

MAJOR FACTOR THAT AFFECT HANDBALL PROJECT
PARTICIPATION AND DEVELOPMENT WITH SPECIFIC
PRIFERENCE NIFAS SILK LAFTO SUBCITY

BY

SIMIRET DEMISSIE

A THESIS SUBMITTED TO SCHOOL OF GRADUATE STUDIES
OF ADDIS ABABA UNIVERSITY IN PARTIAL FULFILMENT OF
THE REQUIREMENT FOR MASTER OF SCIENCE DEGREE IN SPORT
SCIENCE.

AUGUST, 2014

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Acronyms and Abbreviation

AAU	Addis Ababa University
EHF	Ethiopian handball federation
HB	Handball
IAHF	International amateur handball federation
IHF	International handball federation
IOC	International Olympic committee
NLS	Nifassilk Lafto sub city
PE	physical education
TI	Talent identification

ABSTRACT

The purpose of this study was to assess major factors that affect handball project development in Nifas Silk Lafto sub city. To undertake this study the researcher took a sample of 70 which is 100% of the three project trainees, coach and project coordinator in Nifass silk Lafto Sub city handball projects. Moreover, to collect data the researcher applied three data collection instruments which are questionnaire, interview and observation. Both qualitative and quantitative research method and non- probable sampling of research method is applied. The finding of this study indicates factors that affect handball development are as follows: lack of handball game awareness in the community, lack of media coverage, dominance of other ball games, insufficient number of annual competition, absence of professional coach, low motivation, inconsistent training, inadequate facilities and equipment, weak supervision, absence of role model, and lack of support from responsible bodies are some of the major findings. The researchers recommended the following solution to create community awareness regarding the benefits and the character of handball project. The media should give attention for creation of awareness in the community, should give regular supervision and support of the project the sport management or project coordinators should work hard with coaches and trainees for the consistency of training and to get competitive players variety competition should be prepared to participate handball projects, and it need scientific method of selection trainees and use training principle. Also they should have connection with handball federation and nongovernmental organization to get coaches updating course and to overcome problems of facility and equipment. In case of this condition are improved the participation and development of handball project will be true.

Key words: -Handball, Project, Trainees, coordinator, Development

CHAPTER ONE

INTRODUCTION

1.1 Background of the Study

The fact that the Human being also differs from the animals in its ability to use its hands in an extremely skilled way leads to amazing phenomena probably the most beautiful are when it comes to sports in handball, (www.ihg.info>Nov162005).

Team handball is an exciting sport to watch and exhilarating to play some times described as soccer with hands, it differs by fast and continuous play involving running throwing, catching and jumping. It also sometimes called field HB, Borden HB, European HB or Olympic HB. It is a team sport where the teams attempt to pass a ball to each other and through in to the opposite team goal.

The two teams consist of seven players (including one goalkeeper) on each team. The goal that is used is similar to a soccer court slightly larger than basketball court. As the name suggests, the ball is always transferred with the player's hands rather than with their feet, so kicking the ball is an illegal move. The ball is a little smaller than soccer ball which allows players to hold and pass while only using one hand (through using both hands is allowed)

Early origin of team handball, although it has only been played internationally since the 19 century the origin of team handball go back a long way. In fact it is through to have developed from some of the oldest game the human race has ever enjoyed. The origin of the game is likely to date from ancient Greek and Roman times. The ancient Greeks played a similar game called urania, from which handball may have been eventually derived, noted in Homer so odysseys, urania involved the use of a ball made of purple wool.

In Rome they played Harp Aston, a game involving throwing a ball over a line, historically evidence indicates that games not unlike handball were also played by the inviting green land and as fare fields in ancient African mostly in Egypt. There are drawings of Egypt and playing handball decorating the five shows and years old tombs at Saggara in Egypt. Which depict girls in Paris play the game Egyptian handballs were made of leather skin stuffed with pant fibers so that these remained both flight and durable The Danish gymnastic teachers draw up the rules for

modern handball and publish them in 1906 and modern HB is mostly considered game of Danish origin. Another set of team handball rules was published on 29 October 1917 by max Heiser Karlsschelenz and Erichkonigh from Germany after 1919 these rules were improved by Karischlenz the first international game were played under these rules between Germany and Belgium for men in 1925 and between Germany and Australian women in 1930 .

In 1928 la Amsterdam the international a mature handball federation (IAHF) was founded in short time managed to have handball introduce at the 1936 Olympic game in Berlin. At this time Australia and Gem and were the leading countries of handball but after world war II the leadership was talked by the Scandinavians. In 1946 in Copenhagen a new association was re-established called the international handball generation (IHF) which Gave new direction to the evaluation of handball up until now the diversities of the weather hand limited plans therefore by reducing the size of the playing changing the rules they were able to bring handball in to a hall.

When we see African handball confederation founded in 1973 after 2nd African game in logos, Nigeria it represents the national handball association of African under the supervision of the international handball federation.

The foundation of handball in Ethiopian was started in the 1960 by the contributors of fore in nation of Addis Ababa University. The first contributors of know ball in Ethiopian known as AtoTekameh W/Tsadik he was introduced handball the military forces. He organizes the game in the military and foreign nation was gives course at Babur's sector. In the form of video and many communities understand, accept handball game and share for the different sectors .In 1961 at 4 kilo first game was held by 4clubs. In 1962Ethiopia handball federation organized and 10 clubs was formed and held competition at Arat Kilo University, in general the development of handball in Ethiopia divided in to three stages of years. (Coach mulugeta 2005)

The first stages of handball development (1960 – 1975) In1960- 1975 generally known as golden age for the development of handball the reason was as introduced in Ethiopia its development was fast in Addis Ababa until 1975 and at that time there are various events held.

17 clubs was organized by different sectors ,Ethiopian Handball got international membership ,Female players clubs founded around Tikuramebssa in 1968 known as Etumilamich and In 1975

Female clubs was reduced and stops their organization as a club form and also male handball club reduced as a club after some time reduced to 17-10 and finally it reduced to 4 clubs.

Second stage of handball development (1976- 1983) at this year the renaissance of handball game development and active clubs are formed which are:

- Federal police ,Maremeaiabet club ,Gugmiruk club and Omedila club

The third stage of handball development (1984 - 1996) in the 3rd state of development of handball game in Ethiopia are various work done which are projects was organized though out Varsity region of the country in 1993-1996EC. In 1994 EC female club was reorganized by contributor W/t Weynished Alemayehu those club was Ledeta, Fana ,Yadot, Pactra .The major events held are in 1983 E.C male national club which cups by Mechal national club.

In 1987 E.C Gumruk club was participated central cups of Africa of Addis Ababa.

In 1969 E.C first female international game at the national clubs knows as FelegYordanos with Uganda national teams meets and played at Addis Ababa. In 1987 E.C friendly game was play and between Ethiopia and Kenya by best female players form secondary school at Addis Ababa. Coach Mulugeta Girma (2012).

In Ethiopia the training project started from 1989 E.C in Addis Ababa the project was started from 2000EC including handball project.

There searcher decided to investigate the for factors that hinder hand all projects in NifasilkLafto sub city of Addis Ababa and the researcher try to find out the question what is the major influence that affect handball sport development in project.

The main objectives of the project of training are to develop the regions sport by searching the played boys and girls and by griping to them to get good results and satisfaction.

1.2 Statement of the problems

Projects have big roles for the development and growth of many sports include handball. However, there are problems that affect projects goals and also that decrease the achievement

participation and growth of handball sports and negative implication on the contribution of regional sport.

Projects introduced in Ethiopia since 1989 E.C but we didn't see the achievements and also its development within the community as expected for the creation purpose like other sports in Addis Ababa.

In order to get good results from Interims of clubs as well as at national team we have to work hard in project of handball. Because projects are the bases for the achievement of clubs as well as for the national team and it's mandatory to shape the child with scientific training to a figure skill full performance and having successful results it's better to work at lower age of the child from the beginning which is at grass root so that in Addis Ababa there are ten (10) sub cities from these sub cities. Nifas siliq lafto is one of the bigger sub cities and selected for the study on the major factors that affect handball project participation and development.

1.3 Research Question

To find out the problems of the project the researcher tries to answer the following research questions

1. What are the major influences of handball project participation in NLS?
2. What is the reason of less number of Handball project in NLS?
3. What is the role of stake holders (project coordinators) HB coach NLS?
4. Are there having project follow up and supporting mechanism for the improvement of handball sport in the study sub city?
5. Do media affect the development of hand in Nifas siliq lafto sub city?
6. Is there sufficient facility and equipment for the training project?

1.4 Objective of the study

The objective of this study is to improve handball project participation and development which should avoid the obstacles that hinder participants of handball projects and to promote handball sport for the communities of Nifas siliq Lafto sub city.

1.4.1 General Objectives

The overall objective of this study is to investigate the major factors which affect handball project participation development in Nifas sliik Lafto Sub city Addis Ababa.

1.4.2 Specific Objectives

The specific objectives of the study are to:

1. identify the involvement of handball sport in project of Nifas silk Lafto sub city.
2. assess the involvement of communities to enhance handball sport.
3. identify and the major problems prevailing in the promotion of handball sport at project level.
4. motivate and aware of project coordinators, Coach and trainee for more work.

1.5 Significance of the study

The preliminary concentration of the study is study too identifies the main objects thing hinder participation and improvement of handball projects in Addis Ababa Nifas silk Lafto Sub city. To this effect the significance of the study is to:

1. give attention for project development with concerns body or projects coordinators.
2. improve interest and to motivates projects.
3. suggest the recommended possible ways of controlling these problems.
4. help the study for further study to add literatures on factors that affect handball project.

1.6. Delimitation of the study

It is difficult and unmanageable to conduct research on the factors affect project participation and development of handball in Addis Ababa because of resource time and other constraints therefore, the researcher restricted herself to three project at Nifa silk Lafto sub city in Addis Ababa and It is one of the bigger sub city that need the attention for handball project development .The study delaminated to this sub city

The names of project are

- Worda 02 projects
- Worda 06 projects

- Hearing-impaired projects

1.7 Limitation of study

When the study is conducted it faced different problems the first and foremost there is no written and difficult information on the problems under taken also there is short of reference books to develop the review of related literature and some of the respondents are not willingness to helps so in addition to this finical and time constraints are the problems that the researcher was faced however, the researcher attempted to use all her potential and other encourage mechanisms to finish with all the factors.

1.8 Operational Definition of Terms

- Handball:- is a dynamic, popular and exulting sports
- Sport:- is an organized competitive form of play
- H B project :-handball training of under 15
- Min handball: -achieve play (6-10) objectives to understood movement.
- IHF:-responsible for organize, low making and training of handball internationally.
- Talent identification:-to predict with a high degree of probabilities whether or not.
- Stakeholder: - responsible body for improvement of sport.
- Coach: - is a professional head of team.
- Training: - pedagogical process upgrading or improving the performance of athletes.
- NSL: - a sub city a particular place which many communities used to live, part of Addis Ababa.

1.9 Organization of the study

This is composed of five chapters the first chapter deals with introduction, statements of the problems research questions, objectives (General specific) significance of the study scope of the study delimitation and limitation and definition of keys terms. Chapter two deals with the review of related literature those are convenient in the topic of disused. The chapter three deals research design (method) and the methodology. The analysis and interpretation of data collected deals in chapter four and finally chapter five deals with summary, conclusion and recommendations of the study lastly of reference materials questionnaires, check list and appendix are attached at the end of the paper.

