

SYMMETRICAL ACTIONS SPECIFIC FOR HANDBALL – A MEANS OF IMPROVING FEMALE PLAYERS' EFFICIENCY

Abstract

The present research study highlights the fact that, by becoming symmetrical, the execution of specific actions in handball increases the repertoire of specific motion skills. The possibilities of solving concrete situations are also diverse in the training process and in competitions. The development of the female players' technical skills as well as that of their symmetrical technical executions after the training of specific ambidextrous skills may constitute a means of improving the players' efficiency in the attack phase.

Keywords: symmetrizing, technical-tactical actions, specific ambidextrous skills, efficiency