



Youth Coaches' Course during the

2004 Women's 19 European Handball Championship in Czechia



Coordination and Speed – Organisation of Step Training

“Modern Handball” is a video tape about rhythm balance and coordination in Handball.

It is following up product from the video “Basic Handball” published by the EHF.

The combination of the videotape (compare video presented during the course) and organizing strategies give us the possibilities to create new exercises for Handball.

The program is based on the video for “step training in games sports” which has been produced by sport video productions in the Netherlands.

You can use it for Balance training-coordination and rhythm.

It is specially made to analyze the body balance in dominance situations regarding the footwork.

You have to consider:

- Which eye is dominating your view (left or right)
- Which arm do you use more (left or right)

- And also which leg is dominating the movements in Handball.

Example: When you move to the right side in defense is it easier to move to the left or to the right?

Or in the attack: could it be easier to pass the defender on the left side or on the right side?

In a dominant situation in your moving: Do you prefer the right or the left side?

With the step training you can easily see and especially feel which side of your body is dominating your movements.

The video show many exercises to feel the difference between moving from your left to your right side.

But in particular it gives you many possibilities to improve in: Coordination defense and attack.



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Balance, Rhythm, Coordination – Ball exercises

The exercises have to be repeated at least 2 times in a week but not longer than 10 to 15 minutes.

You can build up all these exercises in different ways, in combination with shooting and in combination the goalkeeper.

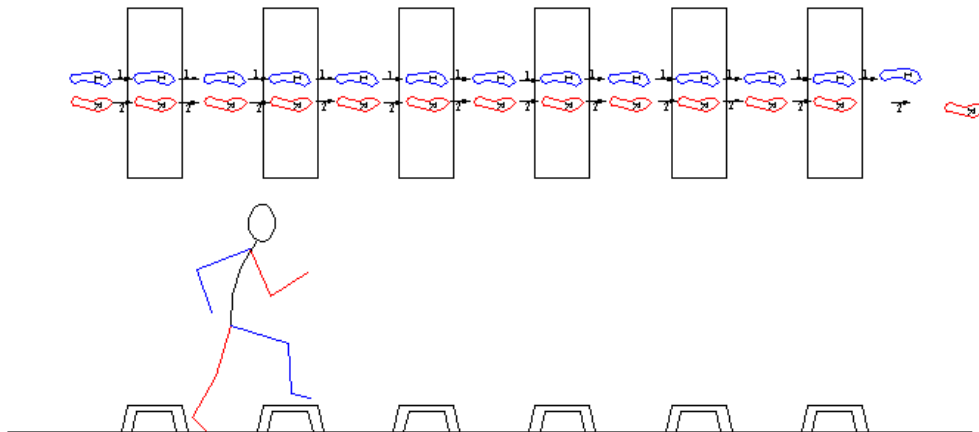
The videotape shows you many possibilities for easily creating your own program.

Furthermore it gives you both, a new program for completing your training and new ideas for your players.

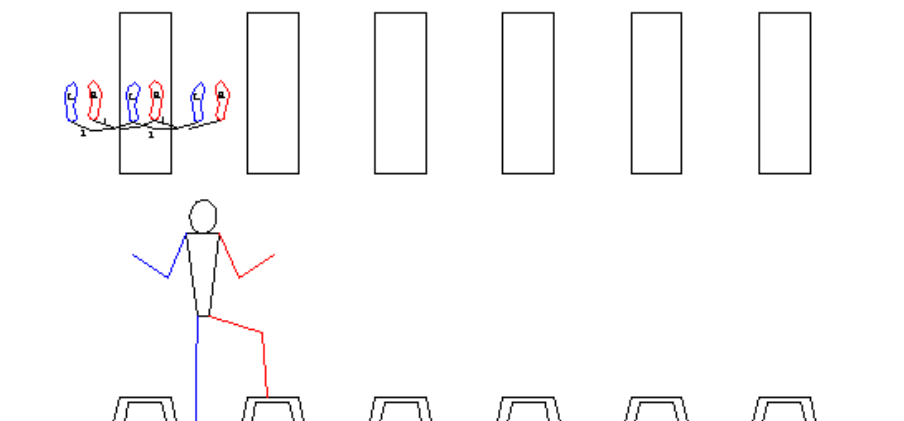
For a more detailed overview from the program please watch the video "MODERN HANDBALL".