CHAPTER TWO

REVIEW OF RELETED LITRATURE

2.1 HISTORY OF HANDBALL

Handball is believed to be one of humanity's oldest games. Some historians speculate that it predates soccer since humans have always been better at manipulating objects with their hands with their feet.

Handball is an exciting sport to watch and exhilarating to play some times described as soccer with our hands. It offers fast and continuous play involving running, throwing, caching and jumping. Team handball also some items called filed HB. It is a team sport where the team attempt to pass a ball to each other and throw in to the opposition's goal. The two teams consist of seven players including goal keeper) on each team. The goal that is used is similar to a soccer goal and the as the court slightly larger than basketball court's the name suggest, the ball is little smaller than a soccer ball which allows players to hold and pass while only using one hand (through using both hands is allowed).

2.1.1 Origin of handball

Although it has only been played internationally since the 1920's the origins of team handball go back long way in fact, it is through to have developed from some of the oldest games that human race has ever enjoyed the origin of the game likely to safe from ancient Greek and Roman times. Ancient Greek played as small or game called Urania from which handball may have been educationally serviced note in homer's odyssey; Urania involved the use of a ball made of purple wool.

In Roma they played Harp Aston Latin involving throwing a ball over a line. His publically evidence indicates that games not unlike handball were also played by the invite Green land and as far faille field as ancient Africa mostly in Egypt. There are drawings of Egypt's and playing handball decorating the five thousand years old tombs Egypt plan handballs were made of a leather skin stuffed with plant fibers so that they remained both light and durable.

Ball games were equally popular in Europe the history of European HB is well documented. In medieval Germany a sport known as fustballspiel, translate as catch ball game during the middle ages in France a game known as "jeux de paume" (palm play) was popular with rich and poor alike. The ball was made up of a piece of tightly rolled material which was sewn together, and as the game changed over time gives were worn to allow the competitors to hit the ball with more force.

In American handball is more than three thousand years old. And is thought to have originated in Mexico central America has many archaeological sites where handball players are depicted on pieces of pottery, in sculpture. And on wall paintings showing that this sport was an important past time for the people who inhabited the area at that time.

Congress held meeting the following countries organized the federation Germany, Czechoslovakia, Holland, Belgium, Australia USA, France, Ireland Denmark and Canada.

After the 2nd world war in 1946 the representative of the 15 countries created new federations called IHF. The dynamic progress of handball in the world had begun. Now a days it is played in more than 130 countries. In 1961 the European Handball federation. EHF was founded with its base in Vienna.

In 1928 the international amateur handball federation (IAHF) was founded in Amsterdam on the occasion of the IX Olympic games one of the foundation members was a very bridge (USA) who later become IOC present. In 1933 handball was included in the Olympic program at the IX Olympic games Berlin, host Germany won the final and therefore the gold medal in the pouring rain in front of an audience of 100.000 people, beating Austria 10:6 during the Olympic games. The IAHF held a congress in which delegates of the 40 nations represented in the federation participated two years later at the first field handball world championship. The German team benefited again. Austria come in second best, then Germany started to impose disastrous war on the nations of the world resulting in immeasurable consequences also for handball.

One year after the end of World War II representatives of eight nations in Copenhagen. The capital of Denmark and lawn cued the international human ball federation (IHF) 11 July 1946 is considered as the date it was sound the nation involved. In the foundation are Denmark final,

France Netherlands North way, Poland Sweden and Switzerland. The first IHF present was Bjork (Sweden). The Scandinavian when at the same time was president of Swedish handball federation executed his function at the IHF until 1950 After wards head as elected secretary General of the National Olympic committee of his home country and resigned from the office at president of the IHF.

2.1.2 The development of Handball in 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.

According to Zoltanmarczinka 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 The Danish encyclopedia in the 19th century handball was popularized at the drop Gymnastics school in 1898, the teacher HolgerNiesen introduced arranging game with two goals in which 14 persons in divided in to two teams took part. The game in which a ball was passed with players hand called handball the first game rules were issued in 1906 at the old rap school published by “wejdlendling handball.

The Germans also claim to have developed the game Kaduna the author of a book Das handball spiel” published in 1941 in Leipzig, claims that handball derives from game called Kong’s Berger ball: which was then renamed “Torball which means a goal ball.

Records on hand bal development in Germany is dated from the period after 1915, in 1917 max Heiner, a teacher from Berlin began developing handball as a sport for women. Another important years is 1919 famed propagator of handball, karlscholenz a teacher of physical education at the German academy of physical education, was also popularizing the game some changes in rules had been introduced, the dimensions of the playing field were increased to 80 x40m the goal line moved to 8m , and the goal dimensions were changed to 5m in width and 2m in height. Those rules embraced playing with a ball and the body, which greatly influenced the technical development of handball.

In 1920 handball was introduced in to school programs. Handball however, didn’t have separate federation in Germany. It was not until 1934 that Fatimah for handball spread all over Germans.

Czechoslovakia is the third country which claims to have created handball in a book entitled “methods zejec- Deiny Hazeny published in 1948, the author says that are Czechoslovakia is the home land of

handball, which originated from Hazena (“hazet” means to throw.) A founder of hazena, which was introduced in that country in 1906 was a teacher of physical education in Prague, named Akristed. He wanted boys to turn their interest from soccer, which he recognized to be a dangerous game to hazena for which he developed roles.

International handball began in 1908. In that year the first organization the IAHF international amateur handball federations

2.1.3 International Handball federation

International handball federation (IHF) is the administrative and controlling body of international handball. The federation organized world Championships held in even years with separate competition for men and women

The international handball federation is composed of five continental federations which organize continental championship held every year. In addition to these competition between national teams. The federation arrange international tournament between club and teams.

2.1.4 African History of Handball

The first African handball championship was organized in 1974 and the winner in men’s computation were Tunisia, Cameroon Senegal and while women. Tunisia Senegal and Egypt ranking from first to third based on the cumulative results obtained since the beginning of Africa championship Algeria Tunisia and Egypt have proved to be the best teams of the continent.

Accordingly, African governments should remark on talent identification programs to promote the game of handball and at the same time empower the youth.

More so, leaders in Africa should work with handball federations in their respective countries in training of coaches and helping them on how to identify potential taken from the grassroots level.

This also means handball federations should reach coaches in different areas and/or parts of the continent give them basic education. The development of the game should also go hand in hand with the availability of infrastructure to achieve continuous development. Training conditions will have a big influence in the development of the players. therefore, African governments

would embark on an infrastructure development exercise and at the same time have regular computer, staidly most handball federations in different African are handicapped by a lack of financial and state support . To alleviate this problems.

2.1.5 Ethiopian history of handball

Handball in our country Ethiopia introduced by Ato Tekuaume and other Physical Education teacher in Addis Ababa University in 1960.

According to Mulgeta (2005) at that time the game was played by few universities. After one year in 1961 establish rules and regulation by police force army and other participant with given training made a base line to participate others with the regions communities. Ethiopia handball federation was established in 1962 and asked to be a member of IHF and got temporary membership and in 1963 for the first time ten clubs. Participated Ethiopia championship. From 1964 – 1967 the game of handball goes to different region got famous and interested by different solders with different computation held. Ethiopia handball participation for the first time attention level was 1968 by male handball players in Egypt the participant counters are Egypt, Uganda and Ethiopia. And also .in this year female friendship game was held between Uganda team and Ethiopian Flege Yordanse school players and the winner was Uganda.

In 1981 Ethiopian national team participated West Africa central Africa champion and got cap. And different Ethiopia participated variety competition in Africa.

The recent is 2002 held in Djibouti female national team between Djibouti, Somalia, Sudan and Ethiopia. And Ethiopia was the winner.

Know an days handball mainly participated in All Ethiopian game started from 2nd and 3rd of 2002 up to know also. It is famous in Higher education sport that held every year between higher educational institutes of Ethiopia other than clubs and projects of the country.

2.2 CHARACTERISTICS OF MODERN HANDBALL

Handball is a dynamic popular and excepting sport that requires athleticism strength stamina great fitness and most of all teamwork. And it is the fastest most of .indoor sport next after ice – hockey.

It is a sport where players are encouraged to be athletic be flamboyant and inventive, and above all work together as team. It is one of the most popular sport in the world and it helps to keep fitness and healthy. It is Avery fast dynamic and exciting game that utilizes movement of all the world's sports. It is regularly referred to as the ultimate sport and can be played and appreciated by any person who is willing to have fun with physical contact, unlimited substitution and shots at goal that can reach over 100 km/hour there is always something happening on the field of play.

Handball is one of the most popular sport in European (after soccer) and is one of the fastest growing sports in northern Asian Africa , in the Americas it is becoming organized with national and continental championships and in ocean it is on the cusp of taking off .

Handball comes in a variety of guises from the field (outdoor) handball to the now popular Olympic (indoor) handball played on a 40 m X20m court to the now recently introduced beach (sand)handball played on the sands of beach.

Handball is the Second fastest team sport, Olympic sport since 1936 ,Played in 160 countries worldwide ,over million participants and Voted best sport at the 2000 Olympic Games in Sydney. (<http://www.teamhandball.org/> Retrieved date July, 14, 2013).

2.2.1 Objective of the Game

The essence of the game is to catch, throw, run and jump using tactic and strategies in a combined team effort. To win it must core more goals then the opponents by throwing the ball in to the goal. The game is fast and the players need to be fit and work for the team there is issues of tactics and strategies to resolve the problem of overcoming the opponent's defense and discipline and concentrating is required in defense to keep the opponents attack at bay. (Bahir Dar University, 2001).

2.3 Definition of project

According to Didacts of handball (2001) project is any scheme that has a specific objective sequence of activities for investing resources , which can be reasonable analyzed and evaluated as an independent unit and there are variety types of project but my focus is on sport project or ball game when we see gender sensitive and age, culture specific projects one should always be conscious of when there or not the projects header or age group or culture specific projects in

same sector may need to be amended to meet the requirements of men and women, the elderly , adults and children and cultural sensitivities . The subjective nature of these aspects makes any appraisal exercise difficult. An example of school project can be prepared as follows project proposal for children summer, winter training and computation matches with corresponding modern and cultural sport activities.

It's know health refers to physical intellectual, social and psychological dimensions

- Keeping children healthy is the basic forth next responsible and creative personality. Therefore unless there is conducive environment to full fill the above dimension for the resent generation it will be difficult to reach to the expected goal.
- An environment that restricts natural movements will handicap children growth their developmental task of learning interest and challenge them will permit an oral neurological growth and leads to the important motor and intellectual learning process.
- School children leave to run, climb summing and do other activities. They are for the most part, ready to learn to catch and throw to explore and to dance, above all they create on and opportunity spontaneous play.

But know a days they are becoming chancels to age these advantages, because they spent their time in different activities some of them carry family burden in order to fight the socio- economic problem indifferent directions .

- In spite of that the last four years by collecting different age group according to their morphology and interest from elementary, junior high school and society started giving all round training by means of project and out of projects for may participant and competitive among men, women adult and growth clubs have got a good success by getting from bad habits so by using this opportunity they organized themselves through sport movement well have well physical and mental well – being.
- Therefore to continue these movements in wide range the project have got shortage of money in sport materials and differ competitive equipment's so the school requesting different kinds of help from the negatives who all living in others its hope that good response from every one lack of opportunities and hopelessness also led to many destructive behaviors. These behaviors like coming, alcoholism drug abuse and other

accompanying effects on health affect not only the present generation but also society socio economic and cultural ground of the region.

