



2005 Youth Coaches' Course



7th Youth Coaches Course and an EHF Lecturer's Seminar 25-28 August Vienna, AUT

**HOW TO IMPROVE THE PERCEPTION
AND TREATMENT OF THE INFORMATION
ON THE YOUNG PLAYERS**

Carlos Cruz/POR

7th Youth Coaches Course and an EHF Lecturer's Seminar Vienna, AUT, 25-28 August



- **Preparing goalkeepers and defense for fast outlet**
- **Development and training specific elements
of young goal keepers**
- **Development and training of the position attack
youth handball**
- **Decision Make & action speed /
Drills for goalkeepers and defense players**
- **Decision Make & action speed in fast break**

Conception's Guide lines

- One reality that we should not forget - we always play as we train
- The main objective - players creating danger with short actions
- Perception and treatment of the information – in the training sessions and exercises



PLAY HANDBALL is

Score
ATTACK
Goal

Not suffer
DEFENSE
Goalies

HANDBALL is

**INTERACTIV
SPORT**

EVERY MOMENT

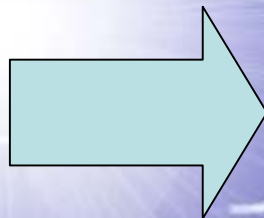
**INFORMATION
SENT**

**INTERPRETS
INFORMATION**

HANDBALL is an INTERACTIV SPORT with short time to make decisions

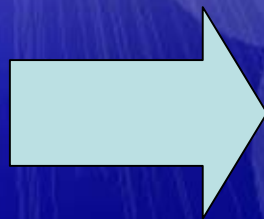


**Not predictable
sport (we never
Knows the
Next situation)**



**Individual
Tactic Is
Fundamental
Technical gesture
is flexible,
adaptable**

**Collective Sport
Cooperation and
Opposition**



**important
To coordinate
team mate
necessary
to organise
team systems**

HANDBALL is an INTERACTIV SPORT

with short time to make decisions



The most efficient player

Is not the one who knows more

But who adapts himself on the faster and better way

With more intentionality

Learning to play Handball



is above all

To Know

to understand

and to use

the game information

In the right and useful time

PLAY HANDBALL is preparing players with skills to

- **Creating danger with less steps**
 - Playing with zero steps or one step
- **and less gestures**
 - Eliminating, superfluous gestures
- **Always with “ready arm”**
- **Using the ball in the hands**
 - giving the minimum informations of the real intentions
 - in all directions



PLAY HANDBALL is preparing players with skills to

- **Treating globally all the information**
- **Controlling the close and the far away areas**
- **Constant orientation to the goal even in the defence**
- **Improving to draw a wrong attention from the opposites**



PLAY HANDBALL is preparing players with skills to

- **Trying all time to score goals**
- **Taking risks**
 - **Measuring the risks**
 - **able to identify the risks**
 - **Correct evaluation of risks**
 - **but avoiding fouls**

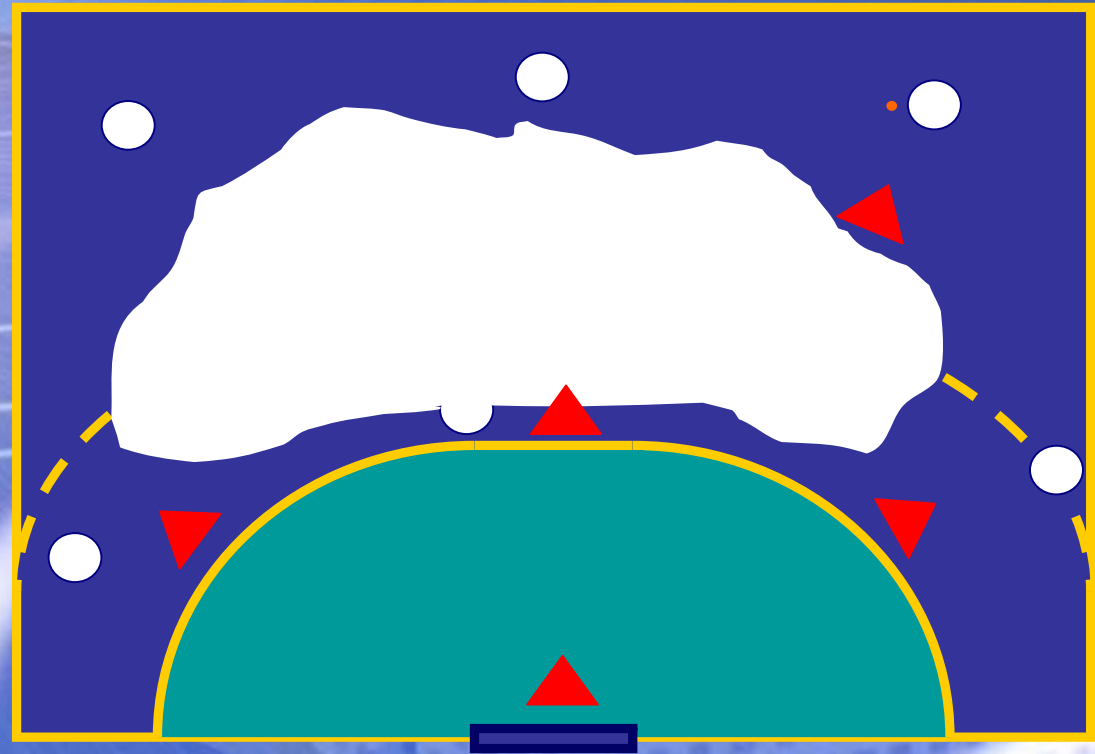


Improving the perception and treatment of the information

- **Planning open and wide situations**
- **Do not increase the decision time artificially – on contrary Progressive reduction of decision time**
- **Artificial increasing of the number of stimulations – and Avoid reflexive preparations when we are playing**

