

## Specific physical training for right back and left back players



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Portugal 9-10 January 2010

# Two processes for physical development

- The process from early year to top level player
- How to plan the season?  
What's the reason for physical training?

# AIM

**You have to have a good reason for physical training – in two ways**

- What are we training for?**
- You can't chance – time for technical training is too important!**

# Specific physical training for right back and left back players

The objective is that players must have enough control and power to perform a jump with a short approach. The challenges are also to jump on both feet.

Important properties for the future of handball players are able to change pace and change direction with power.

# **The basic idea of physical education**

**Minimize the limitations and injury prevention.**

**So the players can use all there technique.**

**Creat conditions for training with explosive power.**

# Minimize the limitations and injury prevention.

Intention  
Movement/ mobility

Be able to train in all positions. In deep positions and still have the force and power there. (Without get hurt)



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# **Minimize the limitations and injury prevention.**

**Intention  
Condition – aerobic**

**To be able to do all the training as you need.  
Fatigue and fatigue muscles are the athletics  
worst enemy.**

**To be able for good recovery.**

# **Minimize the limitations and injury prevention.**

**Intention  
Strength**

**Endurance strength for to shoot all the shots you need to be a successful player.**

**Prevention overload injures.**

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# **Crear conditions for training with explosive power.**

**Intention**

**Condition – aerobic**

**Ground for training and avoid to be overload  
hurts.**

**Intention**

**Strenght endurance**

**To be able to train power with high  
intensity for long time.  
(Keep quality)**

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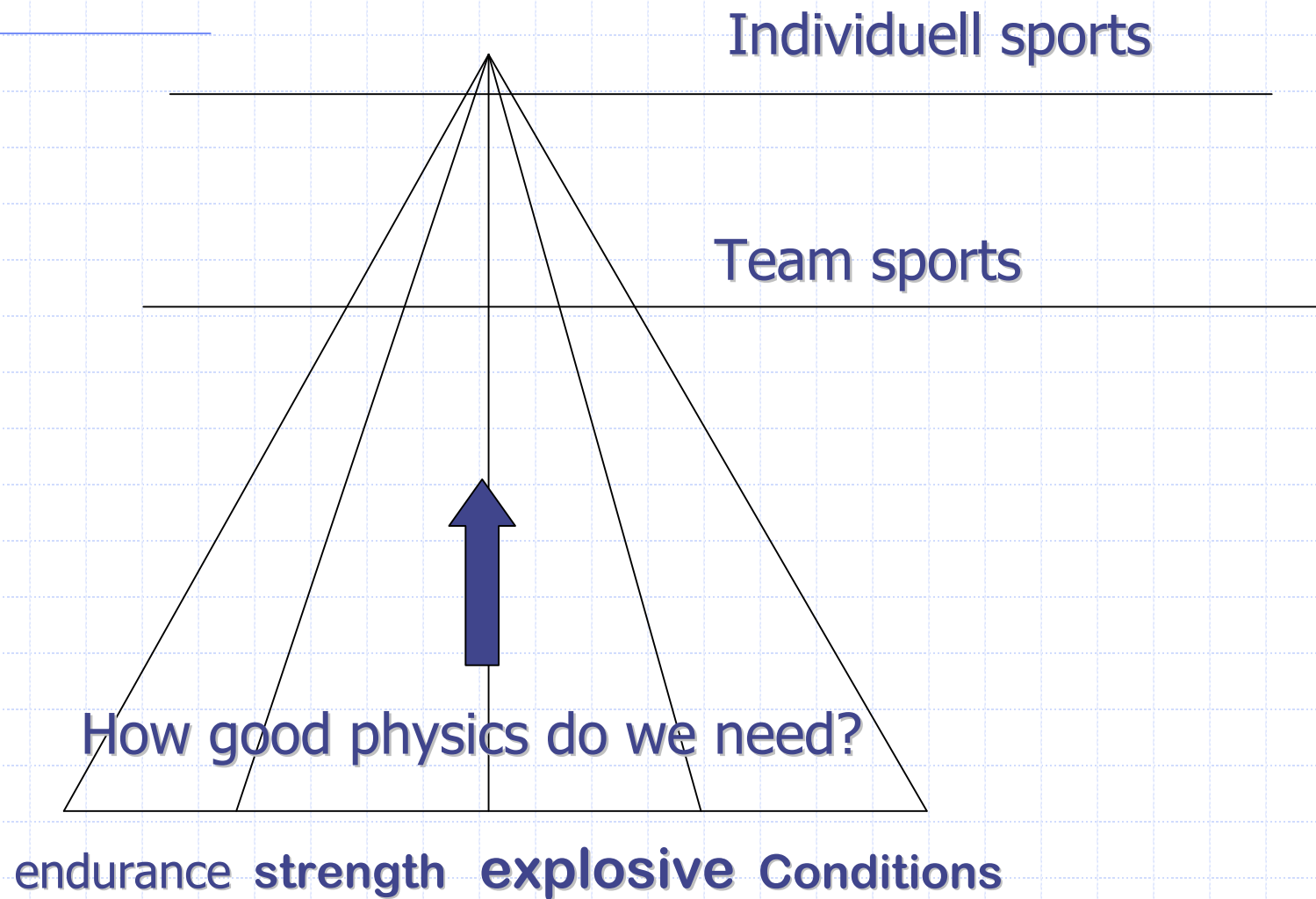
# **Crear conditions for training with explosive power.**