- In addition in our region some studies has shown the increment from lower age group to wards of higher group from years old to words is and16 years this implies that the probability of juvenile offenders turning to hard ended criminals in later years in high unless early detection and rehabilitation measures are taken Objectives
- To create consecutive environment for better healthful growth development.
- To enhances school children to physical intellectual different physical activities effectively.
- To facilitate better communicate in and understanding among children and the society
- To prepare children and youth for the later social and cultural responsibilities.
- Refreshment work shop for professionals and amateur trainer will be organized
- 9 to 15 years old in the school children will be screen out from the training project.
- Training fields and courts will be prepared and organized
- Training manual will be efficiently produced
- Training materials and equipment will be produced.
- Monitoring and evaluation program will be arranged.

2.3.1 Project out comes

- More than physical education teacher and amateur trainers will be refreshed at school level.
 - The school children will get basis of physical training and committing
 - The project will serve as an initial program for later youth and adult trainings.
 - Enjoyment and facilitate talented in different sport activates by means of competitive movement may substitute the usage of drug and substance abuse which affects health.
- Project budget and source can be from donors 90% and community support 10%

2.3.2 Mini handball (6-10 years of age)

The presentation of handball can be commenced at the age of growth the introduction of 4+1 mini handball, adapted to the size and characteristics of the age group. the simplified game, the relatively unrestricted playing manner, the re- occurring feeling of success and the social

relationships all contribute to whetting the children's appetite to acquire the skills of handball and thus to regularly attend practice .

Thus from the age of 8 it becomes possible to increase the size of the court and with this the number of players to 7 vs 7 as well as lay down the fundamental skills for playing handball within the framework of structured practices . The acquisition of basic technical and tactical elements further increases the children's confidence and feeling of success.

Furthermore, basic condition training introduces their bodies to take regular exercise so it becomes possible to further extend the players level of knowledge.

6-8 years of age

Recommended training sessions: - 1-2 per week

Aim:-to make handball enjoyable and appealing to children by

- Making them understand the basic idea of handball
- Introducing the concept of playing as a team
- Creating the right attitude
- Highlighting the importance of fair play
- Emphasizing the enjoyment of the game over the result
- Giving boys and girls the opportunity to play together
- Introducing organized practices

8-10 years of age

Recommended training sessions: - 2-3 per week

Aim: - to lay down the fundamental skills of handball by refining the technique of running ,Developing throwing skill, Improving eye –ball co-ordination, Establishing a sense of positioning ,Increasing the awareness of peripheral vision ,Creating a healthy competitive spirit and Exceeding the attention span .

Technical training

Defenders and attackers basic position ,Start off rapidly, Change direction on a circular path ,Stop by branching, Upper and lower catching techniques ,Handing the ball with one and both hands ,Chest and lower passes ,Over arm pass, Preparation of the ball into the throwing position on a straight path ,bouncing in basic passion, High dribbling ,Cross step and Over arm short .

Tactical training

- Simple fast break ,Direct or indirect long passes ,Mobile attack ,Distant marking ,Man to man defense, Pressing within the score dangerous area and Open and closed farms of 6:0 zone defense.

Condition training

Skill training lay down the basic for movement co- ordination strength, agility and endurance training through relays, ballgames and chasing as well as gymnastics and athletics carcasses in order to achieve.

2.3.3 Universal principle of training

Bompa (1994) started that training program are designed to improve performance by developing the appropriate energy increasing muscular structures, and improving a neuromuscular skill patterns.

In addition to handing basic understand in of the Game biomechanics a coach most also understand and apples the fundamental principles that govern any type of physical training these principles driver from the human body's response to training stress and skill acquisition.

Not comprehend doing these basic tents produce mix in formed training and expresses athletes to the risk of injury

According to Ameneusetal (1995) the following principles must be followed in any well-constructed athletic training program.

Over load

The most important principle of training of athletes is that of over load. It should be the aim of coaches to improve their athlete's levels of performance and capacity for work. In order to achieve these goals most coach his or her athletes to adapt to a higher level of physical and mental performance.

Over loading is the essential mechanism or tool for creating this adaptation. Any new types of training subjects the body together of different stress than that to which is has become accustomed when the load is greater than the normal level exertion. The load becomes a stressor and stimulates general adaptation process within the organism (the athlete). This process is explained in Hassel's concepts of the general adaptation syndrome, which states that all organisms response uniformly to stress, when confronted with a stressor an organism will initially respond with alarm. As the stress continues the organism will resist in various ways if the resistance is positive the organism is said to have adapted .if, however the resistance to the stress is negative or the stress is unchecked, the organism will degrade into a state of exhaustion.

The general adaptation process causes the body to react in a predictable manner to stress. This predictability allows coaches to plan positive adaptation to overland by their athletes conversely, this process also explains that negative resistances that athletes experience when over load is managed improperly .

Progression and variability

The logical consequence of adaptation over load is progression as an athlete adapts to a given training load oppressive increase in load then becomes necessary to continue the process of adaptation to the next level of performance. In other words, as the system is capable of doing more, irregular's progressive increase in training load for it to be stressed into a high level of adaptation.

Athletes should be pretested and then periodically reassessed in terms of the physical requirement and skills demanded by their respective events some common measures of such

testing are VO_2 max muscular strength muscular endurance, vertical jumping abilities and flexibilities. Such information becomes the foundation upon which coach manages the progressive over load that improves his or her athletes. Without such knowledge training becomes hazardous and often results in the frustration or injury of the athlete

There are four important measures of progressive over load: mode, frequency, intensity and duration. Mode is the type of training undertaken (e.g., running jumping or weight lifting.)

Frequency is the number of training units in a given time frame (i.e. With training three times per week) Intensity is a measure of the degree of exertion in training (e.g. 6x100 m at 80%) in running training intensity the length of time or number of repetition of a particular training mode (e.g. 45- minute stands -I state run or performing 10 short approach jumps).

Manipulating these four parameters of training is the essence of the coach's role in directing the training of his or her athletes.

A corollary to the principle of progression is variability's; varying the type of training done by the athlete spurs the adaptation. Any single type of training yields good improvement for a period of roughly four weeks. Beyond that amount of time, result diminishes. Remember that one of the measures of over load is training mode varying the type of training done works to fulfill this basic principle.

Specificity

The bodies adapt to exercise or physical stress in direct response to the nature of the demands imposed. This phenomenon is known as the specific adaptation to imposed demands (SAID) therefore training needs to address the specific requirements of an event an athlete must train the skill or system that will be employed in competition handball players must train to raise aerobic thresholds: jumpers must train for lactate tolerance moreover athletes need to train physically and mentally for competition not merely conditioning.

A certain amount of training must mimic the specific nature of the competitive event. To achieve success, the coach must identify and meet the requirements of particular events.

Recovery and restoration.

All gains in training are achieved during periods of recovery. This fundamental fact of athletics is probably the most ignored recovery and restoration of the body are integral and active elements of training not, the absence of training.

For the body to adapt positively to the progressive over load of training, it must be able to recover adequately from the applied stress

The mantra "no pain, no gain" all too often runs the very thin line between maximum beneficial training and over training the volume of training is far less important than its intensity and intelligent application. Training without proper rest yields poor results and often injure.

Too frequently, coaches do not understand the physiological response generated by hard training. Generally, adequate recovery from a strenuous work out requires at least 48 hours. In any given week no more than two or three intense training days are recommended more over days of total or active rest are needed to relieve the accumulated fatigue of exercise without such recovery chronic over training with significant risk of injury becomes likely coaches often view rest as wasted time in which they might be able to squeeze more preparation.

This commonly seems to be the case near the end of season when they should be doing just the opposite, results should be greater during the championship phase of any season.

Individually

Every athlete has a different response to and capacity for training. Recognizing individual differences and adjusting expected loads when designing and applying training programs for our athletes is exceedingly important size, age, strength, training age and even emotional maturity factoring to the type and amount of training under which any athlete will thrive. At the high school level, especially coaches often will find that many of their most talented athletes have limited design of training program will most likely apply to all, volume and intensity must be specific to the individual.

2.3.4 Training methods

Far tick training (Speed play)

It is continuous training but with regular bursts of speed of from five to ten seconds, every two or three minutes during a season these sessions increases the an aerobic energy systems, while heartily using the aerobic system .

Weight training.

During this time training, subjects perform a series of resistance exercises designed to develop the fitness component that require in specific sport related muscle.

Interval training

It involves alternating work followed by recovery period or interview also. Interval training allows high intensity work to be performed without the fatigue associated with a continuous season of equal intensity.

Interval training allows the three energy systems to be developed according to the length of the work interval .the variables that can be manipulated in interval routine are:-

- Duration of the work period or distance ,Intensity of work (speed) , Number of work or recovery repetitions and duration of recovery periods and activity

The heart rate during interval training should reach 180 b/ mind during work and recovery to 120 b/min. In the rest interval (Davisetal 1986:167).

Circuit training

Circuit training consists of as earls of exercise (usually 10) arranged in order and destined to develop general body fitness or specific sport related fitness and skill. The advantage of circuit trainings that it can be to develop strength power endurance agility and anaerobic and aerobic capacities simultaneously in a limited time can space.

Over load is achieved in circuit training by:

- Reducing target times
- Increasing exercise resistance (difficulty of exercise)
- Increase repetition members.

N.B circuit training must be supplemented by flexibility program

In Calisthenics there are basic exercise used to develop strength, power endurance, agility or flexibility depending on the exercise chose and the training method used (Deriseetal. 1986:172).

2.3.5 Training principles of handball

Aims male tasks and principle of sport training in handball with be understand that sport training is an interpreted pedagogic process of educational training based on scientific principles which motivates the athlete to achieve optimum sports performances by systemically helping him to improve his performance Capacity (Dr Djetrich harred 1982).

Systematic improvement of performance through training takes place indifferent forms .coach central point is the units of the physical and mental work load based on intensive physical exercises to promote the development of sport man over all personality. In addition general, specific theoretical training discussions, medical physiological and psychological measurement should be part of an optimum training perform. In the narrow sense, sport studying comprises the athlete's physical, mental, technical and tactical coordinative preparation for competition.

2.3.6 Components of handball training

It is important for the coach to understand how to coach handball, how to apply them through a consistent methodology's that allow the teaching of technique and tact child incorporating physical and psychological aspects .This is best accomplished through the application of economical way means to find a way of causing a player to become a better player in the widest possible sense.

1) Physical preparation: - its main content is the development of endurance, strength, speed and agility which are decisive pre-requisites for a high standard of athlete performance.

These general physical abilities such as starting speed quickness of individual movement explosive power (Shooting power jumping power, specific leg powers, explosive power endurance and acceleration endurance are taken into consideration.

2) Mental preparation: - coach action in the game is a decisive action based on exact and correct analysis of the situation mentally and physically recognized, and these are then digested and stored as the result of the action and require observing and processing information.

Abilities and qualities of mental question, Visual perceptive facilities, such as range, speed and accuracy, Attentive qualities such as intensity are steadiness distribution of attention and power of concentration ability, Intellectual and memorial ability, Capacity to react in simple and complicated decisive situations, Moral qualities such as discipline sense of responsibility helping others in critical points, to be none stand realistically self-confidence.