Who we would like to have as defender player

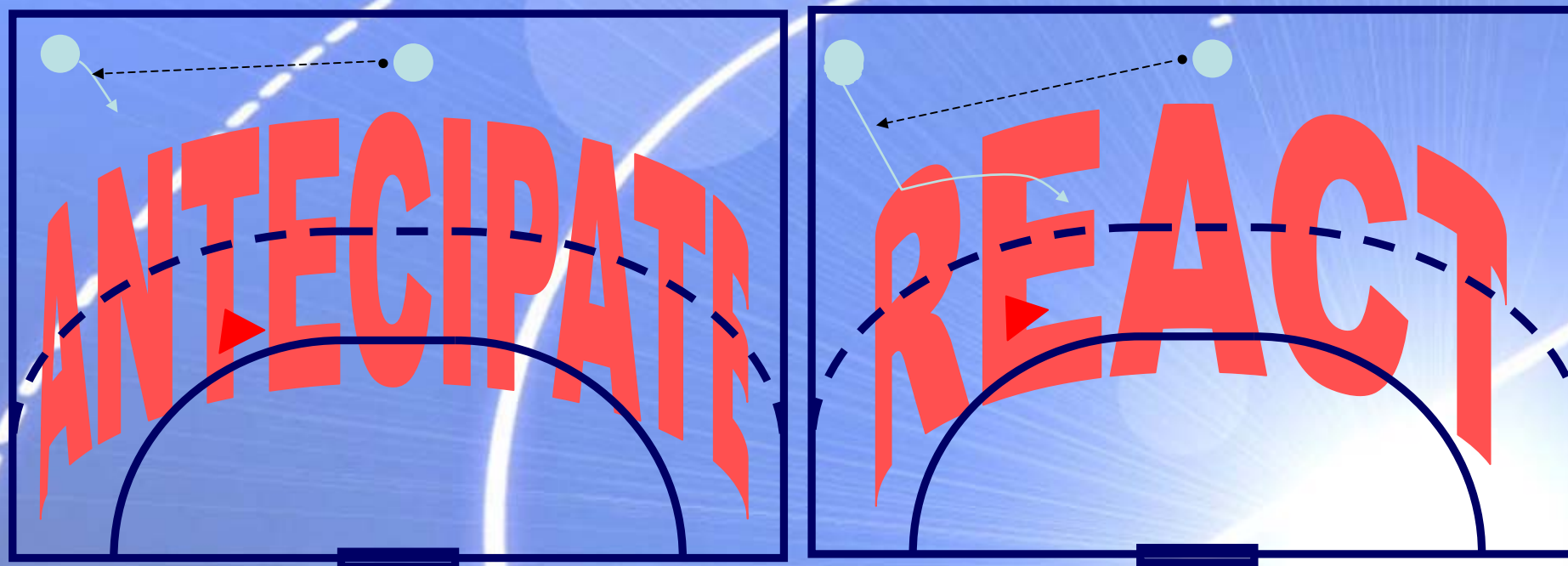
- Direct opponent never surprise him
- He helps all team mates every where
- on his own area never pass the ball
- but is able to cut passes on other areas outside of his natural own area
- He works in front of the opponent and in front of the ball



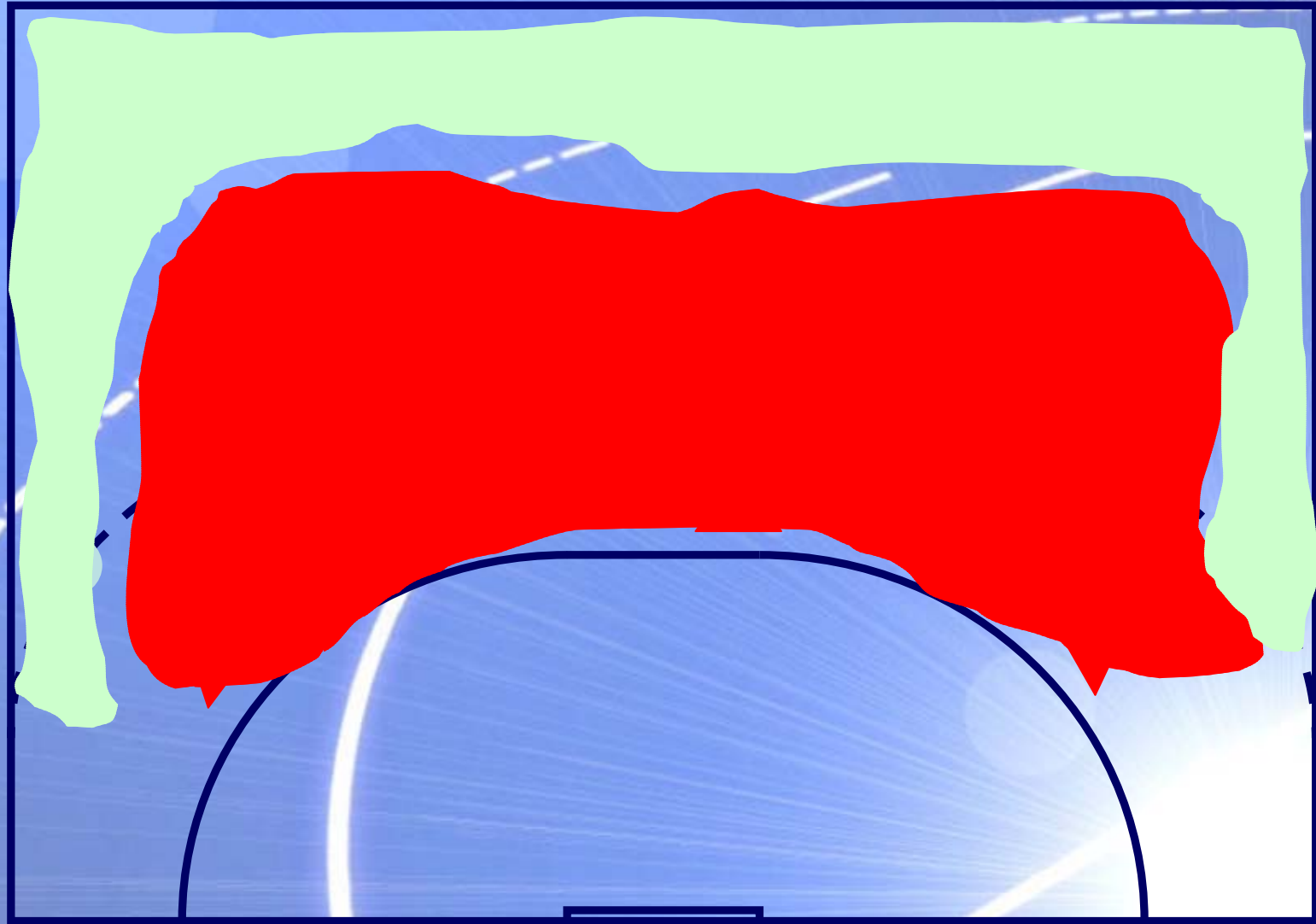
He is able to stop the direct opponent, to help, in a large area of influence

