or employed players determines to what extent the coach has access to them.
- **Composition of the team** – the knowledge of biological age and sport age is an important factor in determining the intensity, work load, as well as the training and resting times of the players and team.
- **Strategy and goals** – setting an achievable goal as well as the expected performance for the team are basic elements of planning. By setting further partial goals as bench marks, these can be used as indicators of the result of the planned work and a kind of feedback about the effectiveness of the work can be received.

Strategic Plan for a Handball Team

During the creation of the team's preparation plan regardless of the length of the cycle, the following coordinated activities of the main areas of focus are:

CONDITIONING – is the basic pillar of training, primarily the combinative work of strength, ability and endurance creates the physical base for a long term successful performance

TECHNIQUE – the continuous training of the characteristic movements of handball in attack and in defence need to be present in every phase of the preparation

TACTIC – being able to execute the technical elements of attack and defence at the right time and in the right place has different significance throughout the various phases of the preparation.

RECREATION – the balanced distribution of injury prevention, rehabilitation and resting in accordance with the intensity and work load, must present the right proportion within the preparation plan

TRAINING SESSIONS – determine the time that can be spent on the task which needs to be completed. Therefore, it is important to indicate in the training plan how much time/ how many sessions are available during the preparation

MATCHES – the practice, competition, domestic and European cup matches are the corner stones, as the invested preparatory work is reflected throughout these events

INTENSITY AND WORKLOAD – how hard and how much work should be completed at the training and at matches need to be defined in relation to recreation.

TEAM ACTIVITY – the process of team building and team activity thus the progression of team life also need to be planned, yet depending on the length of the preparation plan it may be directed or spontaneous.

Seasonal Training Plan - IV / 1

Process:

1. Draw a table with different categories: months (horizontal) main focus (vertical)
2. Write in the number of matches and training sessions (according to the competition schedule and availability of the venue)
3. Fill in the conditioning, technical and tactical preparation in relation to each other per month (according to the matches)
4. Define the intensity and workload of the monthly training (according to the matches and training sessions)
5. Add the amount of monthly regeneration time (with the knowledge of all the other activities)
6. Include the monthly team activity (in connection to the monthly work load)
7. Compare the horizontal and vertical lines (in order to avoid uneven work load)
8. Make a note of key activities that need to be completed during the month

Strategic Plan for a Handball Team

MONTH and main FOCUS	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
CONDITIONING	Medium / High	High / Medium	Medium	Medium / High	Medium	Maintenance
TECHNIQUE	Low / Medium	Medium / High	High / Medium	Medium	High / Medium	Maintenance
TACTIC	Low / Medium	Medium / High	High / Medium	High / Medium	Medium	Maintenance
RECREATION	Medium / High	High / Medium	Medium	Medium / High	Medium	Maintenance
T.SESSIONS	2x10 = 20	4x10 = 40	4x10 = 40	4x10 = 40	4x10 = 40	3x10 = 30
MATCHES	2 - 3	8 - 10	5	4	5	3
INTENSITY and WORK LOAD	Medium / High Low / Medium	High / Medium High / Medium	Medium Medium	Medium / High Medium / High	Medium Medium	Medium Medium / Low
TEAM ACTIVITY	Getting to know each other	Training Camp Team building	Team dinner or dinner dance	Excursion with team building	Theatre or movie night	Season ending / Christmas dinner
COMMENTS:	<u>Team training</u> starts: Monday, 15 th July	<u>T. Camp:</u> 1-7. 08. <u>Tournaments:</u> 12-14. and 19-21.	<u>National League</u> starts: Saturday, 27 th August	<u>Nat. Cup</u> 2 nd round: Wed., 17 th Oct. <u>N.T week:</u> 23- 30	<u>Nat. Cup</u> 3 rd round: Wed., 19 th Nov. <u>N.T week:</u> 21- 27	<u>National League</u> breaks: Saturday, 22 th Dec.

