

**PRACTICE AND CHALLENGES ON THE DEVELOPMENT OF
HANDBALL IN AMHARA REGIONAL STATE: WITH
SPECIFIC REFERENCE TO THE THREE ADMINISTRATIVE
CITIES**

BY

ZEMENU TESHOME ENDALEW

**A THESIS SUBMITTED TO THE SCHOOL OF GRADUATE STUDIES
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APPROVED BY BOARD OF EXAMINERS

_____	_____	_____
Chairman, Department Committee	Signature	Date
_____	_____	_____
Advisor	Signature	Date
_____	_____	_____
Examiner	Signature	Date

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ACRONYMS

ANRS	Amhara National Regional State
ARS	Amhara Regional State
BOFED	Bureau of Finance and Economic Development
DHB	Deutscher Handball Bund
EHC.....	Ethiopian Handball Championship
EHF	Ethiopian Handball Federation
EHF	European Handball Federation
IAHF	International Amateur Handball Federation
IHF	International Handball Federation
IST.....	Individual Supplement Training
JTP	Junior Training Program
OSC.....	Olympic Solidarity Committee
RHFP	Regional Handball Federation President

ABSTRACT

The main purpose of the study was to assess practice and challenges of handball sport in the three metropolitan administrative cities of Amhara region. The participants of this research were 100 trainees (randomly selected), 6 coaches, 4 federation officials and 4 sport commission commissioners selected by purposive sampling technique. Interviews with structured questionnaire and record reviews including annual reports were data collection instruments used. Both quantitative and qualitative methods of data analysis have been employed. The data was analyzed by using percentage. As a result, the following major findings were observed from the study. Though most of the trainees reported that they have enough equipment for their training, they had no handball club, shortage of facilities which helps trainees, non functionality of regional and zonal federation officials, the absence of well trend and qualified man power at zonal and regional level in the sport commission office and lack of support from Amhara educational bureau to establish schools handball project. the of support from Amhara educational Bureau absence This in part is due to less attention and focus paid by the sport administrators. These results in poor development of handball sport and it becomes the least treated and practiced sport in the region. Based on the findings, recommendation were drawn

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CHAPTER ONE

1. INTRODUCTION

1.1. Background of the Study

The historical background of handball as it's spoken by sport philosophers; man has been done all activities using his hand, rather than his foot. Because of this handball is one of the oldest games in the world like athletics, box and wrestling. (www.usateamhandball.org Freeze & Peter, 1990).

The origins of Handball are a subject of great debate. One view is that it was invented in Germany, back in the late 19th century, as an outdoor sport to keep soccer players fit during the summer months. Outdoor Handball involved 11 players on each side and was played on a virtually full-size turf soccer ground with soccer goals. It was mainly played with soccer rules, except it was played with the hands and kicking the ball was illegal rather than the other way round. However, there are records of handball-style games going back to antiquity. The sport was depicted on a tombstone carving in Athens dated 600BC. The first match of the modern era was officially recorded on 29 October 1917 in Berlin, Germany. Outdoor Handball had its only Olympic Games appearance in the XIth Olympiad (1936 Berlin Games). The first international match recorded was played on 3 September 1925 with Germany defeating Austria. <http://members.ozemail.com.au>

The team handball game of today was formed by the end of the 19th century in northern Europe, primarily Denmark, Germany, Norway and Sweden. Holger Nielsen, a Danish gym teacher, drew up the rules for modern handball (*hand-bold*) in 1898 and published them in 1906, and Rasmus Nicolai Ernst, another Danish teacher, did something similar in 1897. Modern Handball is therefore widely considered a game of Danish origins. (http://en.wikipedia.org/wiki/Team_handball).

Another set of team Handball rules was published on 29 October 1917 by Max Heiser, Karl Schelenz, and Erich Konigh from Germany. After 1919 these rules were improved by Karl Schelenz. The first international games were played under these rules, between Germany and Belgium for men in 1925 and between Germany and Austria for women (*ibid*).

After 1919 these rules were improved by Karl Schelenz. The first international games were played under these rules, between Germany and Belgium for men in 1925 and between Germany and Austria for women in 1930.

The International Handball Federation organized the men's world championship in 1938 and every 4 (sometimes 3) years from World War II to 1995. Since the 1995 world championship in Iceland, the competition has been every two years. The women's world championship has been played since 1957. The IHF also organizes women's and men's junior world championships. By July 2009, the IHF listed 166 member federations - approximately 795,000 teams and 19 million players. (http://en.wikipedia.org/wiki/Team_handball)

The sport's international governing body was first formed in 1928 as the Federation Internationale Handball Amateur, and took its current name in Copenhagen, Denmark in 1946 as the International Handball Federation (IHF). The IHF's first president was Avery Brundage - an American who went on to become president of the International Olympic Committee (IOC). (*ibid*)

Indoor Handball was invented in the 1940s in Denmark. This is a 7-a-side game, played on a court slightly larger than a basketball court with smaller goals than its outdoor counterpart. Again, this sport flourished in the Germanic nations where it was hoped that it would appeal to a wider audience. With rules from other sports like basketball being introduced, this made the game simpler to play and more exciting to watch. The fact that it became a winter sport added to the spectator appeal being away from the cold, seated in comfort, with more action and excitement and higher scores than soccer. The sport is now played all over the world and was reintroduced as an Olympic event for the XXth Olympiad (1972 Munich Games). (*ibid*)

After World War II, and the introduction of the indoor game, the Eastern Europeans quickly become competitive and were soon dominating the sport. Nations like the Soviet Union, Romania, Yugoslavia, East Germany and Hungary were regularly in the top three in most of the male and female international competitions. Only Sweden showed any significant resistance to the Eastern Bloc. (*ibid*)

African (Algeria and Egypt) and Asian (South Korea and China) nations started to make an impact on the international competitions (especially the Olympics) in the late 1980s - early 1990s (*ibid*).

Which the conclusion of the cold war and the collapse of the Eastern Block alliance, many of these nations suffered a temporary economic down turn which effected some of the national teams to loose the winning edge and a number of prominent players and coaches migrating to the west. Countries like France, Spain and Germany began to dominate. Some African (Algeria and Egypt) nations started to make an impact on the international competitions (especially the Olympics) in the late 1980s-early 1990s (*ibid*).

Handball is now played on every habitable continent on this planet. It is estimated that, 19 million people are registered members of Handball clubs and teams around the world, indoor handball remains most popular. Although a new form of out door hand ball (Beach Handball) has been created, gaining its own set of rules. Its success is Limited but thriving and growing at the very same time. IHF also listed 166 member federations and approximately 795,000 teams.

Totally handball in the world had five developmental phases.

- The 1st Developmental Phase was from 1911-1915 the time was known as “game with a goal” and it was only practiced by the women.
- The 2nd Developmental Phase stayed from 1917-1928 this phase was includes the male, and the sport was leading under IAAF.
- The 3rd developmental phase was from 1929-1936 it was the formation of IAHF (International Amateur Handball Federation) and becomes independent from IAAF. (International Athletics Association Federation).

- The 4th developmental phase was started 1937-1945 and it was the beginning of 1st world championship, men's outdoor handball.
- The 5th developmental phase of handball was from 1946-1954 this was the time for replaced of IAHF by IHF (International Handball Federation) and it was the beginning of modern handball with seven players. It also becomes widely spread out all over the continents.

Handball sport in Ethiopia started at 1960 E.C in Addis Ababa University by the foreign teachers. Then in 1961 E.C the course was given for different classes of Armed Force members in order to make participant on the tournament which will be organized by the Ethiopian Handball Federation. The Ethiopian Handball Federation was formed in 1962 E.C and finally Ethiopia become member of the international Handball Federation in 1964 E.C (*source written documents from handball federations*).

In Ethiopia team handball was first known in 1960 E.C when the first seminar was held between Addis Ababa University of Physical Education and Sport Organization of the country. Letter on the first official handball competition was held between Addis Ababa and some regional colleagues in 1961 E.C. In the same year during the summer time all the military members of the country, sport leader and coaches took part the course of handball by the head office of police.

In general Ethiopia had three developmental stages (phase) in handball sport:-

- The 1st developmental phase was from 1960-1964 E.C this was a time to go full membership right of IHF.
- The 2nd developmental phase of handball from 1965-1968 E.C during this period the sport was well known by children, youth, adults and females of different age groups.
- The 3rd developmental era was considered from 1969 E.C on words with the help of Olympic Solidarity Committee and other country people which had great knowledge many Ethiopians were offered three different coaching courses.

In relation to its formation, handball sports were firstly introduced in 1977 at the Old Airport in Bahir Dar town and then expand throughout the region, West Gojam Sport Commission Report 1993. Currently, in Amhara region, there are 85 coaches, eight clubs, 15 playing courts and 440 players (*Amhara Regional State Sport Bureau Report 2008*).

Therefore, the general condition of handball sport development in the region and the attention given by the community and the federation towards the game was very low. Furthermore, until these days no research had been conducted in this area by the region and because of this reason it motivates the researcher to study this research in three selected Administrative cities of Amhara regional State-namely Dessie, Bahir Dar and Gonder. In order to see this problem the researcher has gone to look after the practice and challenges of handball development in the Region and forwarded some possible solutions (ibid).

In connection with the above discussed elements in the development of this event in Ethiopia, especially in the Amhara region there is no any observational and scientific research developed or adopted. This has motivated the researcher to carry out the research and formulate an observation system that is applicable to the development and challenges of handball in the Amhara region.

1.2. Statement of the Problem

It was officially known that the performance of the Amhara Regional Handball Team was better as evidenced in its championship results. The regional team won a number of champions during the Ethiopian handball Championship in the years between 1985 and 1991 E.C. Nevertheless., this has not continued and not yet improved since the year 1991 E.C. The Regional handball performance is not promising at present. This deterioration is observed in its poor success in the Ethiopian Handball Championship. This is observed in the Ethiopian youth championship and the all Ethiopian games of 1999.E.C. Hence the main statement of the problem for this thesis is that in Amhara Regional State the development of Handball Sport is declining and there should be mechanisms to restore the performance of the regional handball sport development.