To act with intentionally

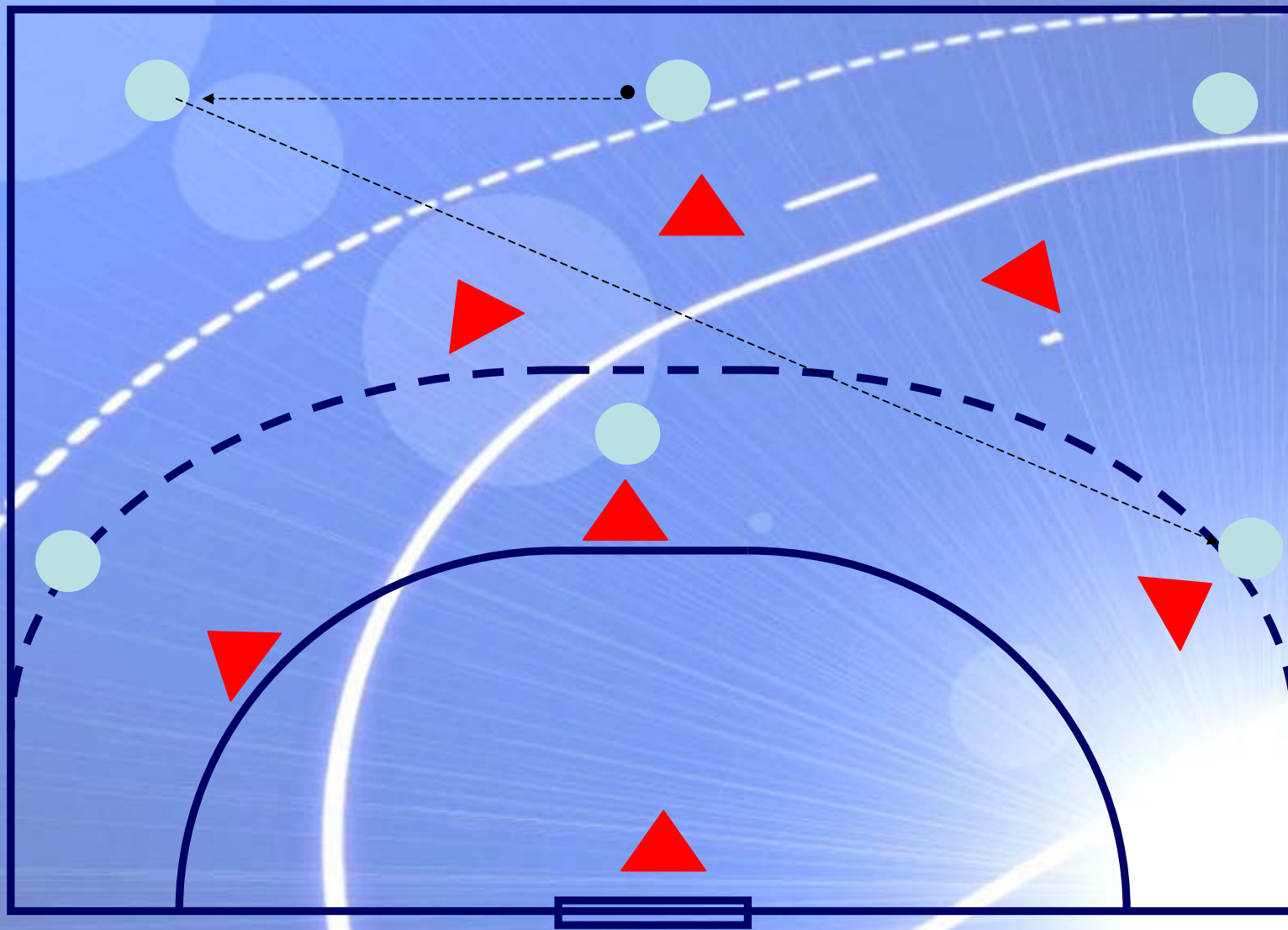
In defence we have two big options



EVEN BETWEEN DEFENSIVE AND OFFENSIVE DEFENCES



ABOVE ALL THE CAPACITY TO READ – TO UNDERSTAND – THE GAME



THE PLAYERS INDIVIDUAL AND
COLECTIVE MUST BE PREPARE TO

ANTECIPATE

**“ATAACK THE OPONENT”
(Don’t let him think)**

**“ATAACK THE BALL”
(danger for all the passes)**

Decision Making and Action Speed / Drill for Defence Players

- ***Remembering O. Krumbolz who said that for many “the attack is the match and the defence is ... work “ and we must add “pure and hard work”.***
- ***The defence has assumed a preponderant role in the progress of the spectacularity of the game,***
- ***THE MAIN TARGET IS more than ever TO RECOVER THE BALL WITHOUT SUFFERING A GOAL!***

ATTACK

Final Target :



ATAK

***IS TO SCORE
GOAL***

WE MUST "GET" A PLAYER...

***WITH THE BALL
ON THE RIGTH PLACE AND TIME***

***TO THROW
EFFICIENTLY***

**DISPLACEMENT
OF THE
