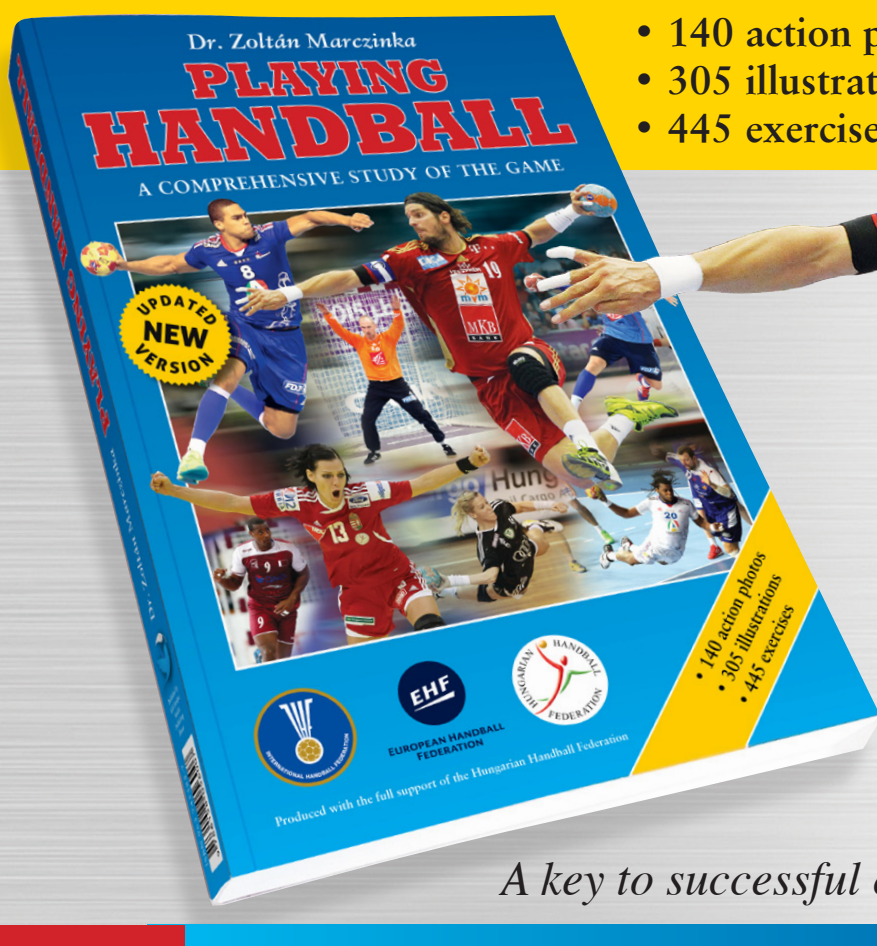


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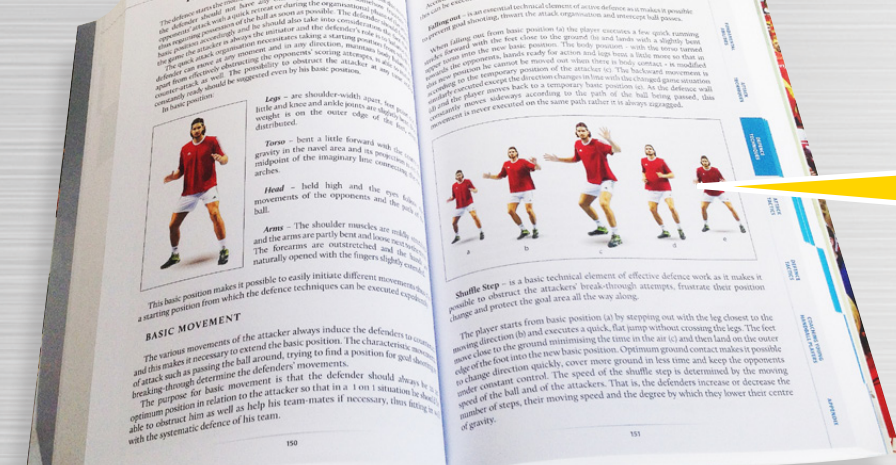
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A key to successful coaching

„The International Handball Federation would like to express its gratitude to Zoltán Marczinka for this 'new classic' among the technical materials.”

