



# Talent spotting and support within the Deutscher Handballbund

by Martin Heuberger

## I. Trainings Framework Concept and Betting Structure

In 1989 when handball in Germany compared on an international level was only third class, a resolution was made to take handball from the depths with a competitive sports concept. Particularly an achievement-orientated new generation concept that would breathe life into all areas from the up-and-coming players to talent support

The so-called Trainings Framework Concept (TFC) is an orientation base for the development of the up-and-coming players and guarantees that the new generation is systematically developed and supported. Under this aspect of a long-term training structure and fitting to the level of biological development, it is a content-based manual for talent support on a regional organisation and DHB level. Following the example of the current premise can also assist the youth work in every club. Thus, it also serves the trainers of the clubs and points out in addition to handball specific content also educational orientated guidelines.

Beginning with children's handball, including youth training and up to performance training the RTK is arranged across five development stages:

<b>1</b>	up to 12 Years	<b>Basic Education</b>	up to D - Youth
<b>2</b>	13 – 14 Years	<b>Basic Training</b>	C - Youth
<b>3</b>	15 – 16 Years	<b>Intermediate Training I</b>	B - Youth
<b>4</b>	17 – 18 Years	<b>Intermediate Training II</b>	A - Youth
<b>5</b>	from 19 Years	<b>Follow-up Training</b>	Juniors

Derived from a uniformed view of play in both attack and defence that have resulted from the international development tendencies the following handball-specific contents are assigned to the developmental stages specified above:

- Content relating to the individual learning in defence and attack
- Content relating to cooperative play
- Team guidelines
- Content relating to fast break play



Here, attention is to be paid in principle that the contents concerning training age and suitable development are applied. For example how the individual player education in the singular development stages should take place, is presented in the following overview:

- 1 **Versatility** Basic motoric education
- 2 **Actions Variability** Education in various areas
- 3 **Positions Variability** At different positions
- 4 **Positions Specialisation** Detailed goal-orientated work
- 5 **Individual Player types** Type based education

The diverse base motor education in basic training plays a very special role today this is because the leisure activities of the children growing up today have significantly changed. In former times, spare time essentially would have been spent in the woods and playing street football, today the various natural open spaces and possibilities are hardly noticed.

Today children are controlled through computers and TV in particular by the saturation of passive leisure activities, what has happened as a consequence is that the children have comparatively substantially less experience of movement. Already from early infancy in many cases there is a substantial lack of movement that has resulted in coordination weaknesses. Numerous statistics prove that today many school children are overweight and are at higher risk of suffering with heart and circulation problems.

For the reasons mentioned, physical development in childhood and adolescence and in direct connection also the individual achievement development can now also be carried out very differently. Therefore in the first developmental stage special attention is placed in particular on a versatile basic motor training, particularly within the range of the general strength development and co-ordination. Furthermore, the general athletic basic training should cover all developmental stages and also be placed regularly on the training plan.

The trainings framework concept is completed by the fact that beside handball-specific content also educational references, in particular characteristics regarding the personality development and requirements in the coach profile of youth coaches are given.

A generic goal of the TFC is to bring key educational aspects from training into the game. However, in our judgment only giving the training contents is not sufficient to reach optimal development. In reverse for this purpose the match determines the requirements for training. Therefore, the uniformed game and match structure represents a substantial component of the TFC.



The match play in attack in the individual development stages:

- 1 Man orientated play**
- 2 Space orientated play**
- 3 Two line play (wide and deep)**
- 4 Play in tight spaces**
- 5 Opponent orientated variants**

For the defence the match play structure looks like this:

- 1 Man-to-man marking (Minis up to 8 Years)**
- 2 Man-to-man marking /1:5 Defence (E Youth 9/10 Years)**
- 3 Two line defence (D and C Youth 11-14 Years) Deep)**
- 4 Play in tight spaces (B Youth 15-16 Years)**
- 5 Opponent orientated variants (A Youth and Juniors)**

Independent of the above mentioned procedures the match should always place the following guidelines at a base:

- Games are to be based age and ability
- The content of the games must be geared towards suitable child and development training
- Also the personality development of the children is to be in the foreground
- Suitable development games should improve match capability and creativity
- To bring about fascination and a passion for the game



As becomes clear from the overview of the match structure, man covering is in the basic area the first defence formation following the free play of the Minis (4 plus 1 in the cross area), which then later further offensive variants follow.

