



# 2006 EHF Youth Handball Convention

17 – 19 November 2006 in Vienna, Austria

## EHF YOUTH HANDBALL FORUM

As a highlight within the 2006 EHF Youth Convention the EHF organises the “EHF Youth Handball Forum – A Place to Meet”, a get-together of youth handball protagonists from all over Europe. By offering this forum the EHF wants young male and female players, coaches and referees aged 18 – 24 from different countries to meet, to get to know and understand each other in order to contribute and to be enriched by the various aspects of their diversity and different views of handball.

### EHF Youth Handball Forum - Participants

ESP	Isidoro	MARTINEZ	Young Coach
GER	Marco	RATHSCHLAG	Young Coach
SLO	Gregor	PECOVNIK	Young Coach
SRB	Milan	PETRONIJEVIC	Young Coach
AUT	Radojko	BRKIC	Referee
CRO	Helena	CRNOJEVIC	Referee
POR	Roberto	ACCOTO	Referee
ROM	Cristina	NASTASE	Referee
SWE	Natasha	ENGBERG	Referee
DEN	Erik	LARSEN	Guest
CZE	Petra	VOZOBULOVA	Player
SVK	Andrej	PETRO	Player

Following the idea of Allan Lund / DEN / EHF Methods Commission the aim of the Youth Handball Forum should be focused on new ideas and innovative inputs by the youngsters. Due to the fact that this group shall be self-governed in their discussions and working strategies, Allan Lund only guided the group.

Prior to the meeting the group participants have been asked to submit some discussion topics – see 3.1.2.

Furthermore Allan Lund gave them some “homework” in order to have a common starting point for their discussion:

1. Bring along with you following information:
  - a) Which position has handball in your country among female youngsters aged 14 - 20 years?
  - b) Which position has handball in your country among male youngsters aged 14 - 20 years?
  - c) How many handball players do have in your country between 14 - 20 years?
  - d) How is the percentage of female and male youngsters between 14 - 20 years does not play handball?
2. If you were the president of your national handball federations, and you had "free hands" and the necessary resources, which 5 areas within the sport of handball would you focus on and develop?

The results of the discussions are listed in the documentation (see 3.1.3. – 3.1.5.).

All participants worded their ideas and their plans for the future in “Visions, Goals, Tools”; of course questions remained that are listed in “Open Questions” in the field of refereeing and coaching.

The EHF would like to thank the participants of the EHF Youth Handball Forum for both their fantastic work and their incredible ambitions during the 2006 EHF Youth Handball Convention !



17 – 19 November 2006 in Vienna, Austria

## EHF YOUTH HANDBALL FORUM Inputs

### Mads Hovgaard / Denmark:

Topics:

- 1) Handball - "an experience"
- 2) Youth player – how to recruit and maintain the youth in handball (?)
- 3) Club-building

Ad 1) Handball - "an experience"

*Purpose:* To make (and maintain) handball to a physical, emotional and social kind of sport, where all needs for the youth will be met.

### Headwords:

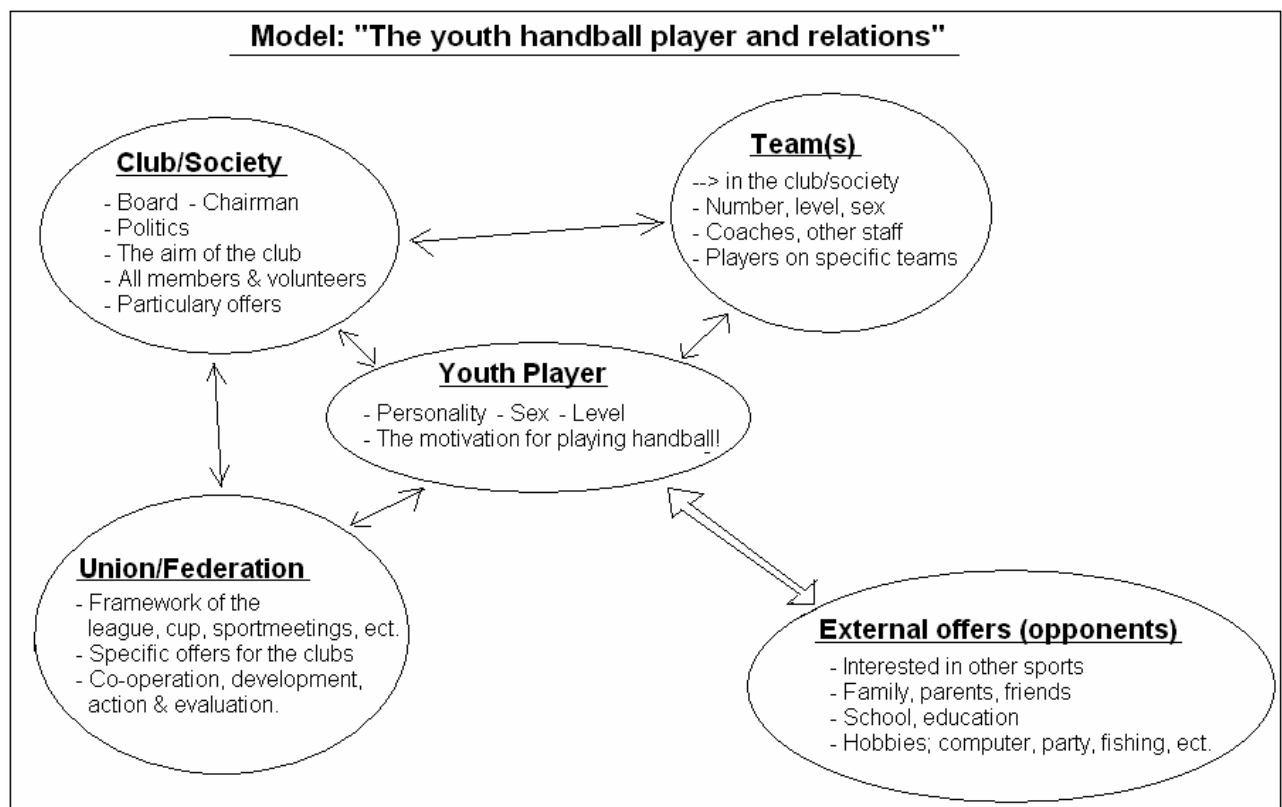
- Reasons to play handball: "fun", friendship, competition, playing with the ball, physical sport, challenge, ect.
- How can "handball" comply with all the different reasons?
- I can present a study I made in spring 2006: "Development of competence with children". (Target group: 20 handball children, primarily girls between the ages of 11 and 14. I investigated competence development in three different levels; *action*, *change* and *social*. My purpose was to train and develop handball for/with the children in an "entire point of view".)

## Ad 2) Youth player – how to recruit and maintain the youth in handball?

*Purpose:* Recruit and maintain the youth in handball.

