

Analysis of the Impact of the Super League on the Development of the Programme - the Example of Handball

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Abstract: *In order to improve the competitive ability, innovation awareness and better development path of handball in China in the future, this paper uses the Handball Super League as a guide to explore the analysis of the changes in the various dimensions of handball in the tournament, using data to reflect the impact of the tournament on the development of various aspects of the project, and to provide theoretical support for the holding of the league in the future.*

Keywords: *Super League; handball; development pathway*

1. Introduction

The multiple competitions will have an impact on the overall ability of the sports team, combining the content and objectives of skills, innovation and professional competitions, linking competitions with learning and skills training, using competitions as an opportunity to improve participants' professional skills, innovative knowledge and the overall level of the team^[1]. Handball is a "cold" sport in China, with an "inherent deficiency" compared to other sports, and is not as intensive as football, basketball and volleyball in terms of events. How to effectively use tournaments to raise the 'profile' of these niche sports is an issue that needs to be addressed. There are currently three major professional leagues in China, and the Handball Super League will bring handball to the public eye.

2. Survey of the current situation of handball in China

There have been no more Olympic trips for Chinese men and women since 2008 when they played as hosts, and no more podium finishes since the women won the Asian Games in 2010. Since then, the glorious history of Chinese handball has been covered with a layer of dust and has become a thing of the past. In the current handball international arena is almost monopolised by European teams, China's handball team in the international arena has an obvious gap with European countries, in the European powerhouse may have two or even more first-class teams in a country, China in the international arena has always played in the form of the "national team"; but in recent years China has continued to learn. However, in recent years, our country has been learning new technical and tactical ideas from abroad, introducing excellent foreign coaches, complementing their strengths and optimising themselves, and many handball players have been discovered and gained the favour of many excellent foreign first division clubs. This is not only the result of the hard work of our athletes, but also the opportunity brought by the change in the general environment of handball in China.

2.1 Current situation of handball development in China

At present, the development of handball in China is relatively stable. There are 21 provincial handball teams in China (including Macau), including 12 men's teams and 9 women's teams. In addition to participating in regular tournaments, the provincial and national teams are actively seeking new breakthroughs and have made certain improvements in the level of competition. The China Handball Association (hereinafter referred to as "CHA") has made great efforts to develop handball, starting with children, and popularising the sport in various forms throughout the country, with the "Little Handball" programme in schools driving the development of handball in many provinces and cities and the reserve. The "Little Handball" in school has led to the development of the handball programme in many provinces and municipalities and the storage of talent. In terms of coaching, Handball China is constantly organising various forms of training to improve the coaching ability and provide a strong boost to the

development of handball in China. In addition, in the training and preparation of China's athletes and coaches to learn advanced technical and tactical concepts, through the hiring of foreign coaches and exchange abroad as the main channel, for China's male and female handball players training to provide more possibilities, and strive to break out of Asia as soon as possible, back to the international arena.

As a result, handball is becoming more and more widely known and has built up a certain base of handball population in China. From national to local, from training teams to schools, from competitive to everyday, handball is making a comeback in our country with vigour, waiting for an opportunity to return to the top.

2.2 Current situation of handball competition locations and court settings in China

Handball is a sport that has been developed by combining the characteristics of basketball and football to play the ball with the hands in order to score a goal against the opponent. The main tournaments in China are the Champions Cup, the Super League, the National Games and local tournaments organized by the provinces and cities. The tournaments are mainly held in Jiangsu, Anhui, Guangdong and other regions where handball is well developed, and most of the participants are currently from provinces and cities where handball is well developed. The results of handball tournaments show a clear disparity in competitive ability between teams and a marked difference in participation from one region to another. All signs point to an uneven development of handball in China and a lower level of handball competition than the traditional three major sports, but the overall development of handball has shown increasing momentum recently.

The current level of handball competition in China consists of national, provincial, municipal and various amateur tournaments. The national level consists of the National Games, the Super League, the Champions Cup, the Championships and various tournaments in the junior categories. Provincial and municipal competitions consist of provincial and municipal games and other competitions. Handball tournaments are led by the China Handball Association and supported by other provinces and municipalities to maintain the frequency and visibility of handball events. The national level competitions are held once a year, except for the National Games, which is held once every four years, and the teams are usually from provinces and municipalities with a certain level of handball development. Provincial and municipal games are planned differently depending on the level of development of local handball, with the more developed provinces having more intense and frequent tournaments and the less developed provinces either hosting or not hosting, with some variation in comparison.

