

An analytic study concerning the European Championship of handball and beach handball, Spain, 2006

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Abstract

We started from the assumption, beach handball and handball have many common features and the same formative influences but beach handball is considered spectacular because of the technical and tactical procedure and because of the technique of throwing.

This paper aims to show a new discipline which appeared in France in the year 1995 and which is developing from year to year. Beach handball has his origin from handball from which was lent the technical and tactical content and some revised rules. The objective of the research was the general behavior of the national teams of beach handball and handball from Spain who played at the European Championship in 2006 in which the teams won second place in handball and first place in beach handball. The data from this paper were also obtained from the game charts.

After analysis of the national teams from the two European Championships we can say that the first difference between the two disciplines is that height of the players. Regarding the technical and tactical knowledge of the players, players are preferred who have a good accuracy in throwing near the 6 m line and from a distance, also players that can pass the ball in difficult conditions of adversity using special passes on the floor (in handball) and players that have a good technical knowledge (in beach-handball).

Because of the fact that in beach handball there are less players and because the points system is different, beach handball is considered spectacular, not as aggressive as handball and takes place at great speed.

Keywords: beach handball, handball, athletic performance.