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THE BENEFITS OF PRACTICING BEACH HANDBALL FOR THE INDOORS HANDBALL

ABSTRACT

Beach handball has become more and more popular among the sport lovers, due to its spectacularness. As such, there are real chances to be included in the program of the Olympic Games in Paris in 2024. The trainers and leaders of traditional handball are reluctant regarding the beach handball, they do not want to let their athletes go to the actions of the national team. In this paper, I want to highlight the advantages of practicing beach handball for the indoor handball.

KEYWORDS: *handball, beach handball, benefits*

1. INTRODUCTION

From the appearance of handball at the end of the 19th century, this has continuously evolved, being included for the first time in the program of the Olympic Games in 1936, and the first World Championship took place in 1938. From the outdoors handball (in 11) there was a gradual passing towards the indoor one (in 7), subsequently towards mini-handball and lately towards the beach handball (the first competition took place in 1992) (Trespidi M., 2017).

Beach handball is an attractive, dynamic sport, with spectacular elements, organising the European and world championships at the level of seniors, youth and juniors (Trespidi M., 2017). It was appreciated at the Youth Olympic Games (Argentina 2018) and it will be in the program of the Olympic Games of Tokyo in 2020 (as demonstrative sport). If we take into account the recognition it acquired, we can state safely that it will be an olympic sport in 2024 in Paris.

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2. CONTENT

2.1 General aspects of beach handball

The philosophy of beach handball is based on the rules of fair-play, any decision having as support this consideration. The team is formed of 10 players and four officials (Horvath G., 2016).

The rules of the game present some peculiarities which have as a starting point the characteristics of handball on the beach, according to the spectacularness of the scoring phase you can award even 2 points for a goal (Sabovik I., 2017).

The trainers must create a strategy according to the aim followed, to the athletes' characteristics and the time they have for the preparation. In order to achieve an efficient preparation of the defence we must have in view the following aspects: choosing the defensive system, the players' potential, the opponents' strategy and in the case of attack they will consider: to establish the basic offensive, the players' possibilities and the opponents' strategy (Neukum T., 2016a). The phases of the beach handball are: defence counter-attack, attack and rapid retreating (Neukum T., 2016b).

If we consider the statistics achieved by the teams who are leading the leader boards, we can observe that these are the teams who have very well defined group tactics and game lines. If we analyse a good player from a technical perspective, we can observe that a basic rule of it is that he uses his both legs to jump and score a goal. From this point of view his techniques can vary and can become very creative. The teams who were on the first place by the end of the competitions were those which had a varied range of tactics and the ability to adapt according to their opponents. (Zapardiel, J.C. 2018a).

The elite players have an average height of 1.90m and 90 kg for the males and the females have an average height of 1.75m and 68 kg. We can say that the play level of the national teams is very similar with that of the clubs the only difference between the top of the 4 male teams in Europe is achieved by the goal-keepers with their spectacular interventions and in attack the pirouette throw being a very efficient procedure.

The teams are formed when the players which can do both the defensive and the offensive phase. Their success is due to the trainers who succeeded to prepare a collective game and value the qualities of the team's players (Zapardiel, J.C. 2018b)

Normally a player, who practises beach handball, develops the abilities to score through all kinds of efficient techniques. Likewise they develop the reaction speed and the perception of making decisions as fast as possible. This factor is due to situations in which a player arrives to score from an aerial or pirouette (Neukum, T. 2008).

2.2 Methods and purpose

The method of studying specialised literature was used in order to argue the elements of the study.

The observation method. The direct observation was achieved in the instructional-educational processes by the direct participation in the studied phenomenon, respectively in the trainings and competitions. The indirect observation was achieved by means of watching a recording with trainings and bilateral games with friendly or/and official character.

I have started practising beach handball and meanwhile I am the trainer of the juniors national team. In the athletes' selection, I have encountered the trainers' reluctance.

By this paper, I want to highlight the benefits that the beach handball can have for the indoor handball from the physical, technical-tactical and psychologic point of view.

2.3 The benefits of the beach handball for the indoor handball from the perspective of physical preparation

The physical preparation or the physical capacity is an important component of the sport training and mainly aims the development of motor qualities, the effects being visible at the level of effort capacity and the morpho-functional parameters. This has two components: general physical preparation (which contributes to the development of all motor qualities) and specific preparation (uses adequate means according to the requirements of the sport branch practiced and the athletes' preparation level).

In the beach handball, most of the tournaments take place on sand outdoors. The trainings on sand are proprioceptive permanent trainings which have a very important role in the prevention of accidents, by improving ligaments, the increase of the muscular elasticity, improvement of balance and coordination. Another benefit is the development of the pliometric power. The motion on sand requires special physical qualities (energy/resistance). After the preparation on sand, the energetic consumption for the running indoors is reduced. (The experiment of Pinnington and Dawson in 2001 showed that runners regularly training on sandy ground later run more efficiently on solid ground, whereby they waste less energy.)

2.4 The benefits of the beach handball for the indoors handball from the perspective of the technical-tactical preparation

The technical preparation, a component of sport preparation has as aim the acquirement and improvement of the specific technical procedures having a determining role in obtaining sport performance. Tactical preparation is one of the most dynamic components of the sport training by means of which we achieve the organization, preparation and development of the tactical actions according to a certain conception in order to achieve performance in competitions.

In order to highlight the advantages of practicing beach handball, we have treated this aspect from the point of view of technical elements: the goal-keeper's technique, the technique of the game in defence, the technique of the game in attack. The goal-keeper's technique in the game of beach handball, the most important position, from my point of view, contains the same specific elements as the goal-keeper in the traditional handball (the ultimate position, the moving in the goal and as outfield player, catching the ball, rejecting the ball, the plunge, the cheat movements) but in more difficult conditions (the movement is on sand and most of the throws are from 6 metres). Other very useful technical elements are: anticipation, tricks and interceptions. The technique of the attack game contains the following elements: the ultimate position, movement in the field, holding, catching and passing the ball, throwing to the goal, feints. The permanent anticipation, the decision capacity, scoring from aerial (considered as the tactics of the future), the attack in superiority (beach handball 4 vs 3, indoor handball 7 vs 6), and the speed of the game are elements specific for the handball game, beneficent for the indoor handball.

2.5 The benefits of the beach handball for the indoor handball from the perspective of psychological preparation

A component of sport preparation, the psychological preparation contributes to the increase of the sport mastery. Its content elements are: the intellectual side, the affective side, the volitive side, the education of personality and it has as objective to contribute to the development of mental capacities necessary to obtain performance.

By varied trainings we refute apathy specific in a certain extent to the consecrated athletes. The decision (anticipation) and cognitive capacity is improved. Likewise, beach handball can be a means of recreation and team-building.

6. CONCLUSION

- We have highlighted that there are many benefits for the practice of beach handball for the indoor handball.

- We need much more understanding from the part of the trainers and leaders of the clubs.

- If we are realistic and take into account the fact that beach handball will be an olympic game in 2024, I think it is advisable to channel more energy and resources in order to have a chance to participate in a competition of such a wide scope.

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