### Headwords:

- Have a look on the model (below) I have made. Take the starting point of the youth player. We can discuss relevant questions →
- What is the motivation for playing handball?
- How can a club make a politic which considers the youth?
- How can the club and union/federation cooperate in the best way?
- How does handball “deal” with the external offers?
- Could any of the external offers be integrated into handball? How?
- Model:



### Ad 3) Club-building

*Purpose:* To create solidarity, positive relations and friendship between all members in a club.

#### Headwords:

- In many clubs the main economic expense is around the adult team(s). Furthermore the adult (star) players have a distance to the youth players in a social point of view.
- Any club should deal with that "problem": Some examples →
- "Friendship-team": In pairs the adult players visit the youth teams, about 4 times in a season, make some fun technical training and watch a game, create personal relationship.
- "Club-weekend": All children and adults should be mixed on teams, each team choose a trainer and captain, different missions to solve, funny games and handball with special rules, party, ect.
- "Practical doings": get a sponsor for the club, distribute a club magazine, be referee in youth games, get influence in the boards decisions, ect.

#### **Marco Rathschlag / GER:**

1) possible changes of the rules:

a) If one team makes a goal the opposite team in person of the goal keeper has to execute the following throw-off from the 4m-line in the goal area instead from the centre line. This should make the game faster.

b) What about a "shot clock" like in basketball, so that one team has to finish his attack at least within 23 seconds for example.

2) fun sport

a) Some weeks ago, I took part in a "rackleton"- tournament, this was a mixture of rebound games, so you have to play one set of tennis, table tennis, squash and badminton respectively against another player. My suggestion is to organise fun events similar to that kind of tournament for teamsports, perhaps a "triathlon" of handball, football and basketball or like handball, beach-handball and water polo.

**Gregor Pecovnik / SLO:**

## **IDEAS AND DISCUSSION TOPICS**

My expectations about the YOUTH HANDBALL CONVENTION are rather high. I am looking forward to meet new “handball friends” and make interesting connections with people working in handball from all over the Europe.

I have been working as a coach of young teams for eight years. Lately I am training handball club KRIM MERCATOR and I am organizing tournaments for the youngest players in cooperation with HANDBALL FEDERATION OF SLOVENIA.

That is why I decided to wrote my degree on FACULTY OF SPORT about introduction of the handball game to the beginners.

## **INTRODUCTION OF THE GAME TO THE BEGINNERS**

**Keyword:** handball, beginner, methodology, elementary games

### **ABSTRACT**

Mini handball, a game with rules adapted from handball, is one of the activities that offer wide range of possibilities for the entertainment, relaxation and for the development of the abilities.

Mini handball is “younger brother” to handball and it is meant for the children in the age between 6 and 11. It is very interesting for the children and they like to play it because of the adapted rules. The game is dynamic, attractive and it includes wide selection of the motive exercises.

The main purpose of this thesis is how to prepare well the children in the phase of introduction to the handball game to reach a stage where they can play mini handball and handball with adapted rules.

The basic intention of the thesis is to represent the program of work that is appropriate to introduce the beginners to the handball game in the first two years of their involvement in the handball.

This information will be useful for all trainers that are involved in the training of the mini handball players, for all teachers that run handball workshops in primary schools as well as for other trainers that are involved in the training of the older age groups

because they will be able to improve technical – tactical imperfections and mistakes with the help of the described exercises.

As I see the convention topics are very interesting and actual. I am interesting in topics as:

- mini handball,
- handball in school,
- talent finding / selection,
- transitions to top level handball... and all others.

### **Milan Petronijevic / SRB:**

#### **Educational Framework and Leadership**

I would like to open discussion about one of the biggest problems in the training process of the young handball players:

- Early specialization in training process and
- Coach's orientation on maximal competitive results in the training early stage.

The topic of my discussion will be in connection with following areas:

- Training and coaching principles
- Team sport philosophy
- Player's personality development

Within these three topics I would like to talk about:

- Basic principles and goals of coaching youth teams
- Connection between basic sports and handball in early beginnings
- Early specialization training consequences
- Conclusion

# 2006 EHF Youth Handball Convention

EHF YOUTH HANDBALL FORUM

## Introduction:

The EHF Youth Handball Forum convened to discuss Handball in the future.

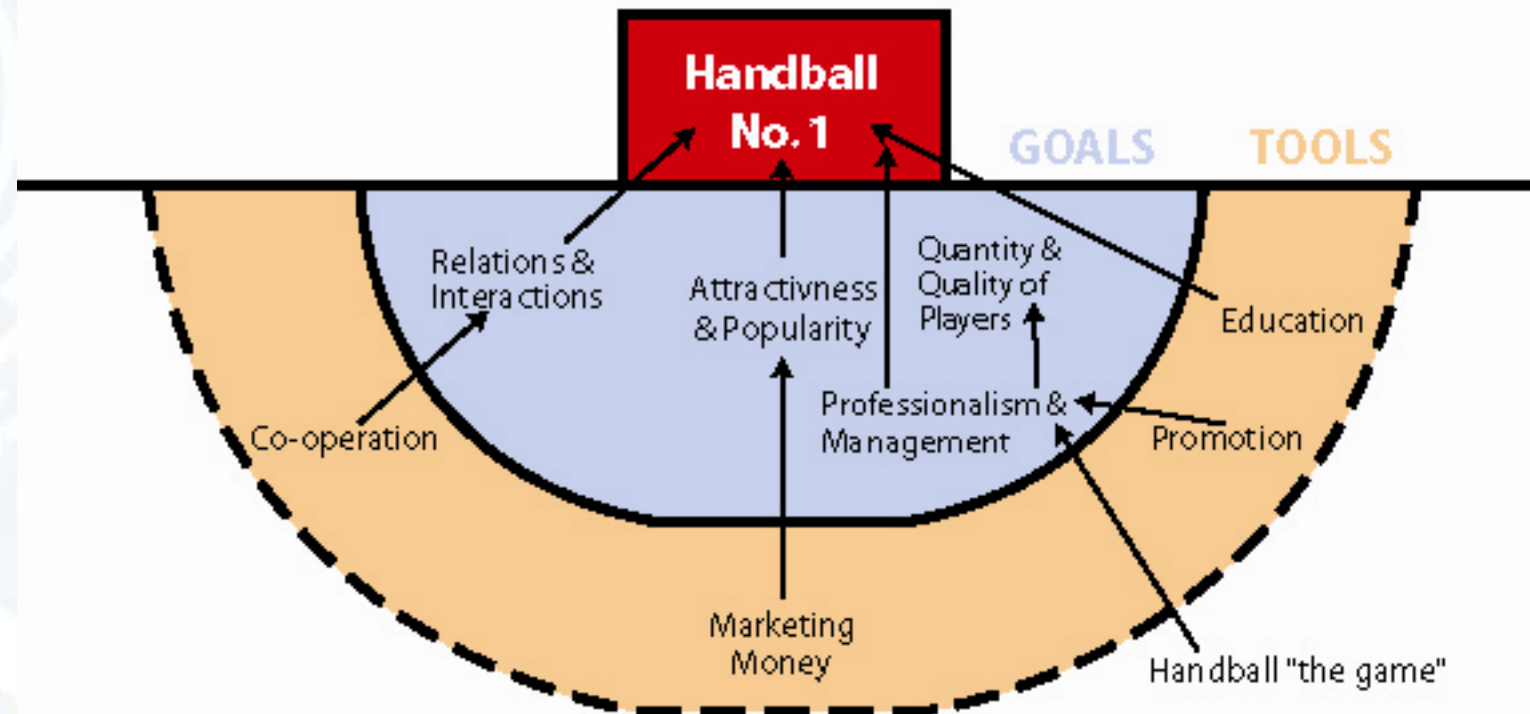
Now follows a presentation of vision, goals and tools.