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Something unique in textbooks, world star handball players demonstrate the basic technical-tactical movements. Here renowned player, László Nagy, former Barcelona and now Veszprém right back demonstrates the basic movements of defence.

Of more than 1000 photos taken for this book, only the very best were carefully selected by the author.

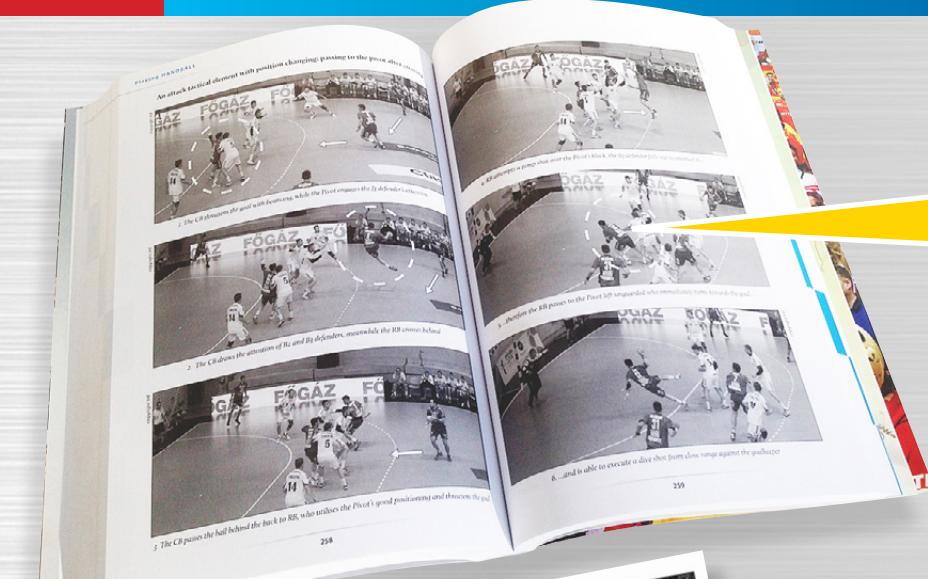
Photo sequences with a brief explanation guide the reader step-by-step through the technical-tactical line of movement.



This book uses actual players to demonstrate all movements from the very basic to the very latest trends in modern handball.

„The new and updated edition in hand pays great attention to the fact that handball has developed rapidly and become a fast, dynamic and complex team sport....”

Jean Brihault, EHF President



Action shots chosen from world handball matches also help the tactical explanations. Frame by frame analysis allow for a better understanding of certain movements in attack and in defence.

Highlighted areas within the photos help to direct the reader to the players' specific movements or to a particular area.



LEARN FROM
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Start with a good goalkeeper.... Classic goalkeeper techniques from world class goalkeepers: Niklas Landin, Árpád Sterbik, Thierry Omeyer... Oh là là!

YOU
TOO CAN BE
THE BEST!

Roland Mikler, goalkeeper of the Hungarian National Team, not only seeks success on the handball court but during the photo shoot he made every effort to present the most correct and precise movements of goalkeeping.

„....the concept has not changed. This manual is still aimed at all levels of players and coaches from beginners to the more advanced...it is at all levels a comprehensive treatise of the game, yet each chapter is self-contained and may be used as a separate unit on its own.”

Dr. Zoltán Marczinka



The crowd wants to see skilful action and feel excitement. The experts, on the other hand, value technically well executed movements. The dive shot of Heidi Løke (Norway), Szabolcs Zubai (Hungary), Jesper Noddesbo (Denmark), Cedric Sorhaindo (France) are textbook quality.

The book illustrates how to technically execute movements that star players do instinctively on the handball court.

The classic movement of French Olympic, World and European champion Daniel Narcisse is used throughout the book to signal to the reader that practical exercises will follow.



Background – Fundamental abilities – Technique
– Tactic – Coaching Young Handball Players
– Terminology of Handball



There is a summary page at the beginning of every section showing a structural breakdown of the topic.



Every section is clearly labelled down the right side of the book for quick and easy access.

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The author, Dr. Zoltán Marczinka is a highly experienced coach, respected handball expert, university lecturer and IHF and EHF analyst.

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