

## Talent Identification Procedure for Handball Game

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### Abstract

*Team handball is a dynamic sport that is fun to play and exciting to watch. The sport uses natural athletic skills such as running, jumping, throwing, and catching to provide the action for the game. Players and spectators alike enjoy the fast, continuous play, the body contact, and the goalie action. First-time spectators describe team handball as soccer with your hands, but they also notice elements that remind them of basketball, water polo, and ice hockey. Now there are many international events, where the handball is a major attraction. The handball game achievement in International competition is more prestigious to any country. So all countries implementing the different plan to improve the handball performance and win medals. The purpose of the study is to put light on talent identification procedure for handball game. Talent identification at early ages is one of the major methods to improve the performances. Some of the leading western countries got benefit from the model. But in Ethiopia not yet implementing the talent identification procedure properly. Handball talent identification is approached from many different angles, depending on which countries are looking at and the sport for which athletes are being recognised and recruited. This study looks at the talent identification and prediction of future success.*

**Keywords:** Handball, Talent Identification and Prediction Test

### Introduction

Handball is the most popular sport throughout world. It was introduced by German gymnastic teacher in the year 1971. The popularity of Handball is not only the causes of healthy competitive sports. It was very easy to play in the small area with two goal, ball and simple rules.

Handball is growing sports which requires high quality of physical fitness to performance in the optimum level, but the same physiological parameter also coordinating the successful display of physical ability during the practice and tournaments.

Handball is a game which demands high standard of physical fitness and mastery of techniques and excellent coordination. As the game gained popularity and spread all over the country, girls also looked up with almost same enthusiasm and gusto as boys did. The pleasure and thrill that the game provides have attracted the people of all classes to play Handball or witness the game all over the world.

Each individual or team which participate in any sports participates in any sports events wants to win because society attached great significance to winning. "Performance is the key note of all sports-its

basic principle. Since sports have because a prestigious aspect to prove one's superiority the philosophy of participate in games and sports has under gone a great change" sports are in any form of playful competition whose outcome is determined by physical skills, strategy or chance employed hand ball is no exception and also has been considered as games and sports as it involves competition use of physical skill and strategy hand ball game in the sense is defined here.

The anthropometric measurements can be used for assessments of physical status and related to one's health immunity from disease and are helpful for performance. Bhupinder Tanwar (2013) In anthropometric measurement the results of the study indicate that higher level of hand ball players appear to be older in age, taller in height, having better and leg length, body weight, diameters, circumference and skinfolds etc. The national and intervarsity level groups were found significantly better statistically in all the selected anthropometric measurement than the lower groups of hand ball players.

Mathys S.P.J., Vaeyens R., Vandendriessche J. (2011). The battery of tasks included technical tactic fitness "snake run with dribbling" and "complex exercises", conditional fitness- "side motion (40 meters)" and "jumps on

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one and two legs” coordination fitness-“throwing of tennis ball for distance from initial position-sitting, legs apart” and shuttle run (3x10 m)”. Analysis of 55 correlations between 11 indicators of condition, coordination abilities and technical tactic fitness permitted to determine that junior 10-11 year’s old handball players.

The performance parameters in children and adolescent athletes, success in sports as measured by competitive performances, are depends upon a number of significant mental and physical components. Physical components like somatotypes, motor skills, physiological parameters, genetic endowment, training level and psychological components such as motivation, anxiety, stress and self confidence, and also injury prevention plays a significant role in competitive performances. For the most part motor skills are age and gender dependent. In general the efficiency of the movement progressively improves throughout the childhood and in to early adolescence and is highly dependent on environmental influences. Performance is influenced by the effect of genetic factors on specific traits in 30 to 85 % of cases.

It is suggested that sports performance may be optimized by the early identification of individuals with positive genetic and somatotypes markers and negative risk factors. Although mesomorphy and lesser extent ectomorphy are positively associated with enhanced performances. Successful athletes tend to have or acquire somatotypes characteristic of individuals already successful in a particular sport. Motor skill development and physiological parameters can then be maximized by using regular, non excessive training protocols, sound nutrition patterns, a safe environment and protective gear (Birrer, Levine, 1987).

Universally there appears simple test was used for talent identification, and no country appears to use sophisticated methods of talent identification for large number of athletes.

#### **Talent identification in western countries**

Throughout the history of the modern Olympic Games, the United States has remained among the top ranking countries I track and field events. For the period of 1948-1984, the United States ranked first in terms of medals won and number of finalists for both sexes (landry, 1987).

After 1984, USA track and field ranking is not consistent, because east European countries such as the Soviet Union, and Germany, Jamaica and China continuously improve their performance in tremendous manner. Much of the success of above countries has been attributed to carefully plan long range system of talent identification and talent development (Jarven, 1981, Smith, 1981). Thomson and Beavis (1985) reported several organized talent identification programme such as east Germany, the soviet unions, West Germany, Australia and Netherlands.