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# 2006 EHF Youth Handball Convention

## VISION



**2006 EHF  
Youth Handball  
Convention**

**VISION**

Handball -  
the number one sport in the world!!!



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# 2006 EHF Youth Handball Convention

## GOALS

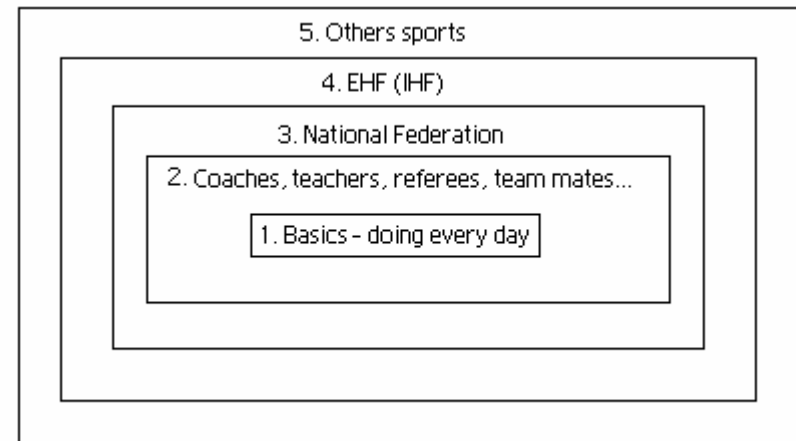
- Relations and Interactions
- Attractiveness and Popularity
- Quantity and Quality of Players
- Professionalism and Management

# 2006 EHF Youth Handball Convention

## GOALS

# Relations & Interactions

- Sports
  - IHF
  - EHF
- Nat. Feds /Scientific Sport
  - Clubs
  - Coaches
  - Refs



# 2006 EHF Youth Handball Convention

## GOALS

# Attractiveness & Popularity

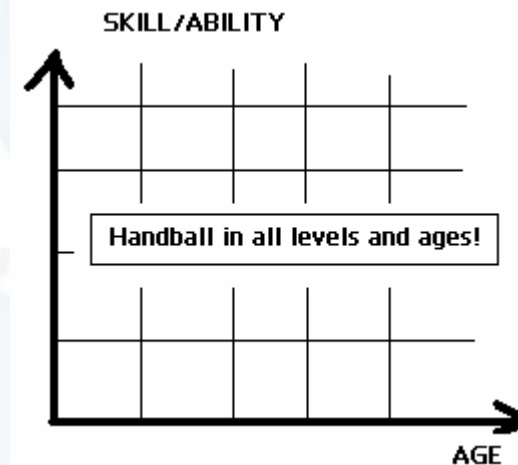
- Rule
- Rule changes
- Handball in different forms
- Fun and Emotion
- Media

# 2006 EHF Youth Handball Convention

## GOALS

### Quantity and Quality of Players

- Handball at all levels
- Excellence and equality
- Spirit in the Handball Family



# 2006 EHF Youth Handball Convention

## GOALS

### Professionalism and Management

- Improvement of the Organisations
- Improvement of image and attitude
- Being a positive idol (correct behaviour)
- To be “professional” in all ages and professions



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# 2006 EHF Youth Handball Convention

## Tools

- Cooperation
- Money and Marketing
- Development of Handball
- Promotion
- Education



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# 2006 EHF Youth Handball Convention

Tools

## Cooperation

5. Others sports

4. EHF (IHF)

3. National Federation

2. Coaches, teachers, referees, team mates...

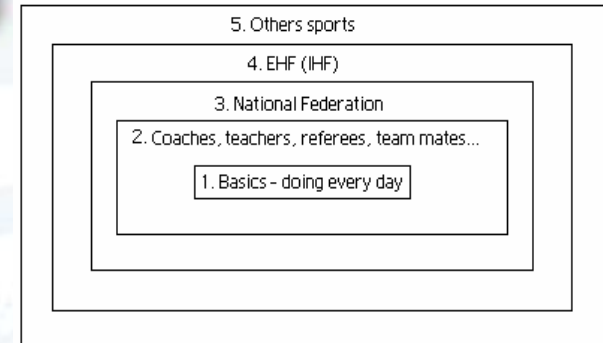
1. Basics - doing every day

# 2006 EHF Youth Handball Convention

## Cooperation...

1. Talking, Motivation, Feedback, Helping,...
2. Share information, work towards common goals
3. Develop the best framework, listen to all parties (point 2)
4. All countries are to participate in discussion and development processes
5. Exchange of knowledge

Example: A child plays handball on Monday and hockey on Tuesday,...



# 2006 EHF Youth Handball Convention

## Tools

# Money and Marketing

Finding and Distribution:

- Marketing (TV, Radio, Tournaments, Schools...)
- Sponsors (private, public)
- Clubs (Players, Coaches, Managers, Doctors,...)
- Institutions (Governments, Federations,..)



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# 2006 EHF Youth Handball Convention

## Tools

### Development of Handball

- Make the sport easier for everybody
- Make it understandable
- Mixed tournaments (boys, girls, ages,..)
- Handball in one direction
- Forms of Handball (Hall, Beach, Street,...)
- Handball as Healthcare (Good physical condition, etc)



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# 2006 EHF Youth Handball Convention

## Tools

### Promotion

- Activities:
  - Matches (formers stars, idols, adults mixing with children)
  - Campus weekend with handball and fun activities
  - “Handball Bus” (A tour bus travelling countrywide, providing a spontaneous introduction to handball)
- Computer/Technology:
  - Computer games
  - Using the Internet (sharing information, marketing,...)
- Friendship, Nations, Clubs (International exchanges to learn from each other)



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# 2006 EHF Youth Handball Convention

## Tools

## Education

### BETTER EDUCATION – BIGGER CHANCES!

#### WHO:

Coaches, Players, Referees, Officials, Spectators, Media,....

#### WHAT:

Handball specialist knowledge, Psychology, Training methods, Didactic,...

