

Physical Training

HANDBALL



Always find the link to Handball.

How can improving aerobic endurance help in Handball?

- Keeping up with play.
- Marking players.

Principles of training

Progressive Overload -

gradually **increase** the amount of exercise and keep overloading the body.



Principles of overload:

Frequency - how often you train

Intensity - how hard you train

Time - how long to train for

Type - the kind of training

CALCULATIONS

Maximum Heart Rate (Max HR) = 220 - age

Aerobic (with oxygen) training zone - 60-80% of Max HR

Anaerobic (without oxygen) training zone - 80-90% of Max HR

Components of fitness

Agility - The ability to change direction at speed (**Dodging to lose an opponent**)

Speed - How quickly an individual can move (distance ÷ time) (**to beat an opponent to the ball/move into space**)

Power - It is speed and strength combined (speed x strength = power) (**to be able to throw the ball to another player who is further away or to perform a jump shot**).

Types of training

Weight training

- Free weights
- Resistance Machines
- Targets specific muscles/muscle groups

Advantages:

- Relevant to all sports
- Can be easily adapted for different fitness aims e.g. muscular strength or muscular endurance

Disadvantages:

- Heavy weights can increase blood pressure
- Injury can occur

Types of training

Interval training

- Periods of high-intensity effort with periods of low-intensity effort.

Advantages:

- Can mix aerobic and anaerobic exercise which replicates Handball

Disadvantages:

- Can become boring

Fitness Testing

30m Sprint Test (Speed)

- Cone a 30m stretch on a flat non-slip surface.
- Assistant will say on your "marks, set, go". On "go"
- The assistant starts the stopwatch and times how long it takes the athlete to cross the finish line.
- The stopwatch is stopped when the athletes' torso crosses the finish line.

Standing Broad Jump Test (Power) -

Stand behind the line with feet shoulder width apart. Take-off on two feet, jump as far as possible landing on two feet and measure the distance jumped.

