

# Evolution of the Romanian national handball team goalkeepers at the World Championship in Russia – December 2005

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## Abstract

*Background.* It is common place that, irrespective of the good preparation of a handball team or of the large number of its valuable players, the results will not be comparable with the high quality preparation of the team or with its value if the team does not benefit from the contribution of a very good and well-trained goalkeeper.

*Aims.* The present paper is a research study on the efficiency of the Romanian national handball team goalkeepers at the last women’s handball World Championship

*Methods.* We mainly used two methods in our research, which was held in Russia in 2005 and where Romania won the silver medals. The study, viz. that of observation and the statistical one. The observations were collected during the championship, more exactly during the ten matches played by our team, while the data were recorded within standardized charts. The following types of shots were monitored: distance shots, free-throw line shots, outside shots, penalty 7-metre line shots, break-through shots, counter-attack shots; the scored goals vs. the defended goals from these shots were also recorded.

*Results.* The efficiency of the Romanian goalkeepers was exceptional. We will make no comment on the percentages for each shooting zone, because they are shown in the tables. However, the general percentage of TLT, which was of 39% with a maximum of 64% for the free-throw line shots, and also the major role played by her in the semifinal match against Hungary when she was absolutely outstanding, are definitely worth mentioning.

*Conclusions.* The success of the women’s handball team is greatly determined by its goalkeeper’s action. This holds good for football, ice hockey, polo and other team sports. However, it is becoming more and more evident in handball where the frequency of shots on goal is extremely high.

**Keywords:** training, performance, competition, physical qualities, personality traits.