

**PRACTICE AND CHALLENGES OF FEMALE PARTICIPATION
IN HANDBALL GAME: THE CASE OF ADWA SUBZONE**

**BY
KAHSAY ABAY WELU**

**A THESIS SUBMITTED TO THE SCHOOL OF GRADUATE
STUDIES OF ADDIS ABABA UNIVERSITY IN PARTIAL
FULFILLMENT OF THE REQUIREMENTS FOR THE DEGREE OF
MASTER OF SCIENCE IN SPORT SCIENCE**

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APPROVED BY BOARD OF EXAMINERS

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ABBREVIATIONS/ACRONYMS

E.C	Ethiopia Calendar
FIFA	International Federation Foot Ball Association
G.C	Gregorian calendar
IAHF	International Amateur Hand ball Federation
IHF	International Hand Ball Federation

ABSTRACT

The main objective of this study was to investigate a study on the challenges of female participation in handball game and attitude of the players the case of Adwa sub zone, attitude of sport and youth affair of Adwa subzone, interest of parents, community to recommend the solution of the major factors that challenged the participation of female in handball. The main issues considered are participation of female athletes of hand ball, players' performance in handball games, facilities and equipments of hand ball, attitude, technical training, and tactical training and challenges that influence female participation in hand ball game. To this end descriptive survey method was employed. Data was gathered from 25 players and 3 coaches, 2 sport and youth affair and sport experts. The respondents sampling was carried out through random selection technique. The data of the study was obtained through questionnaires, interview and observation techniques. Both qualitative and quantitative methods and percentages were used to analyze the data. The outcome indicated that the players are not actively participated in handball game. Lack of encouragement of parents, coaches, sport and youth affair, disfavor attitude of hand ball federation and other concerned bodies, in adequate hand ball facilities and materials. Therefore, it is recommended that depending on the result concerning bodies such as parents, coaches, sport and youth affair, hand ball federation and other concerning bodies should have to encourage the participation of female players in hand ball game, to avoid critical challenges of female hand ball and to develop players performance.

Key Words: hand ball, history, development, coaches, female hand ball players, technique and participation.

CHAPTER ONE

INTRODUCTION

1.1 Background of the Study

Handball is a team game in which two teams of seven players each (six field players and goal keepers) pass a ball to score into the goal of the opponent team. The team with the most goals after two periods of 30 minutes win a goals is worth one point goals scored by both teams. The game appears to be a battle between two teams. However, the principal character of the game is still a toy the ball. It is a fast, diversified and interesting game for the spectators, where a team continually alternates between attack and defense.

Practicing and playing together encourages the growth of friendships which over flow into everyday life. The players are individual members of the team and have equal chance to score. The varied movements of running with or without the ball promote the coordinated development of the body, arms and legs. Zoltan Marczinka(1993)

The equipment needed is only a court with two goals and a ball. The game starts after the court referee's whistle with a throw-off and the attacking team has possession of the ball. While the move towards the opponents' goal, passing the ball. The court players take their position. The substance of the game is scoring and this is often attempted from long range with an effective and impressive jump shot. Zoltan Marczinka(1993)

While the players warm-up, the officials complete the score sheets and the referees check the equipment and players. Once ready the referee calls the captains, who have been chosen by their teams and toss a coin. The winning captain has the choice of starting the game.

In Adwa sub zone there are many hindrances that appear sport competition. Among those challenges one is that, practice and challenges

of female participation in hand ball game. Hand ball has become a very popular and

Universally played game. As players individually become better and better skilled, physically, technically and tactically.

Today hand ball game is recognized as one of the major physical training. Hand ball has been adapted to the accelerated life style of modern human being and skills, hand ball have derived from the basic movements of running, jumping and throwing, Because of practice and challenges of females' participation in handball game. Researcher desire research on Adwa sub zone. I hope that this research will give away for improving and developing females hand ball participation and the researcher vision would to promote females hand ball game in Adwa sub zone. Yalembrhan Zbolo(2006)

1.2 Statement of the Problems

The researcher has his own ideas based on a few known facts about the problem. First, coach can be one of the factors affecting the female athletes' participation in handball game. Besides, players may have their own inhibiting factors on their hand ball game practice development based on the major challenges that affect their participation in hand ball game. The study will focus on investigating major challenges that affect female athletes' participation in hand ball game in case of Adwa sub zone. The researcher will focus on studying major challenges that affect female participation in hand ball game and recommend some possible techniques and strategies so as to minimize major challenges of female participation in hand ball game.

1.3 Basic Research Questions

In order to investigate the challenges of females' participation in hand ball game, the actual performance of players, the availability of facilities and equipments and to identify the major challenges of female participation in

hand ball game. The study would answer the following basic research questions:

- 1 What is the interest of females towards handball game?
- 2 How is the availability of equipments and facilities?
- 3 How is the support of federation in order to enhance the participation of female in handball?
- 4 What are the major challenges of coaches during coaching female participates?

1.4 Objective of the Study

1.4.1 General Objective

To find out major practice and challenges that affect females participation in handball game in case of Adwa sub zone.

1.4.2 Specific Objectives

- ❖ To identify the major challenge of female participation in handball game.
- ❖ To assess the interest of players.
- ❖ To assess the availability of facilities and equipments with the base of data.
- ❖ To examine the role of coaches, federations in helping female to participate in handball.

1.5 Significance of the Study

This study has the following significance:

- ❖ It will helps to create good atmosphere for the participation of female in handball
- ❖ It will helps to consolidate the skills of female athletes in hand ball
- ❖ It will helps to make hand ball enjoyable
- ❖ It will Serves as a coaching guideline for the female athletes in hand ball on Adwa sub zone

- ❖ To will provide accurate fact to coaches, athletes, sport psychology consultants and researchers.
- ❖ It will use as source for study of similar subject for the next generation.

1.6 Delimitation of the Study

The researcher restricted himself on three female handball clubs which are found on Adwa sub zone only. These clubs are selected due to the interest of the researcher to find out the real situation, they are:

- ❖ Hawley club from Axum town
- ❖ Saluda club from Adwa town
- ❖ Tsion club from Dembesko town

1.7 Limitation of the Study

In conducting this study, the researcher faced the following limitation:

- ❖ Time consuming
- ❖ Financial problem
- ❖ Shortage of up to date documents, research materials and literatures
- ❖ Unwilling of active participants of coaches and players in fulfilling the questionnaires on time.

1.8 Operational Definition of Terms

Basic movement: The extension of the basic position, continuous characteristic movement of the player which makes it possible to be in an advantageous position against the opponent.

Break through: An attacker shooting at the goal from close range offer penetrating the defense wall.

Catching: Gaining possession of a throw ball with one or two hands.

Changing position: Co-ordinated interchange of place between two or more players with/out the ball.

Combined Attack: An attack system in which the team can practically unite both mobile and static attack by creating the right proportion between free and set manicores.

Combined Defense: Comprises the best points of man-to-man defense and zone defense so that some players have zoning duty while others mark specified attackers.

Fast Break: A player shooting at the goal after completing a counter attack.

Passing: A player throws the ball to his/her team mate either from the ground or while jumping.

Through Shot: A player's directly scoring attempt from a long range, through or over the defense wall.

1.9 Organization of the Study

This study contains five chapters. Chapter one focus on introduction, statement of the problem, basic research questions, objectives, its significance, delimitation, limitation of the study and definition of terms. Chapter two concentrates the review of related literature. Chapter three deal with methods of research design. Chapter four deal with analyzing and interpretation of data. Chapter five deal with summary, conclusion and recommendation of the study. Lastly, a list of reference materials, questionnaires, interviews, check list and appendix that was in the study was attached at the end of the paper.

CHAPTER TWO

REVIEW OF RELATED LITERATURE

2.1 The Major Characteristics of Coaches during Coaching Participants

The research found that excellent coaching practice within the participant environment was likely to:

Emphasis fun and enjoyment but be balanced against a desire for a serious engagement in sport, Provide for wide range of abilities and commitment, Value the social aspects of participation, Foster a positive group environment, Be based on mutual respect and care between coaches and athletes, Coaches working with players participant, Be committed to the role and plan in advance of the season and individual sessions, Allow athletes to contributes to decisions about training and competition, Understand the needs of individual athletes and can respond to situations appropriately, Communicate clearly and positively with athlete and other coaches, Adapt to change in situation quickly, Taking a pro-active role in their own personal development using a range of source to increase their performance improvement and knowledge and The athletes appreciated a targeted approach by the coach during training sessions.