This research is attempted to investigate the challenges and problems, the practice and development of handball sport, faced in Amhara Regional State. Based on this reasons, it will suggest possible solutions to fill the gaps identified.

This was observed by using different observational and historical background of handball and methods of survey. In the light of those things discussed above, one can raise the following questions.

1.3. Research Questions

1. What is the current status of handball sport in Amhara Regional State?
2. What are the challenges on the development of handball sport in the Amhara Regional state?
3. Do the infrastructures for handball sport practice developed?
4. Is there an organized tournament scheduled in the Region?

1.4. Objectives of the Study

General Objective

The objective of the study is to assess practice and challenge of handball sport and primary stockholders' perception in the three Administrative cities of Amhara Region-namely Bahir Dar, Gondar and Dessie.

Specific Objectives

- To assess the level and extent of handball sport practice in Amhara Region.
- To identify challenges/determinants of handball sport growth in the Region.
- To analyze the perception of primary stockholders' towards the sport
- To draw lessons the will fan efforts for future improvement and intervention

1.5. Significance of the Study

Complexity and every increasing challenge of ensuring successful and continuous handball sport growth in Ethiopia and particularly in Amhara Region calls for the necessity to assess the current practices and investigate the underlying root causes and process contributing to the sport growth problems in the area.

Hence, such studies are beyond doubt important for the success of efforts made in the area to ensure public base via growth of the sport. Policy makers and planners can also draw lessons on designing effective strategies for further efforts. Besides adding a brick to the body of knowledge on the subject, the output of the study could also be informative for sport commission development practitioners and other organizations interested to operate in the area. Furthermore the findings of this study may also serve as a spillover for further research in the area.

1.6. Scope of the Study

The study will be conducted in three Administrative cities of Amhara Regional state. It is being confined in three cities of the region. Its external validity could be weak and hence, generalizations from the findings of the study to other areas may not be feasible. Besides the research will employ cross-sectional research design which enables the collection of data regarding the sport at one time in selected sites, and hence, one can not generalize the findings from such one-shot studies to the general population and overall practices and challenges of handball sport in the region.

1.7. Limitation of the Study

- Shortage of time: collecting data from different sources had taken so much time. Therefore, it creates overload on the researcher.
- Due to financial constraints the study conducted on a very limited area with small size.
- Unwillingness and carelessness of some respondents occurred while filling the questionnaires.

1.8. Organization of the Study

The final research paper will be organized in to five chapters. The first chapter will provide a general introduction. Statement of the problem, the research objective, why deal with review of literature pertinent to the research. The third chapter wills cover the research methodology (research design, source of data, sample, sample size, sampling technique, and data collection instruments and data analysis0. while the fourth chapter will dell on research results and discussion. The fifth chapter will summarize the research and highlight the way forward.

CHAPTER TWO

2. Review Of Related Literature

Different researchers believe that review of related literature has great importance for research finding out. Depending on these idea most of the researcher include these part and use as a theoretical base to reach of conclusion. Since many efforts has been made by the researcher to locate the related literature.

2.1. History Of Handball

The origins of Handball are a subject of great debate. One view is that it was invented in Germany, back in the late 19th century, as an outdoor sport to keep soccer players fit during the summer months. Outdoor handball involved II players on each side & was played on a virtually full- size furf soccer ground with soccer goals. It was mainly played with the hands & kicking the ball was illegal rather than the other way round. However there are records of Handball style games going back to antiquity. The sport was depicted on a tombstone carving in Athens dated 600BC. The first match of the modern era was officially recorded on 29 October 1917 in Berlin, Germany.

Outdoor Handball has its only Olympic game appearance in the XIth Olympia (1936 Berlin games). The first international match recorded was played on September 3, 1925 with Germany defeating Austria.

The sport's international governing body was first formed in 1928 governing body was first formed in 1928 as the federation international Handball Amateur, & took its current name in Copenhagen, Denmark in 1946 as the international Handball Federation (IHF).

In door Handball was invented in the 1940s in Denmark. This is a 7-a-side game, playing on a court slightly larger than a basketball court with smaller goals than is' a outdoor counterpart. Again, this sport flourished in the Germanic nations where it was hoped that it would appeal to a wider audience. With rules from other sports like basketball being introduced, this made the game simpler to play and more exciting to watch. The fact that it becomes a winter sport added to

spectator appeal being away from the cold. Seated in comfort with more action and excitement and higher scores than soccer. The sport is now played all over the world and was reintroduced as an Olympic event for the XXth Olympiad (1972 Munich games).

2.2. The Origen Of Handball

Different authors wrote a lot points on the origins of handball in different time. A person known as Nick somoski said Handball is a game that can be played without the total athletic experience. It combines elements of sports like basketball & soccer while using speed & endurance as a part of its game play, proving to be both unique & challenging. For hundreds of years hand ball has been evolving in to a popular sport among people of all ages.

The origins of outdoor Handball trace back to medieval times in Europe, where the first dated record of the sport was found on a tombstone from Athens, Greece a round 600B.C. Handball originally copied the rules of soccer, with hands being primarily used instead of feet. The game had been continually played since 600B.C, but the game we have all come to love didn't fully develop until the 17th century, when a newly-crafted set of rules was introduced by a Danish gym. Teacher by Nick somoski: (<http://www.helium.com/items/1574763-the-origins-of-handball>)

Other author Becky Robbins said, a game that has been around in some form for thousands of years, there is a cloud of mystery that hangs over the true origins of the sport of Handball. There are several schools of thought regarding the evolution of this exciting sport that continues to grow in popularity.

Tracing back to Egypt in 2000B.C evidence of ballgames being played by the hand can be found in this case, the writing is on the tomb. Depictions of the priests of the temple of osiers striking a ball with their hands were found on tombs in Thebes. There is some evidence that pharaohs in Egypt were striking objects with their hands before that time period. (*By Becky Robbins* <http://www.helium.com/items/1580838-the-history-of-handball>)

The other author known as Todd Daigneault wrote Article Sept. 04, 2009 Handball, like many other sports was played and develops to some sort or other, long before it become popularized & fully developed in latter times. Although it evolved much later in Ireland to what the game we know as today, the ancient Greek philosopher claimed in his writings that the game was invented in Sparta (by Todd Daigneault) <http://www.helium.com/items/1575931-the-origins-of-H.B>.

Many historians have debated the origins of the game of handball. One theory is that it was invented in Germany during the 1900's it is thought it was introduced as an out door sport to keep soccer players fit during the summer time. The game started off with II players on each team, just as soccer did, and players used soccer fields to play the' game. The rules began much the same as soccer rules, the exception was that handball was played by hand and no kicking the ball was allowed (<http://www.helium.com/items/1581908-the-origins-of-H.Ball>).

It is extremely difficult to say with any sense of certainty just what the origins of handball are. Some sports have a long and well documented past, but handball's history is based on a great deal of speculation, although of course more recent history has been evidenced. Today a number of countries claim to have invented the sport, pointing to games from the ancient past, but do games from antiquity bear any resemblance to modern ones.

Most sources point to ancient Greece for the earliest origins of the game, and certainly there are written evidence of handball style game, as noted in the odyssey written by Homer. This written evidence is also backed up with some pictorial evidence with statues from the 3rd century B.C, & also tomb stone inscriptions from Athens from an even earlier date. (Tim Harry) <http://www.helium.com/items/1579146-the-origins-of-Handball>

2.4. Rules and Regulations of the Game

The handball playing field is similar to an indoor soccer field. Two teams of seven players (six field players plus one goal keeper) take the field & attempt to score points by putting the game ball in to the opposing teams' goal. In handling the ball, players are subject to the following restrictions:

- After receiving the ball, players can only hold the ball for three seconds before passing, dribbling (similar to a basketball dribble), or shooting.
- After receiving the ball, players can take up to three steps without dribbling. If players dribble, they may take an additional three steps.
- Players that stop dribbling have three seconds to pass or shoot. They may take three additional steps during this time.
- No players other than the defending goal keeper are allowed with in the goal line (within 6meters of the goal). Goal keepers are allowed to be out side on this line.

2.4.1. Playing Field

Handball is played on a court 40 by 20 meters (130 x 66ft), with a goal in the center of each end. The goals are surrounded by a near semicircular area called the zone of the crease, defined by a line 6 meters from the goal. A dashed near-semicircular line 9 meters from the goal marks the free throw line. Each line on the court is part of the area it encompasses. These imply that the middle line belongs to both halves at the same time.

2.4.2. Goals

Each goal has a rectangular clearance area of three meters in the width and two meters in the width and two meters in the height. It must be securely bolted either to the floor or the wall behind. The goal posts & the crossbar must be made out of the same material (e.g. wood or aluminum)

2.4.3. Substitution Area

Outside of one long edge of the playing field to both sides of the middle line are the substitution areas for each team. The areas usually contain the benches as seating opportunities. Team officials, substitutes & suspended players must wait within this area. The area always lies to the same side as the team's own goal.

2.4.4. Duration of the Match

A standard match for all teams of 16 and older has two periods of 30 minutes with a 15 minute half time. Teams may switch sides of the field as well as benches.

For youths the game duration is:

- 2 x 25 minutes at ages 12 to 16
- 2 x 20 minutes at ages 8 to 12

However national federations of some countries may differ in their implementation from the official guidelines.

2.4.5 Referees

A handball match is led by two equal referees. Some national bodies allow games with only a single referee in special cases, like illness on short notice. Should the referees disagree on any occasion, a decision is made on mutual agreement during a short time out or in case of punishments, the more severe of the two comes in to effect. The referees are obliged to make their decisions on the basis of their observations of facts.