3) movement and coordination preparation due to the fact that action in the game involves making a decision each movement is governed by choice i.e. movement cannot be exactly determined beforehand but must be chosen to suit the particular situation in such a way as to neutralize the opponents directly and in directly actions. Therefore the development of coordination such as control differentiation, combination, adjustment adaptation and balance are the important pre-requisite.

- Combination movements and series of consecutive movements for example running receiving the ball and pass and simultaneous and combination movement for example running and dribbling or jumping and clothing the ball or jumping and shouting etc. Put to get after in different, composition and sequences must be taken into consideration.

4) Tactical preparation: physical mental technical and coordination abilities do not determine the playing performance of the individual player of the team, but they are important prerequisites for tactical preparation.

5) Theoretical preparation:- a player should have a sound knowledge of the match regulation competition rules latest techniques and tactics and handball also they must understand master the team playing concretions and can learn to analyse their experience.

6) educational preparation the main point this is to be emphasized the ideological education in close conjunction with the formation of basic attitude and valuation motives to develop a high sense of dedication in addition to have moral and qualities of will power, collective thinking in role of handball .

2.3.7 Main features of handball training

- 1) Scientific methods and systematic approach – are basic prerequisite for successful and handball training.
- 2) General and special training – the training programmed with integrated and interaction of physical mental, coordinative technique and tactics requirements.
- 3) continuity of training : the training process a handball has to be continuous guarantee and steadily improvement of performance
- 4) Load planning: - the lightest possible load in training in order to mobilize all physical and mental performance can be reached only through a gradual, optimal increase in the training tasks.
- 5) Individual and collective training: training the individual is wisely integrated into group and team training and that the strong and weak points of the individual player are taken into account.

Long term performance build – up to handball

Junior training- Basic training age group stage of all round basket training directed towards the special sport.

Creation of comprehensive performance pre requisites by: creation of comprehensive performance pre requisites by: All- round in coordinative and conditioning abilities

- Formation of basic physical training and competitive qualities.
- Imparting of basic tactical knowledge and formation of basic tactical abilities.
- Formation of basic technical skills and combination of movements
- Imparting technical and tactical skills and abilities from other sports.

3.3.8 The Benefits of Youth Sport Participation

- The benefits of youth sport participation are many even for the general well-Being and for the creation of competitive players. With so many youth participating in sports either

in school or agency sponsored programs, it is important to examine the possible benefits of this involvement for example see Feldt, Eving, and Walk (1992) have identified the following possible benefits associated with competition.

- Learning physical skills , young athletes learn both fundamental motor skills (e.g. running, jumping and hopping) and sport specific skills like how to put a golf ball or shoot a jump shot in handball that allow them to stay active of this list the benefit of moral development has been most debated Hodge, 1989 moreover, research has demonstrated that when fair play, sportsmanship and moral development information is systematically and consistently taught to children in sport and physical education settings character can be enhanced.
- Community – based afterschool activities foster motivation and intense concentration in adolescents for these reasons, it has been suggested that after school activities may be particularly useful promoting skills such as initiative and ability to set and achieve goals.

2.4 MAJOR FACTORS

2.4.1 Community participation for Sport Development:

Participation is a commonly used approach and concept within development. Through active participation, young people are empowered to play a vital role in their own development as well as in that of their communities. The UN has long recognized that young people are a major human resource for development and key agents for social change, economic growth and technological innovation. Community sport is often subsumed under the title of community recreation. This is in recognition that practice often reflects quite inclusive informal activities which blur the boundary between sport and recreation, and some which on first glance seem hardly to constitute sport at all. Community sport is provided through many different types of organization. It is not solely the preserve of local authority leisure services or of sports development officers. It is mostly located in the public sector, often also in the voluntary sector, but seldom in the commercial sector. It is practiced in youth and community work, social services, probation services, schools, and many other realms as well. Community sport originally arose out of the realization that traditional participation patterns were dominated by advantaged

sections of the population and that an alternative approach was needed. In attempting to conceptualize community sport, it must be understood that it can be described as a contested concept (Haywood 1994,

Sports Development =Participation +Community Development

A good example of community sports practice is the Action Sport project. It was originally implemented nationally.

2.4.1.1 Parental Support

- Parents are the earliest and most significant influence on an individual attitude of sport.
- According to Levinson and Christensen (2005) parents appear to be important as financial supporters as organizers of transportation, improvising moral support as
- Organizers of transportation in providing moral support their presence at practice and games.
- However, parental roles differ, and research concerning elite performance has revealed different stages in the development of talent, including shifting demands on the parents research suggests that in the early years, the sampling years (ages 6-12) optimum parental support is given to encourage their child's participation having fun and enjoying the learning. In programs for the development of talent it is recommended that parents provide the child with access to varied program of physical education and sport from an early age.
- The middle years, the specializing years (age 3-15) are characterized by a greater commitment of the child as well as the parents to a particular sport. More accomplished coaches are sought, and the parents often devote more resources to the activities. They are providing the child with financial support and transportation needed for training and competition often, the family routine can be dominated by the child talent development parents should provide support in a background rolled can be essential improvising financial as well as emotion support.

2. 4.1.2 Peers

- Outside of the family, friends and peers are one of the most influential factors in the sporting decisions made by young athletes. Research has shown that as children get older the influence of the family decreases and the influence of peers becomes more important.
- Peers can influence decisions about whether to participate in sport and the type of sport to undertake. Many children admit that the desire to fit in and belong is an important influence in their decisions to participate in sport. Adolescents have a desire to feel they belong and will often make decisions about sport based on what is considered the norm or what is seen to be socially acceptable among their peers.
- Peers also have an influence on the type of behavior displayed on the sport field, whether an athlete's behavior is ethical or not. Negative influences can exist within a team; a copycat mentality can cause an adolescent to mimic the rough or unethical play of some team mates; victimization from a team mate can drive young athletes from their sporting pursuit. Conversely, peers who demonstrate leadership qualities and strong ethics can have a positive influence on a team mate's behavior.

2.4.2 Talent identification in handball

The immediate purpose of identifying talent is to predict with a high degree of probability whether or not a young player will be able successfully to complete the union training programme, so that he or she can with a reasonable measure of certainty undertake the later stages of training. The earlier a young person shows suitability for training and an ability to learn, the more successful will be in completing the junior training programme. This will give the young player more time for training before reaching their age peak performance and will have a positive lasting effect on his or her training and education.

Rules and principles of early recognition of talent

The selection of young talent begins with compulsory sport school and during outside sport activities such as

1.By screens

2 .Within the frame work of Sparta kid movement of sport competition championship games in which children's and young adult take part

3 .during special competitions

Theoretical principles that determine suitable point to select good player for the future

- All round analysis of physical and mental ability
- The selection should be carried out as a process of evaluation of general and specific talent stage.
- Selection must be based on those critical performance factors that play a decisive role in attaining peak playing efficiency.
- The degree of manifestation of critical performance factors should be evaluated in relation to the in dividable level of physical development.
- Selection should be on the bias of development and of the potential personality of the child taking part in sport.
- The special consideration on this point should be gone to evaluating the pattern of conditions.
- The attitude to sport at home and of school ,the child's personal interest in sport participation in sport outside the school, the child's participation in communal activities in the class and in the young pioneers organization.

Strengthen in the child performance of school

- Screening and selection with the aid of the principal performance factors, Highlight and weight - coordination, Running speed Endurance ,Obtaining additional information information on previous playing history, and on physical performance record

Analysis of the critical performance factors ,Indicators of aptitude ,Performance level, Rate of improvement of performance stability's and potential improvement and Load tolerance

2.4.3 Coaching styles

Coaching has roots in the area of sports of course and as such date back athletes of far as an ancient Greece where well paid coaches trained many of the athletes company in the original Olympic games (Eduard's)

Coaching style reflects how a person chose's to lead and interact with student, athletes .it affect how a coach wants to motivate and discipline and what role, if any athletes are permitted to have in making decision that affect them .Each person must choose the coaching style that best fit that person personality including trainees characteristics but every coaching style is somewhat different combination of three approaches Authoritarian(coach own decision), cooperative (participatory) and passive coaching styles(laissez-faire).

2.4.3.1 The role of coach

As coach it is necessary to work hard on the improvement of trainees and the project development to get the desired success experience coaches will point out goals and having organized plant of performance each step by step and the ability of motivate the trainees as much as possible.

Aminesetal (1995) explains that, what exactly is the coach are roles: recruiter teacher trainer, strategist personal manger administer promoter, communication export diplomat, and spokesperson. Psychologist impartial judge disciplinarian caring friend, counselor parent substitute to be coach to assume all of these diverse roles. For the coach the greatest reward should not be the outcome of winning but rather the process of training and competition that positively affects the personal development of ground athletes great coaches use sport as vehicle to enrich the live and the future of their athlete's .

In does matter whether you win or loss! While society often perceives winning as the most prizes outcome of sport as ingle focus on winning by the coach can subordinate every other worthy outcome of an athlete's participation in sports single focus on winning by the coach on subordinate every other worthy outcome of an athlete participation in sport it is important for coach to evaluate him or she of then during the year determine if winning has become the priority overdoing what is best for the young people in the program.

2.4.4 Equipment and Facilities

Facilities are also the factors for handball development and participation if the adequate facility is available, the project trainees may improve level of participation and performance, to do so the training the support of project co coordinators, the sub city is not as enough as they need to full fill the adequate facility.

According to Bennetetal (2007) the importance appropriateness and effect on enhancing training performance are described.

According to Levinson and Christensen (2005) availability of sport facilities and equipment's has a tremendous effect on the development and popularly of a given sport.

If the facilities and equipment's are available in sufficient manner it is too easy to produce a number of outstanding players from projects of handball and they will show highest performance at national even international level.

- The field of handball on a40m x 20m plying area both of which have 3m by 2m goals .
- The ball size i.e. the circumference and weight to be used youth female age 8-14 , 50-52 cm and 290-330g and male age (8-12)

Sport wear

Appropriate sport wear is required for all trainees. As a coach discuss the type of sport clothes that is acceptable and noticeable for training and completion. Discuss the importance wearing properly fitted clothing, along with the advantages and disadvantages of certain types of clothing worn during training and completions.

In appropriate close like jeans and other tighten close that restrict their movement players must we as clothes they are a suited for activities in which they are engaged. In general, this means comfortable non- confining clothing and well- fitted player sport shoes. Proper fitting and clean uniforms tend to give a player boost. Although the saying "your play as well as you look" has never been proven, many players a coaches at invent to be live in it and the other which are not lived sport equipment must be fulfilled for the development and improvement of handball projects.

2.4.5 Motivation

Motivation is an internal energy force that determines all aspects of our behavior; it also impacts on how we think, feel and interact with others. In sport, high motivation is widely accepted as an essential prerequisite in getting athletes to fulfill their potential; however, given its inherently abstract nature it is a force that is often difficult to exploit fully. Some coaches appear to have 'magic touch' being able to get a great deal more out of a team than the sum of its individual parts while others find motivation to be an elusive concept they are forever struggling to master. Each and every one of us has an untapped energy source that can be drawn upon to bring about superior results. Enhancing motivation is fundamentally about a change of attitude, developing a positive 'can do' mindset and engaging in systematic behaviors – the short-term process goals – that facilitate improvement. To work best the techniques mentioned in this article need to be molded around specific circumstances and the needs of individual athletes. Always strive to be original and innovative in the application of motivational techniques.