PLAYERS**

**PASSING
AND HANDLING
THE BALL**

SCORE GOALS

ATAACK



WE MUST "GET" A PLAYER...

***WITH THE BALL
ON THE RIGTH PLACE AND TIME***

Good Place

Good
body control

No
opposition

***TO THROW
EFFICIENTLY***

*From Almost
Every where
In all kind of
positions*

*With every
Kind of
opposition*

Decision & Action Make on the Fast Break

- *A good fast break team is the one that obtains many fast break goals*
- *... but also loses very few balls for the opponent to attack*

Decision & Action Make on the Fast Break

Main targets of the defence

**INTERCEPT
THE BALL**

**EVEN STOP
THE ATTACKERS
WITH FAULTS**

**DISSUADE,
PROVOKE
HESITATIONS**

“RECOVER THE BALL, AT LEAST STOP IT”

Decision & Action Make on the Fast Break

Main targets

To carry the ball,
quickly as possible,
for an efficient area

Arrived on the efficient
area in numeric or space
superiority

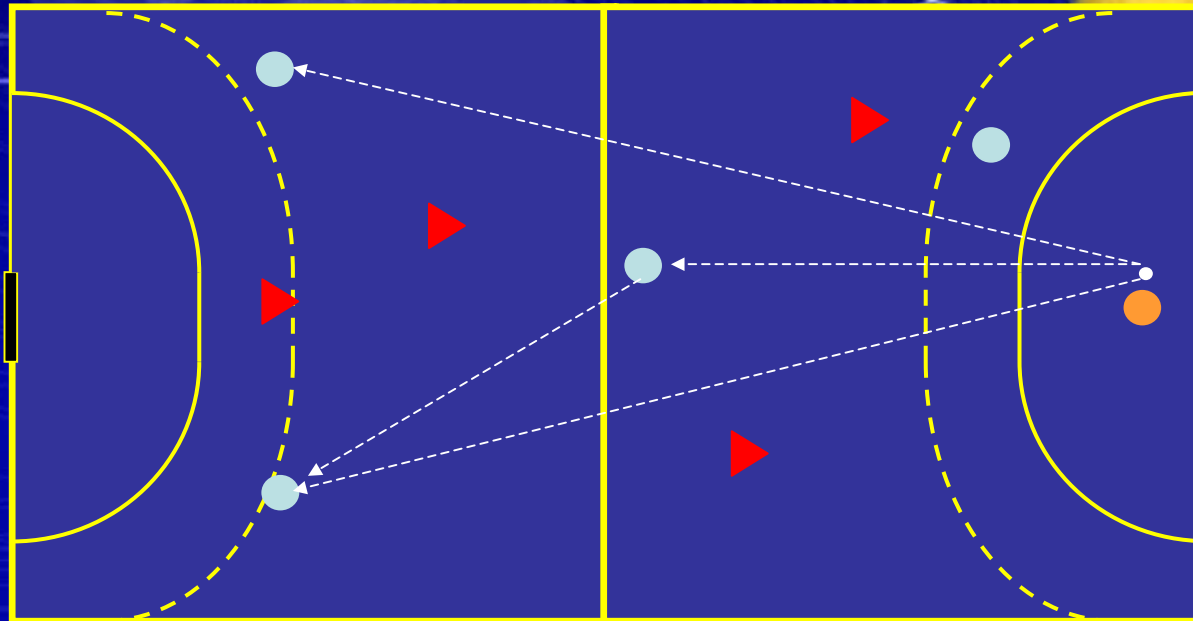
This is not the same as 100 m sprint
with one ball...