The following picture shows why clearly the advantage of the defensive variants is to be given before the offensive play:



From the negative action in the picture above, the following positive beginnings can be derived from the offensive defence play:

- Game in breadth and depth
- Pronounced play in midfield
- Game 1 on 1 with/without ball

From this game play the following consequences can develop:

- Creative play is supported
- Greater pressure in game – faster reactions needed
- Higher burden on the physical condition
- Successful experiences are had

The following picture once again clarifies these arguments:



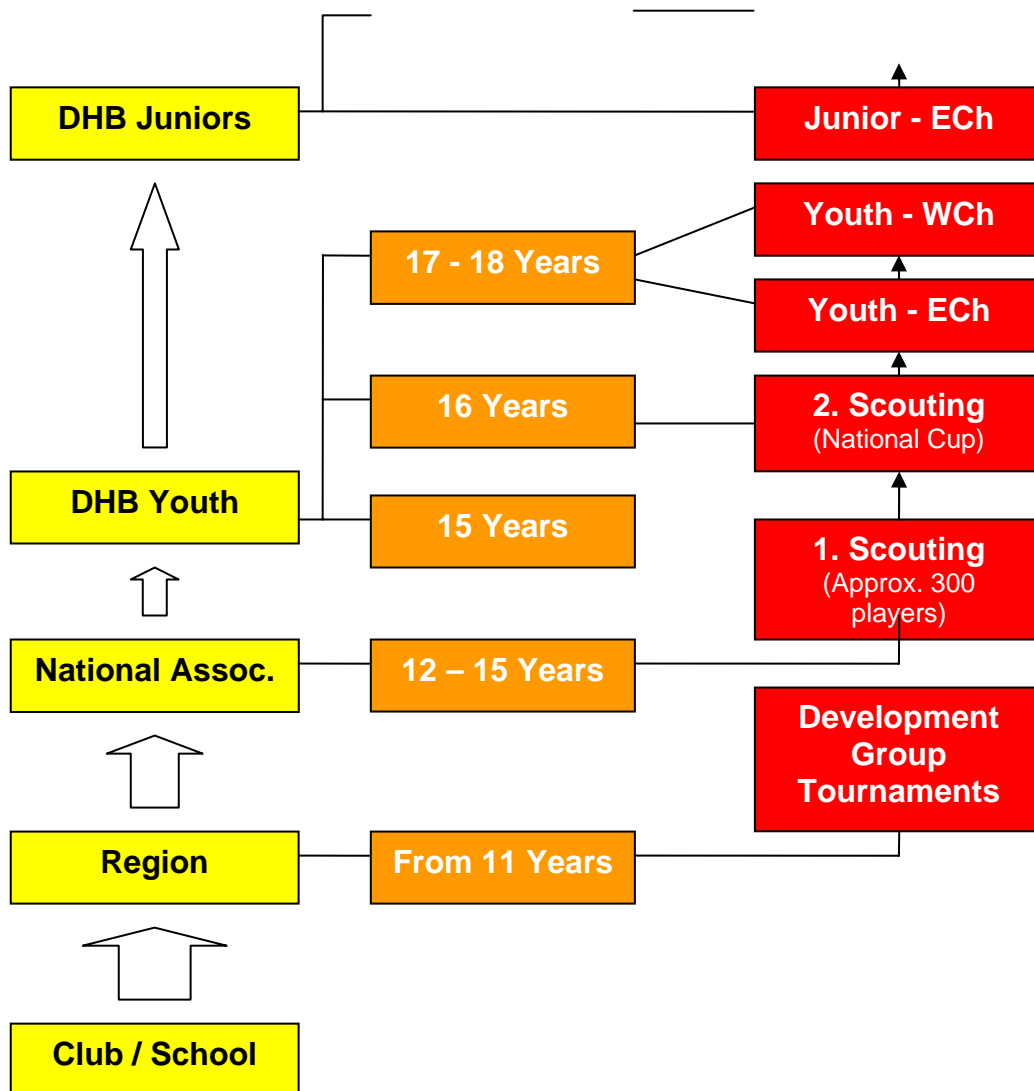
In the second part of my report, I would now like to focus intently on talent spotting within the Deutscher Handballbund:

## II. Talent spotting within the DHB:

The talent spotting system is presented in the following diagram:

Up to 21 Years

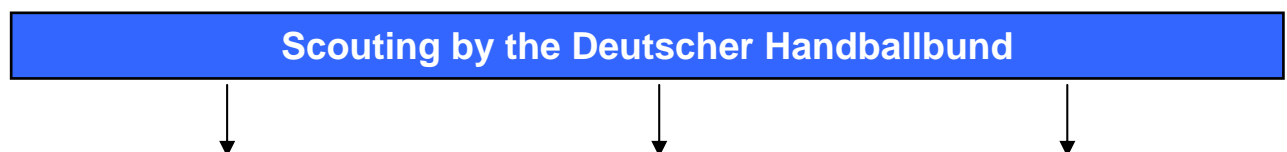
Junior - WCh

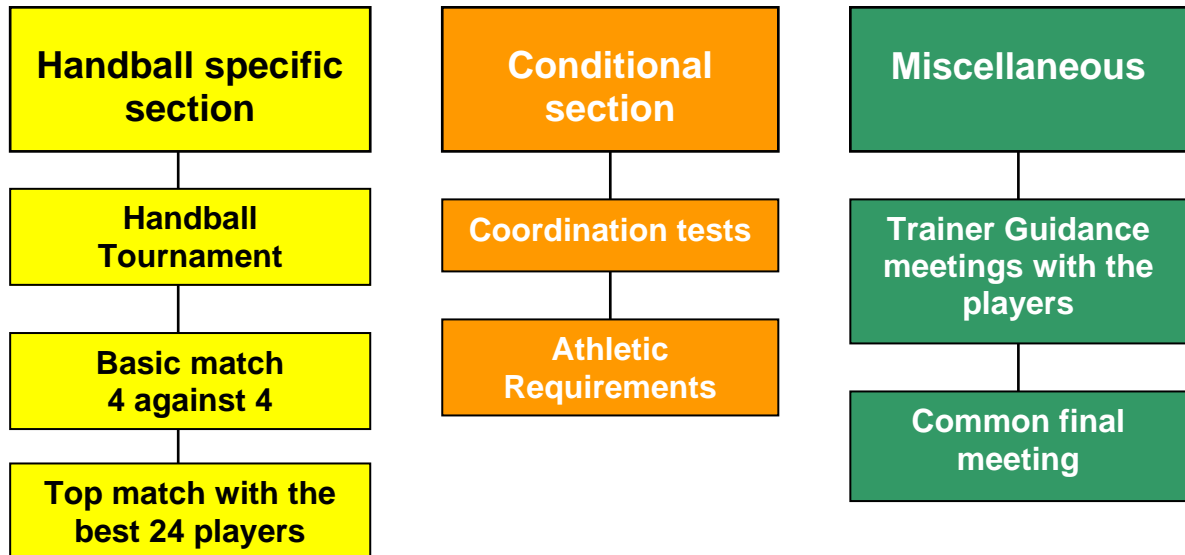


The clubs carry out the groundwork. Also in the schools foundations can be laid. The first scouting by the regions already takes place at eleven years of age. The region organises a weekly, enhanced training session for their talents. In the development group tournaments the talents from the individual regions play against each other. Here, the regional trainer scouts for his regional club team

Usually, the regional coach implements a weekly base training session. In addition to this, central training measures are undertaken in regional associations. A good 20 days per year, the players of the team not only train individually, but they also prepare for the DHB scouting. After three years of training on a regional level approximately 300 youths in the age range of 15 years will be presented to the DHB trainers at the DHB scouting.