Participation Motivates: It is vital to get people involved and to seek their opinions. When working in groups or teams it is important that an environment is established that gives each group member an opportunity to express and share their ideas. People who are listened to and are given an opportunity to actively participate, are more effective and are more motivated.

According to Bucher (1975:3) in learning physical skills, the exercise it supplies for becoming physical fit, the social contributions such as the development of sportsmanship qualities Learning here to get along with others and team work this psychological benefit is the form of self-confidence and outlet for mental frustration; improvements of personality and development of qualities courage and self-discipline and the Knowledge learned inters respect to the role of sport in the culture of world.

2.4.6 Role Model.

Role models heroes and mentors are a part of everyday life and therefore are thought to have a significant on the beliefs and action of individuals. They are also frequently used in programs to deliver messages to a target group in order to evoke behavior change.

The role models who influence children and adolescents tend to change over time (Glover, 1978) early in life, young children refer to their immediate family members to provide positive attitudes and behaviors up to the age five parental influence may have the greatest impact. At school, the principle role models change from family members to friends and teachers and as the child continues to get older his /her role models be into originate from arrange of other areas including athletes , coaches, television star , pop stars and movies star so when we see in our context currently is there is no much information about handball players achievements and popularity so we should work had on the producing of rule models in the field of handball that motivates grass root project clubs and others .

2.4.7 Games and competition

According to Sucheva (2001) Games and sport are played for recreation to develop strength, stamina, vigor or to compete. games and sport of two types indoor and outdoor games that are played in a room are called in door games and those that are played outside called out door games to improvement handball projects performance skills and also the development of the game computation is important to increase the abilities of the players through different technique and tactic that help for the future improvement even the number of competition that are held per ear can determine sport or handball development when greater number of computation held there is a chance to participate large number of Spectator and involve many players into the game also the number of training time and days increase through this the performance of the players increase this led to the awareness of handball sport.

2.4.8 Sport officers

Sport developments of officers are taking with creating and implementing programs which encourage sport activity across all areas of society. In this role, they would work alongside government authorities and private organization such charities and not for profit organizations and community groups, to put arrange of appealing, exciting and valuable schemes in to action.

Work experience in community, sport, school or voluntary organizations is essential, coaching experience is highly desirable. This can be gained through working or volunteering for local dataries or sport national governing bodies (NGDS) and clubs, building up experience of delivery in one sport is helpful although a multi sport approach is often ideal.

Completion for job can be tough networking and making contacts with in the sports development sector through work experience will improve the chance of success.

Look at join an relevant sport clubs or societies at university and aim to take on levels of responsibility with in these to give the experience developing the clubs.

2.4.9 Nutritional

Another factor for participation and better result is nutrition (Bezabeh 1997; 49 defined nutrition sit is a science of nourishing the body. The athlete who is striving for excellence should train had and to train hard should eat balanced diet and enough calories to cover the load and to maintain the body.

Nutrients are chemical substances in food that function, to furnish the body with fuel, to build and repair body tissue nutrients are divided in to proteins, carbohydrates facts, water vitamins and minerals carbohydrates are the major energy source for the body especially during intense training Bezebih , 1997. 49)

Food is the fuel of athletic performance. Through once cannot control the food of the athlete eat, but can guide them to ward healthy they eating. To do so it must be acquainted with the basic of proper nutrition.

Also Taylor (1992:85) noted that the body need energy to function at any level and the more stress it is put under, in the form of exercise, then the more energy it requires thus the total food intake in ball games under going such training is also increased .When discussing the dietary require thus the total food intake in ball games under going such training is also increased. When discussing the dietary requirements of handball , Jarry (1997:75) so notes it is necessary to distinguish between training of very short duration which involve technique and muscular strength which last only seconds or a minutes or two at the most on the one hand and training program that lasts for a long period stay up to several hours and which therefore requires higher energy in case of endurance training.

Calories requirements for athletes

Calories requirement vary greatly form person are influenced by the level of physical activities body size and age, there for it is impossible to establish universal dally caloric requirement for

athletes. On the other hand Amneusetal (1997), continued to describe about understanding the importance and relevancy of feeding athletes on time as follow.

Pre competition meals.

The primary purpose of the re-competition meal is to provide energy and fluid for the athlete during the game carbohydrate rich foods provide the quickest and most efficient source of energy, fats foods , are rapidly digested since many athletes experience abdominal discomfort if they have good in their much during competitive , the training of the meal is important to avoid potentials gut distress , the calorie content of the meal should be reduced the closer to exercise the meal is consumed . A small meal of good calories is appropriate an hour before exercise were as a large meal can be consumed four hours before exercise.

The athletes food and flood should be well tolerated familiar (tested in training) and palatable. Athletes may have to do some planning to ensure they have access to familiar foods before completion.

Fueling During competition

During tournament or meets, athletes require fluids and carbohydrate throughout the day some athletes may be reluctant to eat and drink because they have to compete again however, failing to refuel and replace fluid losses can cause their performance to-deteriorate, particularly toward the end of the day. Brining along cooler packed with familiar high carbohydrate, low fat meals and snacks keep s athletes from them being dependent on the high fat fare typical or concession stands.

Since everything a player eats before completion may be considered a pre- event meal it is important to consider the amount time between competitions. If there is less than hour between games or events athletes' can consume liquid meals, sports drinks carbohydrate gels fruits juicers and water, when there is an hour or two between games or events, athletes can consume easily digestible carbohydrate rich goods such as fruits grain products (fig bars, bagels and graham crackers) low fat yogurt, and sports bars in addition to drinking fluids .When games or consume thigh carbohydrate meals along with drinking fluids

After hard physical activities it is important to continue replacing lost fluid and eating food to replace depleted energy stores. However eating should be delayed from between one to two hours after completion (Retrieved on PE. 11:2011 from www.ocr.org.uk).

2.4.10 Media Coverage

- Large and dedicated bundle of followers broadcasting these sports on a regular basis enables the media organization to connect advertisers with consumers furthermore the emotions felt by consumers as they watch listen to their favorite sport enables the advertiser message to have a more powerful effect.
- According to Raymond and Heynes (2000) the stars of sport, the athletes have become a never ending source of inspirations or the construction of stories to be told today sport is an ever ending source of characters and plots for the mass media .
- Modern stories about good and bad success and failure, luck and misfortune, victory and defeat, things native and foreign group identity and emotion are all recounted in their most popular of expressions sports narration the media select priorities augment and silence the values (and counter values) of sport and Olympic .and they do so of people for the new " decathlete's" .
- So when we see our handball sport there is minimal of media coverage rarely we hear when there is in high eradication sport week unless we didn't hear about and ball sport computation specially in Addis Ababa so media has large role for one sport development and participation of communities .
- According to Hills (2009) stated that "sport, which will not follow the medias wishes , will die gradually .

CHAPTER THREE

3.1 RESEARCH DESIGN METHOD AND METHODOLOGY

The purpose of this study is to investigate the major influence that under hinder ball project participation and development in Addis Ababa Nifas Silk Lafto sub city. To realize the study finding the study uses qualitative and quantitative method of data collection.

3.2 Sources of data

The information was obtained from handball project trainees, coach and project coordinators of Nifas Silk Lafto Subcity .

In order to obtain the necessary data, the researcher used primary and secondary sources of data. Primary source of data are gathered questionnaires and interview from project trainee, coach and project coordinators of the Nifas Silk Lafto Sub city. Secondary source of data observation check lists and literature review.

3.3 Population and sampling techniques

For the specific research of the following sampling were selected. It is non-provability (purposive sampling). To select all project trainees, coaches and project coordinators the above mentioned sampling technique or purposive sampling technique were employed because of there are few numbers of the total population which are below 100 and they are directly concern with its issue under the discussion, there for all are included in the study for keeping its validity and reliability.

The total numbers of respondents are 70 subject were participated to the necessary data there are 65 are HB trainees from three projects, 3 are handball project coach and the remains 2 are project coordinators of the sub city. The researcher believes that these subjects (respondents) are fit to give basic information for the desired research.

3.4 Data gathering instrument

The instruments used for data collection were questionnaires which are closed and open-ended interviews and training and facility observation.

3.4.1 Questionnaires

To ensure the appropriateness of the items, a pilot study was carried out in 10 project trainees questionnaire also administered for one, coach who were selected for the pilot study. Based on the response obtained from the pilot study correction and revision was made in order to avoid ambiguity of questionnaire items and to maintain the validity and reliability of the language coherence. After that the questionnaire viewer distributed to handball trainees and caches of handball project and 2 project coordinators of the sub city.

3.4.2 Interviews

Face to face interview was conducted with the project coordinators and three coaches of project in Nifassilk Lafto Sub city structured open ended interview question. Were interpreted in Amharic and distributed. Finically, it was translated in to English. The interview items were mainly focus on influence of handball participation and developments, media coverage, handball facilities, community awareness and support, dominance of other sport, budget for handball training and the possible solution to promote handball sport in project and further improvements.

3.4.3 Observation

The purpose of observation of the training in handball activities was to obtain information how the faculties and equipment are accessible, implementation of the training ways of motivation, interests of the project trainees. And the researcher observed three successive days during the training.

3.5 Data collection procedures

To get the sensory information and easy of understanding questionnaires were prepared in Amharic and English languages. Questionnaire prepared in Amharic were distributed for handball project trainees and English for handball coach's and project coordinators.

Whereas the interview was conducted in Amharic and observation took place at the physical presence of the researcher herself also the gathered data was tallied and the open –ended question item and interview responses were generalized and summarized.

3.6 Data Analysis

The information obtained from opinion gathered through questionnaire were structured organized and framed to suit analysis and inference of conclusion when interpreting the data simple statistical method percentage was used to questions that require quantitative measurement accordingly table were used in tabulating the results . Finally based on the findings and the conclusion reached, recommendations were proposed as research output.

CHAPTER FOUR

INTERPRETATION AND ANALYSIS OF DATA

Table 1 Characteristics of respondents

Item			Types of Respondents							
			Trainees		Coaches'		Project coordinators			
			No	%	No	%	No	%		
1	Sex	Male	58	89.2	3	100	2	100		
		Female	7	10.8	-	-	-	-		
		Total	65	100	3	100	2	100		
2	Age	Below 15	9-12	25	38.5	-	-	-	-	
			13-15	40	61.5	-	-	-	-	
		Total	65	100	2					
		25-30	-	-		66.7	1	50		
		30-45			1		-	-		
		Above 45	-	-	1	33.3	1	50		
		Total	-	-	3	100	2	100		
		a) 1-3 year	-	-	-	-	1	50		
		b) 4-6 year	-	-	2	66.7	-	-		
		c) 7-10 years	-	-	-	-	-	-		
3	Work experience	d) >10 years	-	-	1	33.3	1	50		
		Total	-	-	3	100	2	100		
		10 th completed	-	-	-	-	-	-		
		4	Educational qualification	Certificate	-	-	1	33.3	-	-
				Diploma	-	-	1	33.3	1	50
Degree	-			-	1	33.4	1	50		
Masters	-			-	-	-	-	-		
PHD	-			-	-	-	-	-		
Total			-	-	3	100	2	100		

Based on the above table information on the characteristics of respondents 58 (89.2%) are male handball project trainee on the other 7(10.8%) are female trainee or respondents and when we see the age 9-12 years olds are 25(38.5%) and the other 40(61.5%) are in the age of 13-15 years old.