Talent identification in track and field in the United States is not formalized as it is in many other countries throughout the world. The system of talent identification and development in the United States occurs through mass participation and natural selection (Henson, Turner & Lacourse, 1989a, Smith, 1981). In this method needed more scientific advancement in laboratories, instruments, qualified coaches, sports scientists. It was achieved in United States by numerous research studies in the field of track and field and other sport.

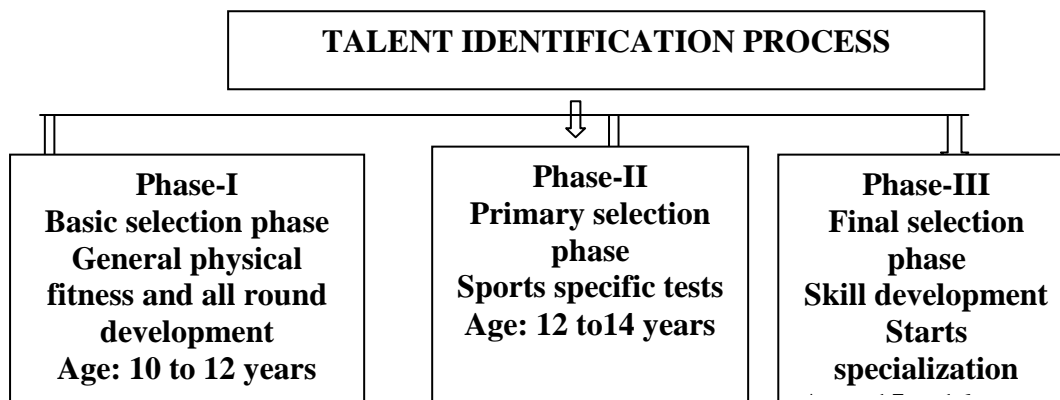
Although researchers have identified importance characteristics for athletic performance and developed test to measure those characteristics, organized talent identification programmes have not been employed in United States to extent that they have been in other countries formalized talent identification programme have been extensively used in the former soviet Union, and the former West and East Germany (Thomson &Beavis, 1985). Once the model was established for a particular event, the appropriate standards and rate of improvement were employed to choose talented individuals in the different selection phases.

#### **Talent identification model**

There is need to carefully decide on the age selection too early and the results will be unreliable, too late and perhaps the universal eagerness of children will be lost. The role of physical education teacher to develops a child’s physical potential. To do this the child must first discover in what areas he/she has potential and hence the need for some talent selection model.

The talent identification process depends on the chronological and skeletal age of the students. The rate of improvement was employed to choose talented individual in the different selection phases. It is possible to do in any environment with specified procedures.

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### Phase I

Phase I, the basic selection phase, took place in primary school at the age of 10 to 12 years. In this phase general physical all-round development programme can be implemented to make the individuals fit for sports potentialities.

### Phase II

Phase II, the primary selection phase, took place between the ages of 12 to 14 years. The evaluation can base on progress made in physical activity and sports specific tests. Sports specific tests are regarded as one of the most reliable factors in talent identification. No event specializing are recommended because the researchers indicated that prediction are not reliable at an age (12 to 14 years) when physical performance factors followed unpredictable developmental pattern.

### Phase III

Phase III, the final selection, occurs at the age of 15 to 16 years. In phase III, the player starts specialization in the game of handball. The ages 15 to 16 years for boys and girls are considered as best ages to make performance predictors and guide youngsters toward a particular game. Although unpredictable developmental patterns still occurred in this age, it is stated that a latter selection would have a detrimental influence on skill development.

Age of 15 to 17 years is the best age to start specialization in the game of handball. If the players start in the age 15 to 17 years they will reach the high performance in the age of 23 to 27 years.

**Sheldon** has classified the individuals into three based on their **physical characteristics**.

1. Endomorph (Similar to pyknic type-thick)
2. Mesomorph (Athletic type)
3. Ectomorph (Similar to Aesthetic type-without strength)

Cureton found that highest; mesomorph is found in the sprinters, shot putters and broad jumpers. They found that there is positive relationship between mesomorph and motor ability and a negative correlation between endomorph and motor ability. Ectomorph had better balance and flexibility.

In the context of handball game majorly involved with running, jumping and throwing. So according to the Sheldon classification mesomorph is very suitable body type for the handball game. As well as ectomorph had better result with flexibility. Flexibility plays the vital role in the handball game.

**Guidelines to success in sports** (Jarven, 1981, Thomson and Beavis, 1985)

1. System to identify and develop potential talent beginning at primary schools under the guidance of well qualified physical Education teachers, continuing at specialist sports school and classes under the guidance of experienced coaches.
2. The use of methodical three phase identification scheme.
3. The use of well established performance models for each abilities.