How to organise the steptraining
For the practicing look into the videotape
Modern Handball

The Bert Bouwer method

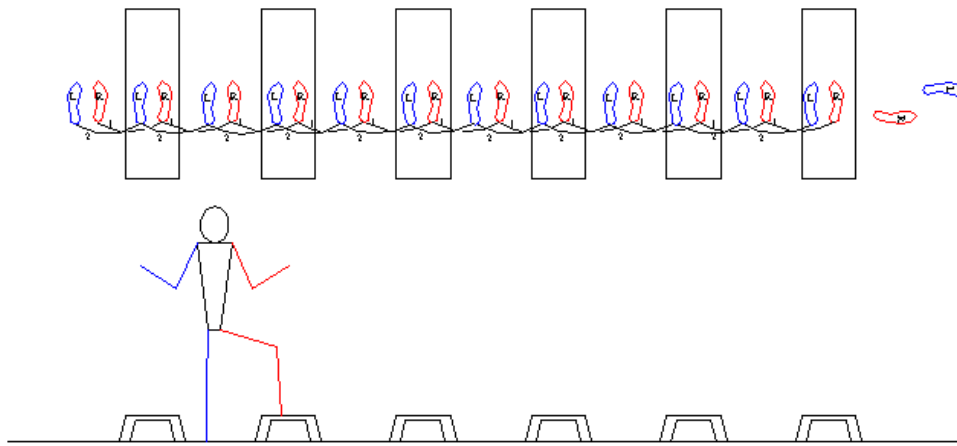


The Bert Bouwer method

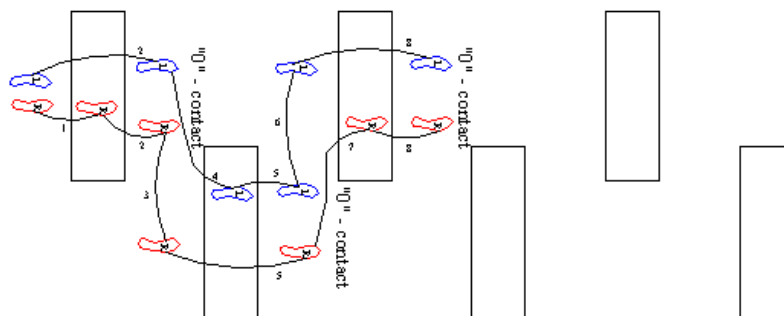


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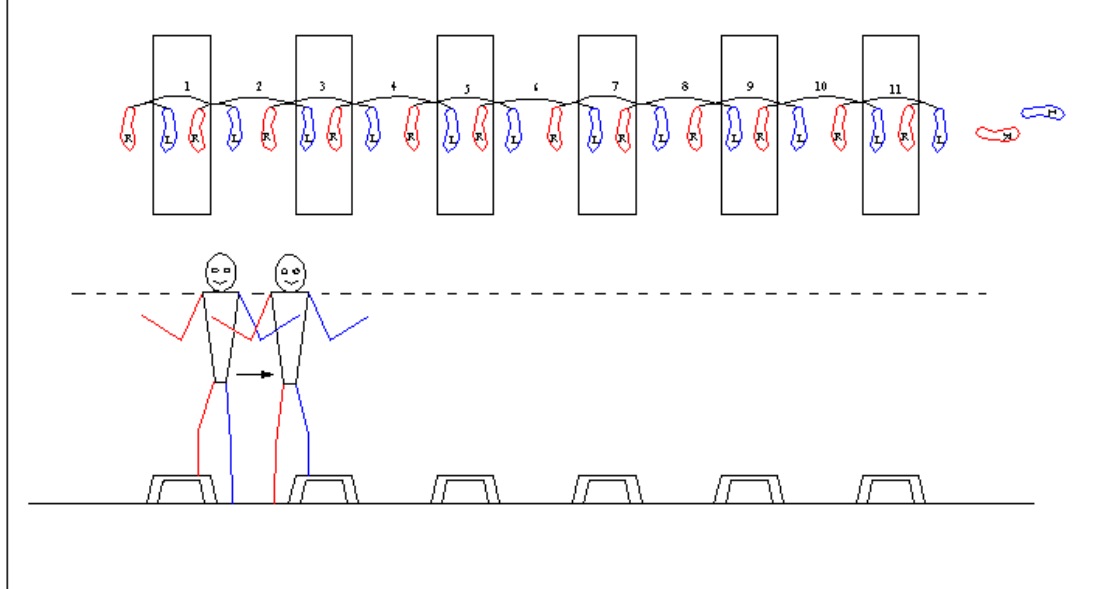