**Intention  
Strength**

**Explosive strength, which lays  
the ground for agility and  
speed (acceleration, reactions,  
direction changes, shots)**

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**handboll.info**

OFFICIELL HEMSIDA FÖR SVENSKA HANDBOLLSFÖRBUNDET



Quality 1-5	Aerob	Anaerob	Strenght	Mobility /movement	Mobility goalkeepers	Technique	Power
Estemite	3	3	3	3	4	4	4

Handbollen fysiska träning /Svenska Handbollsförbundet

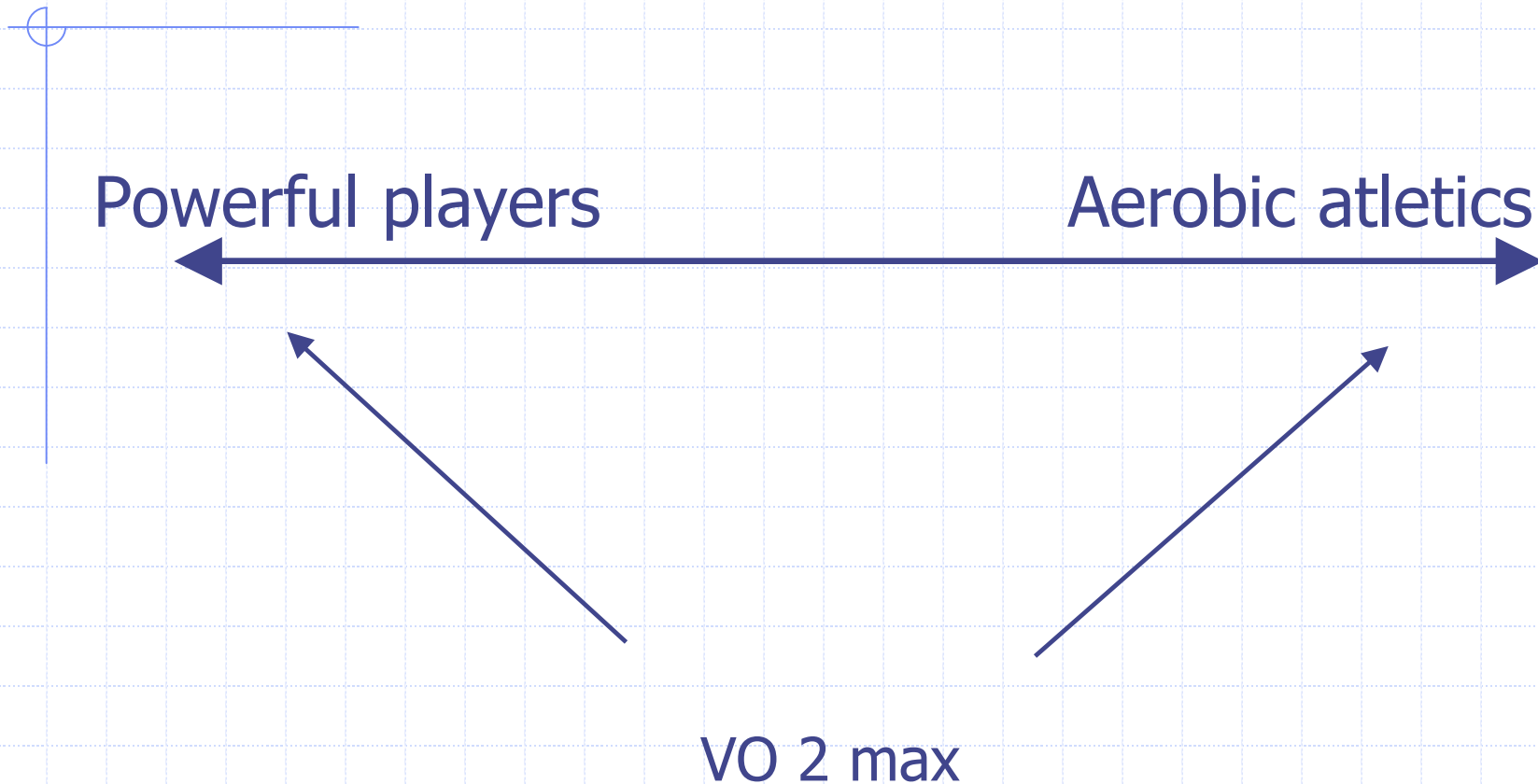
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## SWEDEN - Physical profile for handbollplayers