Amorose, A.J. (1962) stated that: Coaches and athletes identified an extensive list of interpersonal skills and attributes that coaches could possess, including being, adaptable, good listeners, consist at encourage, honest, A coach described the challenge in this way, at club, you have to deal with people with different ambitions and different level of motivation and commitment and that presents one of major difficult to the job, One coach emphasized the need to include all athletes, regardless of ability which relates to the desire to create an environment that is equitable. The coach would like all the athletes to feel as if they are a part of the club

they are in and that they will all get playing time on the field regardless of ability.

2.2 Poor Achievement of Players

The handball federation do not have good attitude on handball. There are a few numbers of professional coaches, referees and players. The society have disfavor attitude toward female handball and the government has no enough support to the handball game.

According to Wills (1982) stated that: Poor achievement of players shows as follows; End up with low success, Low interest, Low support from the concerned body, Lack of motivation, Insufficient for a sports person, Poor sport materials and equipments, Poor passing/catching, Poor bouncing, Poor motor skills, Poor break through, Poor defense techniques, Poor making space and Poor running towards the goal with intention to shoot

2.3 Limitation of Parents in Handball Activities

Handball need motivation, support by the parents. But there is bad cultural believe via female handball game by the parents. The parents think female cannot participate in political, economical and sport activities. Most they think females have not ability to do any think in and outside. They only work in the house.

As Hanlon (1994) stated that: The parents code of conduct is displayed as follows; Poor understanding of the handball game, Players complete homework, Extracurricular activities, Unable to follow through on commitments, Unable to balance activities with sport activities and Unable to participating in a variety of games like handball game

2.4 The Role of Handball Federation

To encourage, foster and develop handball in all its forms throughout the world amongst all ages and sections of the population without discrimination, to promote their health, well being and participation in

competitive and recreational activities. To encourage, foster and develop the national associations to promote and develop the sport of handball in case of female participation. To promote handball generally in all its forms and to initiate, support and co-operate with others in proposal and activities designed to assist in the promotion of the handball associations object including increased participation amongst young, elite age group and recreational players (Trudel, 2001).

To promote international co-operation and friendship by participation with athletes and organizations in other countries in handball competitions and events and by encouraging the organization of the same in which athletes from other countries may take part. To act as the representative member for handball affairs, international affairs in relation to handball and to carryout functions delegated to it by the IHF and other concerned bodies. Besides of the role of handball federation as follows (Trudel, 2001).

- Responsible for organizing the Olympic handball tournaments and championship competitions
- Responsible for organizing regional, zonal competitions
- Responsible for organizing clubs leagues on the national, regional, zonal, wereda level
- Gave new direction to the evolution of handball

2.5 The Role of Players in Handball Game

For many handball players the objective and motives for playing handball are at first understandable and visible, both the players, the trainer and the team. However, that does not change the fact, that there can be even very different regarding the players attitude and view on training and match. Especially in conflict situations the different degrees of motivation and attitudes are brought clearly for ward (Bungay, 2013).

It is important for both the trainer and the players on the team that a united knowledge consciousness about the trainer and the players objectives and motivation is present.

According to Vella Barrows (2013) stated that: In team sport like handball the collective objective for the whole team sport must always have a higher priority than the more individual objectives and interests. It can be difficult assignment both for the trainers as well as for the teammates to create space and freedom for the unique with special interest on handball team. The trainer and the team must however be aware, that there ought to be room for individual wishes and considerations. Simplified said the individual can improve or participate (Blomfield, 2004).

2.6 The Role of Coaches in Handball Game

According to Erickson et al, (2007) stated that: in order to ran a successful handball program, the coach must be prepared to fill various role and accept many responsibilities. Coaching is much more than simply teaching the basic skills of handball. You do not usually realize how much there is to coaching until you become involved in it! If you have the commitment to be an effective coach, you will have the motivation to make the time to do all that is necessary to be effective a coaching.

Coaching experience seems to accelerate the importance of some working competence. Indeed, coaching experience has been perceived by coaches as a main source of coaching knowledge (Gilbert, 2001). The first condition of a coach is to dream you need passion to build your team. I have an image of what I want to produce, transmit (Phillip Troussier, 2001). Quality interaction, communication and respect between coach and athlete lead to athlete satisfaction and improvement performance (Smith, 1997). In response to poor performance, the coach should provide encouragement and information that will help the athlete succeed (Allen,

1998). Verbal persuasion usually comes in the form of encouragement from the coach, parents or peers (Bandara, 1977).

2.7 The Suggestion to Solve the Challenges of Female Participation in Handball Game

According to Bandara (1977), suggested that: It is important to keep parents, community informed about handball game and to encourage them to participate. Some ideas for informing parents and the community include:

- Have parents/community members submit articles about how they are getting active to the handball clubs.
- Inform parents, coaches, sport and youth affair and community members monthly of new physical activities they can try at home.
- Invite parents/coaches, community members to an information evening with local experts to explain what female participation in handball game is. What the clubs will be doing and how they can help their children at home and at playing ground.
- Encourage parent, sport and youth affairs and community to model daily physical activity for their children and reinforce why it is important for everyone.
- Ask parents, coaches and community to share their experience with players during training time.
- Host a club assembly events in which parent, sport and youth affairs and community can lead players in activities of interest, such as, fast breaking, running, jumping.
- Host a parent player or community coaches activity with lower and higher organization handball games.

2.8 Limitation of Handball Federation

The handball federation do not have good attitude on handball. The handball federation, coaches, parent and the community should work together.

According to Trudel (2001) suggested that: Handball federation has the following limitations, Note provide financial support to the clubs, Lack of meeting with parents of players, coaches, players, Poor organizing of handball clubs and competitions, Poor coordination among sport experts and concerning bodies, Poor commitment with the player-coach and community and Poor approach toward sport man.

2.9 Culture and Sport Activities

Women face many barriers to sports and exercises, such as religions. One of the biggest barriers originates from within their own communities. Participating in both sport and culture activities has available role in promoting mental health and well being (Bungay, 2013).

They also offer exposure to the positive influence of non parental adults such as coaches, sport experts enabling young people to expand the networks they can draw on to support their development (Annear, 2010). These networks can potentially be utilized in a variety of ways. Well beyond the direct sporting or cultural activities the young person is involved in.

Importantly, participation in a combination of activities appears to provide benefits above and beyond those related to participation in one type of activities. Those who participated in a greater variety of activities had higher level of academic self confidence, social self concepts (Blomfield Neira et al, 2013).

2.10 The Support of Federation in order to Enhance the Participation of Female in Handball Game

The sport federation should provides administrative and financial support for sport projects or clubs. Whether you are a beginner wishing to try something new or looking for continuity from what you practiced at home or at playground. The value of players work together with that of financial activities created by the practice of sport largely exceed the amount of grants accorded by government to sport. Sport federation strive to find solutions which satisfy the demands of a modern sport while preserving ethical values.

According to Buzuvis (2006) suggested that: Handball federation is assembly of handball clubs or projects associations which have freely and democratically adopted with the goal of organizing, harmoniously developing and assuring their respective sport's future that of the international sport competitions. Handball federation has the responsibility for its sport and is an important element in promoting sport clubs. Train, educate and organize courses for athletes, coaches and officials.

The greatest possible diversification of sports responds to the great mass of sport people's needs, desire and attitude. Classify the competitor's status, qualify and appoint technical officials (Judges Referees). Sport federation recognizes that the media and television in particular, play a very important role in the promotion and the development of sport. Attract sponsors and event organizers and thus generate for the development of sport. Occur on the playing field in the context of organized competitions. Consider that fights between spectators while an acceptable behavior aims at causing trouble at the event and even more outside the stadium (WSF, 2006).

2.11 The Interest of Female toward Handball Game

Based on participation data and the hypothesis that females are inherently less interested in sports than men. Women have inferior opportunities and they have to do against the culture grain. Participation in sport games, with regard to parental influence, it appeared that parents were less encouraging of their children taking up the option.

According to Allie (2011) stated that: Cultural ideology do not always promote exercises and physical activity in women, although many of the women understood its significance. Women who identified themselves in terms of their ethnicity were not interested in participating in sport as it challenge the boundaries of feminist and cultural identity (Walseth, 2006). Female players' interest toward handball game, most of the female players' interested toward handball game but they did not want to get involved together with male players. The sports activities sometimes give a lot of impact/challenge to the female handball players (Mr. Muhammad Akbar Zahidi, 2009).

Participation is the process of involving young people in project or clubs, ideas to encourage decision making and empowerment, recreation and influence in youth activities and sport programs it is the act of taking part in an activity or event. Participation is the action of group in which everyone has contributed their own ideas and act as accordingly their task.

Females are less interested in sport due to cultural and social norms and others (Oglesuby, C. 2008).