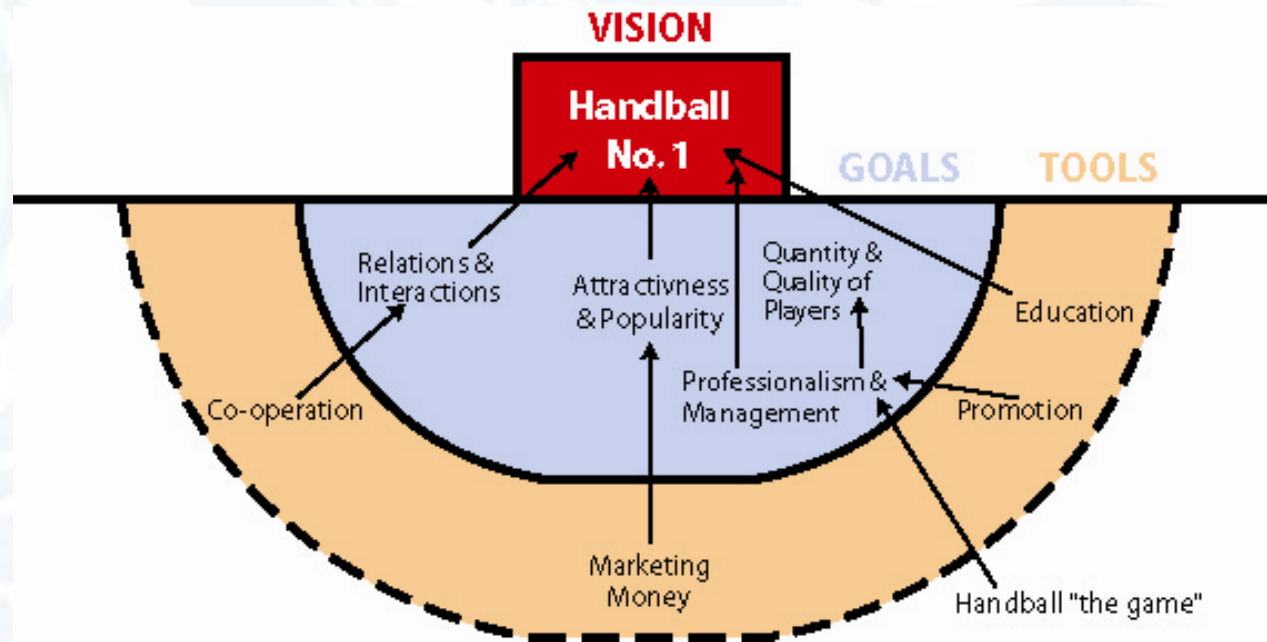
#### HOW:

Conventions, Seminars, Workshops,....



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Conclusion...

# 2006 EHF Youth Handball Convention

Open Questions (Referees)

**What is important in refereeing in 10 years from now?**

- Common line in rules interpretation

# 2006 EHF Youth Handball Convention

Open Questions (Referees)

**What is important for a referee career in 10 years from now?**

- professionalism (professional referees)



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# 2006 EHF Youth Handball Convention

Open Questions (Referees)

**In order to „read the match“, what is important?**

- to have experience as player

# 2006 EHF Youth Handball Convention

Open Questions (Referees)

**How can referees create a good atmosphere and have a good cooperation with players and coaches during the matches?**

- more workshops together with coaches and players (referees need to know the tactics, the coaches need to know the rules etc.)
- proper use of its authority

# 2006 EHF Youth Handball Convention

Open Questions (Referees)

## How can a referee communicate on the court?

- body language
  - whistle
- verbal/nonverbal
  - movement

# 2006 EHF Youth Handball Convention

Open Questions (Referees)

## Own items

Female couples should referee at the same level as men

# 2006 EHF Youth Handball Convention

Open Questions (Coaches)

**How do you find the talents and how early do you think we should specialise the players?**



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# 2006 EHF Youth Handball Convention

Open Questions (Coaches)

**What are your proposals for rules modifications and simplifications?**

- 2 team time-outs per half-time
- 3rd referee
- do we need the yellow card?

# 2006 EHF Youth Handball Convention

Open Questions (Coaches)

**Should we return to having a team captain and should they be mentioned in the rules?**

- The role of the captain is important



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# 2006 EHF Youth Handball Convention

Open Questions (Coaches)

**Give your proposals for a better competition structure?**

- Less games at the European Championships
- World Championships should be held only every 4th year



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# 2006 EHF Youth Handball Convention

Open Questions (Coaches)

**How do you see the format of a handball match in 10 years from now?**

- Technical and physical level of the players will be much higher
- Development of handball in Pan America and Africa
  - Euroleague
  - Change of the rules



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# 2006 EHF Youth Handball Convention

Open Questions (Coaches)

**Own items...**



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**Break-Out 1  
“Animation / Promotion”**

by T. van Linder / EHF MC member



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**2006 EHF  
Youth Handball  
Convention**

**“Questions provide the key to  
unlocking the unlimited  
potential of the youth!”**

**(to paraphrase A. Robbins)**



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# 2006 EHF Youth Handball Convention

- We have to bridge the gap between “tradition” and “modern” leaders.
- We have to change from a prescriptive approach to “empowerment” of the youth.
- We have to find new handball products.
- We have to look for new target groups.

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The results of the past...



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# 2006 EHF Youth Handball Convention

## Handball at school

<b>2002</b>	
<b>Activities:</b> EHF Symposium "Handball at School"	<b>Publications:</b> EHF Symposium "Handball at School" - Documentation
<b>2003</b>	<b>2004</b>
<b>Activities:</b> EHF Inter School Competition - pilot project	<b>Publications:</b> "Handball-at-School" package
<b>2005</b>	
<b>Activities:</b> 2005 EHF Workshop "Summer Camps "Working Group "Handball at School" 2nd Working Group "Handball at School"	<b>Publications:</b> EHF Summer Camp Philosophy" Folder
<b>2006</b>	
<b>Activities:</b> 2006 EHF Conference "Handball at School"	<b>Publications:</b> 2006 EHF Conference "Handball at School" – Documentation (CD-ROM)

# 2006 EHF Youth Handball Convention

## Mini-handball

1994	2004
<b>Activities:</b> European Day of Mini-handball	<b>Publications:</b> Mini-handball brochure How to organise a festival - folder How to play with the ball – folder Mini-handball – VHS video

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## Basic Handball

1997	2004
<b>Publications:</b> Steps to Handball Basic Handball – Theory & Practical Exercises	<b>Publications:</b> Basic Handball – VHS video
2006	
<b>Publications:</b> “Shoot-Out” Folder	

# 2006 EHF Youth Handball Convention

“Handball in the future - really for all?”