Monthly Training Plan - IV / 2

Process:

1. Draw a table with different categories: week (horizontal) main focus with general and specific division (vertical)
2. Copy out the general details referring to the month from the seasonal training plan
3. Break down the general tasks into specific ones
4. Write in the number of matches and training sessions (according to the monthly program)
5. Fill in the conditioning, technical and tactical preparation in relation to each other per week (according to the matches)
6. Define the intensity and workload of the weekly training (according to the matches and training sessions)
7. Add the amount of weekly regeneration time (with the knowledge of all the other activities)
8. Include the weekly team activity (in connection to the weekly work load)
9. Compare the horizontal and vertical lines (in order to avoid uneven work load)
10. Make a note of key activities that need to be completed during the month

Strategic Plan for a Handball Team

OCTOBER	MAIN FOCUS	DETAIL	Week I.	Week II.	Week III.	Week IV.
CONDITIONING	Medium / High	Strength..... Agility..... Endurance.....	Medium Medium High	High Medium Medium	Medium High Medium	High Medium High
TECHNIQUE	Medium	Attack..... Defence.....	Medium / High Medium / High	Maintain Maintain	Maintain Maintain	Medium / High Medium / High
TACTIC	High / Medium	Attack..... Defence.....	Medium Medium	Medium / High Medium / High	High High	Medium Medium
RECREATION	Medium / High	Prevention..... Rehabilitation.... Rest.....	Medium Medium 1.5 days	Medium Medium 1 day	Medium Medium 1 day	Low High 1 day
T.SESIONS	10+9+9+10 = 38	Morning..... Afternoon.....	5 5 10	5 4 9	5 4 9	5 5 10
MATCHES	4	Nat. Competition Practice Match National Cup	1 (Sat.- Home) - -	1 (Sat.- Away) 1 (Wed.- Home) -	1 (Sat.- Home) - 1 (Wed.- Away)	- 1 (Wed.- Away) -
INTENSITY and WORK LOAD	Medium / High Medium / High		High Medium / High	Medium / High Medium	Medium Low	High Medium / High
TEAM ACTIVITY	Excursion with Team building		Evaluating individ. performances	Tactical discussion with key players	Team talk about playing tactic	Saturday: Full day Nature Walk
COMMENTS:					Nat. Cup 2 nd round: Wed., 17 th Oct.	Nat. Team week

Weekly Training Plan - IV / 3

Process:

1. Draw a table with different categories: days (horizontal) main focus with general and specific division (vertical)
2. Copy out the general details referring to the week from the monthly training plan
3. Write in the number of matches and training sessions (according to the weekly program)
4. Fill in the conditioning, technical and tactical preparation in relation to each other per day (according to the matches)
5. Define the intensity and workload of the daily training (according to the matches and training sessions)
6. Add the amount of daily regeneration time (with the knowledge of all the other activities)
7. Include the daily team activity (in connection to the daily work load)
8. Compare the horizontal and vertical lines (in order to avoid uneven work load)
9. Make a note of key activities that need to be completed during the week

Strategic Plan for a Handball Team




WEEK I. Oct.	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
C Strength: M O Agility: M N Endurance: H	Gen. Weight Tr. - Long dist. Run	- Sets of Sprints with ball	Spec. Weight Tr. - Sets of Sprints	- Sets of Goal shooting	- - -	
T Attack: M / H E C Defence: M / H	Passing to the P and Covering the P	Passing drills Fall. o – Move. b	Match warm up routine and Individ. defence	Faking / Pivot Take.o - Hand.o	Skill training Goal shooting Blocking/Saving	
T Attack: M A C Defence: M	Position Change Building up 3:2:1	Fast Break Quick Retreat	Set Moves GK Training	Attack and Defence 2vs2, 3vs3	½ hour video and then Game tactic A/D	
R Prevention: M E Rehab: M C Rest: 1.5 days	- Reg.run, Stretch -	Propr.T. – Arms Stretching -	- Massage -	Propr.t. – Legs Stretching -	Core stability -Torso -	½ day rest
T Morning: 5 R 10 A Afternoon: 5	1 2 1	1 2 1	1 2 1	1 2 1	1 2 1	- - -
M Nat.Comp: 1(H) A Prac.Match: - T National Cup: -	- - -	- - -	- Play against e.o. -	- - -	- - -	6.00pm HCA vs HTA City Arena
INTENSITY H WORK LOAD M/H	70% Medium	80% Medium	90% High	80% Medium	80% Low	
TEAM ACTIVITY Evaluating individual performances	Statistical debriefing of the last game	Talk with players individually, - if needed	Brief after training/practice match talk	Some fun exercises to lift up team spirit	Team tactical talk	
<i>COMMENTS:</i>	Book the video- room! – <u>2.00pm</u>		<u>7 pm</u> Watch CL match on TV		Book the video- room! – <u>2.00pm</u>	Meet at <u>4 pm</u> for a quick snack