**Factors influencing the handball performance**

Through the existed literature there are six general categories of factors influencing

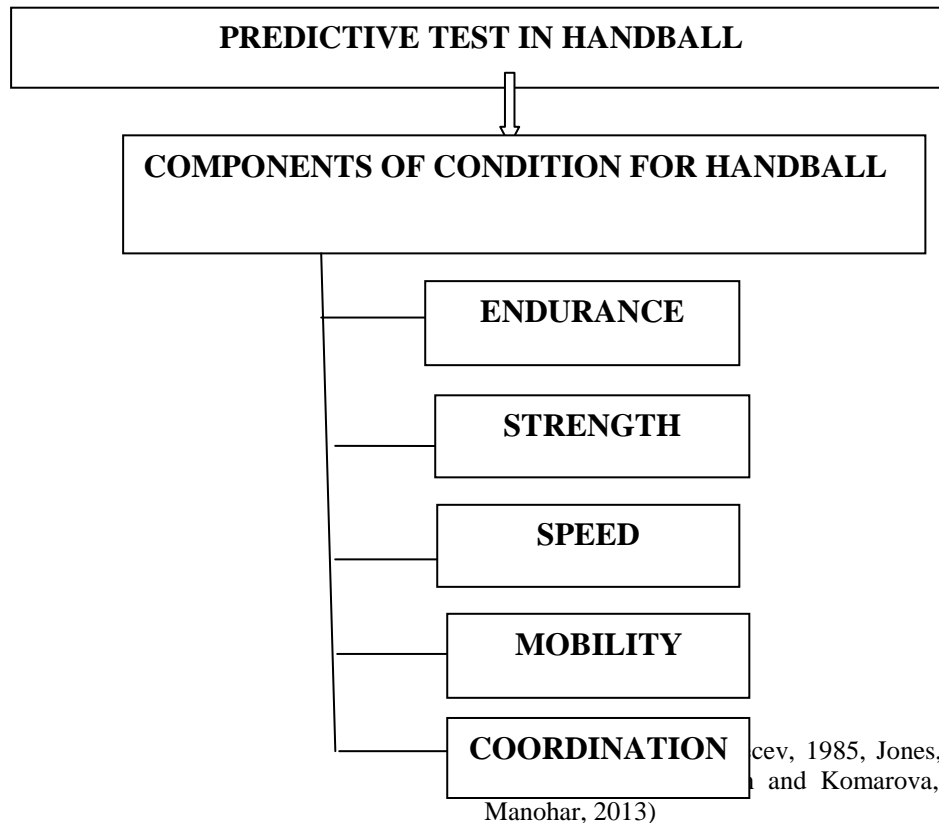
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performances in handball (Henson et al, 1989b, Thomson & Beavis, 1985, Word, 1981).

1. Physiological and biochemical
2. Anthropometric and somatotypes
3. Biological
4. Heredity
5. Psychological

6. Sociological

From the through reading of existed literature the following talent identification model are prepared for selection of handball game.



**Predictive test in handball**

**Endurance abilities**

1. 50 m sprint
2. Standing long jump
3. 600 m run

(Hanson et al, 1984, Recev, 1985, Jones, 1997, Jarver. 1979, Rudermen and Komarova, 1984)

**Strength abilities**

1. 50 m sprint
2. Standing long jump
3. Standing triple jump
4. Squat (1 RM)
5. Medicine ball throw over the head
6. Pushups for 30 sec

**Speed abilities**

1. 50 m sprint
2. 40 m run side motion
3. Standing long jump
4. Vertical jump
5. Squat (1 RM)
6. 5 Consecutive hop

(Hanson et al, 1984, Recev, 1985, Ionov, 1982, Rodford, 1984, Tabachnik, 1979, Balsevich, 1980, Jones, Mathys S.P.J., Vaeyens R., Vandendriessche J. (2011). Manohar, 2013)

**Explosive power abilities**

1. 50 m sprint
2. Standing long jump
3. Vertical jump
4. Squat (1 RM)

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5. 5 Consecutive hop  
(Ionov, 1982, Rodford, 1984, Tabachnik, 1979, Waibaum and Tschekulyor, 1978, Afanasiev, 1982, Mathys S.P.J., Vaeyens R., Vandendriessche J. (2011). Manohar, 2013)

### Mobility abilities

#### Conclusion

Talent identification programme is not only the benefits of testing it could be also serve as a diagnostic device to help determine an athlete's original status and reveal changes by training (Smith, 1981). In most important in player's performance evaluation can determine current fitness levels of athletes, identify individual differences, assess progress in training, sports potentials in newcomers and guide athlete to the proper position or game. So talent identification programme should be implementing in each and every school for searching the talents and developing the talents in respective sport and games.

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1. Sit and Reach

(Devinder K. Kansal, 2008)

#### Coordination abilities

1. Tennis ball throw
2. Shuttle run (3x 10 m)  
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