2.12 The Availability of Sport Equipments and Facilities

According to Beggs. J. (2008) stated that: Facilities and equipments are very central to meaningful sports participation where in projects or clubs, recreational or competitive status. They are as important to the athletes as the laboratories are to the scientists. Without facilities and equipments

sport cannot take place. This does not however imply that sports facility is the only variable that is necessary for sports participation.

2.13 Modern Characteristics of Handball

Games similar to modern team handball have historically been played in many different cultures around the world. The modern times have become the age of sport. Knowledge of sport appears in diverse aspects of modern society and it has become an essential part of everyday living. The specialization of sport quickened and this gave handball a new thrust.

- By the 19th century, handball was, played in countries such as Ukraine (gandbol), Denmark(hand hold), Germany (tor ball), Slovakia(hadrana) and Czech Republic(hazena)
- Team handball as we know it today developed in northern Europe by the end of the 1800s. It was especially popular in Sweden, Norway, Denmark, and Germany during this period, and Denmark is widely recognized as the birth place of modern hand ball. The rule for modern hand was drawn up by Danish gym teacher Holger – Nienlsen in 1898 and published in 1906.

Rasmus Nicolai, also a Danish teacher drew up similar rules in 1897.

- In Germany ,Hand ball rules were published by Max Heiser, Karlschelenr and Erich konigh in 1917. Schelenz adjusted the rules a few years latter, and it was these adjusted rules that were used for the very first international game of hand ball .
- However, the fast growth of handball needed the establishment of an international body which aimed to: Promote handball, Organize international tournaments and world champion ships, Co-ordinate the work of national associations and prepare a programmed putting handball into the Olympic Games.

- Therefore in 1928 eleven handball playing nations met in Amsterdam, the international Amateur handball Federation (IAHF) was founded and in a short-time managed to have handball introduced at the 1936 Olympic game in Berlin. At this time, Austria and Germany were the leading countries of handball but after war II the leadership was taken over by the Scandinavians.
- In 1946 in Copenhagen a new association was re-established called the International handball Federation (IHF) which gave new direction to the evolution of handball. Up until now the adversities of the weather had limited play, therefore, by reducing the size of the playing area and changing the rules, they were able to bring handball into a hall.

2.14 Objective of Collective Handball

Hand ball combines the elements of soccer, basket ball and volley ball. The objective is to score the most points by throwing the ball past a goal keeper in to the net.

According to Mebrahtu Belay (2004) stated that: Objective of handball is as follows: To develop physical fitness components, to improve an academic performance, to promote mental alertness and readiness, to promote the awareness and ability of movement, to constrictive the use of leisure time and to improve the skill full movements of the man.

2.15 Coaching Young Handball Players

Coaching is often the difference between a good team and a bad team. Although coaching style vary greatly between individuals, generally a good coaching able to communicate effectively and get the best out of his player, while a bad couch cannot.

According to Zoltan Marczinka, (2011: 373,382-388) stated that;

Although knowledge of the physical basics and of the technical and tactical elements of handball offers on adequate basis for conscientious

and systematic coaching work, However, for the sake of properly building up a training program for young players, it is necessary to investigate the developmental characteristics as well as the physical and psychological capabilities of each age group.

Being in the possession of this knowledge then, the technical tactical properties of handball can be divided in such a way that from the beginning (6-7 years of age) until the players enters adult handball (17-18 years of age) she/he can acquire the fundamental skills of handball.

Taking in to consideration the fact that, in relation to the fast development rate of the young child 12 years is a significant length of time, For the sake of cleaner view it is practical to divide this long term in to shorter 4 year periods within these groupings, to facilitate the planning of training, it is practical to further sub-divide mini, youth and junior handball in to 2 year periods. This sub division in the coach personal program probably further narrows down a plan for one year, one month, one week, one practice)

However, this sub division is not rigid and there are no strict age limits as each group over laps the next, rather, it is merely a starting points for planning practices. By highlighting the technical and tactical elements which should be acquired as well as the spurting abilities which need to be developed, the requirements for each age group can be seen at a glance.

Based on previous observation and testing, it is practical to select players at the age of 14-16 in to specific attack and defense positions according to their abilities. With this the direction of training changes in such a way that during technical, tactical and knowledge, the specialized practice comes to the fore. Zoltan Marczinka (2009)

After initially allowing players to adapt themselves to their chosen positions, during the age of 16-18 priority is given to deepen the knowledge of the different positions and this should manifest itself in the effectiveness of team. As the result of a progressive and structured

training over the years, players by this stage can reach such level of technical tactical knowledge and physical condition that it makes the smooth transition in to adult handball possible.

Recommendation practice: 3-4 per week

Aim to broaden the fundamental skills of handball by: Increasing the amount of team activity, improving the sense of positioning, encouraging the continuity of team work, Encouraging players to use natural body power and Training the players to adapted to changed game situation, Zoltan Marczinka (2009)

Technical training

In attach by this stage, the players ball handling skills should be so confident that catching, holding, passing and dribbling are executed effectively in the vicinity of the defender even if is creating interference for the safety of the player, it becomes necessary to introduce the basis of falling technique's so that players should consciously avoid injury by landing on the arms and by rolling over.

With the specialization of players in to the different attack and defense positions, the method of learning new technical elements change from the general to the specific. Thus, players selected for the center back and back court positions should acquire the back hand pass and in order to shorten the preparation of though-shots from the ground, practice the hop step further more to facilitate getting in to a scoring position they should master the arm swinging fake and the process of guiding in to blocking.

Similarly, the wingers should extend the long jump shot to the more effective sliced short and curved dive shot to increasing their scoring percentage while to make it easier to get into a scoring position, they should master the technical execution of the rotation fake. For a more effective attack activity, the pivot should master the falling shot and learn well the dive shot to both sides. Zoltan Marczinka (1993)

In defense, the aim of the players should be to consolidate the previously learnt technical elements and further refine them. However, this is the time for the goal keeper who has already shown interest in filling this position, to lay down the basic technique of saving therefore the correct basic position and practical basic movement should be mastered first and then according to the psychological and physical abilities of the goal keeper, a modern offensive saving style should start to be developed.

During specialized goal keeper training, saving long range shots coming at different levels should be practiced with a sequence of through shots in order to acquire the correct techniques of one handed and two handed savings as well as saving by breaking-out and by sliding-out.

Tactical Training

In attack against disorganized defense the practice of the team formation of counter-attacks comes to the fore. Completed fast break should be mastered in such a way that the players consciously approach the opponents goal in different waves. Against organized defense, players should try to create a scoring position with disciplined team work and by relying more on the preparatory activities of their team-mates within the frame works of the static or combined attack systems, in order to build up the attack, set play should be practiced.

According to Zoltan Marczinka (1993) stated that: For more effective attack organization waving should be introduced as a continuation of parallel thrust and the technical tactical process of blocking /freeing should be mastered. During the attack organization, changing the basic formation of the team should occasionally be practiced with the winger or the Centre back running in to the second pivot position temporary.

In defense besides constantly refining the form of man to man defense, the introduction of 5+1 combined defense as well as the practice of 3:3 zone defense come to the fore when practicing quick retreat against a complete

fast break, players should be encouraged to defend in a team formation by setting down temporarily in the vicinity of the goal area. Against an organized attack, the group tactical elements of siding through evading switching should be mastered for the sake of being more effective against the process of offensive blocking.

- With the specialization of players in to different attack and defense position it becomes necessary to acquire the specific tactical requirements for each position.
- The winger should execute well the passing and faking techniques which drive from this special position, on both sides of the outside defender. He/she should actively take part in collective play be running in behind and in front of the defense well to make an effort to setup a position for a team mate or himself
- The pivot should develop basic movement specialized for his position which is hard to follow for the opponents yet predictable for his team mates. He/she should know all the forms of offensive blocking and execute them according to the teams tactical duties, to set up a good position for a team mate or for him self
- The back court player should know the movement area of his position and the duties deriving from it.
- The goal keeper by laying down solid foundations for saving should form a confident saving style according to his/her physical and psychological abilities.
- The Centre back, deriving from his position should take on the role of organizing and directing the team in attack and move him/her rest accepted as a leader by his team mates
- The outside defender should develop an effective basic movement which drives from his special position murder to neutralize the winger

- The half defender should create practical basic movements which besides neutralizing his opponents, he/she should be able to use all the technical; elements of defense in his/her position according to the game situation
- Forward defender should develop such as an economical basic movement in his extensive movement area that disrupts the attack organization of the opponent.

