
Table of Contents

MODULE I SHORT HISTORY OF THE GAME	10
1.1. INTERNATIONAL GUIDELINES	10
1.2. NATIONAL GUIDELINES	14
MODULE II HANDBALL AS A SCIENTIFIC AND SPORTS DISCIPLINE	31
2.1. SCIENTIFIC CHARACTERISTICS OF THE DISCIPLINE.....	31
2.2. HANDBALL AS A SPORTS DISCIPLINE	34
MODULE III THE TECHNICAL COMPONENTS OF HANDBALL.....	38
3.1. TECHNICAL ELEMENTS OF HANDBALL.....	38
3.2. DEFENDER'S TECHNIQUE	44
MODULE IV THE TACTICAL COMPONENTS OF HANDBALL	50
4.1. DEFINITION AND CLASSIFICATION OF TACTICS	50
4.2. TECHNICAL-TACTICAL TRAINING	52
4.3. APPLICATION FORMULAS OF TACTICS	55
4.4. INDIVIDUAL TACTICS IN OFFENSE	57
4.5. INDIVIDUAL TACTICAL ACTIONS	59
4.6. INDIVIDUAL TACTICS IN DEFENSE	62
4.7. GOALKEEPER TACTICS	68
4.8. GROUP TACTICS IN DEFENSE	69
MODULE V SYSTEMATIZATION OF TECHNICAL-TACTICAL ELEMENTS IN THE PHASES OF HANDBALL GAME	75
5.1. OFFENSE PHASES	75
5.2. PHASES OF DEFENSE.....	86
MODULE VI SYSTEMATIZATION OF THE TECHNICAL-TACTICAL ELEMENTS OF THE GAME IN ATTACK BY POSITIONS (THE PLAYER MODEL)	95
6.1. TECHNICAL AND TACTICAL ELEMENTS OF THE GOALKEEPER'S PLAY.....	96

6.2. ELEMENTS OF TECHNICAL-TACTICAL PLAY FOR THE LEFT WING POSITION IN OFFENSE	100
6.3. ELEMENTS OF THE TECHNICAL-TACTICAL PLAY IN THE RIGHT-HANDED RIGHT WING POSITION IN OFFENSE.....	102
6.4. ELEMENTS OF TECHNICAL-TACTICAL PLAY FOR THE PIVOT POSITION.....	103
6.5. ELEMENTS OF THE TECHNICAL-TACTICAL PLAY IN THE RIGHT-HANDED LEFT BACK POSITION IN OFFENSE	104
6.6. ELEMENTS OF THE TECHNICAL-TACTICAL PLAY IN THE RIGHT-HANDED RIGHT BACK POSITION IN OFFENSE	106
6.7. ELEMENTS OF THE TECHNICAL-TACTICAL PLAY IN THE CENTRAL BACK POSITION IN OFFENSE	107

MODULE VII SYSTEMATIZATION OF THE TECHNICAL-TACTICAL COMPONENTS OF THE DEFENSIVE GAME BY POSITIONS..... 111

7.1. FOR BACKS AND CENTRAL BACK (9 M LINE).....	112
7.2. FOR WINGS AND PIVOT (SEMICIRCLE LINE)	113
7.3. GAME MODEL FOR EACH POSITION FOR PHASE IV OF DEFENSE .	114

MODULE VIII THE RELATIONSHIP BETWEEN THE DEVELOPMENT OF CERTAIN ANATOMICAL-FUNCTIONAL FACTORS AND THE PRACTICE OF HANDBALL..... 121

8.1. FUNCTIONAL ANATOMICAL CHANGES SPECIFIC TO HANDBALL PLAYERS	121
8.2. ELEMENTS OF THEORY AND METHODOLOGY OF HANDBALL FOR CHILDREN AND JUNIORS	125
8.3. AGE-SPECIFIC, ANATOMICAL, PHYSIOLOGICAL, PSYCHOLOGICAL, AND MOTOR CHARACTERISTICS SPECIFIC TO DIFFERENT AGE RANGES	126

MODULE IX SELECTION AND SELECTION CRITERIA..... 138

9.1. MAIN CRITERIA	138
9.2. COMPLEMENTARY CRITERIA.....	141

REFERENCES 142