

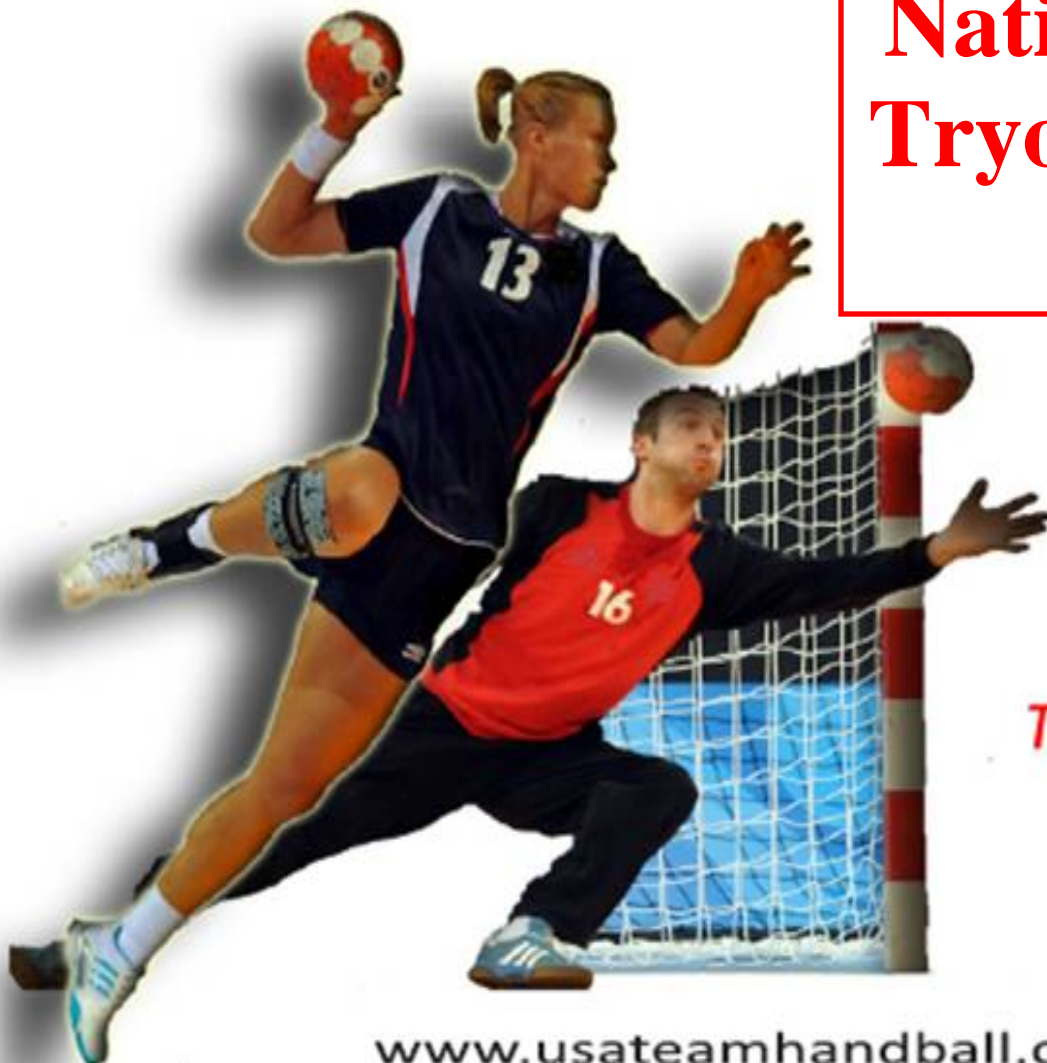
Do you dream of playing in the Olympics?



Are you athletic? Driven? Committed? Disciplined?
Are you interested in learning to play one of the fastest and most amazing Olympic sports in the world? Do you aspire to be on a national team one day?

We are looking for inspired athletes of all ages, boys and girls, young men and women to form teams in this area. E-mail me now if you are interested. We are getting started soon so don't wait!