When we see the coach respondents 3(100%) of the respondents are male or no female respondents and 2(66.7%) are in the age of 25-30 the remain 1(33.3%) is in the age of above 45 years old and the work experiences of 2(66.7%) of the respondents are 4-6 years the other 1(33.3%) are greater than ten years' experience.

The other remains respondents are project coordinators 2(100% of the respondents are male or no female project coordinators their age are 1(50%) are 25-30 years old the remains 1(50%) are in the age of above 45 years old.

When we see the work experiences of these respondents (50%) are 1-3 years the remaining 1(50%) are greater than ten years' experience.

The qualification of coach respondents (33.3%) are certificate holder (33.3%) are diploma holder and the remain 1(33.3%) are degree holder. The qualifications of project coordinators (50%) are diploma holder and their main (50%) are degree holder.

Table 2 the interest of the trainees toward handball training

Item	Respondents	
	No	%
2. What do you think your interest of handball training		
A. High interest	13	20
B. Medium interest	32	50
C. Low interest	10	15
D. Unknown	10	15
Total	65	100

As the above table 2 described that 32(50%) of the respondents have medium interest to words handball training 13 (20%) of the respondents replayed as they had a high interest towards the handball training in the sub city 10(15%) of the respondents responded as they had a low interest towards a handball training and 10(15%) of the respondents replayed as they didn't have interests to words a handball training which given in the project of sub city

Table 3 the reason of why they have low interests or un known

Item	Respondents	
	No	%
3. If your answer for question number 2 low interest or unknown the reason is		
A. Low motivation of coach	20	30
B. Less support of family	3	5
C. Less attention for handball sport	3	5
D. Other problems	0	0
E. All of the above	37	60
Total	65	100

According to the above table 3 60% (37%) participates confirmed that as they do not have on interest towards handball training because of there were less support of family, loss attention to handball and less motivation of coach, 30%(18) of the respondents replayed as there were loss attention, of handball and 3(5%) of the respondents replied as these less motivation of coach.

Table 4 The frequency of the training.

Item	Respondents	
	No	%
4. How often you train in handball project per a week		
2days per a week	21	33
3 days per a week	22	34
5 days per a week	-	-
6 days per a week	-	-
No fixed	22	34
Total	65	100

The above table 4 declared that(21) 33.3% of the participates confirmed as they train 2 days per a week 33.3% (22) of the respondents replayed as they trained 3 days per a week and 22(33.3%) of their respondents replayed as they had no a fixed time to train .

Table 5 Development of handball project

Item	Respondents	
	No	%
5. The reason of less development of handball projects are		
Less support of society	2	3
Less attention of concerned body	7	10
There is no role model in the field	5	7
Un known	3	5
All	48	75
Total	65	75

As the above table 5 shown 2(3%)of the participants confirmed that the reason for less handball development were less support of the society, 4(10%) of the respondents replayed as there were less attention of the concerned body, 7%(5)of the respondents replied as there were no role model in the field, 5%(3) of the respondents replayed as there were unknown and 48 (65%) of the respondents replayed as there were ales society support, no role model in the field, less attention of concerned body and un known (all).

6 Family providing of desired nutrients for trainees

Item	Respondents	
6. Does your family provide you desired nutrient for training.	No	%
A Yes	11	20
B No	54	80
Total	65	100

As the above table 6 show that 11(20%) of the respondents replied that there family provide them the desired nutrient for training but the majority of the respondent which are 54(80%) responses that there family doesn't provide desired nutrients for the training.

Table 7 the domination of handball by other sports

Item	Respondents	
7. Do you agree that handball project is dominated by other ballgames?	No	%
Agree	55	85
Disagree	10	15
Total	65	100

The above table 7 reflected that 55(85%) of respondents replied as they agreed that handball project were dominated by other ball games and 15/10%/ of the respondents replied as they did not agree disagree).

Table 8 the support of project coordinator towards handball project

Item	Respondents	
	No	%
8. The support of handball projects by the sub city concerned body (project coordination)		
Excellent	3	5
V. good	7	10
Good	18	25
Un satisfactory	37	60
Total	65	100

The above table 8 reflected that 60% (37) of the respondents confirmed that the supporting of handball project in the sub city by the concerned body have been unsatisfactory the other 18(25%) of the respondents replied very good supportand3(5% of the respondents confirmed excellent support.

Table 9 equipment and training materials

Item	Respondents				
	Strongly disagree	Agree	disagree	Strongly disagree	Total
9. Is there enough equipment and facility for the training and computation of handball projects					
Number	0	9	49	7	
Percent		15	75	10	65

As the above table 9 shown as 49(75%) of the respondents confirmed disagree about enough equipment and material for handball training and computation 9(15%) of the respondents replied as they agreed and 7(10%) of the respondents replayed as they agreed and 7(10%) of the respondents have been replayed as they strongly disagree with the statement, enough material and equipment's in handball training and computations.

Table 10 number of handball projects compared with other ball games

Item	Respondents			
	Greater than	Equals	Less than	No competition
10. When you compare number of handball project computations with other ball game held per a year?				
Number (65)	0	3	55	7
Percent	0	5	85	10

As the above table 10 indicated the 55(85%) of the respondents replayed as there have been less handball competitions per a year than other ball games, 7(10%) of the respondents replayed as there were no computations of handball and 3(5%) of the respondents confirmed as there have been equal competitions of handball with other ball games which held per a year.

Table 11 the improvement of handball projects in the sub city

Item	Respondent	
	No	%
11. Do you think that handball projects are Improved as other ball games (like football).		
A) Strongly agree	1	2
B) Agree	3	5
C) Disagree	20	30
D) Strongly disagree	41	65
Total	65	100

As that above table 11 proved that 41(65%) of the respondents responded as they have been strongly disagree on the improvement of handball project compared with other ball games where as 30% (20) respondents have been disagreed, 3(5%) of the respondents have been agreed and 1(2%) of the respondents replies as their strongly agreed on the improvement of handball projects compare to other ballgames training .

Table 12 the support of coach during a training of handball

Item	Respondents	
	No	%
12. In the training session of handball how do you express the support of your coach?		
A) Excellent	3	5
B) Very good	7	10
C) Good	13	20
D) Insufficient	42	65
Total	65	100

As it indicated on the above table 12 65% (42) respondents respond that the supporting of coach in the training were insufficient, 13(20%) of the respondents replayed that the supporting of coaches were good during training, 7(10%) of the respondents confirmed as the supporting of coaches during training were very good and 3(5%) of the respondents replayed as they supported excellently by their coacher during the training session of handball

Table 13 Media coverage for handball projects

Item	Respondents	
	No	%
13. Do you towards believe that there is no media coverage handball projects		
A) Strongly agree	65	100
B) Agree	0	0
C) Disagree	0	0
D) Strongly disagree	0	0
Total	65	100

As the above table13 indicated that 100% of the respondents replayed as they have been believed that there were no media coverage towards a handball projects

Table 14 supporting and awareness of the community to ward handball projects in the sub city

Item	Respondents	
	NO	%
14. Regarding to handball what do you think the supports and awareness of the community of the sub city?		
A) Excellent	-	-
B) V. good	-	-
C) Good	13	20
D) No support and awareness	52	80
Total	65	100

As the above table 14 declared that 52(80%) of the respondents replayed as there were no support and awareness of the community towards had ball project in the sub city and 13(20%) of the respondents replayed so there were good support in so and awareness of the community towards the handball projects in the sub city.

Replies for open ended questionnaire

13. The question raised on the reason of less community is lack of awareness on the sport, and it need create awareness before the support of the projects, need motivation to involve on the sport by state its importance to the community.

14. The reason of less number of projects

The reason are less interests of project trainees on the handball rather than football which is dominated by other sport , professional or qualified coach on the specific fields of the study, the

problem of budget, in adducted equipment and field weeks supervision irregular supervision are the possible cause .

To overcome the above problem the sub city full fill every in sufficiency that are listed in the above with work together with NGO, coach and the community also the government give attention for the development of projects.

For coach respondents

The total number of handball coach in the sub city are 3 and all of them are included in the study.

1) The interest of projects trainee towards handball training

Item	Respondent	
	No	%
1. The interest of project trainee towards handball training?		
A. High	2	66.6
B. Medium	1	33.3
C. Less	-	-
Total	3	100

As the above table 1 indicate that 2(66.6) %of the respondents replies that there was high interests the training of handball and the remaining (33.3) % respondents replies there is less interest towards handball training.

2 Enough handball court and materials for training

Item	Respondents	
	No	%
2. Is there enough handball court and material for training of the projects		
A) Yes	-	-
B) No	-	-
C) Not enough	3	100
Total	3	100

As the above table 2 Information 3(100) % of the respondents replied that the handball court and materials for project training 1 is not enough.

3 The number of handball projects

Item	Respondent	
	No	%
3. How do you express the no of handball projects compared to other ball game activities in the sub city?		
A) Greater than	-	-
B) Equal as	-	-
C) Less than	1	33.3
D) Very less	2	66.7
Total	3	100

Based on the above table 3replies 2(66.7%) responds respond that very less number of handball projects compared with other ballgame in the sub city and the others 1(33.3%) of the respondents respond that less than.

4. Coordination of coach, trainees family and sport managements

Item	Respondent				
	Yes	%	no	%	Total
4. Do you have a good coordination with the family of trainee	1	33.3	2	66.7	3

According to the above tables 4 information 1(33.3%) replied that they have a good coordination and the other 2(66.7%) replied there are no coordination with the families of the trainees sport management or project coordinators.

5. Media coverage towards handball project

Item	Respondents	
	No	%
5. Do you think that handball project has a media coverage		
A) yes	-	-
B) No	3	100
Total	3	100

As the above tables 5 indicates that 3(100%) the respondents replied that handball projects has no a media coverage.

6 .The Community participation towards handball projects.

Item	Respondent			
	No		%	
6. How do you think community participation regarding to handball project growth	Very good	good	less	total
	-	1	2	3
Number	-	1	2	3
Percent	-	33.3	66.7	100

As the above table 6 information (33.3%) replies that there is good community Participation regarding to handball project growth and the other which are 2(66.7%) of the respondent repels that there is less community participation.

7. Handball sport dominated by other sport

Item	Respondent	
	No	%
7. Does the game (handball) dominate by other sport project in the sub city?		
A) yes		
B) No	2	66.7
	1	33.3
Total	3	100

Based on the above table 7 indicate that 2(66.7) responds that handball is dominated by other ball game (sport) the remaining 1(33.3%) replies that no or handball is not dominated

8) The practice session per week

Item	Respondent	
	No	%
8. How often you have been in practice session per week		
A) 2-3 per week	2	66.7
B) 3-5 per week	-	-
C) Above days	-	-
D) Not fixed	1	33.3
Total	3	100

As the above table 8 indicates that 2(66.7%) respondents respond that they gives the training 2-3 days per week and the other 1 (33.3%)of the respondents respond that the training is not fixed .