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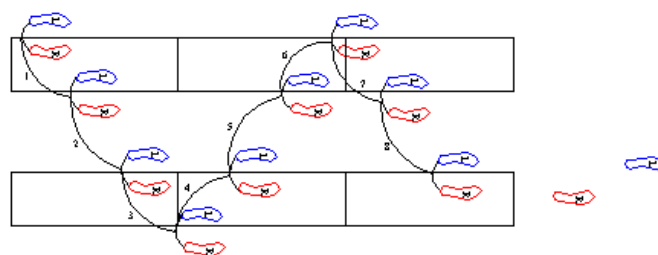


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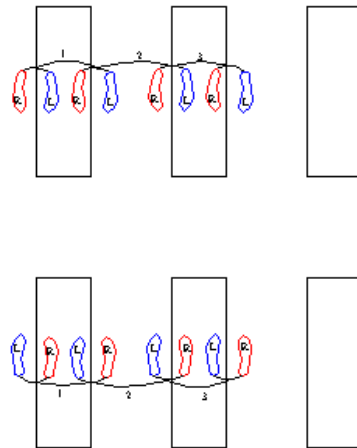
The Bert Bouwer method



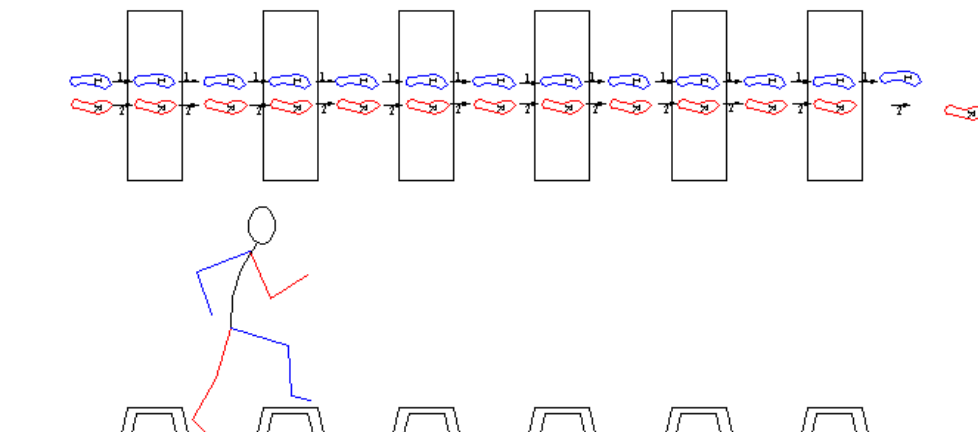
The Bert Bouwer method



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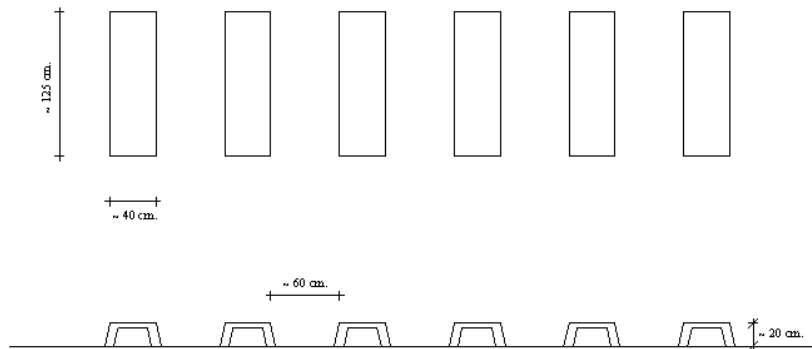


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The Bert Bouwer method

Coordination / "light-footed" leg-work

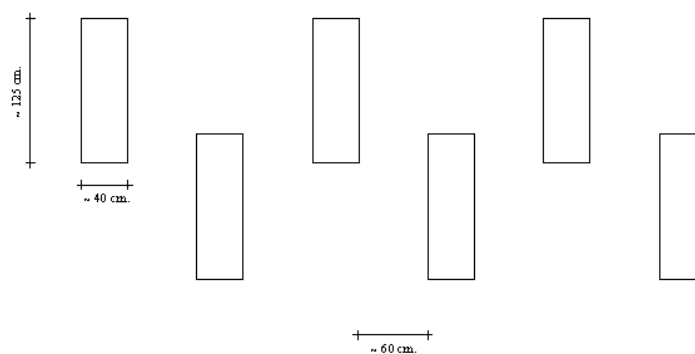