FYSPROFILER		Men	Women	Young men	Young women
Aerob	3000 meter	<b>10.45</b> <b>(63 ml O<sup>2</sup>/kg/min)</b>	11.30 (58)	<b>10.45</b> <b>(12.00)</b>	11.30
Anaerob	2 x 150 m	32.5 sek – 33.8 sek	36.0-37.0		
Anaerob strenght	Chins	20	10	5	5
	Dips	30	20	15	10
	Sits-up 90°	30	30	15	15
Strenght	Bench-press	1,5x bodyweight	1,2x bodyweight		
	Squat	2,0x bodyweight	1,8x bodyweight		
	Clean (hanging)	1,5x bodyweight	1,2x bodyweight		
	Craft hand left/right	1,0x bodyweight	1,0x bodyweight		
Power	30 m sprint	<b>3.90 sek</b>	<b>4.30 sek</b>		
Jump	CMJ	<b>57,0 cm</b>	<b>47,0 cm</b>		

# Experience ; how good conditions?



Is seems that powerful players need better aerobic capacity.

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# Planning model – physical training

**Period for groundtraining**

May – June – July

**Preperation period**

August – September  
(Christmas time)

**Head season**

September-April

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**Ground**

May-July

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**Preperation**

Aug-Sept  
(Dec)

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**Head  
season**

Sept-April  
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# Ground Period

Priority on aerobic training and basic strength.

No specific training equal for all positions.  
(It starts be more and more similar training in all ball sports in Sweden)

More individual from person to person. For example, more aerobic exercise for one, or more strength training for another.

**I thinking individual  
(strength vs. aerobic training)**

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# Preparation period

Priority for training explosive strength  
(with bars and weights, medicinball - no machines) and  
strength endurance  
some anaerobic training – aim: attitude  
(anaerobic mostly in the handball training)

**Resilience and speed** of all kinds.

Specific injury prevention training.

**Core – Shoulders (for back players)**

**I start thinking specific positions  
(reason for physical training)**

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# Head season

Here we train very **specifically**. **Shots and jumps** in **right position** and **a lot**.

**Isolate quality** for **developing** – and then train them **together**.

Continued **explosive strength** to develop power.  
Games(handball) exercise with **anaerobic training**  
and game exercise with **speed** training.

## Now it very specific

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# Questions?



**Thank you!**