9. Sub city support for project development.

Item	Respondent	
	No	%
9. Does handball federation give enough and desired support for project development?		
A) Yes	-	-
B) No	-	-
C) Not enough	3	100

Based on the above table 10 shows that 3(100)% replied that the support of the sub city is not enough as well as desirable for the project development .

10. Community supports for handball project

Item	Respondent	
	No	%
10.How do you express support of sub city for project of handball project?		
A) Very good	-	-
B) Good	-	-
C) unsatisfactory	1	33.3
D) No support	2	67.3
Total	3	100

According to the above table 10 information 1(33.3) replied that the support of the sub city is unsatisfactory and the other 2(66.7%) responds that there is no support at all towards handball projects.

11. Coaches have a regular meeting with concerned body

Item	Respondents					
	No	Yes	Some times	Not	%	Total
11. Do you have regular meeting with concerning body for the improvement of handball projects	-	-	-	3	100	3

As indicted in the above table 11 replies that 3 (100%) respondent responds that there is no meeting with concerned body for the improvements of handball projects.

12. Desired nutrients for trainees of handball projects.

Item	Respondent		
	Yes	No	Not known
12. Do you think that handball trainees of project can have desired nutrients by their family?			
Number	-	2	1
Percent		66.7	33.3

Based on the above table12 information 2(66.7%) of the respondents replied that the trainees of handball project has not provided desired nutrients for the training and computation by their family and the remaining 1 (33.3%) replied that it is not known whether the trainee have desired nutrient or not.

13. Peers can effect on the choice of sport on the trainee of handball project.

Item	Respondents	
13. Do you think that peers can effect on the choice of sport on trainee of handball project.	No	%
A) Yes	3	100
B) No	-	-

Based on the above table13 information 3(100%) respondent replies that peers are a strong influence on the choice of sport and involvements of handball project .

Table 14. Sub city provide you upgrading course incorporation of the handball federation.

Item	Reference	
	No	%
Does the sub city provide you upgrading course in cooperating of handball federation.		
A. Yes	1	33.3
B. No	2	66.7
Total	3	100

According to the above table14 shows as 1(33.3%) of the respondents replied that the sub city provide upgrade course incorporate of handball federation the other 3(66.7%) replied that there is no providing upgrade course.

Table 15 Role model has a positive implication on motivation.

Item	Respondents	
	No	%
14. Do you think that role model has a positive implication on motivation of handball projects		
A. Yes	3	100
B. No	-	-
Total	3	100

As the above table15 information 3(100) respondents replied that Role models has strong influence to motivate participate handball sport.

Table 16 methods of selection trainees for handball project

Item	Responses	
	No	%
Your method of selecting of trainees for handball projects depends on.		
A. Based on interest	1	33.3
B. Based on game	2	66.7
C. Based on talent identification	-	-
D. All	-	-
Total	3	100

Based on the above table16 informatoin1 (33.3%) of the respondents select the trainees for the project based on interest and 2(66.7%) are replied that based on game which is well played in a particular competition.

Table 17 Sport management or project coordinators are qualified in physical education or related.

Item	Respondents	
	No	%
17. Does sport management or project coordinators are qualified in physical education.		
A. Yes	1	33.3
B. No	2	66.7

According to the above information (33.3%) of the respondents replied that project coordinators are physical education qualified and the majority the respondents replied they are not qualified in physical educations.

For opened questionnaire replies for the reason of less number handball project in the sub city?

The coach replies the first reason is less community awareness, regarding to handball sport and the participants are less interest towards the training due to inadequate material like ball, cone even the playing ground is not appropriate for handball they are trainee in any free space which are indicate for the per pose of handball training which prepare for volleyball or football field other reason are less number of coach or qualified coach in the field of the study and the above mentioned are the possible reason for less number of handball projects when we compared with the other ball game project in the sub city.

- What are the possible solutions that you think for the progress handball project in the sub city's
- As the thinks for the progress of handball project it is better that government federation of handball must be work hard on the project development federation of handball must be work hard on the project development starting from Keble to the above in giving of awareness in the communities and promote the sport by giving upgrading course for the coach and in the preparing of playing grounds in supplies of facility and equipment , employing professional sport mangers or project coordinators to attend the works of projects and to support professionally.

What is your contribution for the enhancement and development of the handball projects? as coach the contribution are select the trainees giving the training motivate their works also to participate and promote handball for the communities for the awareness and support .

Project Coordinator

The total project coordinators in the sub city are two so both of them are participant 100% included.

Table 1 having appositve attitude towards handball project

Item	Respondents				
	Total	Agree	Strongly agree	disagree	Strongly disagree
1. Do you have positive attitude toward handball projects?					
Number	2	2	-	-	-
Percent		100	-	-	-

According to the above table 1 information 2(100%) the respondents agree on appositve attitude towards handball project.

Table 2 Equipment and equipment

Item	Respondents				
	Agree	Strongly agree	Disagree	Strongly disagree	Number
2. There is no enough facility and equipment for handball projects					
Percent	100	-	-	-	2

As the above table 2information 2(100%) of the respondents of project coordinators replies that they are agree on there is no enough facilities and equipment on the sub city of handball projects

Table 3 assess annual Handball project

Item	Respondents	
	No	%
3. How do you asses' annual handball project computation compared to other ball game?		
A) Greater than.	-	-
B) Equal as	-	-
C) Less than	2	100
Total	2	100

From the above tables 3 information 2 (100%) respondent replies that the annual competition of handball projects compared with other ball game is less than.

Table 4 The community support towards handball project.

Item	Respondents	
	No	%
4. Does the community support handball projects		
A) Yes	-	-
B) No	2	100

As the above table 4 indicates that 2(100%) respondents replied that there is no community support to wards handball projects.

Table 5 the access of equal budget for handball projects.

Item	Respondents	
	No	%
5. From the total sport budget handball projects got equal access with other ball game.		
A) Agree	1	50
B) Strongly agree	-	-
C) Disagree	1	50
D) Strongest disagree	-	-
Total	2	100

As the above table (5) information 1(50%) respondents responded that agree and the other 1(50%) disagree with the budgets is not distribute equally for handball projects compared with other ball games.

Table (6) project coordinator support and follow up.

Item	Respondents			
	Regularly	Always	Sometimes	Not at all
6. As sub city project coordinator the support and follow up of handball projects.				
Number	1	-	1	-
Percent	50	-	50	-

According to table 6 information 1(50%) respond that there is regular follow up and assess and the reaming 1(50%) responds that there assessment and follow up is sometimes only.

Table (7) for improvement of handball coaching and training support of sub city

Item	Respondents	
	No	%
7. For the improvement of coaching and training of handball what do sub city the support?		
A) Material support.	1	50
B) both material and financially	-	-
C) Follow up only	1	50
D) Very less support.	-	-

From the above table (7) information 1(50%) respondents said that the support of the sub city is material support and the remaining 1(50%) responds replied the supports follow up only.

Table (8) fundraising system to fulfill financial and material

Item	Respondents	
	No	%
8. Do you have any other fundraising system to fulfill financial and material problems handball projects		
A. Yes	-	-
B .No	2	100
Total	2	100

Based on the above table information 2 (100%) respondents replied that there no other fund rising system to overcome the financial and material problems of handball projects.

Table 9 dominance of other sports on handball

Item	Respondents	
	No	%
9. Do you think that handballs dominated by other ball game		
A. Yes	2	100
B. No	-	-
Total	2	100

As the above table (9) information 2 (100%) of respondents responds that yes or handball projects are dominated by other ball games projects.

For the open ended questions it summarized as follows.

The reason of dominating of handball by the other ball game the project coordinators or the respondents replied that the main reason is other are more famous or popular in the community

and the number of participant and supporter are greater than handball sport, with having media coverage , when we come to handball even the number of professional in the field of the study are rare and the interests of trainees the above mention reason are the possible factors for domination of handball projects .

Similarly the reason of less number of handball project in the sub city on this area the respondents replied that there are many factors from them in educate playing field of handball, less interests of trainees, coach's less supports of family of trainees .less supports of the community, no supports of federations of handball.

- The role of the sub city or the project coordinators in creating of community awareness regarding to handball sport and projects.

The role of project coordinators was in supervision of projects in supplying equipments of handball as possible and to announce information regarding to competition. In organizing of Variety competition held in the sub city in the city, and prepare different meeting regarding the sport improvements.

To create a competitive players in the project what is the role of the sub city

The role of the sub city or the project coordinators increasing of community awareness regarding to handball sport and projects.

The role of project coordinators was in supervision of projects in supplying equipment's of handball as possible and to announce information regarding to competition in organizing of variety's competition in held in the sub city, and prepare different meeting regarding the sport improvements.

To create a competitive players in the project what is the role of the sub city

The role of the sub city in crating of competitive players giving a variety of training for trainees and coach support in equipment and materials for the given training and competition supervise their works prepare different competition and motivate players selects players for a better work as necessary.

- What are the possible recommendation for the improvement and development of handball projects in your sub city the possible recommendation for improvements and developments of handball projects are allocation of equipment and materials for the training and compotation, prepare different size of playing field including mini handball courts, the media the Government and different concerned body that are work on sport must give attention.
- Contribution of project coordinator towards the progress and improvement of handball project must be had working in creating of community awareness , motivate both the trainees and the coach's having a collection with federation, other sub city projects for m9ore work finding other fun rising system to fulfill the problems of equipments and materials .

Analysis of interview

Responses gathered from the interview made with project coaches and project coordinators of Nifas Silk Lafto to sub city are interpreted qualitatively as follow.

The data collected from an interview question indicate that community awareness and support, media coverage in advocate facility and equipment's, problem of budget , how to increase interests of participant, insufficiency of training days and suggestion for growth and development of handball expected from coach project coordinators and others.

Community awareness

For the question asked about the communities awareness and support regarding handball sport in the sub city presentation as follow the community awareness and support regarding handball is very less and even they are not differentiate with volleyball and they agree on to work hard on this area for the future in the awareness of handball sport and its advantage that gives for the community for support of their children in the involvement of .

Media coverage

How do you explain the media coverage of handball compared to others sport project.

When we compare the media coverage of handball sporty in general there is no coverage at all because we didn't heard even any same or compotation results unless some times higher

education institution computation results but media has a big influence on the creating of sport awareness for its development and recreation.

Insufficiency of training days.

Do you think it is enough training days for the project of handball?

Trainees the trainings days are not sufficient but they do have many problems related with the equipment and facilities which is the playing field is most of the time is occupied by other trainers and the sub city didn't give attention for the sport of handball specifically in preparing of playing area and fulfilling the necessary material for the trainings. And as they complain in different times but the sub city didn't have the solution it's also an essay to upgrade coaching giving of necessary course for project training.1

The budget of handball sport compared to other sport does the handball project got equal budget with other sports as they replied that sports are equal and there is a budget for handball and other ball game determined by the number of participant e.g. when we compare with football the participant in football project is greater than handball project so similarly the budget also and there is a shifting system of budget for the necessary at the particular project based on the participant number .

To overcome the problems of HB project development and facilities and equipment.

To overcome the problem of the handball project in general the stake holder of the subject project have to work hard in the creating of awareness within the community to increase the participation other one is to fulfill the facilities and equipment problems the sub city try to constrict small playing ground in the sub city for the material allocating the budget as possible and try to get some NGO work on these area .

Table10 Observation checklist filled by the research check list for observation on sugarcane of equipment facilities.