Daily Training Plan - IV / 4

Process:

1. Draw a table with different categories: morning and afternoon (horizontal) main focus with general and specific division (vertical)
2. Copy out the general then specific details referring to the day from the weekly training plan
3. Define the parts of the training sessions (warm up – main part – cool down) and their length of time
4. Set out the Main Part of the training sessions with detailed exercises
5. Make a detailed list of the Warm Up exercises in accordance with the Main Part
6. Design the Cool Down in accordance with the Main Part
7. Include the daily team activity per session (in relation to the daily work load)
8. Compare the exercises to the pre-planned activity (in order to avoid uneven work load)
9. Make a note of key activities that need to be completed during the day

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WEEK I. Oct.		THURSDAY	Morning		Break	Afternoon	
C Strength:	M	-	3' 5' 5' 10'	<ul style="list-style-type: none">Leg stretching and easy runningChasing exercises (3 sets)General stretching (8 exc. routine)Agility ladder (6 exc. x 2)	Warm up (25')	<ul style="list-style-type: none">“Leg-tennis” in pairs then in foursStretching and gymnastics in pairsPassing in pairs while moving alongside the court (8-10 laps)	2x5' 5' 5'
O Agility:	M	Sets of Goal shooting					
N Endurance:	H	Faking / Pivot					
E Defence:	M / H	Take.o - Hand.o					
C Defence:	M / H	Attack and Defence	10'	<ul style="list-style-type: none">Passing drills in 4 groups Faking practice with Pivot Play Attack and Defence - 2vs2, 3vs3<ul style="list-style-type: none">2vs2: Winger and Back, LB and RB then CB and Pivot3vs3: attacking wings against opposite defending sides	Main part (45')	<ul style="list-style-type: none">Taking on-Securing-Handing over<ul style="list-style-type: none">2vs2 then 2vs3 with Pivot on both halves while LB – RB passingSets of Goal shooting<ol style="list-style-type: none">GK warm up on both halvesGS from position with own ball (20 shots)10x5 shots, ball from team mateCompetition b/w. L and R side (a) then b/w. GKs and C. Players (b) 5. Fast breaks in pairs (goes until 5 goals are scored consequently)	15' 25'
T Attack:	M	2vs2, 3vs3					
A Defence:	M	Propr.t. – Legs Stretching					
R Prevention:	M	-					
E Rehab:	M	1.5 hrs	15'				
C Rest:	1.5 days	1.5 hrs					
T Morning:	5	-					
R Afternoon:	10	-					
A Afternoon:	5	-					
M Nat. Comp:	1(H)	-					
A Prac. Match:	-	-					
T National Cup:	-	-					
INTENSITY H		80%	20'				
WORK LOAD M/H		Medium					
TEAM ACTIVITY		Some fun exercises to lift up team spirit	3'	<ul style="list-style-type: none">Cool down running (4 laps)PNF stretching in sitting and lying position (4-5 sets each position)Finishing with 3 Pilates exercises while on the floor	Cool down (20')	<ul style="list-style-type: none">Light running without shoes (2 laps)Proprioceptive training in 4 stations<ol style="list-style-type: none">on gym-maton stability disc (4x4 exc.)on balancing boardon fit ball	2' 20'
Evaluating individual performances		10-12'					
COMMENTS:		3'					
		Healthy competitiveness through - out the sessions					

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