Condition Training

In this age group contrary to the previous stage, the general and specialized methods of developing sporting abilities diverge. Besides continuing to develop the body structure harmoniously, for the sake of better executing the technical elements of attack and defense, specialized exercises which reflect handball movements need to be introduced. The development of endurance, in this age group still maintains priority, to improve strength heavier weights should be introduced, while the improvement of skill and agility is primarily the result of the development of the other two sporting abilities. Zoltan Marczinka (1993)

- When developing skills the aim now is, besides practicing general skills, the more economical and aesthetic execution of the technical elements of handball
- During the development of agility besides maintaining the athletic running exercises practicing handball specific running comes to the fore. Thus quick 20m, 30m and 40m sprints, short distance running combined with attack and defense techniques as well as practicing fast breakings should be included within the training.
- When developing strength the aim is primarily to make the torso leg and arm muscles stronger because basically these determine the effectiveness of the three most important movements running, jumping and throwing. Besides the developments of specialized strength as needed for handball.

- The development of endurance should also move from the general towards specialized training.

Recommended Practices: 3-4 per Week

Aim to consolidate the skills of playing handball by: Attaining a high level of collective work, improving the effectiveness of the attack and defense, achieving a confident individual performance, developing a basic familiarity of neighboring of positions and Compensation for missing technical tactical elements

Technical Training

The constant practice of ball handling skills such as catching, passing and dribbling as well as mastering the basic movements of the attacker and defender should still be maintained of this stage. However, instead of practicing them in the main parts of the training, they should be included in the arm

Furthermore during practice, space should be allowed for players to develop other passing forms according to their individual abilities. The correct technical execution of falling by tumbling and by sliding on the chest needed to be mastered. In order to further increases the effectiveness of the players activity, in attack and in defense, different techniques should be introduced according to the position

Besides specialized practices in order to facilitate the players, smooth transition in to adult handball, techniques which were somehow missed during the previous years needed to be learned now

Tactical Training

In attack, the players' tactical repertoire should be further extended by practicing attack against different defense systems. Thus in orders to be more effective attack against the different formation of man to man, zone and combined defense systems needed to be practiced. A significant indicator of the team's tactical preparedness is how well the players are

training when attacking in different game situations. Thus special group and team tactical elements as well as set moves should be practiced to utilize the infection of numerical disadvantage as well as to maintain effectiveness in numerical disadvantage as well as to improve the variety of attack when there is numerical equality

According to Zoltan Marczinka(1993) stated that: In defense, with the introduction of the 3,2,1 zone defense as well as the 4+2 and 2+4 combined defense an effort should be made to create a modern, offensive defense. Hence with the knowledge of man to man, zone and combined defense systems, an effective defense against different attacked systems now becomes possible

For the sake of players continual personal development it becomes necessary to extend the knowledge of each position in attack and defense.

Condition Training

As a consequence of the systematic training over the previous years, the development of sporting abilities in this age group should continuous to increase proportionally. By taking in to consideration the fact that skills and agility cannot be significantly improved at this stage. The emphasis should be placed on the development of strength and endurance

- When developing skill, besides maintaining the level of general skills, the economical and successful execution of specific technical elements comes even more to the fore than in previous years
- When developing agility existing results can be mostly relied up on because by this age this ability can only be developed slightly
- When developing strength, training with heavier weights such as dumb bells and weight machines becomes decisive yet light equipment like skipping ropes so on
- When developing endurance at this age the maintained of executing technical elements with the same speed throughout the game

becomes important. Therefore the aim of practices should be to repeatedly execute handball specific movements and techniques such as changing direction, zig zag running, checking, basic movements and soon at the maximum speed with the same effectiveness To facilitate the player's transition into adult handball, they need to become accustomed to playing at varying levels of intensity and be able to play a series of games competitively.

2.16 Fundamental Techniques of Hand Ball

Technique is the basic of any team sport. The technique is a skill which is necessary to perform a game. The technique is conditioned by motoric abilities of players and the frequency of exercise repetitions. The exercise repetitions should provide fast and almost automatically performed activities. If the players have good technique they play more attention to team work and properly performed tactical tasks during the game.

Zoltan mazczinka (1993) stated that; Performance measurement is one of the main subjects of movement and training science. The measurement and assessment of performance play an important role in planning the training process and competition (Taborsky, 2011). In team sport, the interpretation of performance has motivated researchers and coaches to develop tactical indicators associated with sport success (Massca, 2009). In hand ball, as in basket ball, fast break efficiency is the main factor determining success among teams of the same level (Yang, 2006).

Based on the causal model of performance, it was stated that female hand ball performance results from the complex capacity of combining a set of capabilities (e.g., mental, physiological, technical and social). These capacities create different and complex action to solve the challenges throughout the game, and with in this context, they are essential to present a balanced domain of the challenges that influence sport performance (e.g. morphological, physical, technical, tactical and psychological).

According to Massuca (2009).stated that; A player is considered to be capable of playing hand ball if he/she can: Run fast and on purpose, Changes his/her direction of movement, Catch and pass a ball in any directions regardless of the speed he/she is running at, Shoot from any situation, Free him/her self from an opponent, Move on the court with a ball and Co-operate with other player

According to J.czer Winski; F.Taborksky (1997).suggested that; considering activities which are performed on the court, hand ball techniques is divided in to: Catching the ball, Passing, Dribbling, shooting, Faking movements, Offensive and defensive movements and Goal keepers technique

2.16.1 Catching the Ball

Catching the ball is an essential technical element in hand ball. Accurate catching is very important and ensures a fast smooth and essential game. Catching the ball with two hands is the best method. In some situations one can use one hand with the help of the other hand before passing or shooting.

The softness of catching the ball is another feature of catching. Fingers must be relaxed and properly placed on the ball providing shock observation during impact an additional element. Which is important while catching is the speed of movement and the proper positioning a player in regard to the path of the ball.

We start with the one hand half-upper catch. Then we teach the other more complicated movements. Thus at the beginning we teach the easy elements that are often used in game. Both right and left hand catching must be practiced. When teaching how to catch the ball, we must remember that players: Zoltan Marczinka(1993) stated that:

- Should keep their eyes on the ball until they have caught it.

- Must spread their fingers. Inner palms to the ball, slightly bend their elbows.
- While catching the player assume a posture required to pass.
- Should always move to the ball, without waiting.

2.16.2 Passing the Ball

This is one of the basic technical elements. A pass must be accurate fast and tactical useful. Accurate, so that a player has no problems when catching the ball decision to which a pass should be directed depends on the players' position in a particular situation. A pass should be directed to that player.

Besides passing is the contact between attackers, with the ball as mediator. This technique ensures the continuous organization of the attack, creating the conditions for collective team work and it is through passing that an individual player can become a creative member of the team.

Therefore, there is no doubt that passing is one of the most important techniques of handball. It is particularly justified to investigate the factors which influence the execution of passing.

The start of passing: depends on the player's temporary position.

- In basic position it is the most simple because the player has to concentrate only on the pass.
- While running, the throwing movement should be accorded with the steps in such a way that the continuity of running is not interrupted.
- While jumping, the body movements should be coordinated with the limbs so that balance is maintained in the air as well.

The path of passing: can be varied

- ✓ Straight is the most practical way for a quick pass between two players.
- ✓ Bounced can be used for short distance or in the vicinity of the opponents.

The distance of passing: determines the power of the throw

- ❖ Short pass (less power)
- ❖ Long pass (more power investment needed)

The direction of passing: determines how much a player has to turn on his centrifugal axis.

- During the reciprocal influence of attack and defense, many versions of passing have developed and these can be executed in various game situations with one or both hands. The one handed passes have a greater repertoire in expediency, in distance and in speed. Therefore in certain game situations despite hindrance of the defenders, these can be used advantageously.
- The most commonly used passes are: over the head pass, under the arm pass, wrist pass, back hand pass and chest pass

2.16.3 Bouncing /dribbling the ball

This process starts when the player in possession of the ball takes the first bounce and concludes when the ball comes to rest in one or both of his/her hands. The biggest advantage of this technique is that it gives the player a chance to change his/her place with the ball and this can greatly improve his/her efficiency in the attack. In order to technically implement bouncing/dribbling well, the following points need to be taken into consideration:

According to Zoltan Marczinka (1993) stated that: The body movement should be adjusted to the natural kinetic energy of the ball to utilize its

power, Palm opened and fingers slightly stretched apart, wrist and lower arm movements are flexible, The ball is touched with the finger tips and left to push up the palm until the peak of the bounce and When dribbling while moving, its direction corresponds to that of the player.