The IHF defines 18 hand signals for quick visual communication with players and officials. The signal for warning or disqualification is accompanied by a yellow or red card, respectively the referees also use whistle blows to indicate infractions or restart the play. The referees are supported by a score keeper & timekeeper

2.4.6. Team players, Substitutes and Officials

Each team consists of seven players on court & up to 7 substitute players on the bench. One up to 7 substitutes players on the bench. One player on the court must be the designated goal keeper differing in his or her clothing form the rest of the field players. Substitution of players can be done in any number & at any time during game play. An exchange takes place over the substitution line. A prior notification is not necessary. Some national bodies as the Deutscher Handball Bund (DHB, “German Handball Federation”) allow substitution in junior teams only when in ball possession or during time outs.

2.4.7. Field Players

Field players are allowed to touch the ball with any part of their bodies above & including the knee. A player who is in possession of the ball may stand stationery for only three seconds & may only take three steps.

2.4.8. Goalkeeper

Only the goalkeeper is allowed move freely within the goal perimeter, he is allowed to touch the ball with all parts of the body including his feet.

2.4.9 Team Officials

Each team is allowed to have a maximum of four team officials seated on the benches. One official must be the designated representative who is usually the team manager. The representative may call team time out once every period & may address scorekeeper, timekeeper & referees.

2.4.10. Ball

The ball is spherical & must either be made of leather or a synthetic material. It is not allowed to have a shiny or slippery surface. As it is intended to be operated by a single hand, the official sizes vary depending on age & gender of the participating teams.

Table1: Weight and circumference of the ball

Size used by	Circumference in CM.	Weight in gram
Men & male youth older than 16	58-60	425-475
Women, male youth older than 12 & Female youth older than 14	54-56	325-375
Youth older than 8	50-52	290-330

How was practiced Handball project training through the Amhara region? And when was the project practice started?

The handball project was practiced all over Ethiopia by the overall support of the National Federation at the time of 1990.

The objective of the project was:

- To facilitate the Development of Handball to establish strong bases in handball sport uniformly all over the country.
- To produce elite players in the regional, national and international level.

The Ethiopian handball federation was responsible of monitoring & follows up as a whole the project activity in addition, give basic trainings for the project instructors & distribute teaching materials (coaching manual) which are uniform.

The nominated practice area in the region was:-

- Bahirdar Administration city &
- South wello (Dessie)

The criteria to select the project station of Bahirdar & Dessie was

- The present & the past performance history of the area,
- The place itself being nominated as a potential area.

When the project was practiced it contained both male & female trainers in Bahirdar & Dessie.

The numbers of trainees in Bahirdar were 240 (Male 120 and Female 120).

The numbers of trainees in Dessie were also similar to those of the Bahirdar.

As a result 480 trainees were practiced handball throughout the region & the necessary facilities were covered by the national federation before the beginning of the project. When it was practiced the handball project in the region, before it becomes practical the trainers were recruited from different schools in Dessie & Bahirdar & it was one of the advantages for future development of the sport, because it opens opportunities of inter schools competition in handball. The coaches were almost all selected from different schools who are going to teach physical education & sport.

The project time was from 1990 –1994 E.C when the training term of the 1st project practice completed, the national federation began 2nd term of project training starting 1995-1998 E.C stayed another 4 years the 2nd term of project trainings covered wider range of the regions which includes seven zones of the region, namely :-

- West and East Gojjam
- North and South Wollo
- North Shewa,
- North Gonder &
- Bahirdar & this term of training was more successful than the first one but the problem was all zones were not planned on budget for competition purpose of handball project because of this there was no repeated competition among the Zonal projects of handball. The other problem was no one is volunteered to have a handball club in each zone. Due to the mentioned and other reasons handball becomes not as the same as the early time. (According to the Amhara youth & Sport written document Report in 1999)

Generally the Amhara region handball sport was started after the decline of “Derge” in 1985 E.C which bases on:-

- Structures of the federation &
- Practice of handball in the region

1) When we look the structural part of the regional youth & sport

- ✓ There were well organized federation officials, at regional level.
- ✓ Had been technical adviser at regional level
- ✓ There were also established federation officials in the woreda & zonal Level, the problem is that there was no focal person as technical adviser in the wereda & Zonal level (Office)

2) The practices of handball sport in the region were more popular by the society. When the sport was practiced in a competition form or training, the number of spectators was always greater than other sports, next to football and athletics. This was true until 2000 E.C.

Some of the practices were as follows:-

1) Amhara regional Zone Champion

This champion was conducted only **once** within two years, & it was happened because of the budget deficits of each Zones. But in early time it was practiced once in a year.

The beginning time of the regional champion was at 1985 E.C in the Amhara regional capital city of Bahirdar.

On the next page The table indicates the host zones during the time of 1985-2002 E.C in the Amhara region Zonal champion.

Table 2 Amhara Regional Zone Championship

No	Competition Year	Number of participant Zones	Host Zone	Sex		Total No. of players	Result		No of Coach	No. of referees
				M	F		Men 1 st	Women 2 nd		
1	1993	5	Bahirdar	60	-	60	S.Wello		5	4
2	1994	5	Gonder	60	-	60	S.Wello		5	5
3	1995	5	D.markos	60	-	60	S.Wello		5	5
4	1997	5	Dessie	60	-	60	S.Wello		5	6
5	1999	6M+F	Debreberhan	72	48	120	S.Wello	S.Wello	10	7
6	2001	6M+F	Gonder	70	48	118	S.Wello	S.Wello	10	8
7	2003	6M+F	Bahirdar	72	48	120	S.Wello	S.Wello	10	7
8	2005	7 M+F	Weldia	84	60	144	S.Wello	S.Wello	12	7
9	2007	7 M+F	D.Markose	84	60	144	S.Wello	S.Wello	12	7
10	2009	7 M+F	Debretabor	84	60	144	S.Wello	S.Wello	12	8
11	2010	7	Bahirdar	84	60	144	Bhairedar	Bhairdar	12	7

Source: Amhara youth & sport Bureau report, 1999]

- 2) Ethiopian handball championship was the other practices of the sport in the region. Amhara region were highly dominated the other part of the regions who had been participated in the champions. The first Ethiopia hand ball championship after the decline of “derge” was at May 1985 E.C in Addis Ababa. There was no one reign who was not participate in the champion.

The following list shows the result on Amhara handball team during the time of 1985-2002 E.C Ethiopian handball champions.

1. 1985 E.C 1st & had been gold medalist in Men
2. 1986 E.C 2nd & had been silver medalist in Men
3. 1987 E.C 1st & had been gold medalist in Men
4. 1988 E.C 1st & had been gold medalist in men
5. 1989 E.C 2nd & had been silver medalist in men
6. 1991 E.C 2nd & had been silver medalist in men
7. 1993 E.C have no rank
8. 1995 E.C have no rank
9. 1997 E.C have no rank
10. 1999 E.C 3rd & had been silver medalist in women during the 1st all Ethiopia championship
11. 2001 E.C 3rd & had been silver medalist in men
12. 2002 E.C 2nd & silver medalist in men

(Source: Taken from E.H.F)

2.5. Technique and Tactics of the Individual Player

All measures taken by a team being in possession of the ball are classified by the term “Attack” All players of the team are offensive players. All measures taken by a team without the ball are classified by the term “defense”. All players of this team are defensive players or defenders and full-backs.

The performance is determined by the level of development of the following performance factors athletic training, technique, tactics as well as the moral qualities & will- power.

Technique is to be understood by all purposeful & economic courses of movements which, in each situation of the play, enable the player to continue to play according to the rules.

Tactics of the individual player or individual tactics is to be understood by the purposeful & economic actions of the individual players striving to defeat the opponent.

2.5.1. Improving Personal Techniques and Tactics

General advance in sporting achievements, changes to the rules of the handball game and increasing expectations of the wider handball sporting community mean everlasting demands for innovate and improved sport preparation programs.

Coach and experts from various fields are continuously looking for new ways to lead their trainees to the desired sporting accomplishments that makes the individual needs of athletes the focus of attention, in team sports as well, which is also related to the fundamental principle of sport training individualization. That is why coaches should treat their trainees individually, with regard to their abilities potential, technical-tactical proficiency, age & gender. All these items should be taken in to account when designing programmers for basic & supplementary individual training.

Training theory recognizes various types of training programmers. Now a days: preventive training rehabilitation programs, training programs oriented to improving certain characteristics of athletes like morphological attributes, motor abilities functional abilities, technical-tactical skills, as well as psychological preparation.

2.5.2. Individual Supplement Training

Individual training programs are components of all stages in the annual training cycle. But most were probably represented in the period of transition; namely the post and preseason periods after vast opportunities for work on the improvement of the technique. Therefore, individual training in handball is not only a method which enables permanent perfection of individual technical and tactical skills, but it is also a method which considerably (Nenad Zvonarek /CRO EHF lecture).

According to Juande Dios Rome seco, Handball is enjoying a period of interest in the game. However, certain slowness has been observed regarding the progress of internal structures of the handball nations as for as the adaptation of the demands of total professionalism is concerned.

The following outline summarizes some of the influential circumstances surrounding the game & the overall growth of handball in the beginning of the 21th century.

1. changes in the “rules of the game”
2. The slow adaptation of eastern countries to professional handball.
3. The great variety of competitions.
4. The universality of information and new technologies.
5. A greater acceptance in media & TV.

(Source HANDBALL DEVELOPMENT IN THE 2004-2008 OLYMPIC CYCLE Juan de Dios Roman Seco /ESP-EHF Lecturer)

2.6. Sports Coaching

In sports, a coach or manager is an individual involved in the direction instruction & training of the operations of a sports team or of individual sports-people. This type of coach gets involved in all the aspects of the sport, including physical & mental player development. Sports coaches train, develop & mentor their athletes to become better at the physical components of the game. The coach is assumed to know more about the sport, and have more previous experience and knowledge. The coach’s job is to transfer as much of this knowledge and experience to the players to develop the most skilled athletes. Combining these aspects of the sport, the coach is accountable for the overall performance and results of the team or player (Wikipedia, the free encyclopedia).

2.7. Training Objectives, Tasks and Principles

2.7.1. Definition of Training

In general usage the term “training” is used to denote different things. In the broad sense, training today is used to mean any organized instruction whose aim is to increase men’s physical, psychological, intellectual or mechanical performance rapidly.