2.3 Current development of the Handball Super League

Since its inception, the Super League has been aiming to become the "fourth largest professional league in China", drawing on the proven experience of the CBA, Chinese Super League and Volleyball Super League. 2019 saw the successful holding of the first China Men's Super League, which has shown full market potential in terms of both commercial development and youth popularity. Since the first edition, the number of teams participating in the Super League has grown from 4 to 10 men's teams, with women's teams joining later. Among the many men's teams, Jiangsu, Shandong and Beijing are strong and established teams, while Shanghai and Guangdong have also achieved excellent results in major tournaments and Anhui has a traditional advantage in handball. The championship was not won by any one team but was rotated among the strongest teams, reflecting the fact that handball players are contributing to the development of handball in China both on and off the field.

3. Analysis of the impact of the Super League on the ability of sports teams

3.1 Aspects of competitive ability enhancement

The Tianjin men's handball team is at an important juncture in the transition between the old and the new in 2021. After the XIV Games, the Tianjin men's handball team experienced a double whammy of national team selections and retirements, which pushed young talent into the field. In the same year, the Super League was also the first time that Tianjin men's players took part in it, and as "first year" freshmen Tianjin men's players also showed their resilience against the odds, gradually playing their own style from Suzhou to Hefei and progressing in the league at a very fast pace. As a team appearing in the Super League for the first time, Tianjin men's handball finished sixth in the Super League. In terms of statistics and performance, the league has allowed Tianjin men's handball to make a lot of progress.

Handball is scored on the basis of the number of shots taken and the percentage of hits made, which largely determines the number of goals scored and the final outcome of the game. In addition to throw-ins, the goalkeeper's defence is also important, as the number of saves and success rate are important in preventing the opponent from winning the game. The table below shows how Tianjin men's handball compares between the two divisions in the 2021 Super League;

Table 1: Comparison of Tianjin Men's Handball pitching in the two divisions of the 2021 Super League

	Number of goals scored		Number of pitches		Goal Success Rate	
	Suzhou	Hefei	Suzhou	Hefei	Suzhou	Hefei
Anhui	26	27	54	52	48.15%	51.92%
Shandong	18	21	41	50	43.9%	42%
Jiangsu	17	21	39	51	43.59%	49.02%
Hua Style	24	22	46	42	52.17%	52.38%
Beijing	28	28	55	45	50.19%	62.22%
Guangdong	31	32	48	47	64.58%	68.09%
Total	144	151	283	287	50.88%	52.61%

In the 2021 China Handball Super League, the Tianjin men's handball team, as a first-time participant and having undergone a transition between old and new players, continued to learn from their experience in this Super League. Looking at the various statistics in Table 1, with a total of 12 tour matches in the two regions, from the first experience in Suzhou to the gradual grasp of the rhythm in Hefei, the Tianjin men also practiced in the league and to good effect. Although the number of shots taken against Beijing was 10 less than in Suzhou, the number of goals scored was the same as in Suzhou and the success rate was 12.03% higher; in terms of goals scored, shots taken and success rate the Tianjin men showed an overall positive increase.

Table 1 reflects to a large extent the rapid growth of the Tianjin men's players who have experienced many matches in the league. This is a reflection of the correct idea of using tournaments to train, where the players' grasp of the rhythm of the game and the use of techniques and tactics in a real-world environment can directly determine the outcome of the game. Therefore, using tournaments to promote training can, to a certain extent, promote the competitive ability of handball in China.

Table 2: Tianjin Men's Handball in the 2021 Super League Comparative Table of Saves between the two divisions

	Number of saves		Number of tackles		Success rate in saving the ball	
	Suzhou	Hefei	Suzhou	Hefei	Suzhou	Hefei
Anhui	9	13	48	44	18.75%	29.55%
Shandong	13	17	48	50	27.08%	34%
Jiangsu	11	8	39	32	28.21%	25%
Hua Style	11	20	42	46	26.19%	43.48%
Beijing	6	16	41	39	14.63%	41.03%
Guangdong	17	28	50	55	34%	50.91%
Total	67	102	268	266	25%	38.34%

In addition to the goals scored by the players, the outcome of a game is determined by the goalkeeper's ability to save the ball while defending, with the success rate of the save determining the opponent's score. Table 2 shows the statistics of the saves made by Tianjin men in the Super League. The overall number of saves and the success rate of saves have increased significantly from 67% in Suzhou to 102% in Hefei, which is not only an increase in statistics but also a reflection of the experience the goalkeepers have gained in the field.

