

Where are we going and why. Kim Rasmussen's blog.

It's getting longer and longer that our National youth teams fail to qualify for World or European Championships, more and more defeats, the top teams are getting further ahead of us, and countries like Switzerland, Finland and Faroe Islands are playing faster and more technical than us.

This is not the direction we want to go, and we have to do something.

When we compare ourselves to the other countries it is very clear that we have the size - height and weight - to compete, but our basic physical foundation is simply not good enough, we are behind on Anaerobic and Aerobic capacity and the explosive powers of our players are also far behind.

Some people might say that it is not so important, but here I have to disagree, because when we put it together with the technical demands, that of course are also valuable in modern handball, we are simply getting to far behind.

This can sound like I criticise everything, but this is not my intention, I have looked at many games the last 4 years and I have to be honest. We can just look at the facts and test results and then unfortunately we will come to the conclusion and the fact that we are getting further and further behind !!!!

There is nothing more I would love to see than all Polish teams, both national and club, will do good in Europe, and for this to happen we all have to look at what we are doing and most importantly look with an open mind for new ideas and ways to develop our young handball players.

Yes we don't have as many players to choose from as some other countries, but also we have more time for the individual player training, we have to develop the basic foundation, we have good facilities, many good and devoted coaches and clubs and most importantly we have kids that love handball.

So what should we do ????

First we have to look at our priorities, and right now it looks like the most important thing is to win each consecutive game, and that is sad in my opinion. Of course we all want to win, but when you work with kids you have to want to develop them more than you want to win the games.

We need to teach our players to win situations 1 on 1 and 2 on 2, both offence and defence, to teach the players to go left and right, and most importantly practice passing technique so we can play in a high tempo without losing too many balls due to bad passing.

We simply need to focus on the creativity of the individual players who can find the right solutions themselves, and yes they will make MANY mistakes on the way, that is an obvious part of learning and developing. If we'll remember to coach and guide them on the way, not only to tell them what to do, they will in the end learn to find the answers themselves.

If we look at our national youth teams, I think it is very important that we find the players that in the future will have a chance to win medals (France, Norway and Spain are very good at this). Maybe the player is not the best when she is 15 years old, but if we put in 4-6 years of hard work with her, we might have the player that will bring medals to Poland.

Many times the best players in our youth teams are those smaller and faster players, but this is here we have to look further ahead, and find the player which can be good in 4-8 years. I am not saying we only need tall and heavy players we need a combination of all, but when you are young and 180-190cm height you will not have the control of your body as you like, but with the right guidance and training you will have the change later in your career, and here we have to look at what can we create rather than who is the best right now.

A good example is Alina Wojtas, who has worked good and hard for many years, and now she can bring medals to Poland, and most importantly she is a professional handball player, which in the end will make her even better.

I know this way takes time, and we have to understand that we can't win all games, that we will never win all of our games, but if we can create world class professional players and from time to time create a top 5 player in the world we will have done well very very well.

I know all of us coaches are different and that is good, we all have our vision, strategy and concepts and we all have different ways to teach. This is good, but I think we all need to work on and create our mutual way as for the technical skills in jumping and passing.

If we can do this together we will have a solid base and then each coach can work starting from that. We also need to work on a mutual goal as for physical and technical training, which is PRIORITY NR.1, 2, 3 AND 4, after that you can work a little on the tactical part of handball 😊.

I hope we will come to the new point of view on handball and make a change of direction in which we are going at the moment.

The table below can be of help to show our goals in the physical training:

For bench and squat, it is how many kg. In 5 repetitions you can take up to 2 tries.

-Leg squat you have to go down to 90 degrees.

-Bench press you lower the barbell until it is 10cm from your chest.

PHYSICAL PROFILE WOMENS HANDBALL

Test	Age group	Categories			
		Unsatisfactory	Below average	Above average	Elite
3000 meter running (min)	All	> 14.21	14.21 - 13.17	13.16 - 12.11	< 12.11
Leg Squat (kg)	U16	< 60	60 – 70	71 - 80	80 <
	U18	< 72.5	72.5 – 85	86 - 97.5	97.5 <
	Senior	< 92.5	92.5 - 107.5	108 - 122.5	122.5 <
Benchpress (kg)	U16	< 37.5	37.5 - 42.5	43 - 47.5	47.5 <
	U18	< 47.5	47.5 - 52.5	53 - 57.5	57.5 <
	Senior	< 52.5	52.5 - 57.5	58 - 62.5	62.5 <
Brutal stomach (rep)	U16	< 10	10 - 17	18 - 24	24 <
	U18	< 13	13 -21	22 - 30	30 <
	Senior	< 16	16 - 22	23 - 29	29 <