



Characteristics of training the individual Technical-Tactical on the high level of competition

EHF Master Coach Portugal 2018



Handball CV

- Experience as a handball player in the average leagues in Germany
- Diploma in Sports Science
- Started as a handball coach in 1994
- Head Coach in different clubs of the DKB Handball Bundesliga 1996 - 2011
- Head of Coaches Education in the German Handballfederation/DHB 2006 – 2012
- Competitive & Sports Coordinator/Head of Beachhandball/Female Coaching Staff of DHB since 2012





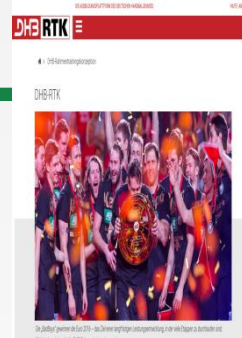
High Level Competition In Female Handball

- Basic elements:
- Special talent, for example agility, strong shooting, playing ability
- Technical-Tactical skills that work together with the players talent
- Physical strength

German Handball Federation/DHB

German
Playing Concept

Trend Of Development
in Handball



Rahmentrainings-
konzeption/RTK

Basic Principals Of
Learning Handball



Continuity By Long Term Development!

Developmentssystem

Future – Orientated
Profiles



Coaches Education

Modern Profile

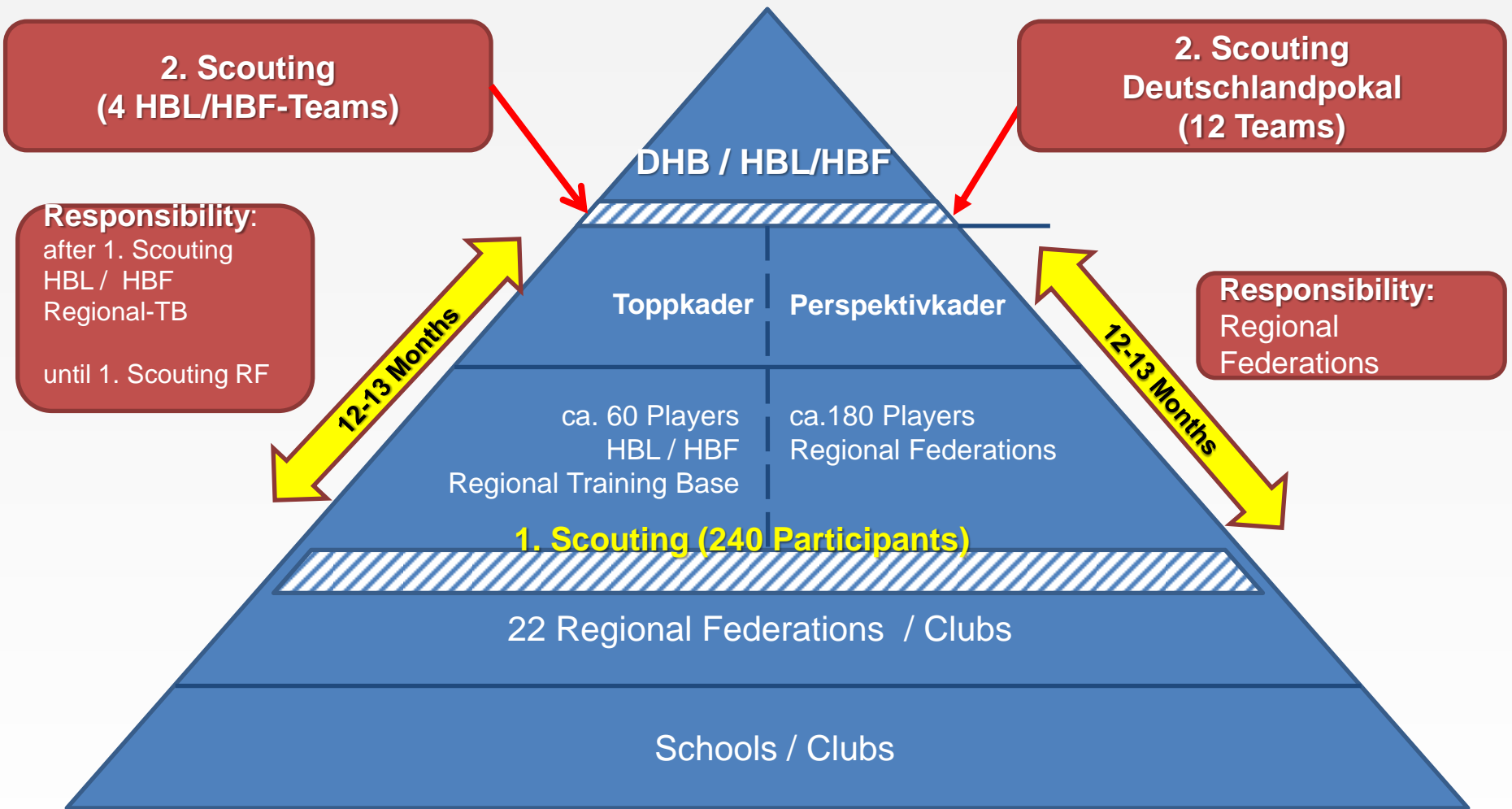




Technical-Tactical

- Sensitive phase of learning:
- As a child aged almost 7/8 to 11/12
- Afterwards technical skills are harder to learn

Scouting- and Developmentssystem (male and female)