In the field of sport we speak of training in the sense of preparing sports men for the highest levels of performance. At present this term is used also in a broader sense. In the strict sense,

sports training is the physical, technical, intellectual, psychological & moral preparations of an athlete by means of physical exercises, i.e., by Applying work loads. This definition is reflected by the expressions endurance training, strength training, training method, interval training, training condition.

2.7.2. Main Tasks of Training

The object of training for competitive sport is to prepare athletes for the achievement of outstanding athletic performance in competition. For these reason the main tasks of athletic training are based mainly on the specific requirements of sports competition but also on the amount of the training itself.

2.7.3. The Junior Training Program

The junior training program covers the training of beginners and more advanced learners. It starts as early in life as possible and constitutes an independent phase of training in the course of which the stress in training shifts from that of advanced learners in the courts of further training.

The team peak performance age means the period of time during which an athlete has the best biological prerequisites for achieving the highest level of athletic performance in his sport or event.

2.7.4 Conditions for Achieving a High Standard of Athletic Efficiency

The rate at which an athlete develop his proficiency and will to work his proficiency and will to work for a higher level of efficiency is determined by various factors. The leading roles of the training and computation load and the amount of training and computation have a decisive bearing on the rate of improvement of efficiency and on performance stability. The rate of development of performance is closely dependent on the amount and the rate of increase of the training load.

CHAPTER THREE

3. RESEARCH METHODOLOGY

3.1. Description of the Study Area

The region is located between 9⁰ and 30⁰ 45 North latitude and 36⁰ and 15 and 40⁰ and 30 East longitude and it is situated in the northwestern part of Ethiopia. According to BOFED, the region covers a total area of 161,828.4 Km². The region is divided in to 10 zones and three administrative cities which in turn are divided in to 106 Woredas.

According to the population projection results of the Amhara Region Bureau of Finance and Economic Development, the total population size of the region is estimated to be 18.6 million in 2005, of which 89 percent live in rural areas while the rest represents the proportion of the urban dwellers. The sex composition of the population of the region is almost equal with little dominance of males over females. Gondar, Bahir Dar, Dessie, Debre Brihan and Kombolcha are the big cites of the region and in this research the focus is on the first three administrative cities

3.2. Research Design

In this research study, the researcher applied both quantitative and qualitative approach which is based on the descriptive survey study method. Survey method could be adapted to collect generalized information from any known human population (Selltiz et al, 1959 cited in Metalegen, 2005), survey design provides quantitative or numerical description of trends, attitudes or opinions of a population by studying a sample of it (Creswell, 2003) survey methods are extremely efficient in terms of providing large amount of data at a relatively low cost in a short period of time and has come to buy virtually synonymous with scientific methodology (Smith, 1975 cited in Metalegen, 2005).

The data is collected through structured questionnaires presented and analyzed using percentage which is quantitative. In addition, it is analyzed qualitatively by summarizing the words of open-ended items of questionnaires, interviews and written documents. Accordingly, the type of research design appropriate for the study is survey design.

3.3. Source of Data

The research comprises of both primary and secondary data sources. Primary data is collected through employing multitude of data gathering techniques including structured questionnaire, key in format interview and written documents.

Survey is carried out through standard questionnaire to collect data from trainees, and coaches. And interviews from sport commission and federation officials so as to supplement and cross tab data collected.

Secondary data was collected from pertinent sources including annual reports of ANRS Bureau and the metropolitan administrative cities sport commission published and unpublished journals and books, project documents and other sources.

3.4. Sampling Procedure and Design

The target population was coaches, trainees, federation officials and sport commission commissioners. And among this target population the numbers of trainees were 155 and the sample size is 100. Beside this, the researcher employed probability sampling in this paper. From probability sampling, the researcher used simple random sampling because it ensures sampling units by giving equal chance to the representative. In addition, from non probability sampling purposive method is used as the federation officials and sport commissioners are know.

3.5. Data Collection Instruments

Appropriate questionnaire and interview were prepared to collect data from respondents. They must be told what the research is all about in the language. That they can understand. Respondents in this study were speakers of Amharic there for the questionnaire were translated in to Amharic. Doing so were important for it enabled the respondents to easily understand the questionnaire and express their ideas comfortably.

- Questionnaire

Questionnaires were set to obtain information to handball trainees about the practice and challenges on the development of handball. The questionnaire constructed was based on the review literature and basic questions. The item of the questionnaire was both closed and open formats.

- Interview

To enrich the information interview was prepared for the federation and sport commission officials.

3.6. Data Analysis

The data obtained through survey questionnaire will be coded and entered into a computer by using statistical package for social science (SPSS) statistical software. The study will employed both quantitative and qualitative data analysis techniques using descriptive statistics to analyze the data collected from primary and secondary sources.

Descriptive analysis such as percentage, average and measures of central tendencies and dispersions will be used to describe the situation of implementation progress and overall performance of the sport progress. Besides findings from primary and secondary data was employed to compare with the findings of key informant interviews and direct observation.

CHAPTER FOUR

4. DATA ANALYSIS AND DISCUSSION

This chapter presented and analyzed the data which obtained from various sources. First it deals with data presentation. Then, it is tried to analyze and describe the data obtained from the questionnaire and interview.

4.1. Data Presentation

The current study was intended to explore practices and challenges of handball, a total of 53 questions were included to answer its objectives. This study was investigated practices and challenges of handball in Amhara region. Accordingly a total of 53 questions were prepared and filled by three main stakeholders of handball, trainees, coaches and administration.

The questionnaire consists of various types of data collection tools including interview and structured questions as the primary data collecting instruments. Open ended questions were also part of most questions to enrich responses given by every participant. Handball trainees were asked about the demographic and availability of training and playing court and their overall satisfaction in their stay in handball. The questionnaires were distributed and filled by the trainee.

For coaches questions were related to their experience and training opportunities offered during their times of responsibility and were explored their potential and experience expertise available for the new beginning and prosperity of handball in the region.

Three presidents of the handball federation and sport commissioners in each administrative city and the regional sport commission vice commissioner and handball federation president were also interviewed to explore the core issues in handball in the region. Current and previous status of the regional handball, the challenges faced throughout the years and possible prospects for its future development were among the questions raised. All interviews were collected with the aid of tape recorder.

Data was summarized by counting the respective responses and expressed in percentage in each questions according to the following formula

$$V_n = \frac{NAW + NBW + NCW + \dots}{n \times WA} \times 100\%$$

Where

- ✓ V_n =value of the nth question
- ✓ NA, NB, NC.... Is the respective total number of possible responses for each questions (A, B, C,....)
- ✓ W=weight of the given response rated as;
 - A=1, B=0 if there are two responses
 - A=2, B=1, C=0.....etc
- ✓ WA, WB ...=weight of A, B.....

The weight of each choice will be rated as:-

1. If the choices are only two A= 1,B=0
2. If the choices are only three A=2, B=1, C=0
3. If the choices are only four A=3, B=2,C=1, D=0
4. If the choices are only five A=4,B=3, C=2, D=1, E=0

Based on this sort of analysis the value of data have been presented and analyzed under sub – section and consequent sub - section of this chapter.

4.2. DATA ANALYSIS

4.2.1. Socio- Demographic Characteristics

Total populations of the study were 114 individuals those who were key stakeholders in handball sport. Out of these numbers 8 were administrative officials from the regional handball federation, the regional sport commission and from respective officials from each administrative city. Concerning the number of trainees involved 40 were from Bahirdar administrative city and 30 each from Gondar and Dessie. In addition 6 coaches, 2 each from all administrative cities included in the study were participated.

4.2.1.1. SEX AND AGE DISTRIBUTION

Table 3: Sex and Age distribution of trainee

Administrative zone	Sex		Age				Total
	M	F	Under 25	26-30	31-35	36-40	
Dessie	26	4	3	8	10	9	30
Gondar	22	8	7	11	7	5	30
Bahir Dar	34	6	10	12	8	10	40
Total	82	18	20	31	25	24	100

Source: Own data survey 2011

4.2.1.2. Marital status

Table 4: Marital status of trainee

Administrative zone	Age		Total
	single	married	
Dessie	20	10	30
Gondar	21	9	30
Bahir Dar	28	12	40
Total	69	31	100

Source: Own data survey 2011

4.2.1.3 Weight of trainee respondents

Table 5: weight distribution of trainee

Administrative zone	Weight in Kg					
	45-50	51-55	56-60	61-65	66-70	Total
Dessie	1	6	8	7	8	30
Gondar	2	5	6	6	11	30
Bahir Dar	0	5	11	10	14	40
Total	3	16	25	23	33	100

Source: Own data survey 2011 4.2.1.4 Height of trainee respondents

Table 6: Height distribution of trainee

Administrative zone	Height in Centimeter(cm)				
	1.60-1.65	1.66-1.70	1.71-1.75	1.76-1.80	Total
Dessie	5	11	12	2	30
Gondar	7	10	9	4	30
Bahir Dar	6	21	10	3	40
Total	18	42	31	9	100

Source: Own data survey 2011

4.2.1.5 Educational level of trainee respondents

Table 7: Educational Status of trainee

Administrative zone	Educational status				
	Illiterate	12 th completed	Vocational school	Higher Education	Total
Dessie	14	10	3	3	30
Gondar	15	9	5	1	30
Bahir Dar	17	11	8	4	40
Total	46	30	16	8	100

Source: Own data survey 2011

4.3. Service and infrastructure availability and satisfaction

Table 8: availability of equipments

Variable	Response		Frequency	Percent
Do you have enough Equipments for your training period	Yes		74	74
	No		26	26
	Total		100	100

Source: Own data survey 2011

As results portrayed in table 8 (74 %) of respondents confirmed as there is enough equipments & facilities while (26 %) of the remaining respondents said there is no.

Table 9: Standardized court

Variable	Response	Frequency	Percent
Do you have standardized training and playing court?	Yes	39	39
	No	61	61
	Total	100	100

Source: Own data survey 2011

As it is shown from the table 9 (61%) of the respondents are answered there is no standardized playing court; while other 39 respondents confirmed that there is court.

