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?

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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.

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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.

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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

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Develop speed and speed changes

In same ways:
- Children
- Talents/teens
- Top players

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So far today!

Questions?