**THIS MEANS TO KNOW HOW TO PASS, TO DRIBBLE, TO SHOT, OR TO
STOP AND MAINTAIN THE POSSESSION OF THE BALL**

Decision & Action Make on the Fast Break

**THIS MEANS TO CARRY THE BALL FOR THE ATTACK
EFFICACY ZONES:**

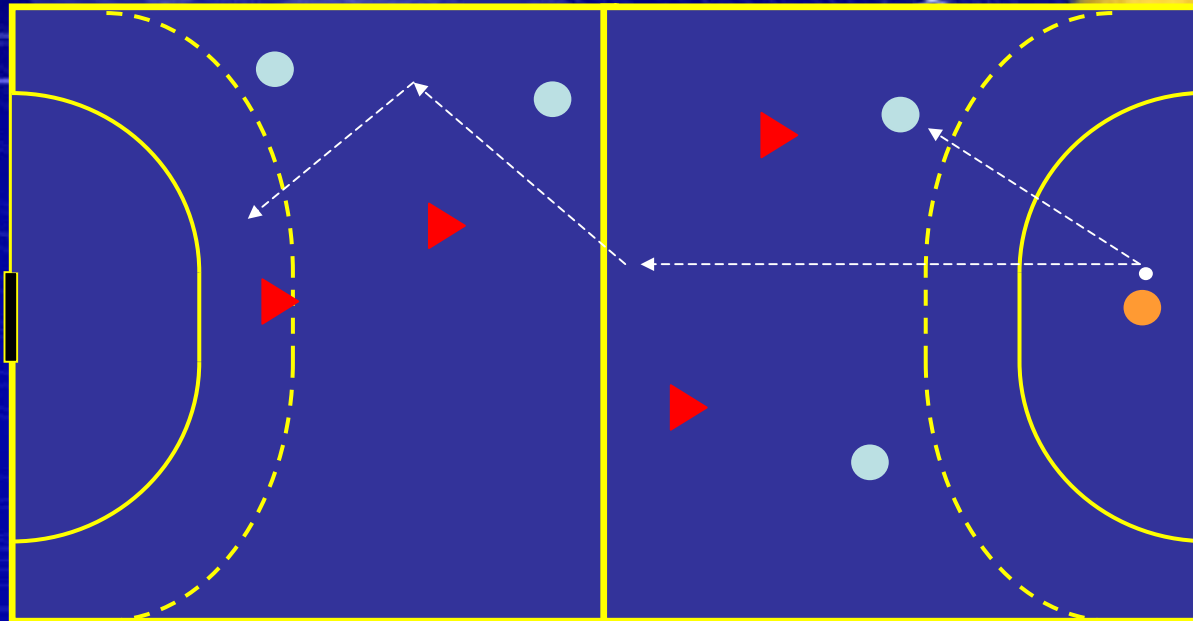
- *by long, median and short distance passes*



Decision & Action Make on the Fast Break

THIS MEANS TO CARRY THE BALL FOR THE ATTACK
EFFICACY ZONES:

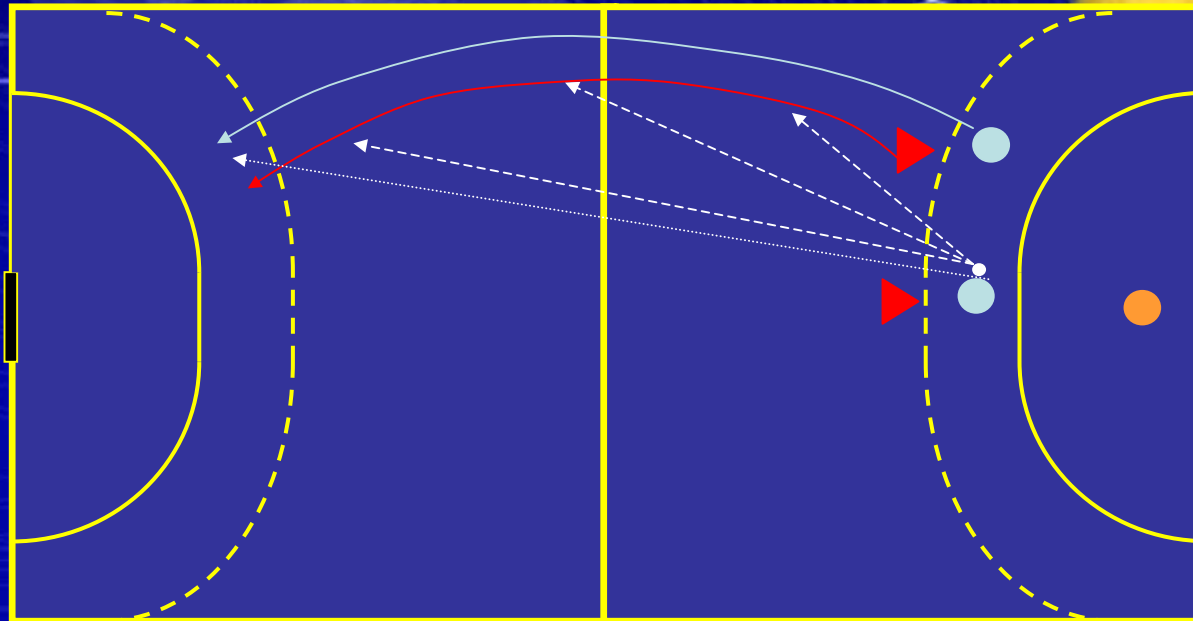
- *passing and receiving the ball in high speed runs*



Decision & Action Make on the Fast Break

THIS MEANS TO CARRY THE BALL FOR THE ATTACK
EFFICACY ZONES:

- *each one disarm himself*



SPECIFIC ELEMENTS PERFORMANCE OF YOUNG GOALKEEPERS

- **Higher number of interventions per match**
- **Consequences of the successive changes in the Rules**



SPECIFIC ELEMENTS PERFORMANCE OF YOUNG GOALKEEPERS

The progress of younger goalkeepers shows “interruptions” due to a few aspects - almost simultaneous:

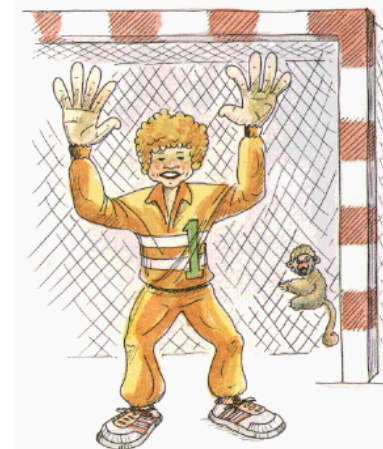
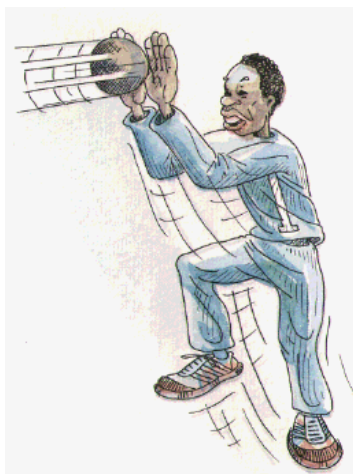
- The time to throwing work is higher and more stimulated in terms of quality.*
- The individual attention to the throwers is more systematic cared than it is to the goalkeepers.*
- Some interventions of the goalkeepers have great spectacularity - may lead into mistake a less attentive observation.*
- Some precocious specialisation due to nice and coordinate movements without sufficient potential*

SPECIFIC ELEMENTS PERFORMANCE OF YOUNG GOALKEEPERS

We can talk about four phases in the evolution of the goalkeeper

1. There is still no goalkeeper (until +/- 11 years of age) - the
HANDBALL KNOWLEDGE.
2. Learning phase – knowledge of the ball and the goal – *Global*
Technical Training (more or less in the period 12 –15 years)
3. Perfectioning phase – comprehension - *Technical-Tactical*
Formation. The Basic and Specific Physical Condition (15 -
18 years)
4. Specialisation and rentability phase – strategy (18 - 19 years
+) *Tactical education – special strategic and physical*
condition

Never forget the main phase the “concrete” goalkeeper,
an young player who looks for happiness



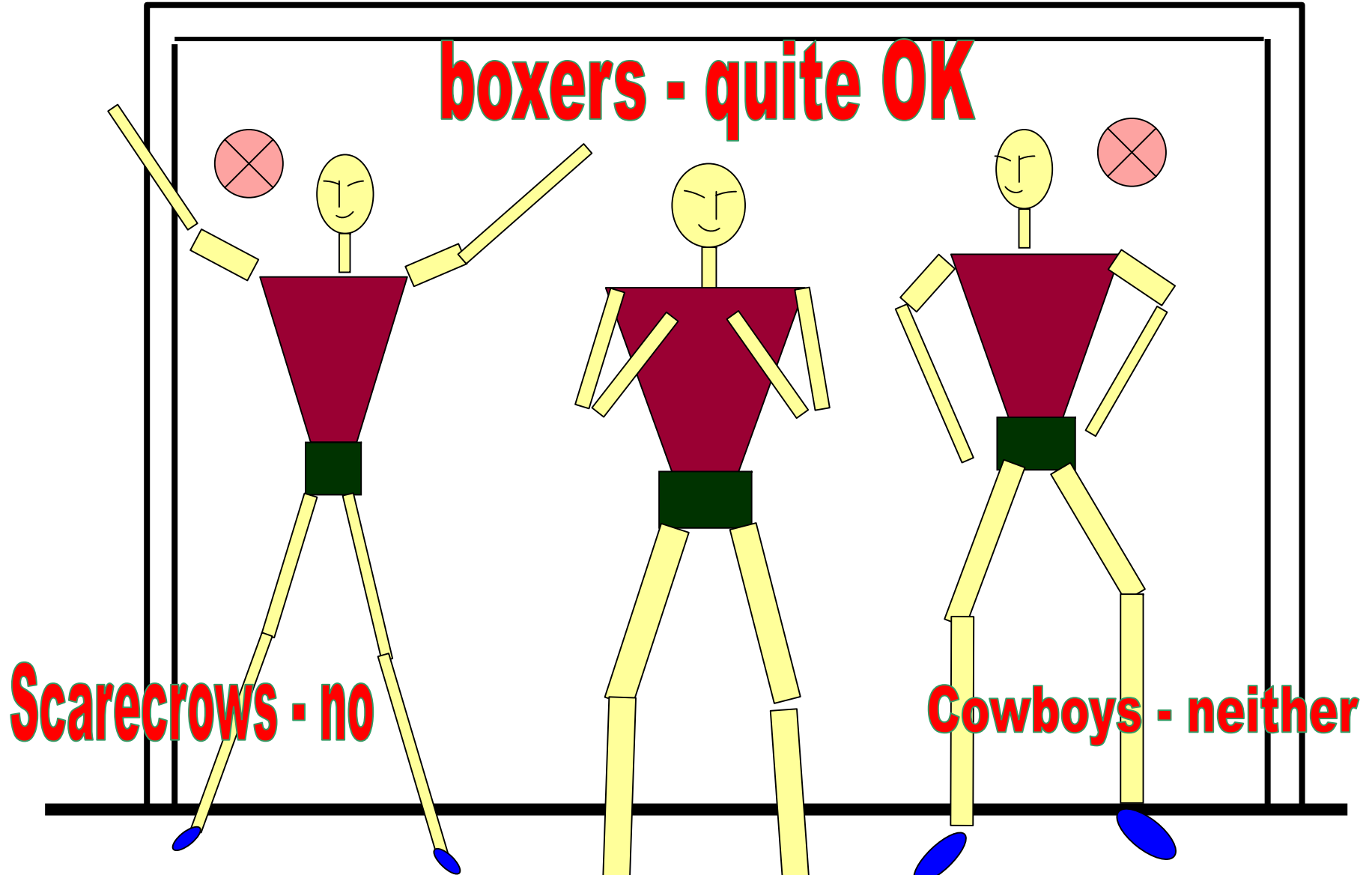
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SPECIFIC ELEMENTS PERFORMANCE OF YOUNG GOALKEEPERS