The DHB scouting procedure is shown in the following diagram and is afterwards explained:

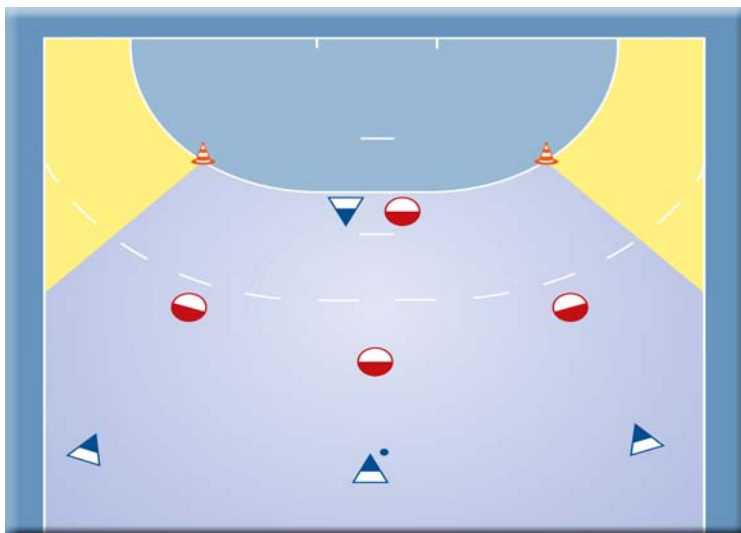




The DHB scouting takes place in each case in the five regional associations. In the organisations the respective regional club teams participate.

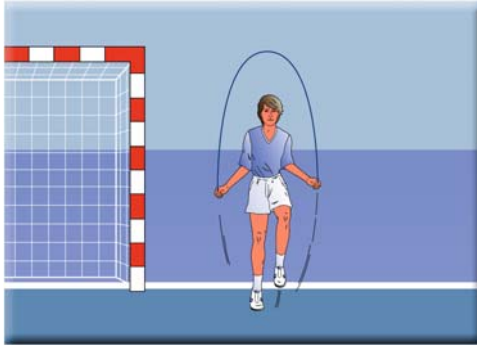
The handball specific abilities become clear at a handball tournament and especially through the basic match form of 4 against 4. Here, it is acted out on a limited playing court, whereby the offensive is to be defended (3:2:1 defence). This type of play informs about the individual attack and defence repertoire of the players as well as their ability to play on different positions.

Formation of a basic match 4 against 4:



The conditional section is divided as follows:

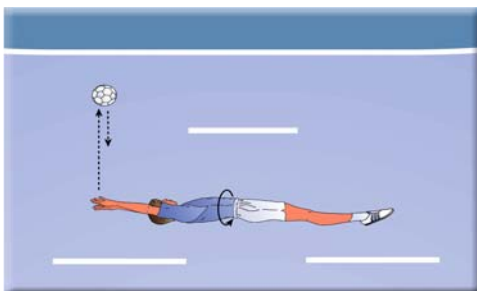
1. Coordinative tests (that take place across five different stations)  
Station 1: Skipping (respectively 15 seconds forwards/backwards)



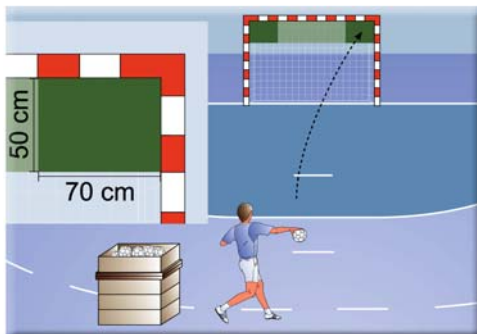
Station 2: Alternate hopping with bounce (alternate leaps and bounce the ball between the legs)



Station 3: Throwing skill coordination (Supine position – throw ball high – turn on the longitudinal axis – catch ball again; 20 Seconds)



Station 4: Throw precision (shots from the 9m line in the left or right corner of the goal; 30 seconds)



Station 5: variable, decide the practise on site

2. Athletic Requirements:

Due to time constraints, the athletic tests are accomplished by trainers across the five regions using a unified programme; during the scouting only the results are submitted.



These athletic tests comprise of the following exercises:

- 30m Sprint (electronically timed)
- Height (from this position the maximum height jumped is measured)
- Cooper Test (12 min. Running on a 400m track)
- Handball long throws (maximal distance is to be measured)

For the individual exercises the DHB has defined specific requirements that the players should fulfil.