Dribbling the ball while moving

While in motion, dribbling at different speeds can appear in every part of the attack. In the counter attack phase, to advance quickly or in the organizational phase to build up the attack efficiently, dribbling can be used effectively. Depending on the speed of the advancing attacker and his position in relation to the defenders, he/she may use different dribbling techniques. Zoltan Marczinka(1993)

Dribbling the ball is a prolonged way of having possession of it this process starts when the player in possession of the ball takes the first bounce and concludes when the ball comes to rest in one or both of his hands. The biggest advantage of this technique is that it gives the player a chance to change his place with the ball and this can greatly improve his efficiency in the attack moreover, in certain difficult situations such as losing balance being under the constraint of the time step rules dribbling can also be a way of keeping the ball's age. In order to technically implement dribbling well, the following points need to be taken in to consideration.

- The body movements should be adjusted to the natural kinetic energy of the ball to utilize its power
- Palm opened and fingers slightly stretched a part wrist and lower arm movements are flexible
- The ball is touched with the finger tips and left to push up the palm until the peak of the bounce
- At the peak of the bounce, with febrile wrist and lower arm movement.

- The angle and power of dribbling the ball are determined by the speed and moving direction of the players

High dribbling the ball

This technique can be used when the attacker can make a relatively long distance without being bothered. This form of implementation gives the player a chance to move faster and therefore in counter attack, high dribbling can be used effectively.

- For the sake of a smooth implantation the rhythm of dribbling should take on the cyclic movements of running
- As one leg steps forward, the opposite arm moves forward
- The ball should be dribbling down with enough force to renounce up to waist level where the arm is returning

The place of the bounce depending on the speed should be diagonally in front on the side of the bouncing hands

Low dribbling the ball

Close to an opponent the mode of dribbling should change. For the sake of changing direction quickly and for better protection of the ball, the player lowers his/ her center of gravity and by gradually bending his/her knees and turning his/her torso towards the ball. This form of technique helps for better ball control to keep it close to the body below waist level and increase the number of bounce.

In shortly, after receiving the ball and before dribbling a player holds the ball with both hands. The ball is being dribbling sideways at hip level bouncing on the ground is performed by the combined action of the elbow and wrist joints. The angle of the bounced ball depends on the speed that the player is moving at.

2.16.4 Shooting the Ball

Shots are one of the most important elements of hand ball. They are vital elements that decide the scores. While shooting the muscles of the lower

and upper limbs, pelvic region and trunk are extremely engaged. One can assume that shooting is performed similarly to passing, but with a stronger action of the trunk and hand action time on a ball. The greater the distance that the hand on the ball covers in the time until the stronger the shot will be (a ball reaches a higher velocity) performed.

According to Zoltan Marczinka (1993) stated that: Besides shots involves more difficult and complex techniques as compared passing and catching the ball. The direction shot is roughly described, but after many repetitions we fix particular areas of the goal for the precision targeting. At all times we emphasize correct performance.

2.16.5 Faking Movements

It is a technical element which enables an attack player to free him/herself from defender in order to:

- Get better position for shooting /passing
- Run into the space to receive the ball

According to Zoltan Marczinka (1993) stated that: A faking consists of one or several movements which are similar to running, passing or shooting. Followed by the performance of the real action based on actions performed by players they are generally divided into: Body fake, Body fake with a ball and Body fake without the ball.

2.16.6 Players Movement in Offence and Defense

According to Zoltan Marczinka (1993) stated that:

The ways of moving in an attack formation, a player moves in attack in order to:

- Gain space
- Free his/her self from an opponent
- Gain a better position for performing an offensive action

- Create for a follow player a better position for performing an offensive action

There are some basic ways of moving: Running, Starting, Running and changing the direction of running, Stopping, Pivot in place and while running and Jumping

2.16.7 Goal Keeper's Technique

Zoltan Marczinka (1993) stated that:

Goal keeper is the only allowed touching the ball with the feet to prevent the ball from entering the net. A goal keeper greatly influences the game. Playing as a goal keeper requires a lot of physical and mental efforts. A goal keeper must be very fit, bold and self controlled. The goal keeper also takes part in a game.

2.17 Challenges of Performance Development

Female performance development are challenged through: Lack of time, No club to play with, Not many friends to socialize, No motivation and No desire to do hand ball, No confidence/self belief.

Mark (2008).stated that; Do not want to learn a new skill, Coach, Parents, Culture, Athlete's personality, Physical condition, Technique plus coordination and Tactic ability, Mental preparation.

CHAPTER THREE

RESEARCH DESIGN AND METHODOLOGY

3.1 Research Method

Methodology it helps to how the study or research is done, how knowledge is gain and how we find out about things where as method is tools, techniques, or process that we used in the study.

So as to have a clear image about the practice and challenges of females participation in handball game, the descriptive survey method is listed. The method is suitable to identify and find out practice and challenges of female participation in handball game on Adwa sub zone.

Descriptive survey describes the present status of the participants of the study. The objective is to assess the actual performance of players the base of data, to describe the major challenges of female handball, to assess the availability of facilities and equipments and analyzing the relationship among players, coach, sport youth affairs, sport experts, and families. Using the descriptive survey method, the researcher under take to identify the major challenges of female participation in hand ball game

3.2 Source of Data

The source of data was obtained by primary and secondary data. The primary data were from players and coaches of Hawelty, Tsion and Soloda in Adwa sub zone clubs, sport and youth affair and sport experts where as the secondary data were from documents, reference books and internet.

3.3 Sample and Sampling Techniques

In this study three clubs were selected by simple random selection out of "5" clubs on Adwa sub zone. These clubs were Hawelty club from Axum town, Tsion club from Dembosko town Soloda club from Adwa town and Adwa Sport youth affairs from the sport experts.

The total population of 25 players,3 Coaches, were selected as simple random method only from the three selected clubs, 2 sport and youth affairs and sport experts of Adwa sub zone.

3.4 Data Collection Instrument

The researcher used different instruments in order to gather data such as questionnaires, interviews and observation using check list.

3.4.1 Questionnaire

As the major data gathering instrument closed ended and open ended questionnaire were prepared for both female handball players and coaches. Closed-ended questionnaires contain questions that bring respondents a set of answers to choose the one that reflects their observations. Open-ended questionnaire represents the questions which invite respondents to write their views, believes and ideas.

3.4.2 Interview

Face-to-face interview was conducted with two Adwa sub zone sport youth affaires, three handball coaches and five female athletes of handball. A set of structured open-ended interview questions were prepared in Tigrigna and finally, it would be translated into English. The interview items depend on the practice and challenges of female participation in hand ball game, the availability of facilities and equipments.

3.4.3 Observation

The purpose of game observation in female handball club participation was to obtain information on how to do coaches and female athletes of handball perform technically and tactically, organization and performance. To understand why female athletes of handball not participating effectively.

The data gathered from the observation contains of detailed descriptions on female athletes in handball game.

So as to check it the appropriateness of the data collection instruments made by the researcher pilot study was used.

3.5 Data Collection Procedures

To collect the necessary data and ease of understanding questionnaires were prepared in Tigrigna and English language.

An Interview was conducted in Tigrigna language and then the researcher was translated in to English language. Finally, field observation was done by the researcher for one week consecutively during training sessions.

3.6 Method of Data Analysis

The data collected from the questionnaire filled 25 players and 3 coaches were listed, changed in to percentage and put in to tables.

The result obtained from the interview was also properly arranged and discussed in the study. Finally, the data gathered by field observation is written down in check list form. The main results of the observation were discussed in the study.

CHAPTER FOUR

ANALYSIS, DISCUSSION AND INTERPRETATION OF DATA

This chapter deals with the presentation and analysis of the data gathered through questionnaire, interviews and field observation. The data was obtained from 25 players 3 head coaches and Adwa sub zone sport youth affairs gave sufficient ground to conclude about the practice and challenges of female participation in hand ball game. For the sake of easy interpretation and clarity of understanding the data have been presented in the following six sub sections. Analysis of back ground information of players, analysis of questionnaire response of players, analysis of back ground information of coaches, analysis of questionnaire response of coaches, analysis of interview response of the Adwa sport youth affairs, players, and coaches respectively. Finally, interpretation and discussion of field observation.

As mentioned already, 25 players and 3 coaches of the three clubs of Adwa sub zone had filled the questionnaire consisted of items age, participating experience, play ground, interest, challenges, hand ball materials, support, performance self-opinion concerning, practice and challenges of female participation in hand ball game. The responses to the above item and other issues have been independently treated and the following results are obtained.

4.1 Analysis of the Background Information of Players

Table 1: Distribution of Sampled Players' Respondents by their Age Group and Year of Training Experience

Players			
Item		Responses	
		No	%
Respondents	Female	25	100
	Total	25	100
Age	14-16	20	80
	17-18	5	20
	>18	-	-
	Total	25	100
Year of training experience	0-1	7	28
	1-2	4	16
	>3	14	56
	Total	25	100

The above table explains that respondents information, as indicated in the first part of this table, 25 players were involved in the study. All of them were female respondents. Moreover, their information was analyzed as below regarding the sex of the respondents' 25(100%) players were female. Item 2 shows the vast number 20(80%) of players where from 14-16 years of age. Similarly, 5 (20%) of players are swings from 17-18 years of age.