The major reasons mentioned by most trainees, especially trainees from Bahirdar said that the only playing court that we have in the administration city is given to the investor and the court is now replaced by buildings, now we are forced to practice on the ground without different lines that determine the playing court.

Table 10: Experienced referees

Variable	Response	Frequency	Percent
Do you have experienced referee who implements rules and regulations of the game fairly?	Yes	43	43
	No	57	57
	Total	100	100

Source: Own data survey 2011

As shown from table 10 more than half which accounts 57 % respondents answered there is no well experienced referees, whereas (43%) of respondents believe that there is fair referees.

Table 11: Skilled coach

Variable	Response	Frequency	Percent
Does your coach have practical experience and coaching license?	Yes	82	82
	No	18	18
	Total	100	100

Source: Own data survey 2011

As can be seen in the above table most of respondents which were (82%) confirmed that the coaches are licensed & were former players while the rest of (18 %) of the respondents replied there is no coaches who have listened & have experience

Table 12: Handball club

Variable	Response	Frequency	Percent
Do you have handball club in your administrative city?	Yes	37	37
	No	63	63
	Total	100	100

Source: Own data survey 2011

Table 12 reveal that among 100 respondents which accounts (63%) were responded that there is no any club in their administrative city & the remaining 37 % answered there is club.

Out of (63%) of respondents 30 trainee from Gonder & 30 trainee from Dessie they said No, it is because of

- Less attention given for handball sport
- Carelessness of the officials of zone (Administrative cities) federation & sport commission.

Table 13: Sport wears

Variable	Response	Frequency	Per cent
Do you get complete sport wears during training and competition?	Yes	19	19
	No	17	17
	Only during competition	64	64
	Total	100	100

Source: Own data survey 2011

Table 13 shows that (64 %) of most respondents proved that we have only used complete sport were during competition time. The other 19% of respondents said we have complete sport wear & the rest of other (17%) respondents said no we have not seen whether the time of training or completion.

Table 14: Training program

Variable	Response		Frequency	Percent
	Yes	No		
Do you have enough regular training programs?	Yes		50	50
	No		50	50
	Total		100	100

Source: Own data survey 2011

Table 14 shows that half of the respondents were equally (50%) react we have enough training program. The rest of (50%) of respondents answered there are no enough regular training programs.

Table 15: Training schedule

Variable		Response	Frequency	Percent
How many training days per week and how many hours per day you have?	3daysperweek2Hrsperday		44	44
	2daysperweek2hoursperday		46	46
	4daysperweek1hrperday		3	3
	2daysperweek1 ^{1/2} hrsperday		7	7
	5daysperweek1hrperday		100	100

Source: Own data survey 2011

Table 15 discloses, (46 %) of the respondents confirmed as they had 2 days per week & 2 hours per day the other (44%) of respondents confirmed 3 days per week & 2 hours per day also (7%) of respondents react we had 2 days per week and 1:30 hours and 3% of the respondents answered that they had 4 days per week & I hours per day training program.

Table 16: Handball Training in school

Variable	Response	Frequency	Percent
Is handball training given in your school by P.E teacher after normal school time?	Yes	32	32
	No	68	68
	Total	100	100

Source: Own data survey 2011

Table 16 shows that the majority of the respondents which accounts 68 % were answered no training is given to our school and 32% of the rest trines responded yes we are given in our school by the P.E. teacher. As the respondents, the reasons are:

- the teacher carelessness to handball sport
- the teacher is only interested for volleyball & football
- The main point is he did not have the knowledge of handball sport.

Table 17: Inter school championship

Variable	Response	Frequency	Percent
Do you have interschool championship in handball?	Yes	7	7
	No	93	93
	Total	100	100

Source: Own data survey 2011

Table 17 tells us (93%) of the respondents confirmed that they have no inter school championship and the rest respondents which accounts 7% were answered they have inter school championship. The major reasons mentioned by almost all players are:-

- The only sport activities which are taken as best by the school socials, particularly by the physical education teacher & the director is football, volleyball and athletics.

Table 18: Computational calendar

Variable	Response	Frequency	Percent
Is there enough computational calendar at regional and national level in a year?	enough	0	0
	medium	21	21
	Not enough	79	79
	Total	100	100

Source: Own data survey 2011

As results portrayed from the table 18, (79%) of the respondents said “it is not” computations at regional & national level. The rest of 21% of the respondents realized as there is regional & national level.

Table 19: Media coverage

Variable	Response	Frequency	Percent
Do you have enough media coverage in handball sport?	Yes	10	10
	No	90	90
	Total	100	100

Source: Own data survey 2011

As the above table shown (90%) of the respondents confirmed there is no enough media coverage concerning handball & the rest of (10%) respondents realized as there is media coverage.

Table 20: Incentives

Variable	Response	Frequency	Percent
Have you ever got any incentives when you achieve good result at regional and national level championship?	Yes	44	44
	No	56	56
	Total	100	100

Source: Own data survey 2011

As can be seen from table 20, (56%) of the respondents replied that there is no any incentives when the region scored good result; whereas (44%) of the respondents confirmed that they had incentives.

Table 21: Official follows up

Variable	Response	Frequency	Percent
Do you have close follow up from any officials during?	Yes	35	35
	No	65	65
	Total	100	100

Source: Own data survey 2011

As can be seen from table 21, (65%) of the respondents realized as there is no follow up (supervision) by the officials the rest 35% of the respondents are confirmed that there is follow up by the officials during training time. The reason for no follow ups were:-

- The federation & the sport commission officials are not committed to bring "change"
- The regional officials of sport commission sport commission and federation including zone sport officials they should be accountable for the present down development of the region handball.
- Even a coach cannot plan his training program.

Table 22: Handball first phase development

Variable	Response	Frequency	Percent
Since 1985-1991E.C how was the development of handball in Amhara region?	Top	64	64
	Average	25	25
	Low level	11	11
	Total	100	100

Source: Own data survey 2011

The above table shows that (64%) of the respondents are answered the overall development of the region hand ball was “Top” while, the other (25%) of respondents replied the development was average, and the rest of (11%) trainees responded that the development were “Down”

Table 23: Handball second phase development

Variable	Response	Frequency	Percent
Since 1992-2002 E.C how was the development of handball in Amhara?	Top	31	31
	Average	21	21
	Low level	48	48
	Total	100	100

Source: Own data survey 2011

As can be seen from the above table among 100 respondents which account (48%) were agreed there was less development and (31%) of the other respondents believe that there was average development & the rest of (21%) said there was top development.

Table 24: compare the phases

Variable	Response	Frequency	Percent
How do you rate the development of handball in the second phase from the first phase?	Top	23	23
	Average	26	26
	Low level	51	51
	Total	100	100

Source: Own data survey 2011

Table 24 reveals that (51%) of the respondents are agreed the 2nd developmental phase was low and the other 26% of respondents are answered it was average & the rest of (23%) of respondents said 2nd developmental phase was top. The reasons which are mentioned why 2nd developmental was low:-

- ❖ The attention that has been giving by officials and concerned bodies during this phase is very low.
- ❖ The commitment of trainers and trainees are not the same to as the 1st developmental phase.

4.4. TRAINING, PRACTICES AND COMPTITIONS DATA ANALYSIS

Table 25: Training plan

Variable	Response	Frequency	Percent
Do you prepare training plan before you give training?	Yes	2	33.3
	No	4	66.7
	Total	6	100

Source: Own data survey 2011

Table 25 shown that 66.7% of the respondents confirmed that they do not prepare training plan; while 33.3% of respondents replied that prepared training plan

Table 26: Annual plans

Variable	Response	Frequency	Percent
Do you prepare annual plan for your training program?	Yes	2	33.3
	No	4	66.7
	Total	6	100

Source: Own data survey 2011

As can be seen from the above table, among 6 respondents which accounts 33.3% were prepared their annual training plan whereas 66.7% were not prepared their annual training plan. The main reason for the result of the above two tables are:-

- 1 It needs knowledge and experience for preparing feasible annual training plan
- 2 Lack of close supervision

Table 27: teaching rules and regulations

Variable	Response	Frequency	Percent
Do you teach fundamental rules and regulations of handball?	Yes	6	100
	No	0	0
	Total	6	100

Source: Own data survey 2011

Table 27 tells us, 100 % of the respondents agreed that they thought the fundamental rules and regulations of the game for their trainees.

Table 28: sponsor organizations

Variable	Response		Frequency	Percent
Are there organizations which give sponsorship for handball clubs?	Yes		2	33.7
	No		4	66.7
	Total		6	100

Source: Own data survey 2011

Table 28 reveals that among, 6 respondents which is 33.3 % of the respondents were supported by different sponsors whereas 66.7% of the respondents were not supported by sponsors.

Table 29: Playing career

Variable	Response		Frequency	Percent
Have you been handball player before you began coaching?	Yes		6	100
	No		0	0
	Total		6	100

Source: Own data survey 2011

Table 29 discloses that 100% of the respondents realized that they were player before they became coach.

Table 30: Coaching License

Variable	Response	Frequency	Percent
Do you have coaching license in handball?	Yes	5	83.3
	No	1	16.7
	Total	6	100

Source: Own data survey 2011

As can be seen from table 30, 83.3% of the respondents they had the license and the rest 16.7% were had not license.

Table 31: Quality of training

Variable	Response	Frequency	Percent
Do you believe that your training is scientific and meet the level of your coaching?	Yes	4	66.7
	No	2	33.7
	Total	6	100

Source: Own data survey 2011

The above table shows, among 6 respondents which accounts 66.7% were realized that their training method is scientific whereas 33.3 % of respondents were not accept their training method is scientific.

