



IMPROVING THE GAME STRATEGY OF HANDBALL PLAYERS BY USING MARTIAL ARTS METHODS

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This research focuses on technical similarities between handball and martial arts; particularly the correlation between the attacking / defending handball strategy and the combat distance of martial arts. The need of optimizing the attacking and the defending strategy is absolutely necessary because when we talk about the performance level there is almost no difference for teams being in the first echelon of the Romanian handball and the match scores are very tight in many situations, which requires some technical and physical training adjustments. To verify the hypothesis we conducted a longitudinal experiment between 5 July 2008 and 18 May 2009, having as subject the male handball players of C.S. Suceava University Team (line players – 3, wing players – 4, back court players – 4, center players – 2). Considering the factors that influenced the team performance potential and the research information we could see that martial arts programs had positive effects for trainings and competitions.

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