National Team Tryout -Athlete Guide



*The Road to London
starts NOW!*



www.usateamhandball.org

TABLE OF CONTENTS

Welcome To Team Handball From The Technical Director.....	3
Characteristics Of Modern Team Handball.....	4
Important Considerations Before Registration.....	5
What To Do Between Registration And Tryout Day?.....	5
What To Bring To The Tryout?.....	6
What To Expect During The Tryout Session?.....	6
Example Timeline.....	6
Physical Testing.....	7
Handball Potential Assessment.....	9
Testing Metrics.....	12
What next?.....	12

Attachments



Welcome To Team Handball

Dear Athlete,

I would like to personally welcome you to our growing team handball family in the United States. You are making a first step in potentially becoming a National Pool Athlete eligible for nomination to a USA Team Handball National Team. We want to create, nurture and grow a dream of becoming an Olympic caliber handball player, bringing home gold for the US!

Please carefully read this entire guide and become intimately familiar with all procedures before, during, and after the tryout session(s). We would love to meet you and hope that you try your hand in team handball. However, we need to make one point very clear – we will challenge you! We want to see your best in our on-going search for the most talented athletes who could ultimately compete on the highest international level.

Should you have any questions regarding the tryout after reading this document, please feel free to contact me, your Regional Director, your Regional Coach or a local club coach at anytime. For contact information, visit www.usateamhandball.org.

Good luck and I look forward to not only providing you with the best testing experience but also the best athletic career opportunity.

Best regards,

Mariusz Wartalowicz
Technical Director



Characteristics of Modern Team Handball

Team handball has been played in the United States since 1959, but only after 1996 Olympic Games in Atlanta, Georgia, has the sport started to grow on all levels of advancement and now is making up fast for lost time. It is quickly becoming an activity of choice throughout the country, as an attractive, equal opportunity friendly, exciting alternative to such sports as football, baseball, hockey or basketball.

Team handball belongs to the family of team sports with direct body contact, which is regulated by the official game rules. The objective is to throw the leather ball into the opponent's goal and to defend the home goal against their offensive actions. The game combines basic motor movements like running, jumping, and throwing. Also, it incorporates the movements and skills (passing, dribbling, screening, faking, blocking, individual/zone defense, fast-break) well known from other popular sports such as soccer, volleyball, water polo, or basketball. Further, team handball is a sport for all because one's success depends less on an individual's physical characteristics and more on team work and mastery of technique.

However, as learning fundamentals of team handball is quite easy and fast, achieving and sustaining high level of play, especially on the international level, becomes often very challenging, arduous, and elusive. It is due to the fact that team handball requires an excellent conditioning (aerobic and anaerobic endurance, speed, jumping ability, muscular strength, coordination, agility, flexibility) combined with mastery of wide spectrum of technical, tactical, and mental skills that must be effectively and efficiently executed under physical fatigue, emotional stress, and time pressure. Transition from other sports to team handball has varying success rate and primarily depends on the aspiring athletes' general team sports aptitude, work ethic, and desire to learn.

Modern team handball is a very fast paced game characterized by high scoring, rapid momentum swings, ball possession changes, aggressive defensive systems, and offensive individual technical finesse of all players.



Important Considerations before Registration

1. Tryout location and related costs such as travel, accommodations, etc.
2. Your current physical conditioning level (please refer to our testing metrics guidelines listed on page...).
3. Your basic team handball knowledge including rules of the game and fundamental, technical and tactical skills.
4. Your past handball playing experience or other sports' competitive experience that you could transfer to handball. You may contact your Regional Director, Regional Coach, or your local club's coach to discuss your individual situation.
5. Your willingness to make a commitment to become an active handball athlete. This may require you to travel to regularly-scheduled training sessions, regional camps, tournaments, tours, and relocate to improve year-around handball development opportunities.
6. Your personal long-term competitive goals related to handball.

What To Do Between Registration And the Tryout Date?

