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## Comparasion of Physiology Characteristics of Difference Position in Elite Male Handball Players

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### INTRODUCTION:

Handball players have several field positions, but the physical abilities of players in different positions may vary and therefore need to be treated differently.

### METHODS:

25 elite male handball players (age:22.6±3.7, height: 191.3±6.4cm, weight: 90.9±13.2kg) participated in the study, tested twelve physiological and physical fitness indexes of the players, and compared the differences between different position(goalkeeper, pivot, back and wing) by ANOVA with Bonferroni post-hoc test

### RESULTS:

There were no difference with height, weight, vertical jump height, 30m sprint, YoYo test, pull-up, 60°·s-1 isokinetic muscle strength test in different position ( $p > 0.05$ ). There were group differences in the 1RM squat and bench press ( $p < 0.05$ ).

### CONCLUSION:

No difference in height, weight, speed, endurance, explosive power, slow isometric muscle strength between position handball players and there is a difference between the maximum strength of deep squat and bench press. Practitioners can use the result as a reference for training, but should also be aware of the small sample size in this study.

Topic: Training and Testing

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