

***Long-term
concept
for
supporting
talented players
in the German Handball Federation***





***New version
of the***

***German Handball
Training Concept***

2009 - 2012/13

German Handball Training Concept - a holistic concept



***Basic principle:
holistic frame of reference***



The steps of training



- 5** **CONNECTING TRAINING**
Close the gap to top performance
- 4** **ADVANCED TRAINING II**
Build up special performance
- 3** **ADVANCED TRAINING I**
Build up performance systematically
- 2** **BASIC TRAINING**
Individual training
- 1** **BASIS EDUCATION**
All-round basis education

Principles of player's training



5

**INDIVIDUAL
TYPES OF PLAYERS**

4

**SPECIAL TRAINING
FOR THE POSITIONS**

3

**VARIABILITY
ON THE POSITIONS**

2

**VARIABILITY
OF THE ACTIONS**

1

ALL-ROUND PLAYING

Modules of training



Main focus of youth player's training



The four supporting pillars of:

SUCCESS

COMMITTMENT

COMMUNICATION

RESPECT

LOYALTY

Main focus of youth player's training



COMMITMENT

Individual athletic skills:

- a) „The beginning of the career as a handball player“
- b) gymnastics (e.g. CORE programme)
- c) strength (e.g. with barbells or gymnastics)
- d) coordination

Main focus of youth player's training



COMMUNICATION

Improve the behaviour in defense:

- a) individual exercises
- b) build it up systematically (3:2:1 defense, 6:0 defense)
- c) cooperation between the defense players among each other and each player with the goalkeeper
- d) how do we learn (video training)?

Main focus of youth player's training



RESPECT

High speed Handball:

- a) individual exercises**
 - one on zero
 - two on zero (two players cooperate)
 - old/new resp. „norwegian“
- b) how do we learn (video training)?**

Main focus of youth player's training



LOYALTY

Improve the behaviour in attack:

- a) individual exercises**
 - training of techniques (passes, drills)
 - one on one
 - specific positional training
 - cooperations (e.g. throwing training LW/RW with LB/RB an CB with the pivot)

Main focus of youth player's training



- b) build it up systematically**
 - cooperations two on one or two on two
 - openings against different defense systems
 - following actions (playing on in small groups)
- c) how do we learn (video training)?**

Mathematics



+ **Committment**

+ **Communication**

+ **Respect**

+ **Loyalty**

= **STRENGTH, ENERGY,
WILL TO WIN,
MOTIVATION**