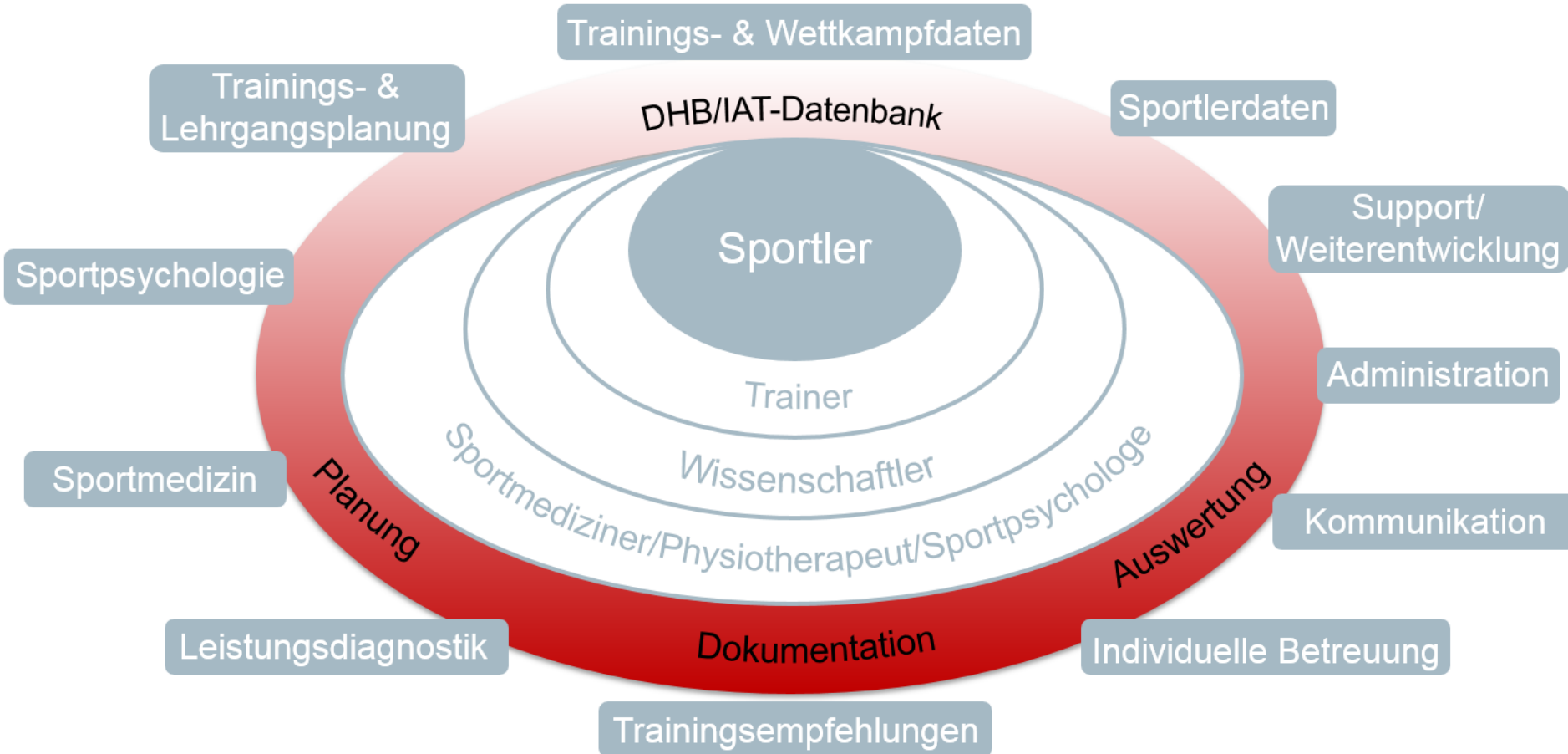




Points Of Development In Female Handball

- Focus on the special skills of a talent: f.e. agility, height, power, playing skills as basic elements
- Personality Development = education on competitive sports
- Specialize on one playing position
- Focus On Individual Development/Education

DHB / System of Development





Technical-Tactical points of development

- Position profiles
- Individual Training
- Coach has to adapt to the personal skills of a player.....and on the other hand.....



Technical-Tactical points of development

- The priority of the players education is to help develop an adaptable player - Neagu
- Individual playing options: AIP, crossing, movement with or without ball, attack the goal, open space for teammate, change of tempo, changeover
- Goal: create a new situation - solution!