Table 32: Evaluate the Youth project

Variable	Response	Frequency	Percent
How do you evaluate the progress of the youth project which is supported by the Ethiopian handball federation?	Going on	0	0
	Stopped	6	100
	Total	6	100

Source: Own data survey 2011

Table 32 reveals that, 100% of the respondents answered that the project of youth which were supported by the national federation had completely closed. This cause on the regional handball sport development:-

- Lose the opportunities of substitute youth players
- Some members of the group were exposed for alcohol and other

Table 33: Seasonal Handball training

Variable	Response	Frequency	Percent
Is there any winter and summer handball training in schools and kebele?	Yes	4	66.7
	No	2	33.3
	Total	6	100

Source: Own data survey 2011

The above table shows that 66.7% of respondents agreed that there is training which is given in all seasons at schools and kebele; where as 33.3% of respondents answered there is no. Therefore some coaches were frustrated that the number of participants in handball would be decrease.

Table 34: Training focus

Variable	Response	Frequency	Percent
When you train your athletes, in which part of the training you will focus?	Physical fitness	6	6
	Technical	0	0
	Tactic	0	0
	All	0	100

Source: Own data survey 2011

Table 34 shows that 100% of respondents answered that they were focused on physical fitness, technique and tactic.

Table 35: First phase development

Variable	Response	Frequency	Percent
When you look the first developmental phase for Amhara handball, what was the result?	Top level	4	66.7
	down	2	33.3
	Total	6	100

Source: Own data survey 2011

As can be seen from the above table, 66.7 % of respondents agreed the first developmental phase of region 3 handball was top; while the remaining 33.3% of respondents answered the 2nd developmental phase of the region was top.

Table 36: second phase development

Variable	Response	Frequency	Percent
When you look the second developmental phase for Amhara handball, what was the result during the Ethiopian championship?	Good	1	16.7
	Poor	5	83.3
	Total	6	100

Source: Own data survey 2011

Table 36 tells us, the second developmental phase performance level of the region, 83.3of the respondents replied 2nd developmental phase was very low in relative to the 1st developmental phase; whereas 16.7% of the respondents answered 1st developmental phase was top.

4.5. RESULTS FROM SPORT COMMISSION AND FEDERATION OFFICIALS INTERVIEW

Information and data was collected from sport commissioners and federation officials using interview questions. The interview was done for the four federation officials and four sport commission commissioners of the three metropolitan administrative cities.

These officials were included to strengthen the issues raised by coaches and trainees'. In line of this general objective, the questions raised are summarized as follows.

Question 1: How do you describe the current development of handball in your Administrative city and Amhara region as a whole?

All of them replied that in the early times handball was at its very top in the zone and region. The very reasons for this development as mentioned by the officials are;

- There were handball projects
- Handball was highly practiced in schools
- There was also handball clubs

But when we are looking the development of handball now, it is at its lowest level because of poor organization of the federation and sport commission In addition the federation and sport commission bureau had not been targeted to produce substitute youth players by opening different project sites by their own expense.

Question 2: what kinds of measures and practices are in place regarding training and competition in handball at the moment?

The participants responded that they believe:

- The handball project summer and winter youth training programs including in schools are not well spread out at zonal, Woreda and Kebele level and this is one of the factors that results in the poor development of handball throughout the region in the present time.
- Absence of regional and zonal championship in yearly bases. As it is known the regional and zonal championship is done every two years
- After every competition the players will return to their daily routines and comeback to the next championship without enough preparation

Two of the respondents from Bahir dar were optimistic to say that though the trainings and competition are not satisfactory, the activity of handball can be seen throughout the year.

Question 3: How do the leadership members perform their duties and responsibilities at your administrative cities, do they have any kind of relationship with the regional handball federation?

All respondents except the Amhara regional sport commission bureau vice commissioner, replied that the regional or zonal federation members are not performing their responsibility. When they explain their ideas they mentioned the following problems;

- There is no well organized training program throughout the region
- In most part of the region there are no handball clubs
- There is communication gap between the experts of the sport commission who are professionals and the federation officials who are rather amateurs. As a result there are no planned activities for the development of handball.
- In addition these amateur regional federation official lack communication with zonal officials.

Generally these communication gaps between the different level officials make them unable to plan year based activities and this problem results in absence of follow up and supervision on what is going on in handball sport activity throughout the region.

The vice commissioner stands in the other way and said that;

- The structural framework of the federation by itself is problematic
- The composition of the federation members should;
 - Include women participation
 - Like the sport and who is willing to support financially

Therefore the vice commissioner believe that the present federation officials are not well organized.

Question 4: Do you have handball clubs in your administrative city?

Most of the respondents replied that there are no clubs in their respective city and this is due to the absence of;

- Summer handball training programs of beginners
- Winter handball training programs of beginners and
- No trainees at school and project level

The other point raised is investors are not willing to sponsor handball clubs when they are asked. What they need is only to have football, volleyball and athletics club.

Two of the respondents from Bahirdar replied that though it is difficult to say yes or no due to lack of consistency in handball clubs, luckily we have handball clubs now.

Question 5: Do you think that the trainers and referees performance is supportive And satisfactory to develop handball?

All respondents answered that when there is need to develop handball sport, first we have to upgrade coaches and referees capacity which could be supported by scientific and up to date training. But we could not see this because even when the region had only one professional who took international coaching course from Germany, we were unable to use his potential and skill to upgrade the knowledge and skill of other amateur coaches and referees in the region.

4.6. MAJOR CHALLENGES OF HANDBALL DEVELOPMENT

Respondent's explanation about the major challenges on the development of regional handball is the following:

1. Less allowance (monthly payment of coach)
2. Shortage of facilities which helps for trainee
3. Non functionality of regional and zonal federation officials
4. Less attention of hand ball sport by higher officials of sport commission.
5. The absence of assigning qualified or specialized man power at zonal and regional level in the sport commission office.
6. The absence of support from Amhara education bureau for beginning schools handball project.

CHAPTER FIVE

5. SUMMARY, CONCLUSION AND RECOMMENDATION

This chapter deals with the summary of the findings, conclusions which are drawn on the bases of the finding and recommendation forwarded based on the findings to resolve the problem.

5.1. SUMMARY

The main objectives of this study are to investigate and to come up with a solution for the practice and challenges on the development of hand ball in Amhara national regional state.

In order to carry out the study a descriptive survey method were employed to gather data relatively form a large number of populations to explore the problems with qualitative and quantitative approach.

To collect the required information different data gathering instrument were used, such as questionnaire, interview, and document analysis. The sample populations were trainees; coaches sport commissioners and federation officials. The questionnaire and document analysis data are secured through quantitative approach by using frequency counts and simple percentage, where as interview data was secured through narrative qualitative approach.

Depending on the result of the analysis the following major finding were obtained. They have enough equipment for the trainee. Regarding the coach they have well experienced and certified with their professions.

- Concerning the current status of handball in the region since 1985-1991 E.C were bitterly develop in its first developmental phases, while the 2nd developmental phase from 1992-2002 were poorly developed at regional level.
- Regarding the infrastructures of the playing field, they have no standardized playing court, available dressing, toilet, shower room and sport wears.

- They have no inter school championship and enough computational calendar at regional level in a year. This is leads to the failure of hand ball in the region. So currently what is going on there region is competitions are organize once only within two years.
- Concerning the challenges, there is no enough and satisfactory monthly payment for coach, shortage of sport facilities which helps the trainee, non functionalities of regional and zonal federation officials and less follow up of trainees by federation and sport commission officials.

5.2. CONCLUSIONS

- Almost all respondents confirmed that there is enough equipments
- Most of the respondents described lack of standardized playing court as the former playing courts are given to investors for private building purposes.
- Most of respondents realized that there are no well experienced referees who can implement rules and regulation of the game fairly.
- The majority agreed absence of handball clubs specially in Gonder and Dessie
- Almost all respondents said that there are no scheduled competitions at regional level in a year.
- Almost all of the respondents confirmed that as there is no appreciable media coverage which concerns handball development
- Absence of sufficient and close follow up by federation and sport commission officials during training time concerns most trainees
- Most of respondents agreed 1st developmental phase of handball is much better than the 2nd developmental phase which had been since 1992-2002.E.C
- Any training or education given without plan never brings change on the athletes.
- It needs also deep knowledge to prepare lesson plan (annual training plan)
- Almost all coaches has license and some of do not have.

- Majorities are believed their training method is scientific while the others are not believed.
- There must be means to continue the youth project in order to save the youth's life from dangerous otherwise these follows to be exposed youths for alcohol and others.
- The absence of summer and winter handball training will bring result of slow development of handball through the region.
- The region during its 1st developmental phase was more dominant better than the other regions handball team and had been three times gold medalist and three times silver medalist.
- The challenges all which are mentioned by the respondents should be treated smoothly and slowly from *Kebele* up to regional level.
- All means that are mentioned by the respondents are basic and should be into practice.

5.3. RECOMENDATIONS

- The regional sport commission Bureau should be targeted and select the best potential area in handball sport and should work hard to bring back 1st developmental phase.
- Professional man power in handball sport should be assign quickly, at all zones and administration cities, by the regional sport commission officials.
- There must be jointly discussion between the Amahra education Bureau and the regional sport commission officials to bring the development of handball sport in the region.
- Refreshment course should be given to the coaches how to prepare lesson plan and annual training plan.
- The planed training schedule should be supervised or follow up by professionals concerned bodies weather the training is going on with plan or not.
- Coaches must teach every time fundamental rules and regulation of the game beside to their training.
- Without having handball clubs, it is impossible to think the development of the sport so, concerned bodies should discuss with steak holders NGO's and governmental organization to solve the problem of clubs.
- Any coaches should be certified in coaching of different sports, otherwise the training system cannot be scientific and most trainees will be exposed for sport injury.
- Both the national federation and the regional sport commission should discuss and plan together to solve the problem jointly concerned the youth project which was support by the national federation.
- The absence of summer and winter handball training will bring result of slow development throughout the region. So the regional sport commission

Bureau should give direction to all administrative cities, to continue the training program of summer and winter nonstop.

- In handball sport basic training should be given all over the regions at summer and winter time or (season) at different age level every year.
- There must be standardized playing court throughout the region.
- Different levels of coaching and referees course must be given.
- Give enough training time for the players when there is national level and regional level championship.
- There must be well strong zonal and regional federation organization.
- The federation and sport commission officials should work jointly.
- There must be different open project stations by regional sport Bureau expense.

