

Abstract

Title:

Relation between throwing velocity and accuracy in women handball.

Objectives:

The main of this thesis is finding of relation between throwing velocity and accuracy among difference performance levels and difference gaming experience female handball players.

Methods:

As part of the survey, a one-off measurements of the maximum throwing velocity and accuracy throwing was performed for two groups women handball players. Speed measurement was performed using radar device Stalker PRO II. The measurement was performed by one-handed overarm throw in three different ways. The resulting values are statistically processed in MS Excel 2007. I used the testing method and the observation method.

Results:

The results of this thesis show close relation between throwing velocity and accuracy in women handball. Both groups exceeded 90% border of the maximum throwing velocity when trying to hit a defined space.

Keywords:

Team handball, throwing velocity, throwing accuracy