Even with some inconvenient

Basic Position - for displacement

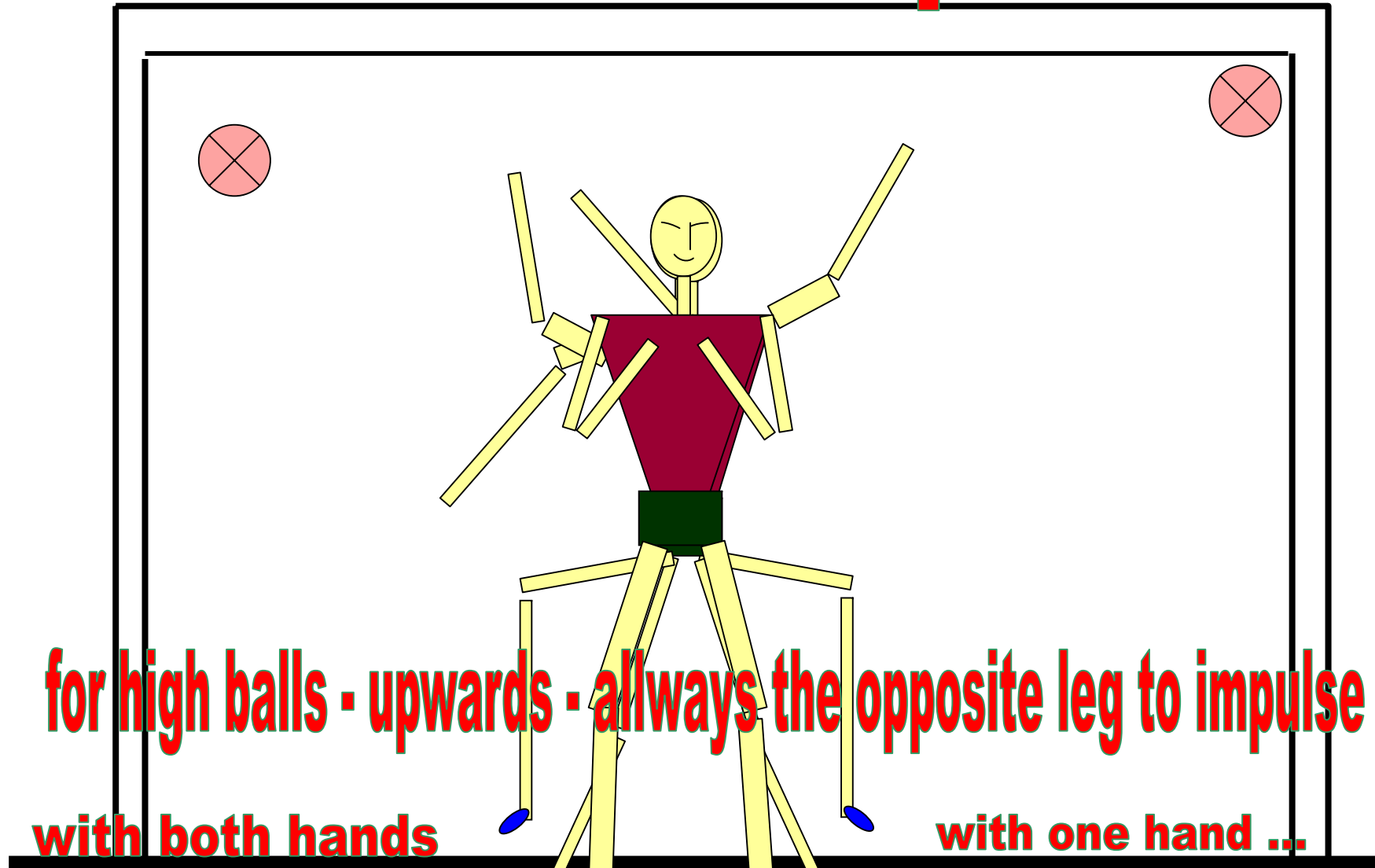


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Adapted from Mats Olsson

Basic - Dinamic position



Basic position for downwards - balls near the ground



Carlo

Adapted from Mats Olsson

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Prepare to intervene

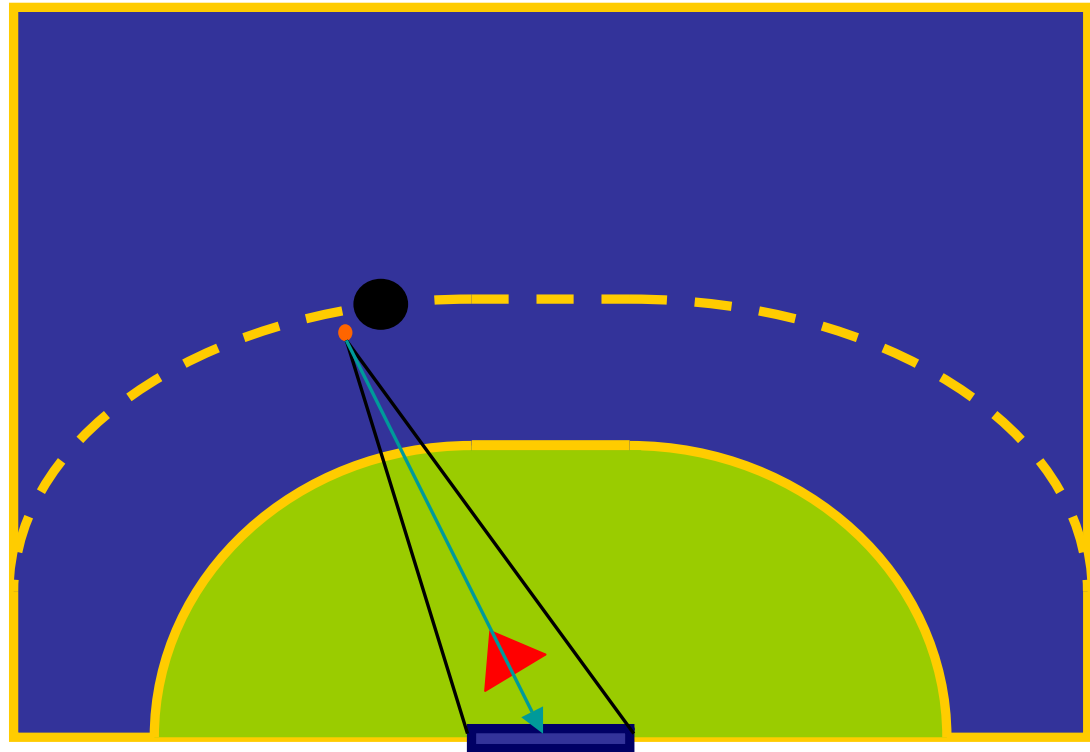
The position on the field and in the goal is the most important