The Cooper Test is used to test endurance capabilities. We understand that the individual operational performance is solely to be used as a reference and we are aware that this technique is to be critically regarded. More suitable tests are however, according to experience, associated with high costs.

Communication with the club and regional coaches during events is very important to us, because we receive detailed information about individual players that a DHB scout cannot notice in such detail due to the time constraints at such an event. Additionally, discussions with the players also take place.

In the third part of this report, I would like to focus on the concrete promotion of young people within the Deutscher Handballbund.

### **III. 1. Promotion of players in the DHB youth division:**

With the scouting of the regional association between 60 and 80 players will receive continued support on a DHB level that is two tracked.

#### **1. Base Training**

There are currently eight DHB bases existing at present where the scouted players as well as the "support worthy" regional players as a rule train once a week. In the bases there is personal mentoring; content wise the training units are used in particular for individual further development. In addition to this they also serve as a "communication centre" for the DHB, regional and club trainers.

#### **2. Training Measures**

Apart from the base training central educational courses become regular (in the DHB first year approx. 10 days, in the third DHB year up to 40 days are accomplished). In the second and third DHB year international match comparisons with other nations are also made.

Both with base training and also the central educational courses, content in the intermediate training I and II the TFC is covered.

The athletic training in support of the DHB talents in the first year is as follows:



Handball training, in the first practical training year on a DHB level, still has secondary significance in relation to versatile, athletic training. Content wise it becomes clear in the following pictures and is developed as follows:



### **Handball Specific Content** (Basically secondary)





In the second and third support year on the DHB youth level the evaluation of the training content clearly has more handball specific content in comparison to the athletic training.



After in the weight training area to begin with exercises without additional loads were undertaken, now weight training takes place for the appropriate physical development with additional loads on machines.

After the results of the lactic acid tests the players receive their personalised endurance training plans, with which in a home workout they can improve their endurance levels

In handball training further individual to the special positions will be taught further. The group tactics content also takes a large time framework until simple action solutions for the attack. Also the training of the different defence systems takes up a lot of time.

A European Championship waits at the end of the second year for the DHB youth; therefore we completely and purposefully prepare team tactical aspects for this event.

### **III. 2. Promotion of players in the DHB junior division:**

Within the framework of the long term performance building at the DHB, the talents after three years of support in the youth division advance to the junior division. In this area there is a two-year system. As a rule most of our junior players in this age category are already under contract in the German league and are training on a daily basis, and to get a player to come to further individual sessions is difficult to realise. The continuous sessions follow but only through the central educational courses (40 to 50 days in the year)

Over the three years of furtherance in the DHB youth division the talents are as a rule known to the junior trainer. Therefore a junior scouting is not carried out. "Allowances" are made for "switchers" by the good communication with the German league and the DHB trainers, in particular with the national coach.



The aim of junior promotion is on the one hand to produce a player of a national standard for the German league and of international standard for the national team first squad. On the other hand, sporting success remains a concern.

The development of players in the junior division is on two tiers; basically the content of the follow-up training will be implemented after the TFC.

1. Handball specific training is carried out on both an individual and also on a group / team tactical basis. In contrast to youth training, where many general basics are learned, we focus completely on training with the junior players and the individual player profiles. This means special importance is placed on the comprehensive action repertoire on the special positions with the improvement of individual abilities.

Following the A-national team, emphasis is placed on the training of group and team tactical attack and defence plays. The play actions used are also opponent-oriented.

2. The second complex is - as within the youth division - the improvement of athletic conditions. In the last year's handball has developed enormously in regards to speed and in particular also in the dynamics in the 1 against 1. In order to become fair these increased athletic requirements, the team players participate in a special strength diagnostic at the Olympia-base Heidelberg.

Here it is not only possible weight deficits that are determined, but also proven respective muscular imbalance. Based on this analysis, each player receives a personal weight training programme, which is to be implemented in coordination with his trainer at the home club. Thereby the goal is not only the improvement of the general weight standard, but also in particular injury prophylaxis.



The goal of this illustrated concept is the systematic, purposeful advancement and preparation of our talents to modern handball. We do not only want well educated, successful sportsmen; rather it is also important to us that our youngsters are healthy and well prepared to play handball at the highest level in the future.