Set-up for "steps-training" - phase 1



The Bert Bouwer method

Coordination / "light-footed" leg-work

Set-up for "steps-training" - phase 2



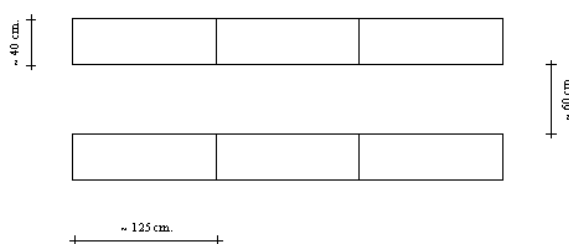


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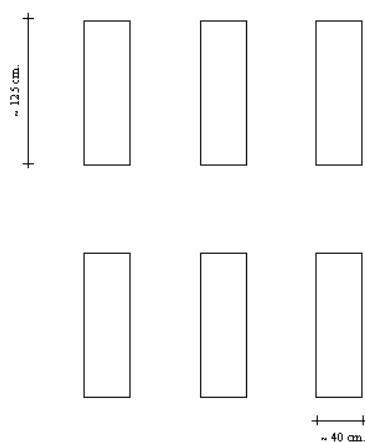
Set-up for "steps-training" - phase 3



The Bert Bouwer method

Coordination / "light-footed" leg-work

Set-up for "steps-training" - phase 4



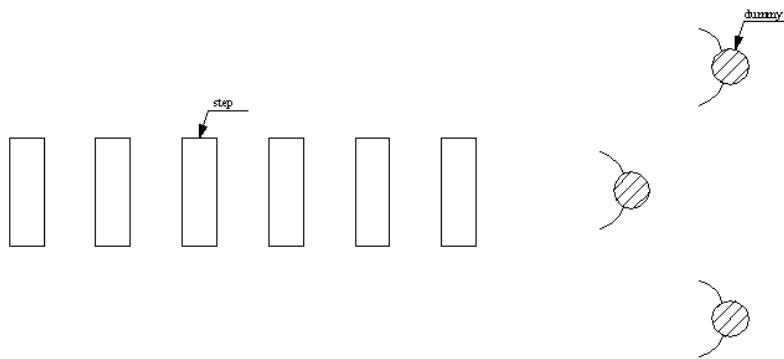


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Coordination / "light-footed" leg-work