In general...

"In the middle of the angle between the ball and the posts of the goal"

... with small differences

6 meters throws, fast break, ...



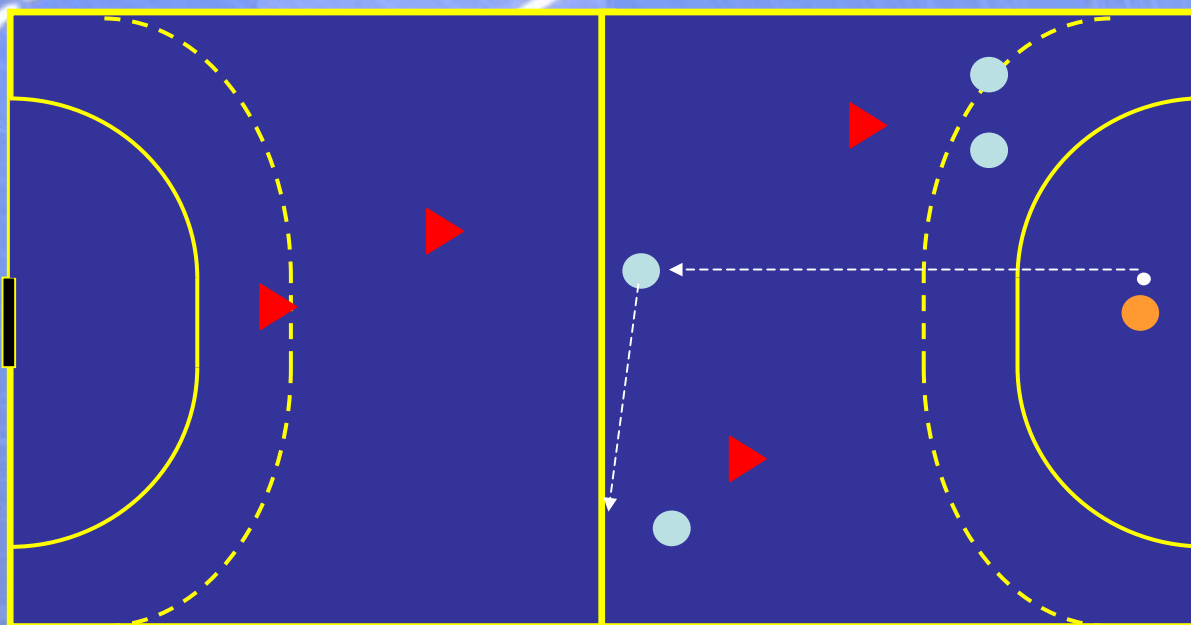
Fast “Outlet”

- To score a goal immediately after suffering a goal
- It is quite different from the fast break where we pretend to score a goal after recover the ball without suffering a goal

Fast “Outlet”

To carry the ball for the efficient areas in the attack with
An obligatory passage in the centre of the field:

We must care about median distance passes,
Without defenders



Fast “Outlet”

- We must know the rules
 - from the attack side – one player where (in the middle), and the others where else;
 - From the defenders side – 3 meters distance (and after the whistle ??)
- The goal keeper can not dissuade the pass – but we never knows
- The goal keeper must be very good in these kind of passes – if there is some one to receive (organization of the team mate)

Fast “Outlet”

- The decision of the substitution
 - for the attack (stay or only two or three players are in charge of the “job”);
 - For the defenders side (they only want that we stay to defend or they are really trying to score)
- During the moments of inferiority or superiority – how the players must be prepare to play
- How we manage the situation – every time during the game or only when we need (we play as we train)

Fast “Outlet”

A few problems to deal

- After sufferin a goal = not good in the defense – let’s go to the attack – it is not so important
- I must run to middle field line – I’m not responsible to defend
- The importance to win with more goals or with balance between all the moments of the game – defence – attack – fast break – “turn overs” - outlet
- The pressure to the player who is shooting may decreases

Fast “Outlet”

A few problems to train

- How we are gone do it:
- How we control the ball
- Who are the players responsible for the reception
- The pass of the goal keeper, and after what else we must do – come as field player or stand up inside the goalkeeper area
- The surprise of the commitment
- It is enthusiastic and emotional for everybody and some times we aren't thinking anymore
- And the phisical efforts – they are under control
- But it is a real change and opportunity

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*Thank you very much
for your attention*

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