



OPTIMIZING HEADER IN HANDBALL BY USING FALLS SCHOOL'S METHODS OF MARTIAL ARTS

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Having as reference specific positions along the semicircle there were diversified technical goal schemes. Thus, the line player uses a series of throws based on header throw, and the wing player uses different schemes of header jumping throw. The need of header optimization is given by the fact that the contribution of the line player and of the wing player to the number of goals listed by the team is approximately 53% (according to data analysis during the 2007-2008 season of the Male National League Championship). We believe that using the martial art methods of falls school for the technical training (header) optimization of the line and wing handball players could help increase the efficiency of the throws and reduce the number of injuries. The experiment's results confirm the hypothesis of the research, the effects of the proposed programs being visible in terms of performance (number of goals, effectiveness of throws) and medically (fewer injuries).

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