

Specific physical training for right back and left back players



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Portugal 9-10 January 2010

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Karlshamns HF – a small club with 16 national players

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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.

Spread knowledge about good training

good training for kids - good training for youth and talent ...

...and the top level trainer can do what is most needs to do...

...you use the time most effective.

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Responsibility

Top coach – push for the training and implementations of good practice. (Signals)

Talent coach – educate trainer for children.

Develop resilience /elastic jump

Strength and movement

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Develop resilience /elastic jump

Children –
knee control
and small
“mixed” jump.
(In play)



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Develop resilience /elastic jump

Talents early year
– core exercises,
lifting technique
and strength with
body.

Goal – deep one-
leg squat



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Develop resilience /elastic jump

Talents older –
loaded jumps,
plyometrics jump
and agility jumps.

And of course a
lot of jump shoots

Develop speed and speed changes

In same ways:

Children

Talents/teens

Top players

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So far today!

Questions?

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