According to the above table 7 (28%) of players have from 0-1 year of training experience, in the same way, 4 (16%) of players were from 1-2 years of training experience and 14 (56%) of players were from >3 years of training experience.

4.2 Presentation and Discussion of Data from the Players Questionnaires'

Table 2: Players Interest in Playing Handball

Are you interested in playing hand ball?		
Responses	Reponses	
	No	%
A. Yes	25	100
B. No	-	-
Total	25	100

The above table shows that all the respondent players in Adwa sub zone they are well interested in playing hand ball game.

Table 3: Players Problem during Practicing Handball Game

Do you have any problems during practicing hand ball game?		
Responses	Reponses	
	No	%
A. Yes	22	88
B. No	3	12
Total	25	100

According to the above table 22 (88%) players responded that they have got problem during practicing hand ball game. On the other hand, 3 (12%) of the players replied that they have no any problem during practicing hand ball game.

In general, we can say that most of the respondent players have got problem in training.

Table 4: Players Mentioned their Problems during Practicing in Handball

No	Player opinion	Responses	
		No	%
1	Lack of sport facility and services, shortage of equipments like, sport wear, sport shoes, hand balls, water service, skillful man and poor program arrangement	20	80
2	Not giving due to some how	5	20

According to the table 4, 20(80%) of the players mentioned that there are various problems during their practicing in hand ball. 5 (20%) of the players are not provided their reason due to somehow. From the above finding majority of the respondents mentioned that, they have various problems practicing in hand ball.

Table 5: Players Participating in Handball Game

Do you active in participation of hand ball game?		
Responses	Responses	
	No	%
A. Yes	3	12
B. No	22	88
Total	25	100

The data on the above table shows that, 22(88%) of players are not active participatedg. The remaining 3 (12%) respondents are active participated in hand ball game. As it can be seen in the above table, the majority of the respondents are challenged while participating in hand ball.

Table 6: Players Mentioned Why They Don't Active Participate In Handball Game

No	Player opinion	Responses	
		No	%
1	Because our challenges in this case, like coaches, parents, culture spectators, sport facility and services, sport equipments and the like.	21	84
2	Not mentioned due to some how	4	16
3	Total	25	100

As can be seen in the above table, 21 (84%) of players mentioned various challenges in the case of why they don't active participated in the game. 4(16%) of respondents are not mentioned their opinion due to somehow.

Table 7: Players' Level of Satisfaction in the Supply of Handball Facilities and Equipments.

What is your level of satisfaction in the supply of hand ball facilities (such as sport wear, equipment, and financial support to the team)?		
Rating	Response	
	No	%
A. very satisfied	1	4
B. satisfied	1	4
C. not satisfied	14	56
D. neutral	9	36
Total	25	100

Based on the data in the table 7, 14(56%) of the participant players replied that not satisfied by the supply of hand ball facilities (such as sport wear, equipments, and financial support). On the other hand 9(36%) of players

responded that neutral. The remaining 1(4%) of the player is very satisfied and also 1(4%) of the player is satisfied.

From the above responses, most of the respondents said that they are not satisfied incase of supply of hand ball facilities.

Table 8: Players Attitudes toward Practicing Handball Game

What is your attitude toward practicing hand ball game?		
Rating	Response	
	No	%
A. very high	23	92
B. high	2	8
C. medium	-	-
D. low	-	-
Total	25	100

As indicated in the table 8, 23(92%) of the players replied very high to the item, and 2(8%) of the players replied high to the question. From this it can be conclude that, female hand ball players have very high attitude towards playing hand ball game.

Table 9: Challenges of Female Participation in Handball Game

What are the challenges of female participation in hand ball game?		
Items	Response	
	No	%
A. culture	-	-
B. parent	5	20
C. coaches	-	-
D. all	20	80
Total	25	100

According to the above table 9, 20(80%) of respondent players replied all. 5 (20%) of players also replied parent to the question.

Therefore, it can be concluded that culture, parent and coach are major challenges of female participation in hand ball game.

Table 10: Players Coordination in Handball Game

Do you have coordination in your hand ball game?		
Response	Response	
	No	%
A. Yes	22	88
B. No	3	12
Total	25	100

The above table shows that, 22(88%) of respondent players responded yes. The remaining 3(12%) respondents replied no. from the above table it can be concluded that most of the respondents players have coordination in hand ball game.

Table 11: Players Positive Attitude toward Handball Game

Do you have positive attitude towards hand ball game?		
Response	Response	
	No	%
A. Yes	25	100
B. No	-	-
Total	25	100

The above table shows that, 25(100%) respondent players responded yes. Therefore, it can be concluded that, all respondent players have positive attitude toward hand ball game.

Table 12: Players Make Participation in Handball Game in Related to Training Program Per-week Attitudes to Wards Hand Ball Training

How do you make participation in hand ball game in related to training program per week attitudes toward hand ball training?		
Responses	Response	
	No	%
A. 1	-	-
B. 2	-	-
C. 3	25	100
Total	25	100

The above table shows that, 25(100%) of the respondent players make participation in hand ball game 3 times per week. From this it can be concluded that, their training participation is 3 times per week.

Table 13: Players Response Based on their Coach Start Training on Time

Does your hand ball coach start training on time?		
Response	Response	
	No	%
A. Yes	22	88
B. No	3	12
Total	25	100

As it is indicated in table 13, majority of players 22(88%) are replied 'yes'. But some of the players 3 (12%) responded that 'no'. From this we can infer that coaches are started training on time.

Table 14: Coaches Provide Feedback to the Trainers During Practice New Technique on the Training.

How does your hand ball coach provide you feed back during practice new technique on the training?		
Coaches feed back	Response	
	No	%
A. Excellent	24	96
B. Good	1	4
C. Fair	-	-
D. Poor	-	-
Total	25	100

As indicated in the above table, 24(96%) of respondents are replied excellent. The remaining 1(4%) of respondent player replied "good".

From this we can infer that, most of the coaches provided feed back in terms of excellent.

Table 15: Encouragement of Spectators during Practicing

Is there encouragement of spectators during practicing?		
Response	Response	
	No	%
A. Yes	1	4
B. No	24	96
Total	25	100

The above table explains that, 24(96%) respondent players replied no. 1(4%) player responded yes. From this we can understand that most of the players are not encouraged by the spectators during practicing. As a result they are dissatisfied.

Table 16: Rate of Availability of Materials for Handball Game

How do you rate the availability of materials for hand ball game?		
Rating	Response	
	No	%
A. Adequate	-	-
B. in adequate	25	100
C. not existent	-	-
Total	25	100

Table 16 shows that, 25 (100%) of players responded inadequate. From the above responses, all respondent players said there is inadequate materials in hand ball game. On the other hand there is lack of hand ball materials.

Table 17: Participation of Female in Handball Game and their Contribution

Do you believe that the participation of female in hand ball game contribute for your health and improvement of the country?		
Responses	Response	
	No	%
A. yes	25	100
B. no	-	-
C. partially I believe	-	-
D. I don't know		
Total	25	100

Table 17 indicated that, 25(100%) of respondents players replied yes.

From the above responses, we can infer that participation of female in hand ball game have great contribution to promote healthful female athletes as well as for the economic development of a country.

Table 18: Players' Perception about Handball Game on their Adwa Sub Zone

What is your perception about female hand ball game in your Adwa sub zone?			
No	Players perception	Response	
		No	%
1	In Adwa sub zone there is less female perception in hand ball game due to poor man power, poor attitude of sport administrators towards female hand ball game.	15	60
2	There is one sided of sport participation from the community, parents as well as from the sport leaders in Adwa sub zone.	5	20
3	There is shortage of hand ball facilities and services in Adwa sub zone.	5	20
	Total	25	100

Perceptions of hand ball players towards challenges of female participation are mentioned as well. Accordingly the above table 18, 15(60%) of the respondents identified the challenges of female participation in hand ball game such as poor man power, poor attitude of sport administrators towards female hand ball. 5(20%) responded that there is one sided sport participation in Adwa sub zone. A gain the same number of respondents 5(20%) said that in Adwa sub zone there is shortages of female hand ball facilities and services. This shows that, in Adwa sub zone there are major challenges of female participation in hand ball game.