New target groups:

- Wheelchair Handball
- Others

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“Handball in the future should have  
more faces”

New handball products:

Beach handball, a successful example



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# 2006 EHF Youth Handball Convention

## **Best practice: “Beach Handball”**

**It fits in the lifestyle of modern young people:**

- Excitement,
- Performance,
- Expression,
- Exertion and recreation



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# 2006 EHF Youth Handball Convention

## Beach Handball offers:

- Attractive matches
- Spectacular goals
- Fair play
- Events with sport and dance
- Sun, sea, beach
- Nice girls and boys



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# 2006 EHF Youth Handball Convention

## “Playing Beach Handball” the best promotion for handball:

- Children understand rapidly
- Parents watch with pleasure
  - Teachers teach it easily
  - Referees really participate
- Coaches scout players with excellent skills and improving tactical insight

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**“Beach Handball”**

**Bridge to the future,  
Empowerment of players,**

**Inspiration of innovation in handball**



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# 2006 EHF Youth Handball Convention

**Let's give shape to a new handball future:**

We are looking for:

- Innovations in Handball at school
- New ideas for Mini-handball
- Interesting adaptations of basic handball
- An even more spectacular Beach Handball



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# 2006 EHF Youth Handball Convention

## Empowered young people:

- Understand responsibility, are able and willing to act and accept the consequences of these actions.
- Understand that the power comes from within
- Understand that a convention between people is based on mutual trust.
- Are highly committed to achieving excellent results.
- Are highly interested in creating new motivating ideas.
- Are willing to engage in what they believe.
- Are always ready to contribute.

# 2006 EHF Youth Handball Convention

**“How we will attract your children?”  
Innovations in animation and promotion of handball  
in the future.**

## **Important items:**

- Mini-handball
- Festivals
- Beach Handball
- Computer games
- Handball for All
- Handball at school
- Sport fair/fun park activities
- Handball for all
- Other new indoor ideas
- Other new outdoor ideas

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**“We enter your children’s world with the innovation carrousel”**

- Our carrousel consists of a circle of 10 tables
- Every table has a title and is occupied by an “innovation manager”
- The other people work in groups of 1-2 members
- First present yourself to your team mate
- Every stage of the carrousel takes 4 minutes of creativity
- During these 4 minutes:
- First you present yourself to the manager
- Second, search, together with the manager eventual creative ideas concerning the item concerned
- The manager writes down the ideas in keywords on the sheet
- After 4 minutes, we change tables
- The outer group work in a clockwise direction
- The inner group (managers) work in a counter-clockwise direction
- When the carrousel is complete, the managers fix the sheets on the wall

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## “The market”

- You will receive 3 stickers
- You walk around the market place and observe the innovative ideas
- You have 3 opportunities to appreciate and reward the best ideas
- 5 minutes before the end, we return to the plenary

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**“On behalf of the Youth  
Convention,  
we thank you for the excellent  
performance”**



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# 2006 EHF Youth Handball Convention

17 – 19 November 2006 in Vienna, Austria

## Animation and Promotion by Ton van Linder / EHF MC Member

## Break-Out 1

### Minihandball / Handball festival:

#### Group Red:

- Mini Beach Handball ☺ ☺ ☺
- Mini Handball in Swimmingpool
- Before starting playing „big“ handball players maybe could play mini handball – 6 against 6 on a court 20mx20m (two matches in same time) \*\*
- Mini handball playing with two balls
- Street mini handball with one goal ☺
- Goal with marks and children must shoot on the marks – point
- Street mini handball (centre of town) on two goals (mixed teams and different age, sex, family player)

#### Group Blue:

- They should play with “crazy” dresses
- Festivals in mini handball with mixed teams  
Teams A, B, C, D -> all of them with 10 players

First day:            A – B            C-D  
Second day:        E-F            G-H  
                          (5 players A – 5 players C)        (5 players A – 5 players C)  
                          (5 players B – 5 players D)        (5 players B – 5 players D)

No medals – everybody win the same medal

- Parents should play with their children in one time (3+3)  
☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺
- Selected teams after championship

#### Group Green:

- Combine mini games (other sports) on the same place – festival ☺
- Handball for 4 ☺ ☺ ☺
- Big festivals with different activities (round robin) ☺ ☺ ☺ ☺
- Involve children in the rules of the game
- Handball theme park: family happening – parents vs. children. Technical test where everybody wins
- Mini handball with different rules
- Sport activities with photo, video

- Combine project which are related to the Handball festivals – children themselves create mascots and team names

### Beach Handball:

#### Group Red:

- Beach mini handball 😊 😊
- Beach handball EChs for youth categories
- Build beach courts all over the world – beach playing courts in the winter
- Beach Handball in the centre
- Snowball in the snow 😊 😊
- Beach Handball between family

#### Group Blue:

- Mixed teams
- goalpost – counts double
- make use of beach volleyball courts
- “Beach-Völkerball” 😊 😊 😊 😊

#### Group Green:

- Water handball 😊
- Not only on sand
- Train on tennis/badminton courts?
- Goal scoring signal 😊
- Single handball “sun, sea, romance”
- Computer game
- Implement Beach handball in school schedule
- Organise beach handball indoor tournaments 😊 😊 😊
- Promote beach handball during a beach volleyball tournament
- Beach handball in the night
- Promotion of beach handball in a tourist guide
- Create a DVD promotion offer
- Family beach handball
  - 2 versus 1+1 goalkeeper / shoot out
  - Sandball: men to men, no contact = match becomes more dynamic  
😊 😊
- Tschonkball on the beach

### Handball for all:

#### Group Red:

- In kindergarten (before school) 😊
- Enjoy the show

### Group Blue:

- Street handball (1:1)
- Combination of generations (Völkerball, Jägerball)
- “Grashandball” (4:4) - plastic lines in different colours
- Playing courts (outside e.g. parks) with a facility to play handball alone (e.g. wholes) – easy in Basketball
- Family festivals (on the occasion of street festivals) including speed measurements, shooting wall, handball on Inline skates

### Group Green:

- Parents handball – switching the roles between the matches (from spectators to players and vice versa)
- Circuit handball – school/street set up: combination with other sports after school 😊😊😊
- Mixed teams
- Handball mentality disabled
- Tschonkball after school in the neighbourhood
- Integrate foreigners with street handball projects in the street
- Goalball – almost blind
- Dropped out football players
- Seniors (+60) in the morning

### Computer games/New outdoor and indoor ideas:

#### Group Red:

- Beach handball as indoor sport
- Mixed mini handball
- Games in water (1m) mixed
- Games in winter – snowhandball with sand (mixed)
- Computer game like NBA, NHL, etc. 😊😊😊😊
- Street handball
- Shooting 7 meter on the street with top players and popular persons (not only from handball e.g. actress, singer, etc)
- There already exists one computer game for goalkeepers in SWE
- Handball on ice
- Shout-out
- Handball manager
- Rebound ball like squash
- Computer games = negative! Loneliness/Fat

#### Group Green:

- Create merchandising
- Create a screen for PC or mobile phone with shoot out games
- 3 vs. 3 handball
- “prisoners games” during tournaments for children 😊

- On one field several areas with different ballgames
- “Garagen game”
- Handball simulation (with animation) -> you can change the rules of the game
- Computer game for promotion 😊😊😊😊
- Playground (street handball) 😊
- “Flyball” (indoor beach) 😊😊😊😊
- “Ballbox” and “Bottleball”
- Cumulative scoring system
- “Dodgeball” as training – if you are hit by ball you are out
- “Rollerhandball”
- Scoring within a certain area - two points 😊😊
- Handball on the grass with a softball for kids