No	Equipment and facilities	Adequate	Inadequate	Not at all
1	Trainee sport wear and shoes		✓	
2	Coach sport wear and shoes		✓	
3	Handball		✓	
4	Handball court		✓	
5	Cones		✓	
6	Goals		✓	
7	Net			
8	Whistle		✓	
9	Training time		✓	
10	Coach motivation during the training		✓	
11	Punctuality		✓	

As the above table indicates the listed materials ,equipments are not adequate for handball training in NSL project.

CHAPTER FIVE

SUMMEARY, CONCLUSION AND RECOMMENDATION

5.1 Summary

The purpose of this study was to investigate the major factor that affect handball project in Nifassilk Lafto sub city. The study is designed to answer the following basic questions.

In order to answer these questions qualitative and quantitative research method was employed. The data gathered through two sets of questionnaires interview and observation. 65 HB project trainees, 3 HB coaches and 2 project coordinators were considered in this study.

The data obtained were analyzed by using one of the statically acceptable tools (percentage s) and descriptive statement.

At last on the bases of review related literatures and the analyzed data, the following main findings were obtained from the study.

The study revealed that:

- ❖ There is no community awareness and support regarding to handball projects.
- ❖ Weak supervision and support of the sub city concerned body project coordinators.
- ❖ There is inadequate facility and equipment for handball training.
- ❖ Almost no media coverage of handball sport.
- ❖ There is dominance of other ball games over HB sport.
- ❖ Less interests of trainees towards handball training.
- ❖ Peer influence on the choice of involvement of game.
- ❖ Lack of family support of trainees to being handball athlete.

- ❖ Inadequate nutrition provide by their family of trainees.
- ❖ Inadequate budget allocation for Handball project.
- ❖ Less annual number of handball project competition compared with other ball games of the sub city.
- ❖ Less motivation of coach during the training and competition of the project.
- ❖ There is no updating course for handball project coach to improve their skill and practice.
- ❖ The absence of role model in handball sport to motivate project trainees for participation and a better work.
- ❖ The absence of Professional coach and project coordinators in the field of study.
- ❖ In general there is less attention for Handball project in the study held sub city

5.2 CONCLUSION

Based on the data collected and discussions made in Nifassilk Lafto Sub City handball projects the researcher reached on the following conclusion.

The community awareness and support to handball project is very less this led to the number of project participant decrease.

Due to absence of the media coverage, shortage of equipment and facility, less number of annual handball competition, absence of role model in the field to motivate trainees, less support of family, dominance of other sport, inconsistency of training days, weak supervision and support by project coordinators , in adequate budget, un aware of talent identification, less attention to work with NGO to full fill materials and equipment problems in general less attention for the sport of handball this cause a negative result on the participation and developments of handball project in the study held sub city so to resolve the above listed problems the sub city project coordinators and coaches should work hard in the mobilizing of the community in creating awareness of handball also it is necessary to work with handball federation to get coaches updating coarse ,in preparing and participation of Varsity completion. To full fill the shortage of facility and equipment's it mandatory to work with non-governmental organization in general if these things are improved the participation and the development of handball projects will be true.

5.3 RECOMMENDATION

In the light of the problems identified and data gathered from this study, the following objective recommendations are forwarded;

Project is one of the main sources of youth players for the club as well as for the national team there for the sub city project coordinators should work in collaboration with handball federation, coaches so as to produce youth moreover ,it should organized regular completion between projects to give chance for young talented player s.

☞ The sub city project coordinators should work with the (communication and media of the sub city) to have media coverage and sponsor for competition and every aspect of handball sport.

- 👉 The sub city should work hard in allocation of sufficient handball project budget

- 👉 Project coordinators should work with nongovernmental organization to overcome the problems of equipment and facility.

- 👉 The project coordinators, coaches, trainees should work hard in creating of awareness and promotion of handball for the community to increase participation.

- 👉 Coaches should use talent identification or scientific methods of selection trainees to create skillful and competitive players for project.

- 👉 Project coordinator should have strong connection with handball federation for the providing of coaches updating course.

- 👉 Handball coaches should give consistent training to acquire the desired objective or success.

- 👉 Project coordinators should work hard on giving regular supervision and support mechanism for the growth and development of handball projects.

- 👉 The sub city should to prepare mini handball courts with collaboration of the community to increase the number of project participants.

- 👉 The sub city should employ professional's project coordinators which graduate from sport science.

- 👉 Finally the sub city, handball federation, project coordinators, coaches, trainees and the community should work hard together for the development of handball in the sub city Nifas silk Lafto Sub City.

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Appendix A

Addis Ababa University

School of graduate studies college of natural sciences

Department of sport science

Questionnaire fulfilled by project trainees

I am conducting research on handball projects in Nias Silk lafto Sub City on the major factors that affect project development.

Therefore, kindly I request to answer the following questions the success of this study depends on your genuine response

Directions writing your name is not necessary encircle the latter of your choice or give your response to each of the following items by encircle the letter or if necessary give short answer in the space provided.

Name of Project _____

Sex A)Male B) Female

Age: - A) 9-12 B) 13-15

- 1) What do you think about your interests of handball training?
a) High B) Medium C) NO Interest D) Unknown
- 2) If your answer for question number 1 is C or D the reason is?
a) Less support of family C) Less attention of handball in the community
b) Less motivation of coach D) other
- 3) How often you train in handball project per week?
A) 2 Days B) 5 Days C) 5-Days above D) 3 days
- 4) The reason for less development of handball project is?

12) Regarding to handball what do you think the supports and awareness of the community of the sub city?

- a) Excellent B) Very. Good C) Good D) no support and awareness

13) If your answer for question number 12 C or D what is the reason?

14) Write the possible cause of less number of handball project in the sub city (Nifas Silk lafto)?

15) To overcome the above problem what are the solution?

Thank your
For the deviation that paid !!

Appendix B

Addis Ababa University

School of graduate studies college of natural sciences

Department of sport science

Questionnaire fulfilled by Coach

I am conducting research on handball projects in Niasilklafto sub city on the major factors that affect project development.

Therefore, kindly I request to answer the following questions the success of this study depends on your genuine response

Directions writing your name is not necessary encircle the letter of your choice or give your response on each of the following item in the space provided.

Name of project _____

Sex A) male B) female

Age A) less than 20 B) 21-30 C) 31-40 D) above 40

Educational background :- A) 10th completed B) Certificate C) Diploma D) Degree E) PHD

Profession _____

1) The interest of project / trainee towards handball training

A) High B) medium C) less

2) Is there enough handball playing area and material for training of the project?

A) Yes B) No C) not enough

3) How do you express the number of project compared to other ball game activities in the sub city?

A) Greater than B) equal as C) less than D) very less

4) Do you have a good coordination with the family of trainee?

a) Yes B) No

5) Do you think that handball project has media coverage?

a) Yes B) No

6) How do you think community participation towards handball project growth?

a) V. good B) Good C) less

7) Does the game (handball) dominated by other sport (projects in the sub city)?

a) Yes B) No C) not dominated

8) How many days do you have been practice session per week?

a) 2-3 days per week B) 3-5 days per week C) Below 2 days per week D) not fixed

9) Does handball federation give you enough desired support for project development?

a) Yes B) no C) Not enough

10) How do you express the support of sub city for projects of handball?

a) Very well B) well C) satisfactory D) poor

11) Do you have a regular meeting with concerning body for the improvement of handball project?

A)Yes B) no C)not at all

12) The number of handball annual handball competition compared with other ball game?

A) Greater than B) equal as C) less than D) un known

13) Do you think that peers can effect on the choice of sport on the trainees of handball project

a) Yes B) No

14) Does the sub city provide you upgrading course in cooperation of handball federation

A) Yes B) No

15) Do you think that role model has appositve implication on motivation of handball project?

A) Yes B) No

16) You method of selecting trainees for handball project is?

- A) Based on interest
- B) Based on game
- C) Based on Talent identification
- D) All

17) Does sport management or project coordinators are qualified in physical education?

A) Yes

B) No

18) The reason of less number of handball projects in Nifasilklastosubcity?

19) What are the possible solutions that you think for the progress of handball projects in the sub city?

20) What is your contribution for the enhancement and development of the handball projects?

Thank your
For the deviation that paid!!

Appendix C

Addis Ababa University

School of graduate studies college of natural sciences

Department of sport science

Questionnaire fulfilled by project Coordinators

I am conducting research on handball projects in Nifasilklafto sub city on the major factors that affect project development

There for, kindly I request to answer the following questions the success of study depends on your genuine response .

Directions:- writing your name is not necessary encircle the letter of your choice or give your response on each of the space provided .

Gender:-a) Male B) female

Age: -a) less than 20 B) 21-30 C) 31-40D) above 40

Educational background: - A) 10thcompleted B) Certificate C) Diploma D) Degree E) PHD

Profession _____

- 1) I have a positive attitude towards handball project
 - a) Strongly agree B) agree C) Disagree D) Strongly disagree
- 2) There is enough facility and equipment for handball projects
 - A) Strongly agree B) agree C) Disagree D) strongly Disagree
- 3) How do you assess annual handball project computation compared to other ball game.
 - a) A greater than B) Equal as C) less than

- 4) Does the community support handball project
a) Yes B) No C) Unknown
- 5) From the total sport budget handball projects got equal access with other projects
A) Agree B) Strongly agree C) Disagree D) Strongly disagree
- 6) As a sub city project coordinator the tendency of assess and follow up
a) Regularly b) always C) Sometime D) Not at all
- 7) For the improvement of coaching and training of handball the support of the sub city is
a) Material support C) follow up only
b) Both material and financially D) Very less support
- 8) Do you have any other fund rising system to fulfill financial and material problem of handball projects?
a) Yes B) No
- 9) Do you think that handball is dominated by other ball game
a) Yes B) No

10) If your answer for question number 9 is yes what is the reason?

11) What do you think about the reason being less number of project in the sub city?

12) What as the role of sub city's project coordinators to create awareness towards handball project in the sub city community?

13) To create a competitive player in the project what is the role of the sub city

14) As sub city project coordinator what are your contribution towards the progress What are the possible recommendation for the improvement and development of handball projects in your sub city

15) and improvement of handball project in your sub city

Thank your
For the deviation that paid!!

INTERVIEW QUESTIONS FOR COACHS AND PROJECT COORDINATORS

- 1 How about the community awareness regarding to hand ball projects?
- 2 How do you explain the media coverage of hand ball compared with other sport project?
- 3 Do you think project trainees have adequate training days per week?
- 4 Does hand ball project has equal access of budget compared with other sport ?
- 5 For the development of hand ball projects and resolve the problem of facility and equipment what is your suggestion?

Observation checklist filled by the research check list for observation on sugarcane of equipment facilities.

No	Equipment and facilities	Adequate	Inadequate	Not at all
1	Trainee sport wear and shoes			
2	Coach sport wear and shoes			
3	Handball			
4	Handball court			
5	Cones			
6	Goals			
7	Net			
8	Whistle			
9	Training time			
10	Coach motivation during the training			
11	Punctuality			

DECLARATION

I declare that this thesis is my original work and has not been presented for
A degree in any another university and that all Sources of materials used for
The theses have been duly acknowledged.

Name: _____

Signature: _____

Date: _____

This has been submitted for examination with my approval, as a university
Advisor.

Name: - _____

Signature: _____

Date: _____