Table 19: Players Recommendation to Improve Participation of Female in Hand Ball Game

What do you recommended to improve participation of female in hand ball game?		
Players recommendation	Response	
	No	%
If the major challenges are avoid, it is sure the participation of female promote throughout Adwa sub zone and out of Adwa sub zone.	25	100
Total	25	100

As it is pointed out in table 19, 25(100%) of the respondents players are recommended that, if the major challenges of female participation in hand ball are avoid, it is sure that the participation of female in hand ball is promoted throughout Adwa sub zone as well as out of Adwa sub zone.

Table 20: Players' Successful in Handball Game

How much you are successful in hand ball game?		
Responses	Response	
	No	%
A. very high	-	-
B. high	-	-
C. average	5	20
D. low	20	80
Total	25	100

According to table 20, 20(80%) respondent player are replied low. 5(20%) of players responded that average.

From this, it can be deduced that, to make high successful female players in hand ball game they have desired motivation, support and moral

awareness from the community, parent, sport experts, coaches, governmental and nongovernmental organization.

Table 21: Sport and Youth Affair Support for the Female Handball Players

Does the sport and youth affair provide you sport equipments and financial support for your club?		
Responses	Response	
	No	%
A. yes	-	-
B. no	25	100
Total	25	100

As shown in the above table, all the players 25(100%) responded that they do not get any support from the sport youth affair. From this we can infer that Adwa sub zone sport youth affair have one sided sport activities not only Adwa sub zone sport youth alone but also the sport federation itself have one sided among sport activities.

Table 22: Round-Robin Tournament of Friend Lines Match Club with Club

Do you have taken round-robin tournament of friend lines match club to club on your Adwa sub zone?		
Responses	Response	
	No	%
A. yes	-	-
B. no	25	100
Total	25	100

As it is indicated in table 22, all the players 25(100%) responded that they do not take round-robin tournament of friend lines match with clubs.

From this we can infer that at Adwa sub zone there are female hand ball clubs but they do not take place round robin tournaments. So as to improve players performance and participation clubs should be organized incase of round robin tournaments.

4.3 Analysis of Background Information of Coaches

Table 23:

Coaches			
Item	Responses	No	%
Respondents sex	male	3	100
	total	3	100
Age group	25-27	2	66.67
	28-30	1	33.33
	31-35	-	-
	>35	-	-
	total	3	100
qualification	Degree	3	100
	total	3	100
Work of experience	3	2	66.67
	7	1	33.33
	total	3	100

The intended number of coaches respondents were 3 to fill the questionnaires all are returned. Regarding the respondents, all of the hand ball coaches from the three sampled clubs were male. Concerning their qualification, all the coaches are first degree holders.

As to the work of experience years of the coaches, 2(66.67%) of the coaches have 3 years work experience, 1(33.33%) of respondent coach have 7 years work experience.

Concerning their age group, two coaches have served between 25-27 years of age and one coach has served 28-30 years of age.

4.4 Coaches Questionnaire Responses, Interpretation and Discussion

Thirteen items were included under this category. The items were meant to get the coaches responses to show to what extent the females participating in hand ball game in case Adwa sub zone.

Table 24: Expectation of Design and Organize of Female Handball

Do you expect female hand ball was designed and organized in the Adwa sub zone as well?		
Responses	Response	
	No	%
A. yes	-	-
B. partially yes	-	-
C. no	3	100
D. I don't know	-	-
Total	3	100

According to table24, all the respondent coaches 3 (100%) responded that "no" .from this we can understand that there is no designed and organized female hand ball in Adwa sub zone.

Table 25: Coaches' Opinion Based on Female Interest in Handball

What is your opinion about females` interest in hand ball game?		
Responses	Response	
	No	%
A. Very high	-	-
B. High	-	-
C .Medium	-	-
D .Low	3	100
Total	3	100

As shown in the above table25, all the respondent coaches 3(100%) replied that, 'low'. From this we can infer that female have low interest in hand ball.

Table 26: Perception of Female Handball via Sport and Youth Affair and the Community

Do you believe female hand ball game had equal perception with the other sport games by the sport and youth affair and the community?		
Response	Response	
	No	%
A. yes	-	-
B. partially yes	-	-
C .no	3	100
D. I don't know	-	-
Total	3	100

As it is pointed out table26, 3(100%) of the respondent coaches responded that 'no'. from this table we can understand that female hand ball had no equal perception by the sport and youth affair and the community.

Table 27: Budget Allotment in Clubs

Do you have enough budget allotment in your club?		
Responses	Response	
	No	%
A. yes	-	-
B. no	3	100
Total	3	100

Table27, indicated that 3(100%) of the respondent coaches replied 'no'. from the above response, we can understand that there is no enough budget allotment in the clubs.

Table 28: Existence of Standard Handball Field

Is there constructed standard hand ball field in your town?		
Responses	Response	
	No	%
A. yes	-	-
B. no	3	100
Total	3	100

Table28 shows that, 3(100%) of respondent coaches responded that 'no'. From the above responses, we can infer that there is no standard hand ball field in Adwa sub zone.

Table 29: Recommendation of Female Participation Improvement

What do you recommend so as to improve participation of female in hand ball game in your club and throughout Adwa sub zone?		
Coaches recommendation	Response	
	No	%
The hand ball federation, sport and youth affair, community, coaches, parents and other concerning bodies should give a special attention for female hand ball.	3	100
The concerning bodies should have favor attitude in case of female hand ball.		
Total	3	100

Table 29 implies that, 3(100%) of respondent coaches recommended that the concerning bodies should provide special attention to female hand ball like athletics and soccer.

Table 30: Associate of Female Handball with the Community Interest

Do you believe female hand ball can associate with the community interest?		
Responses	Response	
	No	%
A. yes	3	100
B. no	-	-
C. I don't know	-	-
Total	3	100

The above table explained that, 3(100%) of respondent coaches responded that 'yes'. From this we can understand female hand ball associated with community interest.

Table 31: Practice, Attacking and Defending Movements of Female Athletes in Handball Game

How did hand ball athletes perceive practice, attack and defensive movement		
Responses	Response	
	No	%
A. very high	-	-
B. high	-	-
C. medium	-	-
D. low	3	100
Total	3	100

As shown in the above table, all respondent coaches 3(100%) responded that 'low'. From this we can infer that female have low participation in hand ball game.

Table 32: Comparing of Female Athletes of Handball with other Sport Game

To what extent is the participation of female in hand ball game compared with other sport game?		
Responses	Response	
	No	%
A. very high	-	-
B. high	-	-
C. average	-	-
D. low	3	100
Total	3	100

Table 32 indicated that 3(100%) of respondent coaches replied that 'low'. From this we can understand that females have low participation in hand ball game.

Table 33: Attitude of Coaches in the Participation of Female Handball

What does the attitude of coach to ward participation of female in hand ball game?		
Responses	Response	
	No	%
A. very high	-	-
B. high	-	-
C. average	-	-
D. low	3	100
Total	3	100

According to table 33, 3(100%) of respondent coaches replied that 'low'. From this we can concluded that, coaches have disfavor attitude in female hand ball.

Table 34: Rate of the Problem Based on the Equipments and Facilities of Female Handball

How do you rate the problem of equipments and facilities of female hand ball compared with other sport games?		
Responses	Response	
	No	%
A. satisfactory	-	-
B. not satisfactory	3	100
Total	3	3

As it is indicated in table 34, 3(100%) of respondent coaches responded that 'not satisfactory'. From this we can understand that all participant players are not satisfied by the equipments and facilities of hand ball.

Table 35: Suggestion of Coaches to Improve Female Athletes their Technique and Tactic

How do you suggest female hand ball enhance their technique and tactic for your respective training?		
Responses	Response	
	No	%
A. frequently	-	-
B. rarely	3	100
C. not at all	-	-
Total	3	100

Table 35 shows that, 3(100%) of respondent coaches replied that 'rarely'. From this we can infer that, all participant coaches have needed rarely practice.

Table 36: Practice and Challenges of Female Participation in Handball Game

In your club what are the major challenges that hinder participation of female in hand ball game?		
Coaches suggestion	Responders	
	No	%
Disfavor attitude of foster parents, poor equipments, disfavor attitude of hand ball federation, culture, coaches knowledge, disfavor attitude of community, poor budget allotment for the clubs and the like.	3	100
Total	3	100

Table36 indicated that, all participant coaches 3(100%) mentioned that, various challenges and pointed out the same reason. From this we can concluded that, female have poor participation in hand ball game due to various challenges.

4.5 Interview Responses, Interpretation and Discussion

The interview was made with Adwa sub zone sport youth affairs, players and coaches. The following texts are the result of from the responses given by the Adwa sub zone sport and youth affairs, coaches and players. In the first question, they responded that “yes”. So as to develop or well participate female athletes in hand ball game, the family, coaches, players and sport youth affairs have played great roles.