**Festivals/sport/fair/fun park activities:**

**Group Red:**

- Mini handball festivals
- Boys and girls teams together 😊
- One star play with the children (one for our team and another for the second team) 😊😊😊😊
- Technical is also important not only the number of goals
- Fun park activities – parents together with children
- Festival of street handball – in the centre of town 4:4 / 3:3. Smaller court, boys/girls – mixed for youth and seniors

**Group Blue:**

- Cooperation between two different clubs (men and women) – play against each other – organisation of an “after game party”
- Adapt e.g. Regulations of Beach Handball for Indoor Handball
- Mini Handball tournament – sportive activities for parents

😊😊😊😊😊😊😊😊

x PA

x PA

**Mini handball**

x PA

x PA

**Handball at School:**

**Group Blue:**

- Implementation of ex-Handball players at schools (teachers, trainers)
- Teachers championship in Handball – motivation of teachers
- School championship between classes 😊😊

## Group Green:

- Complete method to introduce handball in school in the lessons (P.E.)
- Handball related activities in school
- Handball college
- Handball trainers/players give lessons in the school – follow up children can participate in special training sessions in the club 😊 😊 😊
- After school handball
- Handball tournaments during the break period – youngsters are official/referees 😊
- Youth equipment which is related to the students age and ability – e.g. soft ball
- Reduce the number of players to have more hands on (e.g. 5 vs. 5) 😊 😊 😊
- In Service course – re. handball and P.E. teachers
- School summer camp
- Handball court in school yards 😊

😊 most preferred ideas

**2006 EHF  
Youth Handball  
Convention**

**Break-Out 1  
“Animation / Promotion”**

**Summary**

chaired by T. van Linder / EHF MC member



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**2006 EHF  
Youth Handball  
Convention**

**“Questions provide the key to  
unlocking the unlimited  
potential of the youth!”**

**(to paraphrase A. Robbins)**



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# 2006 EHF Youth Handball Convention

- We have to bridge the gap between “tradition” and “modern” leaders.
- We have to change from a prescriptive approach to “empowerment” of the youth.
- We have to find new handball products.
- We have to look for new target groups.

# 2006 EHF Youth Handball Convention

**“How we will attract your children?”  
Innovations in animation and promotion of handball  
in the future.**

## **Important items:**

- Minihandball & Festivals
- Beach Handball
- Computer games
- Handball for All
- Handball at school
- Other new indoor ideas
- Other new outdoor ideas



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**The result 110 ideas**



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# **Minihandball & Festivals**

- Events in which parents play with their children e.g. 3 children-3 parents in one team
- Big festivals with different activities (circuit)
- Teams of 4 players
- Street Minihandball with one goal

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# **Beach Handball**

- Mini-Beach Handball
- Water Handball
- Family Beach Handball with adapted rules
- Goal scoring signal
  
- Variation: Snowball

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# Computer Games

- Computer game like NBA, NHL, etc.
- Create a screen with shoot-out games
- Create computer game for promotion
- Game with street as playing ground
- Remark : computer games = negative!  
Loneliness/Overweight

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## Handball for all

- In Kindergarten before school
- Seniors: 60+ during morning
- Handball for mentality disabled people
- Goalball – blind ball
- Circuit handball – schools/street set up

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# **Handball at School**

- School Championship between classes
- Complete methods to introduce handball in school
- Handball trainers/top players give lessons  
Follow-up in the club
- Reduce number of players (more active)

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## Conclusion

- Documentation of results
- Discussion of results in Methods & Competition Commissions (01/2007)
- Follow-up project proposals for future
- Implementation



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# **Educational Framework**

by Wolfgang Pollany

EHF MC

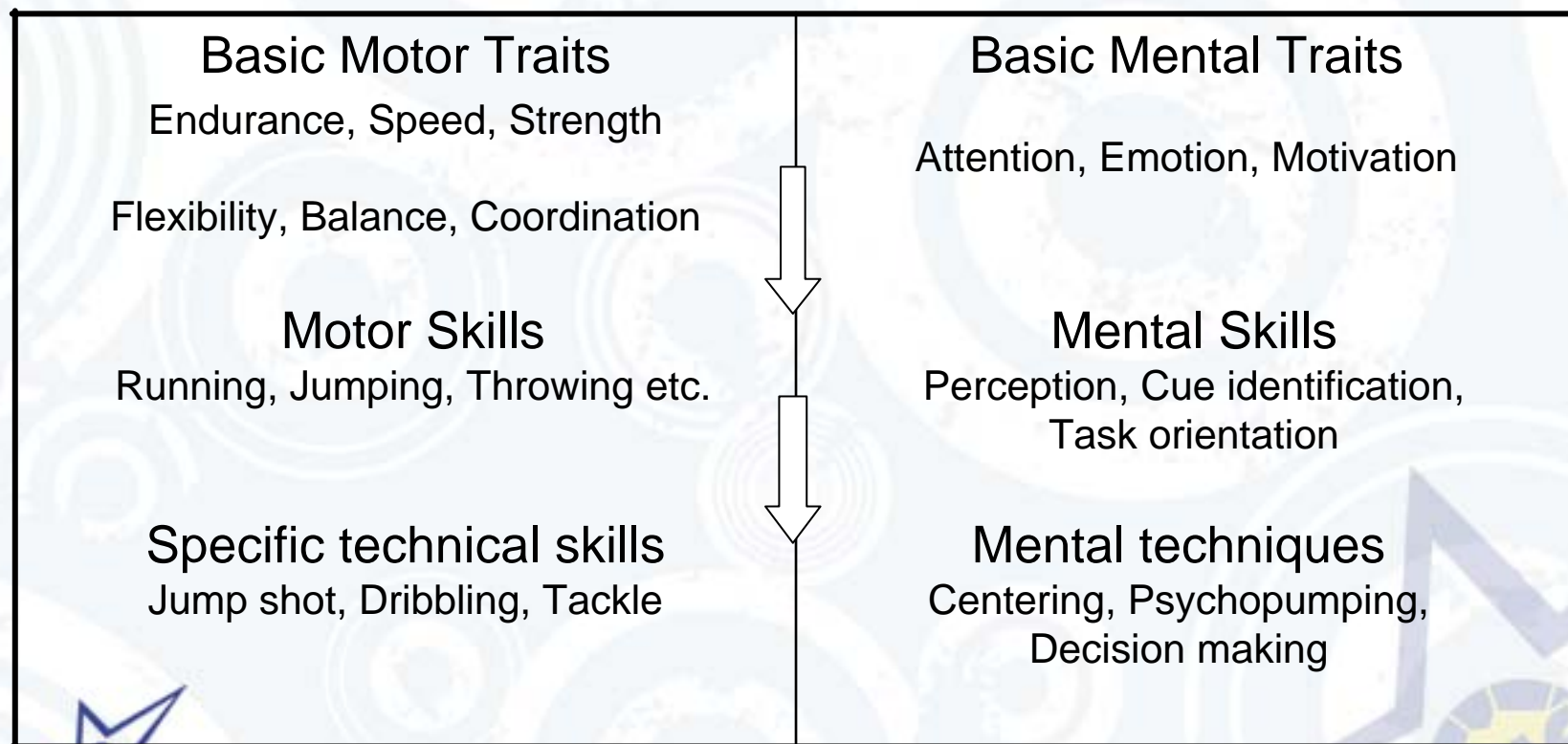


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# 2006 EHF Youth Handball Convention