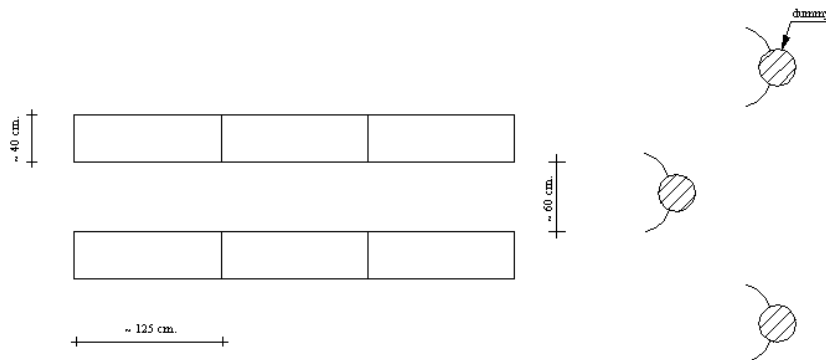
Set-up for "steps-training" - phase 5



The Bert Bouwer method

Coordination / "light-footed" leg-work

Set-up for "steps-training" - phase 6



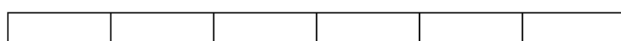


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Coordination / "light-footed" leg-work

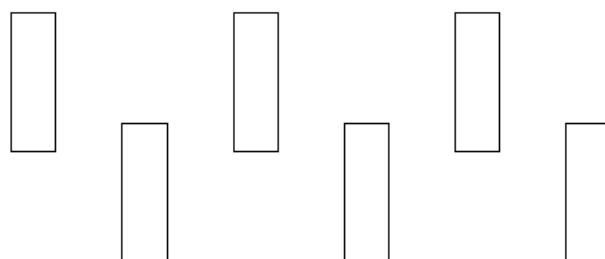
Set-up for "steps-training" - phase 7



The Bert Bouwer method

Coordination / "light-footed" leg-work

Set-up for "steps-training" - phase 8





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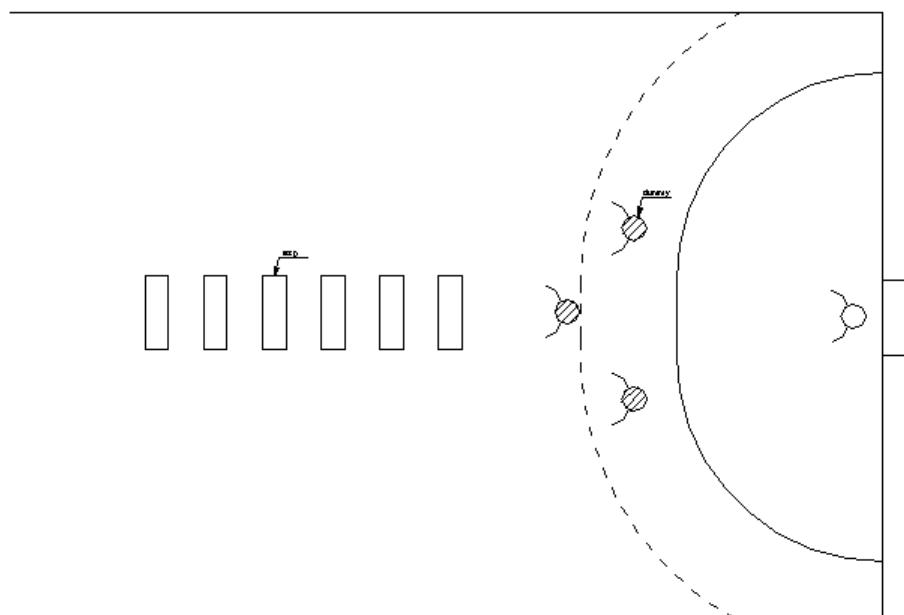
The Bert Bouwer method