1. Register with a local club.
2. Start a regular training routine in your club and play as much as possible.
3. With help of your coach, evaluate your current level of handball mastery and develop an individual training regimen aimed at preparing you for the tryout.
4. Evaluate yourself on tests included in our physical battery. Depending on your results, start working toward closing the gap between your present conditioning level and your desired one.
5. Take a look at our physical standards as they play an equally important role in our selection process.
6. Make an effort to watch as much handball video as possible. Google, YouTube, and the European Handball Federation (EHF) all have access to handball video.
7. Give yourself honest feedback as you get excited about YOUR national team tryout!



What to Bring To Tryout?

1. Positive attitude, strong desire to become a top athlete, and readiness to perform to the best of your current abilities during testing sessions
2. Your leadership and cooperation skills required to achieve on and off court objectives
3. Athletic gear including good **non-marking court shoes**, warm-up suit or jacket, shorts, two t-shirts in contrasting colors (light & dark), small towel, etc.

What to Expect During Tryout Session?

1. Be prepared to do your own individual warm-up routine.
2. Be challenged on both physical preparedness and handball aptitude set requiring strong critical thinking, problem solving, and quick decision making skills.
3. Be provided with a minimum information about handball, just enough to set stage for testing and evaluations.
4. Be prepared to meet and cooperate with a potentially large group of athletes attending the same tryout session.

Example Timeline

0700–0730: Optional early registration for those with little / no handball experience
0730-0900: Optional clinic for those with little / no handball experience
0800-0900: Registration
0900-0915: USATH Welcome / Day's Overview
0915-0945: Individual warm-up
0945-1245: **Athletic testing (Collect all forms from athletes before lunch)**
1245-1345: Lunch
1345-1400: **Introduction to Handball Potential Assessment Protocol**
1400-1415: Dividing participants to groups of four per group and final set-up
1415-1600: Small-games 4 vs. 4
1600-1615: Short break and combining groups into teams of 8 (1/2, 3/4, 5/6, 7/8, 9/10)
1615-1730: Full court scrimmages
1730-1800: USATH closing remarks, what's next..., Q & A session, clean-up.

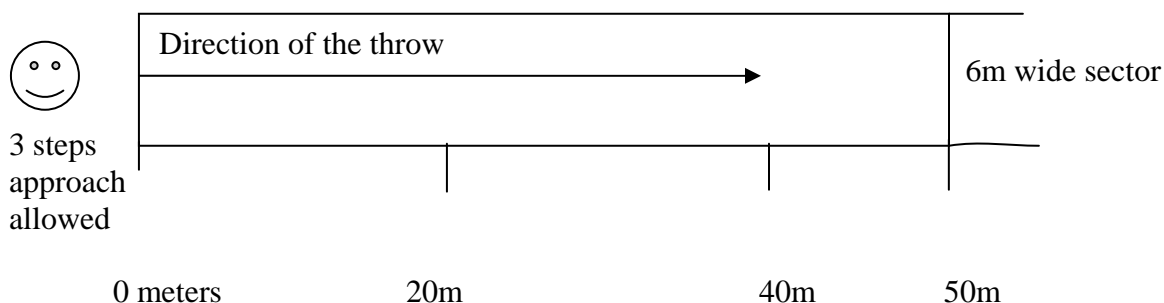
Note: The schedule is subject to change depending on location, number of registered athletes, space and time available, etc.



National Team Tryout Guide

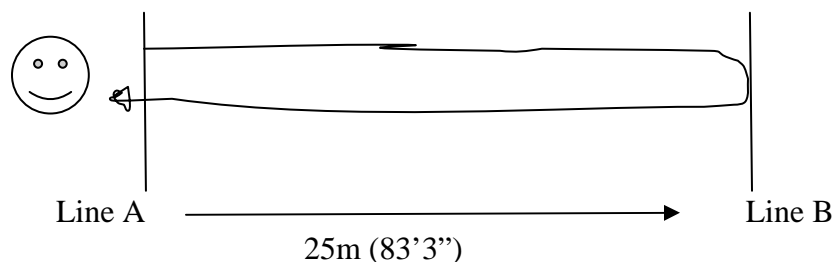
9. Upper arm throwing strength: Distance handball throw, with 3 steps approach, measured to closest 6 inches (0.1m).

