

## **Abstract**

**Title:** Relation between throwing velocity and accuracy in handball on elementary level

**Goal:** Throwing effectiveness in handball can be influenced by many factors. Throwing accuracy and velocity are considered to be the determinative factors. The aim of this bachelor thesis was to explore the mutual relation of these parameters in case of handball players on elementary level. The field research was realized in the handball club Lovci Lovosice in age category of 12-13 years old players.

**Methodology:** In terms of this bachelor thesis, two field researches in the interval of two months were realised. These field researches were realized in the handball club Lovci Lovosice in the age category of 12-13 years old players by using a hand-operated radar device The Stalker Pro 2. The research was performed only for one type of throw, specifically the one-handed overarm on the spot throw. Both throwing velocity and accuracy were traced within the research mentioned above. Statistical data processing was performed in Microsoft Excel 2010 using one-tailed statistical test.

**Results:** The results of the research in this bachelor thesis show a very close relation between throwing velocity and accuracy in handball. The players hit more targets when they did not perform such high throwing velocity. While in the first measurement the players hit the target 30 times with higher throwing velocity, in the second measurement the players hit the target 45 times with lower throwing velocity.

**Key Words:** handball, throw velocity, throw accuracy, one-handed overarm on the spot throw