Technical-Tactical points of development

- Still the player is his own actor when it comes to Top Sport education! (self-reliance)
- Coaches are guarding, looking to surprise (!!)
the player for a better development
- Together they can set high demands – goals and
the players need to be involved into reflection!!



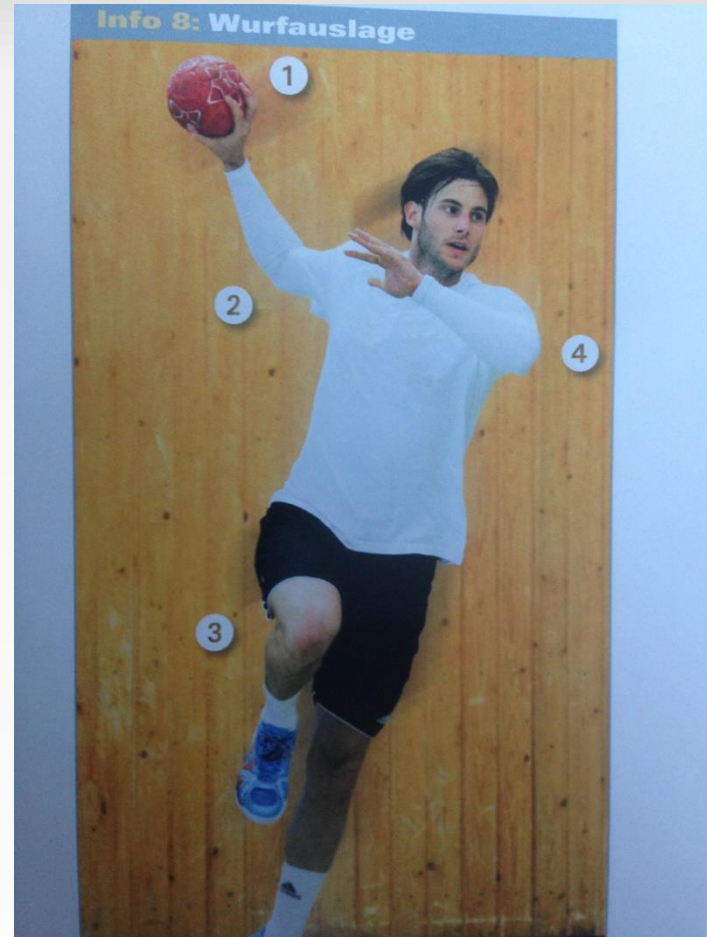
Technical-Tactical points of development

- I E P
- Elite program
- German Armed Forces
- Dual career
- Regional training camps – more influence also after their youth career

Wing player - technique

- 1.AIP
- 2.Short strike out
- 3.Movement free leg
- 4.Stabilization

• Copyright philippka, Kromer, 2015





Summary

- Focus on personal skills
- Specialise on one position
- More individual training
- Keep it simple with high quality!
- Challenge yourself!

Obrigado! Thank you for your attention!