Instructions: The participant stands approximately 3m behind the line and throws regulation size handball (per gender) as far as possible in the marked sector with 3 steps approach allowed. During the throw the player must have constant contact with the ground, can't step over the line until the ball is released, and has 2 immediate subsequent attempts. We will record the length of the throw to closest 6 inches or 10cm.



10. Anaerobic Endurance: A 6 x 50m (25m+25m) runs with 15 seconds turn-around between consecutive sprints measured to closest 1/100 second.

Instructions: The participant stands directly behind a starting line A and on signal runs with maximal speed to the line B where he/she makes an immediate u-turn and runs back to the Line A. Here, he/she has 15 seconds break/turn-around before running again but must be standing behind line A ready to begin next repetition immediately by the end of the 15-sec interval. The test consists of 6 repetitions of running 50m (25m+25m). During test, evaluators measure and record time for each consecutive run (1,2,3,4,5,6), 15 seconds breaks between runs, and cumulative time spent on completing 6 runs.



Sequence of testing:

- Station 1 – Measurements 1 through 5
- Station 2 – 30m sprint
- Station 3 – Vertical Jump
- Station 4 – Agility
- Station 5 – Handball Distance Throw
- Station 6 – Endurance Test



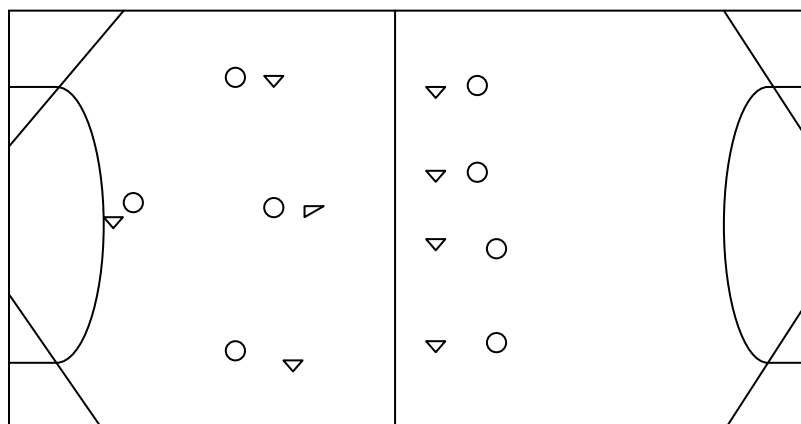
Handball Potential Assessment

1. All court players will be evaluated on a set of ten (10) variables and goalkeepers on eight (8) variables, listed and described below (see Table 1 and 2), during:
 - a. A limited space 4 vs. 4 half court game-like situations (see Diagram A) lasting approximately 15 minutes per game (2 x 7 minutes) that will be repeated twice. After physical testing, all participants will be divided by the coaching staff into groups of four (4) per group. Leading evaluator will explain to prospects general testing objectives and the process. Each group will play twice against different opponents and be given equal opportunity to play both offense and defense in each game. Players can change positions at will within their assigned group. While in defense, players must either use 1+3 or half-court “man to man” defense. Similarly, in offense, players should use either 0-4-0 or 0-3-1 formation (see Diagram A),
 - b. The full court scrimmages lasting approximately 15 minutes per game. Each team of eight will play twice versus different opponents and have a coach to help with substitutions and game organization. First game is to be played according to 1+5 extended zone or half-court “man to man” defense. Second game should be played using 6:0 zone. In offense, teams should play 2-1-3 formation in both games (see Diagram B). After each goal scored, the game should be restarted immediately by a goalkeeper from within the goal area. All other major rules should be followed and implemented by a referee.

Note: During the tryout we will not teach you any individual and/or group defensive/offensive skills. However, we will explain verbally the fundamental principles of individual defensive marking without switching and individual/group offensive actions against aggressive/extended defense, just enough to set a stage for a practical problem solving exercise.