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APPENDIX

ANNEX 1. ORGANIZED DATA FROM THE RESPONDENTS OF HANDBALL TRAINEES

No	Element /components	Questionnaire item		No of Respondents				
				Dessie 30	Gonder 30	Bahirdar 40	Total 100	%
I	Facilities	8	A	20	22	32	74	74
			B	10	8	8	26	26
			A	12	24	3	39	39
			B	18	6	37	61	61
		10						
II	Rules of the game	11	A	15	10	18	43	43
			B	15	20	22	57	57
III		12	A	30	18	34	82	82
			B	-	12	6	18	18
IV	Club	13	A	-	-	37	37	37
			B	30	30	3	63	63
		14						
V	Practices on Training	15	A	4	7	8	19	19
			B	3	5	9	17	17
			C	23	18	23	64	64
		16	A	16	12	22	50	50
			B	14	18	18	50	50
		17	A	5	7	32	44	44
			B	18	20	8	46	46
			C	2	1	-	3	3
			D	5	2	-	7	7
			E	-	-	-	-	-
		18	A	8	10	14	32	32

			B	22	20	26	68	68
		19						
VI	Competition	20	A					
			B					
		21						
		22	A	-	-	-	-	-
			B	4	2	15	21	21
			C	26	28	25	79	79
VII	Media	23	A	5	2	3	10	10
			B	25	28	37	90	90
VIII	Incentive	24	A	12	10	22	44	44
			B	18	20	18	56	56
IX	Follow up	25	A	4	11	20	35	35
			B	26	19	20	65	65
		26						
X	Development	27	A	20	18	26	64	64
			B	05	10	10	25	25
			C	05	2	4	11	11
		28	A	06	10	15	31	31
			B	10	5	06	21	21
			C	14	15	19	48	48
		29	A	05	04	14	23	23
			B	08	06	12	26	26
			C	17	20	14	51	51
		30						

**ANNEX II ORGANIZED DATA FROM THE RESPONDENTS OF
HANDBALL COACHES**

No	Element/ Components	Questionnaire Item	No of respondents				Total	%
				Dessie 2	Gondar 2	Bahir Dar 2		
I	Planning	6	A	2	1	0	2	33.3
			B	1	1	2	4	66.7
		7	A	1	1	0	2	33.7
			B	1	1	2	4	66.7
		8						
II	Rules f the game	9	A	2	2	2	6	100
			B	-	-	-	0	
III	Club	10	A	-	-	2	2	33.7
			B	2	2	0	4	66.7
IV	Training	11	A	2	2	2	6	100
			B	0	0	0	0	-
		12	A	2	1	2	5	83.3
			B	0	1	0	1	16.7
		13	A	2	1	1	4	66.7
			B	0	1	1	2	33.7
		14	A	0	0	0	0	-
			B	2	2	2	6	100
		15						
				16	A	1	1	2
B	1				1	0	2	33.3
		17						

		18	A	2	2	2	6	100
			B					
			C					
			D					
V	Competition	19	A	2	2	0	4	66.7
			B	0	0	2	2	33.3
		20	A	0	0	1	1	16.7
			B	2	2	1	5	83.3
VI	Challenges	21						
		22						
		23						

ANNEX III: ADDIS ABABA UNIVERSITY FACULTY OF SCIENCES

DEPARTMENT OF SPORT SCIENCE

A QUESTIONNAIRE TO BE FILLED BY HANDBALL PLAYERS

General Direction

Dear respondents! The main purpose of this questionnaire is to collect relevant information for Amhara regional handball development and to find out the challenges based on the findings. So your sincere cooperation in responding to each question is highly important. Writing your name is not required. Individual data will be kept confidential.

Thank you for your cooperation

Instruction I

Some profiles about players are indicated below. Please, select the appropriate answer from the alternatives given and encircle it or fill the box by putting (√) where necessary.

1. Sex

A. Male

B. Female

2. Age

A. 16 – 20

B. 21 – 25

C. 26 – 30

D. 31 – 35

E. 36 – 40

F. Above 40

3. Level of Education

A. Grade 8 complete

B. Grade 10 complete

61

C. Grade 12 complete

D. Certificate

E. Diploma

F. If any other _____

4. Marital Status

A. Single

B. Married

5. Weight

A. 51 – 60 kg

B. 61 – 70 kg

C. 71 – 80 kg

D. Above 80 kg

6. Height in Meter

A. 1.60 – 1.65m

B. 1.66 – 1.70m

C. 1.71 – 1.75m

D. Above 1.75m

7. Service of game experience _____

8. Do you have enough facilities during your training period?

A. Yes

B. No

9. Do you have standardized training and playing court?

A. Yes

B. No

10. If your answer is “No” for question No “9” please mention the reasons

11. Do you have skilled referees who implements rules and regulation of the game fairly?

A. Yes B. No

12. Does your coach have practical experience and coaching license?

A. Yes B. No

13. Do you have handball club in your administrative city?

A. Yes B. No

14. If your answer is "B" for question No "13" please mention the reason?

15. Do you get complete sport wears during training and competition time?

A. Yes B. No

B. C. Only in competition period

16. Do you have enough regular training programs?

A. Yes B. No

17. How many training days do you have per week? and how many hours per day?

A. 3 days per week 2 hours per day

B. 2 days per week 2 hours per day

C. 4 days per week 1 hours per day

D. 2 days per week 1:30 hours per day

E. 5 days per week 1 hours per day

18. Is handball training given in your school by your Physical Education teacher after normal school time?

A. Yes B. No

19. If your answer is "No" for question N^o "18" mention your reason?

20. Do you have inter school champion in handball?

A. Yes

B. No

21. If your answer is “No” for question N° “20” mention your reason

22. Is there enough competition Calendar through out the year at regional and national level?

A. It is enough

B. It is medium

C. It is not enough

23. Do you have enough media coverage in handball sport

A. Yes

B. No

24. Have you ever got any incentives when you got good result during regional and national level championship?

A. Yes

B. No

25. Do you have enough follow up during your training time by handball federation official?

A. Yes

B. No

26. If your answer is “No” for question N° “25” mention what challenges will occur on your training?

27. Since 1993-1999 the overall development of handball in Amhara region was

A. Top

B. Average

C. Low

28. Since 2000-2011 the overall development of handball in Amhara region was

A. Top

B. Average

C. Low

29. How do you rate the development of 2nd phase comparing with the 1st developmental phase?

A. Top

B. Average

C. Low

30. If your answer is "Low" for question N^o "29" then identify the main points.

7. Did you prepare Yearly plan for your training program?

A. Yes B. No

8. If your answer is “Yes” for question N^o “7” who is following your plan?

9. Did you teach fundamental rules and regulation of the game?

A. Yes B. No

10. Are there organizations which give sponsorship for handball clubs?

A. Yes B. No

11. Had you been handball player before you began coaching?

A. Yes B. No

12. Do you have coaching license in handball?

A. Yes B. No

13. Do you believe that the trainings being given by you are scientific and meet the level of your coaching?

A. Yes B. No

14. How do you express the progress of the youth project which is supported by the Ethiopian handball federation?

A. It is going on B. it is stopped

15. If your answer is It is stopped for question N^o “14” mention, what follows on the region handball development.

16. Is there any winter and summer handball training in the schools and kebele given for youths?

A. Yes B. No

17. If your answer is “No” for question No “11” what problems encounters the training program?

18. When you train your athletes in which part of the training you will focus?

- A. Physical fitness C. Tactic
B. Technique D. All

19. If we look the time of 1993-1999 as 1st developmental phase for Amhara handball what was our result at national level?

- A. Top level B. Down

20. If we look the time of 2000-2010 as 2nd developmental phase for the region what was our result during the Ethiopian Champion?

- A. Top level B. Down

21. What differences do you observe between the 1st and 2nd developmental phase of the region handball?

22. As a coach what are the challenges that affect the regional handball development please explain briefly?

23. What are the means to bring the regional handball development? Explain

ANNEX V

INTERVIEW QUESTIONS (FOR SPORT COMMISSIONERS AND FEDERATION PRESIDENTS)

Addis Ababa University Faculty of Sciences Department of Sport Science

The purpose of this interview is to get information about practice and challenge on the development of handball Amhara regional state: with specific reference to the three metropolitan administrative cities.

Name of the administrative city _____ Date
_____ Time _____

1. How do you describe the development of handball in your administrative city and Amhara regions as a whole?
2. What kind of practical undertakings are there in relation to handball at the moment?
3. How do the leadership members perform their duties and responsibilities at your Administration cities? Do they have any kind of relationship with the Amhara handball federation? Are there any co-operations to develop handball in the region?
4. Do you have handball clubs at your administrative city? If not why?
5. Do you think that the trainers and referees performance is appropriate to develop handball at your administrative city?

ANNEX VI

አዲስ አበባ ዩኒቨርሲቲ

የሳይንስ ፋካሊቲ

የሰፖርት ሳይንስ ትምህርት ክፍል

1. ለተጫዋቾች የተዘጋጀ መጠይቅ

የዚህ መጠይቅ ዋና ዓላማ በአማራ ክልል ውስጥ ለእጅ ኳስ ስፖርት እድገት ማነቆ የሆኑ ችግሮችን ለመለየት እንዲቻል መረጃ መሰብሰብ ነው። መረጃው የተሟላ እንዲሆን የእርስዎን አመለካከት እና ሃሳብ በትክክል ያንጸባርቅልኛል ብለው ያመኑበትን አማራጭ ለእያንዳንዱ ጥያቄ በታማኝነት ለይተው እንዲያመለክቱ በትህትና እጠይቃለሁ።

መመሪያ

- 1. ስም መፃፍ አያስፈልግም
- 2. አስተያየዎችን በባዶ ቦታው ላይ በአጭሩ ይፃፉ ሆኖም ግን ቦታ ከጠበበዎት በወረቀቱ በስተጀርባ ሃሳብዎን መዘርዘር ይችላሉ።

ለትብብርዎ ሁሉ በቅድሚያ አመሰግናለሁ!!

