Specific physical training for right back and left back players

Nanne
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.

Nanne
Portugal 9-10 January  2010
The basic idea of physical education

Minimize the limitations and injury prevention.
So the players can use all there technique.

Create conditions for training with explosive power.

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Portugal 9-10 January 2010
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)
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.

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Portugal 9-10 January 2010
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 injuries.

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Create conditions for training with explosive power.

Intention

Condition – aerobic
Ground for training and avoid to be overload hurts.

Intention

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

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Portugal 9-10 January 2010
Creat 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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Portugal 9-10 January 2010
Individuell sports

Team sports

How good physics do we need?

endurance strength explosive Conditions

Nanne
Portugal 9-10 January 2010
<table>
<thead>
<tr>
<th>Quality</th>
<th>Aerob</th>
<th>Anaerob</th>
<th>Strength</th>
<th>Mobility /movement</th>
<th>Mobility goalkeepers</th>
<th>Technique</th>
<th>Power</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-5</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Estemite</td>
<td>3</td>
<td>3</td>
<td>3</td>
<td>3</td>
<td>4</td>
<td>4</td>
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</tbody>
</table>

Handbollen fysiska träning / Svenska Handbollsförbundet

Nanne
Portugal 9-10 January 2010
<table>
<thead>
<tr>
<th>FYSPROFILEN</th>
<th>Men</th>
<th>Women</th>
<th>Young men</th>
<th>Young women</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aerob 3000 meter</td>
<td>10.45 (63 ml O²/kg/min)</td>
<td>11.30 (58)</td>
<td>10.45 (12.00)</td>
<td>11.30</td>
</tr>
<tr>
<td>Anaerob 2 x 150 m</td>
<td>32.5 sek – 33.8 sek</td>
<td>36.0-37.0</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Anaerob strenght Chins</td>
<td>20</td>
<td>10</td>
<td>5</td>
<td>5</td>
</tr>
<tr>
<td>Dips</td>
<td>30</td>
<td>20</td>
<td>15</td>
<td>10</td>
</tr>
<tr>
<td>Sits-up 90°</td>
<td>30</td>
<td>30</td>
<td>15</td>
<td>15</td>
</tr>
<tr>
<td>Strenght Bench-press</td>
<td>1,5x bodyweight</td>
<td>1,2x bodyweight</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Squat</td>
<td>2,0x bodyweight</td>
<td>1,8x bodyweight</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Clean (hanging)</td>
<td>1,5x bodyweight</td>
<td>1,2x bodyweight</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Craft hand left/right</td>
<td>1,0x bodyweight</td>
<td>1,0x bodyweight</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Power 30 m sprint</td>
<td>3.90 sek</td>
<td>4.30 sek</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Jump CMJ</td>
<td>57,0 cm</td>
<td>47,0 cm</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Svenska handbollsförbundet & Svenska Olympiska Kommittén

Nanne
Portugal 9-10 January 2010
Experience; how good conditions?

Is seems that powerful players need better aerobic capacity.

Nanne

Portugal 9-10 January 2010
Planning model – physical training

Period for ground training
May – June – July

Preparation period
August – September
(Christmas time)

Head season
September - April

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Portugal 9-10 January 2010
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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Portugal 9-10 January 2010
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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Portugal 9-10 January 2010
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

Nanne
Portugal 9-10 January 2010
Questions?
Thank you!