## TALENT & TRAINING



# 2006 EHF Youth Handball Convention

## Training

**Physical Training** following the ESS / FCB – System



**Speedsport** means

- High speed, Power focussing on fast moves, Endurance focussing on fast moves
- Endurance for fast recreation, Strength for top basis
- Coordination > Balance > Flexibility

# 2006 EHF Youth Handball Convention

## Mental Training

Traits : The so-called background activity of the brain

**Attention**            LANDERS (fig.1)

**Emotion**            APTER (fig.2)

**Motivation**        POLLANY (fig.3)

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## Mental Training Skills :

Perception	Synthesis
Key identification	Analysis
	Decision making
Imagery	Positive self evaluation
Task orientation	Primary task

```
graph TD; S[Synthesis] --> DM[Decision making]; A[Analysis] --> DM;
```

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## Mental Training Techniques:

Positive focussing	Mistakes avoiding / accepting
Visualizing	Positive clips
Hemisphere switch	Goal programming / Ideal performance feeling

# 2006 EHF Youth Handball Convention

## EDUCATION & LEADERSHIP

Development by leadership

Consists of two factors:	Teaching <b>contents</b>	→	specific skills
	Representing <b>values</b>	→	leadership
		→	authority
		→	respect

# 2006 EHF Youth Handball Convention

## Leadership

Leading means the demonstration of living within a certain system of values

Spartans, Socrates, Gandhi, „Fair play“

Follow me > Let's go



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## Authority

~~Pressure~~

~~Force~~

Bilateral process based on mutual acceptance producing respect.

- Legal authority  
ranking, position C1 (cover)
- Task authority  
knowledge, experience C2 (competence)
- Personal authority  
touch, transfer ability C3 (coolness)

# 2006 EHF Youth Handball Convention

## Respect

Self respect : „You have to allow yourself to be satisfied with what you achieved. With that positive reinforcement you will go on even stronger.“

Social respect : Acceptance of team mates and opponents

No play without partners

No match without opponents



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# 2006 EHF Youth Handball Convention

17 – 19 November 2006 in Vienna, Austria

## **Educational Framework Break-Out 2**

by Wolfgang Pollany / EHF MC Member

### **Summary:**

- **Talent finding / mental skills**
  - **Problems 1, 2, 3**
    - **1: Measurement very difficult since tools are not available yet.**
    - **2.: All tests only designed generally**
    - **3: The problem of acceleration / retardation applies**
- **Coaches' analytic eye inevitable – scouting absolutely necessary**
- **Good coaches must be in command of different systems**
- **Mental training applies for everyone !**
  - **Coaches, young players, elite players**
- **Reframing of key expressions like mistake, trial, satisfaction**
- **Follow the KISS – system (keep it simple stupid)**



17 – 19 November 2006 in Vienna, Austria

## Predicting the future

The transition to the new century brought about deep reflection/thought upon how to organise the handball in the near future.

Across the globe there has been a wave of rapid globalisation – not only in the richer countries - , we are the witnesses of the continuous evolution of the values existing in sport and the hierarchy of different types of sport.

Sport has developed to be at the forefront of global entertainment. This has occurred during this evolution. Alongside this phenomenon, it is also centred a round the individual's fulfilment and achievement.

On TV – irrelevant to whether it is a specialised channel or not –sport has become a “runner” for audience ratings. When present, TV coverage and the question of whether the sport is shown or not plays a decisive role for sponsors – marketing partners.

Handball is not badly represented, but there is still a lot to do for improving its position in the big markets.

Handball has to ‘*arm*’ itself to penetrate these markets. It is not a question of changing ‘*the physiognomy / look*’ of our sport – it goes without saying that handball is exciting and attractive live –, and for TV viewers.

It has to be done professionally.

The quality of the competition itself is an imperative condition and the quality of the handball ‘*product*’ on offer, these are the leading principles for all those involved.

Due to the fact, that handball is not alone on the market – there is tough competition among the other sports.

But, it is true, handball includes the best of football, basketball, volleyball, and even a little bit of rugby.

And of course, we must not forget the leisure aspects – Beach handball is not just a temporary ‘*fashion*’.

The handball world has accepted the fact that European competitions offer the best quality of handball. The participants of the strongest teams (club or National) make sure that dramatic matches are seen every time. For the whole season/final tournament, the key actors are being seen on the ball, defining the path for handball's next generation/s.

Elite athletes and high level performing teams are the best ‘*ingredients*’ for a top competition, which additionally needs a professional infrastructure.

Handball is undergoing a continuous process of producing new stars, who are, more or less, following their former idols/role models.

Anyway, one thing is very clear: without the combination of high personal stability within the team, physical power and mental strength there will be no way to the top. Between the initiation and high performance, are many questions raising:

The banner features a blue and white color scheme with a background of handball court lines and a handball. The text is centered and reads "2006 EHF Youth Handball Convention" in a bold, blue, sans-serif font.

# 2006 EHF Youth Handball Convention

17 – 19 November 2006 in Vienna, Austria

- Which way to go?
- How to chose it
- How the way shall look like?

The past Youth / Junior European Championship/s, currently known as the Young Age Category European Championship/s is/are the first rung of the ladder on the way to the top.

Carried-out in a 2-year rhythm, the YAC competitions (completed since 2005 with European Open Championship / M19 + W18) offer a successful path for the strategic development of those particular skills, which are now defining the 'stars' of/from tomorrow.

As usual, at the very end the story of 'Beauty' and the 'Beast' there is 'the blaze of glory' to be shared, but at the last moment, only one will sadly say....'**no one loses as well as we do**'...

The current big concern for the EHF can be '*concluded*' as follows:

- How to keep the generation/s '*moving*', how to act to avoid losing talented young players?
- How to get / keep them in '*action*' into the high performing level of the competition ?
- How to use their experience, which they have already gained, in a useful way for handball, teams and their selves?

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**Break-Out 3  
„Competition / Top Handball“**

by Leopold Kalin – SLO  
EHF CC Member



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# 2006 EHF Youth Handball Convention



and the winner is...