ክፍል አንድ፡ መልስ መስጫ ሳጥኑ ውስጥ “x” ወይም “√” ምልክት በማድረግ ይመልሱ።

- 1. ያታ ሀ.ወንድ ለ. ሴት
 - 2. ዕድሜ ሀ. 25-30 ለ. ለ. 31-35
 - ሐ. 36-40 መ. ከአርባ በላይ
 - 3. የትምህርት ደረጃ ሀ. ዲግሪ ለ. ዲፕሎማ
 - ሐ. 10ኛ ያጠናቀቀ መ. 12ኛ ያጠናቀቀ
- ከተዘረዘሩት የተለየ ከሆነ
- 4. የጋብቻ ሁኔታ ሀ. ያገባ ለ.ያላገባ

5. ክብደት በ ኪሎ ግራም

ሀ. 51-60 ኪ.ግ.

ለ. 61-70 ኪ.ግ.

ሐ. 71-80 ኪ.ግ.

መ. ከ 80 ኪ.ግ በላይ

6. ቁመት በሜትር

ሀ. 1.60-1.65 ሜትር

ለ. 1.66-1.70 ሜትር

ሐ. 1.70-1.75 ሜትር

መ. ከ1.75 ሜትር በላይ

7. የተጫዋችነት የአገልግሎት ዘመን -----

8. በልምምድ ወቅት በቂ የስልጠና ቁሳቁሶች ይቀርብላቸዋል?

ሀ. አዎ ለ. የለም

9. በቂና ደረጃውን የጠበቀ መለማመጃ ሜዳና መወዳደሪያ ሜዳ አላቸረሁ?

ሀ. አዎ ለ. የለም

10. መለሱ የለም ከሆነ ምክኒያቱን ይጥቀሱ

11. የጨዋታ ህግና ደንብን በአግባቡ የሚተገብሩ ብቁ ዳኞች አሉን

ሀ. አዎ ለ. የለም

12. አሰልጣኞችሁ በተጫዋቾችነት ያለፈና የአሰልጣኝነት ሙያ የወሰደ ነውን

ሀ. አዎ ለ. የለም

13. በከተማ አስተዳደራችሁ የእጅ ኳስ ክለቦች አሉን

ሀ. አዎ ለ. ቀደም ሲል ነበር አሁን ግን የለም

14. ቀደም ሲል ነበር አሁን ግን የለም ካላችሁ ምኒያቱን ጥቀሱ

15. በልምምድና በውድድር ወቅት የተሟላ የስፖርት ትጥቅ ታገኛላችሁ

ሀ. አዎ ለ. የለም ሐ. በውድድር ወቅት ብቻ

16. በቂ የሆነ መደበኛ የልምምድ ፕሮግራም አላችሁን

ሀ. አዎ ለ. የለም

17. በሳምንት ስንት የልምምድ ቀን እና በቀን ስንት ሰዓት ትሰራላችሁ

ሀ. በሳምንት 3 ቀናትና ቤቀኑ 2 ሰዓት

ለ. በሳምንት 2 ቀናት እና በየቀኑ 2 ሰዓት

ሐ. በሳምንት 4 ቀናትና በየቀኑ 1 ሰዓት

መ. በሳምንት 2 ቀናትና ቤቀኑ 1:30

ሠ. በሳምንት 5 ቀናትና በየቀኑ 1 ሰዓት

18. በትምህርት ቤታችሁ ውስጥ የስፖርት መመህሩ ከመደበኛው የትምህርት ሰዓት በኋላ የእጅ ኳስ ስልጠና ይሰጣችኋልን

ሀ. አዎ ለ. የለም

19. መልሳችሁ የለም ከሆነ ምክንያቱን ጥቀሱ

በእጅ ኳስ ጨዋታ የትምህርት ቤት ከትምህርት ውድድር ጣደርጋለችሁን

ሀ. አዎ ለ. የለም

20. መልሳችሁ የለም ከሆነ ምክንያቱን ጥቀሱ

በክልልና በአገር አቀፍ ደረጃ አመቱን በሙሉ የሚካሄዱት ውድድሮች

ሀ. በቂ ናቸው

ለ. መካከለኛ

ሐ. ዝቅተኛ

21. የእጅ ኳስ ስፖርትን በተመለከተ በቂ የሆነ የሜዲያ ሽፋን በከተማችሁ እንቅስቃሴ ይደረጋልን

ሀ. አዎ ለ. የለም

22. በክልልና በአገር ዓቀፍ ደረጃ ተወዳድሪዎችሁ ዉጤት ስታገኙ ማበረታቻ ይደረግላችኋልን

ሀ. አዎ ለ. የለም

23. በስልጠና ወቅት ማንኛውም የሚመለከተው ባለስልጣን በቂ የሆነ ክትትልና ድጋፍ ያደርግላችኋልን

ሀ. አዎ ለ. የለም

24. መልሳችሁ የለም ከሆነ በልምምዳችሁ ላይ የሚፈጥረው ችግር ካለ ይገለጽ

25. ከ1993-1999 በአማራ ክልል የነበረው አጠቃላይ የእጅ ኳስ እድገት

ሀ. ከፍተኛ

ለ. መካከለኛ

ሐ. ዝቅተኛ

26. ከ2000-2011 በአማራ ክልል የነበረው ጠቅላላ የእጅ ኳስ እድገት

ሀ. ከፍተኛ

ለ. መካከለኛ

ሐ. ዝቅተኛ

27. የአማራ ክልል እጅ ኳስን ሁለተኛ የእድገት ዘመን ከመጀመሪያው እድገት ዘመን ጋር ሲነፃፀር እንዴት ትለኩታላችሁ

ሀ. ከፍተኛ

ለ. መካከለኛ

ሐ. ዝቅተኛ

28. ዝቅተኛ ብላችሁ ከመለሳችሁ ምክኒይቱን ግለጹ

6. ስልጠና ሲሰጡ የስልጠና ዕቅድ ያዘጋጃሉ?

ሀ. አዎ ለ. የለም

7. ዓመታዊ የስልጠና ዕቅድ ያዘጋጃሉ?

ሀ. አዎ ለ. የለም

8. በተራ ቁጥር 7 ለተጠየቀው ጥያቄ መልስዎ “አዎ” ከሆነ፤ እቅድዎን የሚከታተለው ማን ነው?

መሰረታዊ የሆኑ የእጅ ኳስ ጨዋታ ህግና ደንቦችን ለተጫዋቾች በየጊዜውና እንደሻሻሉ ያስተምራሉ?

ሀ. አዎ ለ. የለም

9. የግል ባለሐብቶች፤ መንግስታዊ የሆኑና ያልሆኑ ድርጅቶች የእጅ ኳስ ክለቦችን ያግዛሉ?

ሀ. አዎ ለ. የለም

10. የእጅ ኳስ ከማሰልጠኑ በፊት ተጫዋች ነበሩ?

ሀ. አዎ ለ. የለም

11. በእጅ ኳስ ስፖርት የአሰልጣኝነት ስልጠና ወስደዋል?

ሀ. አዎ ለ. የለም

12. በአሁኑ ሰዓት የሚሰጡት ስልጠና ከወሰዷቸው ስልጠናዎች አንፃር ሳይንሳዊ ነው ብለው ያምናሉ?

ሀ. አዎ ለ. የለም

13. በኢትዮጵያ እጅ ኳስ ፌዴሬሽን ድጋፍ በክልሉ ያለው የታዳጊ ወጣቶች ፕሮጀክት ስልጠና

ሀ. እየተሰጠ ነው ለ. ተቋርጧል

14. ተቋርጧል ብለው ከመለሱ መቋረጥ በክልሉ እጅ ኳስ ስፖርት ላይ ያስከተለውን ችግር ይግለጹ

15. የክረምትና የበጋ ወራት ስልጠናዎች በትምህርት ቤቶችና በቀበሌ ደረጃ ለወጣቶች ይሰጣሉን?

ሀ. አዎ ለ. የለም

16. የለም ካሉ ባለመሰጠቱ በክልሉ እጅ ኳስ ዕድገት ያስከተለውን ችግር ይግለጹ

17. አትሌቶችን ሲያሰለጥኑ በአብዛኛው የሚሰጡት ስልጠና የሚያተኩረው

ሀ. አካል ብቃት ላይ

ለ. ቴክኒክ ላይ

ሐ. ታክቲክ ላይ

መ. ሁሉንም

ሠ. አካል ብቃትና ቴክኒክ ብቻ

18. ከ1993-1999 ያለውን ጊዜ አማራ ክልል እጅ ኳስ የመጀመሪያ እድገት ዘመን አድርገን ብናየው የክልሉ ውጤት በአገር አቀፍ ደረጃ ምን ነበረ

ሀ. ከፍተኛ ለ. ዝቅተኛ

19. በሁለተኛው የአማራ ክልል እጅ ኳስ እድገት ዘመን ከ2000-2010 በነበረው ጊዜ በአገር አቀፍ ደረጃ ውጤታችን ምን ነበረ

ሀ. ከፍተኛ ለ. ዝቅተኛ

20. በመጀመሪያው እድገት ዘመኑ እና በሁለተኛው እድገት ዘመኑ መካከል በክልሉ እጅ ኳስ ላይ ያለውን ልዩነት እንዴት ተረዱት

በአሰልጣኝነት ተግባር ሲሳተፉ በዋናነት ለክልሉ እጅ ኳስ እድገት መሰረታዊ ችግሮች ናቸው የሚሏቸውን በዝርዝር ይግለጹልን

21. የእጅ ኳስን ስፖርት እድገት በተደራጀ መንገድ ለማምጣት ይበጃል የሚሉትን ይግለጹልን

DECLARATION

I, the undersigned, declare that this thesis is my original work, has not been presented for a degree in any other university and that all sources of material used for the thesis have been duly acknowledged.

Zemenu Teshome Endalew

Signature _____

Date _____ **June 2011**

The thesis has been submitted for examination with my approval as a university advisor

Assistant Professor Mebratu Belay -

Signature _____

Date _____ **June 2011**