Coordination / "light-footed" leg-work/sprint ABC

Set-up for "steps-training" - phase 11



The Bert Bouwer method



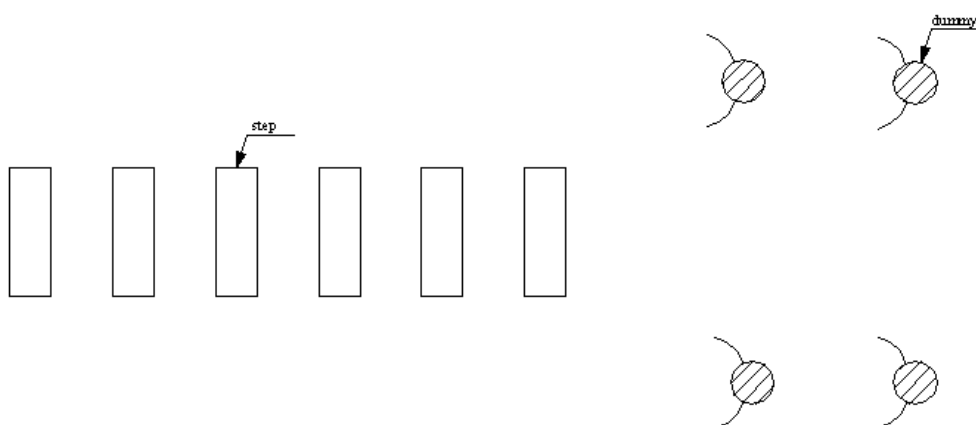


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The Bert Bouwer method

Coordination / "light-footed" leg-work

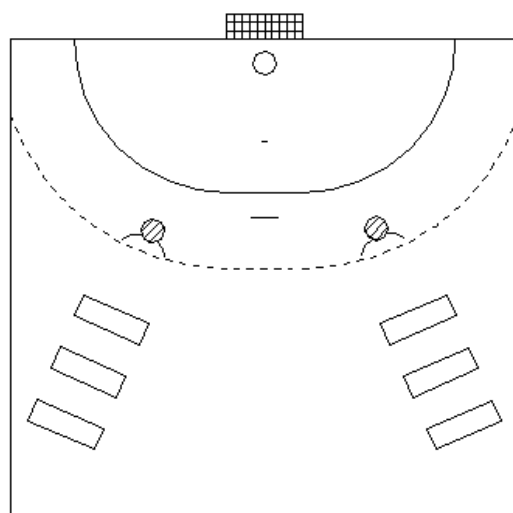
Set-up for "steps-training" - phase 9



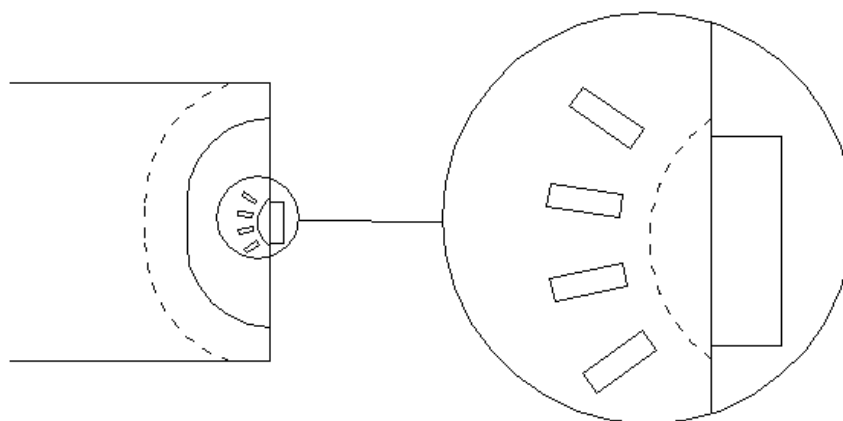
The Bert Bouwer method

Coordination / "light-footed" leg-work

Set-up for "steps-training" - phase 10



The Bert Bouwer method



The Bert Bouwer method

