

# Analysis on the Offensive Characteristics of Jiangsu Team in the Women's Handball Qualifier of the 14th National Games

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**Abstract:** With the development of handball game, the rhythm of handball game is speeding up day by day, and the players are facing more direct confrontation in the game, so it also puts forward higher requirements for the team's overall offensive ability. In order to further enrich the team's offensive means and encourage athletes to take the initiative to attack, China is also an active opponent of the match system for innovation. In the 14th National Games women's handball qualification competition, the Jiangsu Women's handball team made use of the wonderful performance to win the championship, and obtained the admission ticket of the 14th National Games women's handball competition. By using the methods of documentary, video observation, mathematical statistics and logical analysis, this paper studies the attack techniques of Jiangsu women players in the 14th National Games qualification competition, and sums up the attack characteristics of Jiangsu team, to understand the offensive characteristics of Chinese elite women's handball teams, and to bring some reference to the cultivation of young women's handball player offensive ability.

**Keywords:** Handball Match; Jiangsu Team; Attacking Technique

## 1. Introduction

It is a kind of sports that originated from Danish basketball and gradually formed its unique value in sports and fitness. In order to enhance the appreciation of handball game, China has innovated the competition system of handball game, implemented the 1.5-point system, and further promoted the active attack of each team. The offensive ability of a team is the basis of its victory. In the women's handball qualifying match of the 14th National Games, eight teams won the championship by Jiangsu team after 23 fierce competitions and successfully entered the finals of the National Games. Taking Jiangsu team, the champion team of the women's handball qualifier of the 14th National Games, as the research object, this paper makes statistics and Analysis on the offensive technology of Jiangsu team, mainly including shooting, assists, fast break and other angles, compares with the offensive technology of other teams, and summarizes the Offensive Characteristics of Jiangsu team. Through this study, I hope to have a deeper understanding of the offensive characteristics of China's excellent women's handball team, and a general understanding of the driving of the offensive enthusiasm of the team and players under the new competition system, so as to bring more reference for the development of China's women's handball team and the training of China's excellent women's handball players.

## 2. Research Object and Research Method

### 2.1 Research Object

This paper takes the offensive characteristics of Jiangsu team in the women's handball qualifier of the 14th National Games as the research object.

### 2.2 Research Methods

#### 2.2.1 Literature Method

Through various network channels, find books and literature related to handball and handball attack,

and then search in China knowledge network, Wanfang and other links with "handball" and "attack technology" as keywords, download various journal articles, sort out and summarize in detail, and take all literature as the theoretical basis for writing this paper.

### 2.2.2 Video Observation Method

By watching the video of each game of Jiangsu team in the women's handball qualifier of the 14th National Games (6 games from the preliminary to the final) and other video materials, and using the methods of pause, playback and slow playback, this paper makes statistics on the application of the team's offensive techniques and tactics, so as to make the data as detailed and comprehensive as possible.

### 2.2.3 Mathematical Statistics

The collected and statistical data related to the attack of Jiangsu team in the women's handball qualifier of the 14th National Games were entered into excel 2016, and the data were calculated and sorted out by using the formulas of summation and percentage.

### 2.2.4 Logical Analysis Method

This paper summarizes the offensive characteristics of Jiangsu team and puts forward targeted suggestions by summarizing the relevant data of the application of offensive techniques and tactics in the women's handball qualification match of the 14th National Games.

## 3. Results and Analysis

### 3.1 Analysis on the Basic Information of Jiangsu Team in the Women's Handball Qualification Match of the 14th National Games

#### 3.1.1 Basic Information of Jiangsu Team Members

Table 1: Basic information of Jiangsu team members in women's handball qualification competition of the 14th National Games

position	Height (CM)	Weight (kg)	Age (years)
outside right forward	175	63	26
Central Defender	174	67	35
Right inner peak	162	59	17
outside right forward	168	58	21
baseline	182	85	26
baseline	178	77	26
outside left forward	173	63	26
goalkeeper	178	58	26
goalkeeper	186	74	28
Right inside	178	74	33
Central Defender	175	67	21
Right inside	165	65	23
baseline	175	70	22
Central Defender	172	65	26
inside left	179	70	27
inside left	180	70	28
/	175.0±5.3	67.8±6.6	26.0±4.8

The data in Table 1 is the statistics of the basic personal characteristics of the champion Jiangsu team in the women's handball qualification competition of the 14th National Games: the average age, average height and average weight of the members of Jiangsu team are 26.0 years old, 175cm and 67.8kg respectively, and their body shape basically meets the needs of modern handball. Wei, the oldest in the team, is 33 years old and the youngest is 17 years old. He has both experienced veterans and fresh blood who have the courage to fight. The echelon construction of the team is more reasonable and there is no shortage of youth. Because of the high intensity of handball, athletes' body shape and competition experience have an important impact on their ability to implement techniques and tactics.