You will be evaluated on a scale from 0 to 5 on each of the components for a total of 50 points. Please refer to a Table 1 for description of desirable behaviors and their frequency that should help you in understanding what qualities we are looking for.

Diagram A shows 0-3-1 formation vs. 1+3 and 0-4-0 vs.” man to man” defense



National Team Tryout Guide

Diagram B shows 2-1-3 offensive formation vs. 1+5 and 2-1-3 vs. 6:0 zone

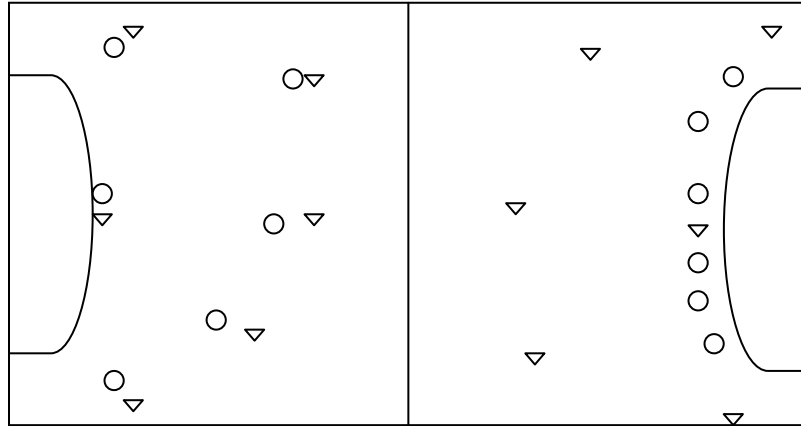


Table 1 Court Player’s Evaluation Form

Name: _____		0 pts.	1pts.	2 pts.	3 pts.	4 pts.	5 pts.
Gender: _____ Age _____ Position _____		Never	Very seldom	Rarely	Sometimes	Quite often	Most of the time
Core offensive abilities/aptitude							
1	Being available for a pass/shot – “being open”						
2	Making others available for a pass/shot – “screening/setting picks”						
3	Finding partners and a safe way to pass – “anticipation, peripheral vision & reading the game”						
4	Creating and finishing shooting opportunities – “taking shots & finding holes in defense”						
Core defensive abilities/aptitude							
5	Correct position between own goal and opponent – “tying up & forcing opponents to outside areas”						
6	Forcing opponents to make errors – “ forcing risky passes, unprepared shots & shots from extreme angles”						
7	Anticipation, blocking, interceptions – “ reading the game’s flow & winning the ball”						
Supplemental abilities/aptitude							
8	Positive Attitude & Leadership qualities						
9	Self- and Group Discipline (responsible for own actions & following group’s tactical strategies)						
10	High Motivation to learn (listening & processing skills) & perform (constant hassle justified by situations)						
Total number of points							



National Team Tryout Guide

Table 2 Goalkeeper's Evaluation Form

	0pts	1pts.	2pts.	3pts.	4pts.	5pts.
Name: _____ Gender: _____ Age: _____	Never	Very seldom	Rarely	Sometimes	Quite often	Most of the time
Core offensive/defensive abilities/aptitude						
1	Starting counter-attack at every chance possible					
2	Moving in the goal (follows ball's path, maintains high standing position, guards short post for wing shots)					
3	Directing & communicating with defense					
4	Reading the game (shows correct shots' saving instinct, limits choices available to shooters, intercepts long passes to stop FB)					
Supplemental abilities/aptitude						
5	Positive Attitude and Self-image and Personality (maintains high self confidence, creates strong leadership image)					
6	Focus & Decision Making (narrow focus, on task, eliminates distractions, refocuses instantly)					
7	Mental profile & determination (full control in dealing with stress, pressure, fatigue, emotions, frustration, own/teammates +/- performance)					
8	High Motivation to learn (listening/processing) & perform (taking risks/chances)					
Total Number of Points						