Via coach, flexible coach, good communicator, good approach, creator new skills and skillful. Via parent, the foster parent must have good awareness with regard to female hand ball game and also any sport activities. In case of sport youth affairs, offering sport equipments, give financially support and the like.

In the second question, they responded that, there is no any specific donated that was given for female hand ball game. Item number 3, they said that, the function of nongovernmental organization by designed different project proposals and by provided financial support female hand ball can formed a lot of clubs. Based on this the number of female participation in hand ball will be developed. Via parents also great contribution or functions by give moral and supported by different mechanisms. The same is true the community.

In the fourth question, they responded that "Yes" there are various problems via female hand ball game like lack of sport equipments, lack of effective coaches, culture, parents, community, standard hand ball field and the like.

Therefore, from the above response it can be concluded that female hand ball possessed through various challenges.

For question number 5 which asked to suggest solutions to solve the problems draw back female hand ball game.

According to this item they suggested that foster parents, players, coaches, the community, sport youth affair, committee members and hand ball federation should take their responsibilities as much as they can and they make coordination among themselves. Besides they should assess their net work the case of female hand ball and also they should provide sport equipments and affirmative action for female athletes of hand ball.

For the final question that was asked additional comments or suggestions on the overall team work of female participation in hand ball. The respondents suggested that, as we know female by nature they feel shamefaced when they take part in the sport activities. So at any place, the person who has a profession of physical education he/she will give/share the disadvantage of feeling shamed and also:

- provide good facilities and equipments

- organize good competitions to the players
- understand personalities back ground (with whom you work)
- consider both personality traits and situations
- be an informed consumer
- be a good communicator
- be a good observer
- be knowledgeable about mental strategies.
- Be skillful.

4.6 Interpretation and Discussion of Field Observation

The field observation was made at Adwa and Axum field area during training sessions. I observed the overall team work of the players and sport equipments during practical training in most cases, the practical training sessions are conducted for one hour three days per week.

At this time the researcher observed the following points.

- Mobility (creation of space and use of space).
- Overall team work.
- Skill development.
- Attractive of the game
- Team and individual function
- Offensive and defensive movement
- Psychological approach of the players and others

Regarding to the players performance and interpersonal participation during practical session based on that the researcher has observed the following points.

Poor mobility, poor skill development, the overall team work is poor, the game is not attractive, team and individual function is poor, offensive and defensive movement is poor and psychological approach of the players is poor.

The other observation was on the coaches' ability and communication during practical session. I observed they use poor performance and poor communication.

The last observation was conducted on the sport equipments and facilities of the players. I found that sport equipments and facilities were poor. On the other hand there is lack of sport equipments and hand ball facilities.

CHAPTER FIVE

SUMMARY, CONCLUSIONS, AND RECOMMENDATIONS

5.1 Summary

The objective of this paper was to study the major challenges of female participation in hand ball game in case of Adwa Sub zone. So as to achieve the objective of twenty five participant players, three coaches and two Adwa sport youth affairs subjects were participated.

In the second chapter of the study the review of related literatures and related works were presented to get basis for the discussion of the findings. They deal with issues in contents of history of hand ball in the world, modern characteristics of hand ball, objective of team hand ball, fundamental techniques of hand ball, players' movement in offense and defense, challenges of performance development, history of hand ball in Africa, Ethiopia, Tigary and Adwa sub zone.

In the third chapter of the study data collection instruments were presented to obtain basis for the discussion of the findings. The data were collected through questionnaires, interviews and field observation.

In the fourth chapter the collected data was presented and analyzed. The results from questionnaires were calculated.

Most of the participant players said hand ball game has less popularize. Almost all respondent players also responded that have poor performance due to lack of sport equipments, hand ball facilities and poor awareness of the people, and the federation does not have enough money to the clubs. Therefore, it can be concluded that there are major challenges of female did not participated in hand ball game as well and also all of the participant players replied that their training session is three days per week. Concerning the findings from players' competition with club to club

friendliness tournaments, all of the respondent players did not competed because of the age level and due to poor organization of manager.

In addition, it can be also concluded that the majority of players were not satisfied by the supply of hand ball facilities (such as sport wear, equipments, and financial support).

In general, regarding to all participants of this study opinion so as to improve female participation in hand ball game, they stated that, like to have good facilities and equipments, organize good competitions to the players, understand personalities back ground, consider both personality traits and situations, be good communicator, be good observer, skill full and knowledgeable about mental strategies. In addition parents, players, sport youth affairs, technical commute members, hand ball federation leader ship and nongovernmental organizations were not work hand in hand and not provided facilities and equipments, to the female athletes of hand ball and coaches are not effective. So that coaches might not be develop the players' performance.

5.2. Conclusion

Based on the findings of the study the following conclusions are reached.

The study showed that there is poor coordination among the foster parents, most of the participant players and coaches have good attitude to hand ball game but have poor performance. The study coaches, community, sport youth affairs, players and hand ball federation leader ship.

All of the participant players were well interested to play hand ball game.

From the findings obtained through the questionnaire, majority of the participant players have got problem in training session.

- ❖ Out of 25 players, 22 (88%) of participant players are 'no' active participated. The remaining, 3 (12%) of participant players replied

that, they are active participated in hand ball. Therefore, majority of participant players did not active participated in hand ball game.

- ❖ Most of the respondent players mentioned their major challenges like coaches, parents, culture, spectators, sport facilities and services. Therefore, female hand ball are affected through the above challenges.
- ❖ The majority of the players were not satisfied by the sport facilities and services.
- ❖ Out of 25 participant players 23(92%) of players replied have very high attitude. 2(8%) of players replied high to the question. Therefore the majority of participant players have very high attitude towards hand ball game.
- ❖ All participant players were participated 3 days per week.
- ❖ Most of the respondent players replied that, coaches start training on time.
- ❖ Out of 25 players,24 (96%) respondent players replied 'no'. the remaining 1(4%) player responded 'yes' regarding to encouragement of spectators during practical session. From this we can infer that spectators are disturbed to female hand ball team.
- ❖ All participant players responded inadequate based on the availability of hand ball materials.
- ❖ All participant players believe that, participation of female in hand ball game have great contribution to promote healthful female athletes as well as for the economic development of the country.
- ❖ In Adwa sub zone there has been poor female participation in hand ball game due to ineffective coaches, negative awareness of parents, poor sport equipments, one sided of sport participation from the community as well as poor attitude of sport experts.

Generally, the majority participant players perception implies that at Adwa sub zone female athletes of hand ball have poor performance.

5.3 Recommendations Based on Conclusion

- ❖ The government, parents, community, coaches, players, and sport youth affair should give massive contribution to the hand ball game.
- ❖ The foster parents, coaches, community, sport youth affairs, players and hand ball federation leader should work hand in hand.
- ❖ Hand ball game should watch through TV and translate through media like soccer and athletics.
- ❖ Standard hand ball field, sport equipments and facilities should constructs and produce by the concerning body.
- ❖ The training days should make 4 or 5 days per week.
- ❖ The female athletes of hand ball should compete via friendliness tournaments.
- ❖ The Adwa sport and youth affair, coaches and players should organize as well.
- ❖ The concerning body (handball profession) should train effective coaches.
- ❖ The hand ball federation leader ship must assess each club regarding over all team work at least one day per month.
- ❖ The major challenges like parents, coaches, culture, and financial problem must be minimized.
- ❖ Coaches should take share of experience from the hand ball experienced man.
- ❖ During observation, some of the existing facilities were inadequate. In addition, over all team work was poor participation. Therefore, be facilitated by using the government and society's resource investing on constructing hand ball field to promote female participation and to develop performance of participant players, making available hand ball materials, water supply, building cloth changing rooms, attractive of the game, skill development, good psychological approach of the players and other hand ball materials.

- ❖ All in all, to improve the players' participation, it is needful motivation, support and rewards by other people and also should give educational awareness concerning the advantage and disadvantage of the game for all people.
- ❖ Coaches should have to consider at least four critical corner stone areas in their foundation building efforts: physical, psychological, social and moral development.
- ❖ The coaches should have long-run commitment to their athletes.
- ❖ Sport and youth affair, community and other concerning bodies should have to give equal perception to female hand ball.
- ❖ Coaches should have favor attitude toward female hand ball.
- ❖ Coaches and players should love handball game.

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Declaration:

I the undersigned, declare that this is my original work and has not been presented in any university or collages. All relevant sources of materials used for the thesis are accordingly acknowledged.

Name: _____

Signature: _____

Date of the submission: _____

This thesis has been submitted for the examination with my approval as university advisor.

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Signature: _____

Date of the submission: _____