# 2006 EHF Youth Handball Convention

## and the winner/s is / are....

- Mirza Dzomba, Petar Metlicic / CRO
  - Venio Losert / CRO
  - Kasper Hvidt / DEN
  - Alberto Entrerrios, David Camara Davis / ESP
  - Didier Dinart / FRA
  - Jerome Fernandez / FRA
  - Thierry Omeyer / FRA
  - Guillaume Gille / FRA
- BM Ciudad Real – ESP
  - FC Cifec Barcelona – ESP
  - Portland San Antonio – ESP
  - BM Ciudad Real – ESP
  - BM Ciudad Real – ESP
  - FC Cifec Barcelona – ESP
  - THW Kiel – GER
  - HSV Hamburg – GER

# 2006 EHF Youth Handball Convention

## and the winner is....

- all these athletes started their amazing and glorious career in 1996, at the Junior European Championship.
- 1996 Men's Junior ECh ranking:
  - 1. DEN; 2. ESP; 3. FRA
- CRO
  - 2003 + 2005/WCh; 2004/OG; 2006/ECh
- DEN
  - 2006/ECh
- ESP
  - 1998 + 2006/ECh; 2005/WCh
- FRA
  - 2001, 2003, 2005/WCh; 2006/ECh

# 2006 EHF Youth Handball Convention

- Which way to go ?!
- How to chose it ?!
- How the way shall look like ?!





# 2006 EHF Youth Handball Convention

17 – 19 November 2006 in Vienna, Austria

## Competition / Top Handball by Leopold Kalin / EHF CC Member

## Break-Out 3

### Group Blue

- To increase and to promote the basis of initiation
  - as more clubs and promotion in the schools – as larger basis
- France with the project “Les Grandes Stades” / The big stadiums succeed an enormous ‘boom’ in the field of promotion and achieved a lot of kids for practising handball
- The other sport facilities should be used to penetrate the wall of interest and to increase the motivation
- Health aspects are requested and challenged as well
- Social problems (drugs, gangs, sects) which normally raised or started with the young age category could be better prevented, and might be a good way to get better integrated in the normal society
- First impact and action – to go in the schools followed by a regular selection – generation after generation
- The big importance of the top models – successful athletes/players
  - idol/model – very important to have one real, close to you, available in the daily life
- International competitions are very important and mean:
  - time investment, scientific researches, new ideas, innovate trends and achieved experience
  - offer the motivation, the future model, methodical/tactical milestones
- Too much sport practice is disturbing the youngsters from their studies – an excuse which is coming very often for giving up and renouncing.
- The problem has a big complexity
  - connection club – school
  - support offered by the national federation:
    - qualified experts,
    - financial and material,
    - scientific aspects involved
- Globalisation - the top clubs have a lot of valuable foreign players:
  - top players belong logically to top clubs, unfortunately this ‘policy’ might make the own players to renounce at the top career
- Handball seems to be never ‘street handball’ – due to much organisation of the game, comparing with football/basketball
- There is no competitions for U23 – between 21-23 there is a big gap / lost for those who cannot succeed in the 1<sup>st</sup> row to get to the top clubs
- To prevent losing the players (women and men)
  - better organisation

- sport, respectively handball, is an activity as any other, that means:
  - organisation,
  - administration,
  - researches,
  - management,
  - marketing
- Involving the family, the parents, creating 'the club social life of the handball family' – the player is getting addicted to handball (in a positive way)
- GER - SG Flensburg: the young talented players have no chance to go through, to get a place for playing in the first team, accordingly they might have no professional future – to be lent to other clubs with lower level (U23)
  - A top player has to devote to his career at least 8 – 10 years
  - To promote the background for the players in order to do/to complete/to achieve their studies, for having 'the private quiet/stability' for the 'day after'
  - Responsibility of the club, 'business angel' - special project to ensure the integration and security of the social life (also giving back something from the achieved experience)
- Speaking about the women competition field: there are more female players in Europe, but less women coaches – WHY?
  - Because of the tradition?
  - Because of the mentality?
  - Because of another way of understanding?

## Group Green

- To get in 'action' – we have to keep the children in activity
- We have to build up attractive activity for kids
- Mental block impeding for reaching the top performance
- At the very early level (young), the coaches need to understand the 'principles' of life animating the youngsters, to understand the way of thinking
- Special offer for studying organised for the top athletes at the national level by the national institutions.
- The main issue is to refer to the human being as an entity, and not been seen only as a top athlete.
- How to keep the generation moving?
- How to keep the generation in action?
- To get the best educated coaches without to lay on culture and political opinions and of course, to not focus just on handball, but also on the mental development.
- The coach has to be also:
  - a good pedagogue
  - a good referee
  - a good teacher
- A better organisation in the clubs for waking up the handball interest.
- Attend the individuals, trying to find out the skills of children

- To support the schools, making the handball popular
- Make a better opportunity to build up the level of handball. To teach the children also like a coach, to give them a chance for a second career in the life after finishing the active handball career.
- It seems that within our sport, we are too traditional, too conservative
- We have a big organisation, but it takes quite a lot of time to make things working/to implement the new ideas – street handball project!!
- For YAC – the competition system is very important in getting experience.
  - e.g.: EOC – a very good idea !
- How to create the opportunity also for Junior categories (U21, U23) as an EOC?
- to integrate YAC (National Teams) for the planned National team weeks (women and men).
- On the EHF website – to create one side reserved for YAC, National Teams where the traditional tournaments for YAC shall be announced and registered.
- To harmonize the international calendar for YAC.
- How to mix the culture of the game and the pleasure/the enjoy of the game itself?
- We create ourselves the system which restrict very much the potential of enjoy (obligations, anthropometrical sizes, responsibilities, systems of defence, selection criteria, etc.)
- To (re)create the organisational environment for proceeding/offering more fun
- Several experiments showed good results only by changing some rules.
  - e.g.: 3 thirds, the last one, played in the “one to one” system = ‘flying ball’ project, 3:3 on the half of the court, etc.
- Attack/defence belong to the same game, but in practice 70% of the training time is reserved for attack conception -> the job of the trainers is to prepare both phases of the game.
- To motivate young players to accept also the defence part and to understand the importance of it of handball.
- Is there any system existing in the National federations which has been built up to assist the top players finishing their career (either playing abroad, or injured or simply renounced)??
- Find of the own life style – combination between the own education and professional career.
  - as a player you need an education
  - as a coach, trainer, manger, referee, you need as well, but the steps shall be easier awarded and the access/progress facilitated for those coming direct from the court.
- Take the experience from the top stars and bring it to the children
- Handball is not a job – you have to enjoy!

## Group Red

- To keep as long as possible the players in action – regeneration is very important, before, during and after the training and competition.
- Within an Olympic cycle the 2 years rhythm of the top competitions seems to be too hard.
- The renouncement is coming mostly due to
  - injuries which come due to
    - hard playing program in ECh's – 11 days / 9 games
    - floor / playing court
    - less leisure time
    - less regeneration time
- An European event might be organised for students who are learning in high schools – it might address for those of the age categories 21-23 years
- It is very important the attitude of the player himself towards the social phenomenon which is sport/handball, but also towards the normal social life and his integration after finishing the career.
- More events organised for coaches – Coaches forum
  - Why only referees, delegates convention ?
  - Why only courses and not an ordinary conference to discuss the daily business ?
- Coaches are the most important persons for children development
- Old fashion coaching still existing style led to the generation conflict between the coaches and the young players
- The rules of the game seem to be too complicated for the ordinary people/spectators- The rules are not reflecting the spirit of the game.