Testing Metrics

Tested Variables		5pts.	4pts.	3pts.	2pts.	1pts.	0pts.
Age		< 21	22-23	24-25	26-27	28	>29
Height	Men	> 6'5"	6'3"- 6'5"	6'0"- 6'2.5"	5'8"-5'11.5"	5'6"- 5'7.5"	< 5'6"
	Women	> 6'3"	6'1"- 6'3"	5'11"- 6'1"	5'8"- 5'10.5"	5'5"-5'7.5"	< 5'5"
Hand Size (court players)		Pass/Fail	Men > 10 inches = 5pts.		Women > 8.5 inches = 5pts.		
Upper Limbs Span (goalkeepers)		Pass/Fail	Men > 6'6" = 5 pts.		Women > 6'0" = 5 pts.		
% Fat	Men	< 6%	7-9%	10-12%	13-15%	16-18%	> 19%
	Women	< 12%	13-15%	15-18%	19-21%	22-24%	> 25%
Speed	Men	<3.6 sec.	3.6-3.8	3.9-4.1	4.2-4.3	4.4-4.5	>4.6
	Women	<3.8 sec.	3.8-4.0	4.1-4.3	4.4-4.6	4.7-4.9	>5.0
Vertical Jump	Men	> 31"	29"-31"	26"-28"	18"-25"	13"-17"	<13"
	Women	> 26"	24"- 26"	21"-23"	18"-20"	14"-16"	<13"
Agility	Men	<18 sec.	18.1-22.0	22.1-24.0	24.1-27.5	27.6-31.0	>31
	Women	<19.9 sec.	20.0-22.4	22.5-24.4	24.5-28.4	28.5-31.8	>31.9
Upper Arm Strength	Men	>40	38.0-39.9	36.0-37.9	34.0-35.9	32.0-33.9	<32.0
	Women	>38	36.0-37.9	34.0-35.9	32.0-33.9	30.0-31.9	<30.0
Anaerobic Power*							
	Men	<7.45sec.	7.78-7.46	8.11-7.79	8.44-8.12	8.78-8.45	>8.79
	Women	<8.00sec.	8.31-7.99	8.64-8.32	8.97-8.65	9.30-8.98	>9.31
Anaerobic Endurance**							
	Men	<49.15sec.	51.73-49.16	54.31-51.74	56.88-54.32	59.46-56.89	>62.04-59.47
	Women	<52.45sec.	55.03-52.46	57.61-55.04	60.19-57.62	62.77-60.20	>65.45-62.78
Core Handball Abilities							
	Court Player	> 45	44-39	38-33	32-27	26-21	<21
	Goalkeeper	> 34	33-31	30-27	26-22	21-17	< 17

Notes: Anaerobic Power* results will be used as reference only while Anaerobic Endurance** results will be used to compute your final score.

What's next?

1. You should receive an email from USA Team Handball two weeks after the tryout with more information regarding your results. You may be told that you have been added to the POOL of athletes being considered for Regional Training Camps and further evaluation. Either way, we would highly encourage you to keep practicing and playing locally and to attempt another tryout in the future.
2. To be considered for our National POOL of athletes you need to score certain number of points across all variable categories depending on your age and position (either a court player or a goalkeeper). Please refer to Table 3 for minimum standards required to be considered for our National Pool of athletes.



National Team Tryout Guide

For example, as a court player over 25 years old, you would need to score a minimum of 65 points excluding hand size and 57 points respectively as a goalkeeper, excluding upper limbs span. As much as those numbers are primarily informative in nature, they are also indicative of your current overall conditioning level and handball potential.

Table 3 2009-2010 Minimum Standards for USA Team Handball National Pool

Age Category Groupings	Women's and Men's NT Pool Minimum Standards	
	Court Players	Goalkeepers
Athletes under the age of 20	49	45
Athletes under the age of 25	57	51
Athletes over the age of 25	65	57

The good news is that with time, regular smart training, and competitive experience your results can improve dramatically.

3. Thus, stay involved! Take advantage of your local handball activities that may come your way in the future and/or become a leader and create those opportunities in your own home town.