3.2 Experience building and emergency response

The coach is the instructor of the sport, with the theoretical knowledge and high technical level of the specific sport, mastering advanced teaching and training methods, designing, training and supervising the athletes' mental, physical, technical, tactical and moral qualities in a comprehensive manner, so that the athletes can improve faster from their original level^[2]. Many scholars say that the level of coaching has a direct impact on the development of the athletes and the sport^[3]. Not only are athletes gaining experience in competitions, but coaches' experience in competitions is even more valuable^[4]. The coaches' experience is even more valuable. Different competition situations can occur in different sizes and it is extremely important for the coaches to respond effectively in the same situation. Every

appropriate timeout by a coach can have the effect of turning the game around.

Like athletes, coaches are able to stand on the field of play because they have gone through a lot of training. The diversity of the coaches' thinking is refined by the various fields of play, thus achieving the effect of "quantitative change leading to qualitative change". It is not just any coach who can judge the course of a match, formulate appropriate techniques and tactics and motivate athletes before a match. It is not just any coach who can judge the course of a match, formulate appropriate techniques and tactics, and motivate athletes before a match.

3.3 Impact of tournament organisation on the promotion of handball

Handball is considered a niche sport among many sports in China and does not have a wider base than football, basketball or volleyball. In terms of the history of handball development in China, it is undoubtedly one of the sports with a high start and low success. In recent years, with the support of the State General Administration of Sports, the China Handball Association and the China Sports Group have successfully organized the China Men's Handball Super League for three consecutive years. The China Men's Handball Super League is the highest level of men's handball in China and is a reflection of the diversification of China's professional sports league. A quality tournament can fully inspire the athletes to win the championship, in other words the spectacle and intensity of the tournament will also be greatly enhanced, making the spectators' experience richer and promoting the sport of handball through the tournament in a subtle way^[5].

In addition to this, the Handball Association is promoting 'Little Handball' in schools, not only to bring handball from the professional circuit to schools to reach a wider audience, but also to build up talent for China's handball reserves.^[6] A quality tournament can have a good impact on any age group, and in addition to increasing awareness and influence, it is also in line with our strategic policy of building a strong sporting nation and increasing the sports population.

4. Conclusions and recommendations

4.1 Conclusion

4.1.1 Promoting athletes' competitive ability

The competition has had a significant impact on the athletes' ability to improve their skills, as well as sharpening their application of skills on the field, seeking out deficiencies and improving their resilience on the field through competition.

4.1.2 Promote coaches' experience and ability to deal with unexpected events

Coaches are another form of participant on the field of play. Through the constant training-competition cycle, coaches constantly adjust their technical and tactical use, which has a special sharpening effect on their command and control of the field and promotes their coaching ability.

4.1.3 Increasing the mass base of handball and promoting handball development

The frequency of competitions increases the opportunities for the public to watch the competitions, and the multi-frequency of competitions expands the influence of the project and increases the public base in a subtle way.

4.2 Recommendations

4.2.1 Creating opportunities for athletes to play

Create more opportunities for athletes to compete, to teach and promote competition, to supervise and learn from competition, to check and fill in the gaps in the actual battle, to find and accept their own shortcomings and to analyze their own athletic ability more objectively. Constantly reflecting and summarizing to make progress.

4.2.2 Increasing the exchange of coaches' training

The coaching level of the coaches determines the overall level of the athletes and sports teams. Increasing training opportunities for coaches, in addition to practical training, is also a way to increase coaching ability. The coaches share and exchange ideas with each other, combining theory and practice

for a more comprehensive analysis of the game, and the problems that arise in the game are summarized from different angles and latitudes by thousands of people.

4.2.3 Setting up diverse events to ensure the quality of the tournament

The regularity of the tournament depends on the level of competition of the players in the parameters, increasing the number and quality of handball tournaments held, the quantity determines the scope of promotion of the project and the quality determines the impact of the project. Quality handball tournaments can make a difference and can even have the effect of turning people on to the sport.

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