### 3.1.2 Schedule and Result Analysis of Jiangsu Team

Table 2: Results of women's handball qualification match between Jiangsu and its opponents in the 14th National Games

Schedule and results	opponent	score	Match fruit	Difference
The first game of the preliminaries	Anhui team	56:27	win	twenty-nine
Game 2 of the preliminaries	Guangdong team	50.5:24.5	win	twenty-six
Game 3 of the preliminaries	Sichuan team	79.5:19.5	win	sixty
quarterfinal	Liaoning team	60:22.6	win	thirty-seven point four
Semifinals	Shandong team	36.5:23	win	thirteen point five
finals	Shanghai team	41.5:22.5	win	nineteen
total	/	323.5:139.1	/	one hundred and eighty-four point four
average value	/	53.9:23.2	/	thirty point seven

The data in Table 2 is the statistics of the schedule and results of Jiangsu team in the women's handball qualifier of the 14th National Games. It can be seen that Jiangsu team has won all the preliminaries, quarter finals, semi-finals and one final, with a total of 323.5 points, 139.1 points lost and 184.4 points net; 53.9 points per game, 23.2 points per game, and 30.7 points per game; Among them, Jiangsu team achieved the biggest difference victory of 79.5:19.5 against Sichuan team, with a net victory of 60 points The net score against Shandong team was the least, but it also exceeded the double-digit score, reaching 13.5 points. Through the video analysis, it can be seen that everyone in Jiangsu team is very positive on the field. Both the main players and substitutes cherish the opportunity to play. No matter how big the gap is, he always shows a tough style of fighting and fighting for every point in the game. On the whole, Jiangsu team has shown a strong dominance on the way to win the championship, and the average score is twice that of the opponent, which plays an important role in quickly occupying the advantage and stabilizing the situation on the field, and then lays a solid foundation for the final championship. Therefore, it is very necessary to study the offensive characteristics of Jiangsu team.

### 3.2 Analysis on the Offensive Ability of Jiangsu Team in the Women's Handball Qualification Match of the 14th National Games

The competitive characteristics of handball are similar to basketball and football. Therefore, the improvement of its competition rules is also to encourage the active attack of teams and athletes, showing the characteristics of handball fast, continuous and fierce confrontation. Under the new competition system, this paper first analyzes the offensive ability of Jiangsu team, the champion of women's handball qualification in the 14th National Games. The results are as follows.

#### 3.2.1 Scoring Ability Analysis

Table 3: Statistics of Jiangsu team's offensive scoring ability in women's handball qualification competition of the 14th National Games

Scoring ability	All scores in the preliminary and semi-finals	Average score in finals	Total average score
coaches	fifty-six point four	forty-one point five	forty-eight point nine
opponent	twenty-three point three	twenty-two point five	twenty-two point nine
Difference	thirty-three point one	nineteen	twenty-six

The data in Table 3 is the correlation analysis of the score data of the champion Jiangsu team in the women's handball qualification competition of the 14th National Games, and compared with the opponent: Jiangsu team scored 56.4 points in the midfield of the preliminary and semi-finals, and was able to beat the opponent by 33.1 points; In the final, Jiangsu team scored 41.5 points, 19 points clear of its opponent; 48.9 points per game, 26 points better than the opponent. It can be seen that Jiangsu team has a very excellent performance in scoring no matter in the preliminary, semi-finals or finals. As a traditional strong team in China, Jiangsu team has its uniqueness in the cultivation of athletes'

offensive techniques and tactics. The excellent performance of athletes at the offensive end has accumulated score advantages for the team, which also paved the way for Jiangsu team to win the championship.

### 3.2.2 Analysis of Shooting Ability

Table 4: Statistics of shooting ability of Jiangsu team in women's handball qualification competition of the 14th National Games

Shooting ability		coaches	opponent	Difference
Overall shooting score Shooting scoring rate	shoot	seventy-seven	forty-five point eight	thirty-one point two
	forty-eight point eight	twenty-four point two	twenty-four point six	
	63.4%	52.8%	10.6%	
9m shot score Shooting scoring rate	shoot	sixteen point eight	nine	seven point eight
	seven point six	three point four	four point two	
	45.2%	37.8%	7.4%	
6m shot score Shooting scoring rate	shoot	thirteen point six	eight point four	five point two
	ten point two	six	four point two	
	75%	71.4%	3.6%	
Winger shot score Shooting scoring rate	shoot	eleven	six point two	four point eight
	five point eight	three	two point eight	
	52.7%	48.4%	4.3%	
Fast break shot score Shooting scoring rate	shoot	twenty-one point four	twelve	nine point four
	fifteen point six	seven point four	eight point two	
	72.9%	61.7%	11.2%	
Breakthrough shot score Shooting scoring rate	shoot	seven point eight	five	two point eight
	four point six	two point six	two	
	59%	52%	7%	
7m ball shot score Shooting scoring rate	shoot	six point four	five point two	one point two
	five	three point six	one point four	
	78.1%	69.2%	8.9%	

The data in Table 4 is the collation and analysis of the shooting related data of the champion Jiangsu team in the women's handball qualification competition of the 14th National Games, and compared with the opponents: the Jiangsu team has 77 shots, 31.2 times more than the opponents, while the shooting score rate of Jiangsu team has also reached 63.4%, 10.6% higher than the opponents; In terms of 9m shooting, Jiangsu team shot 16.8 times per game, with a shooting scoring rate of 45.2%, 7.8 times and 7.4 percentage points more than their opponents respectively; In terms of 6m shooting, Jiangsu team shot 13.6 times per game, with a scoring rate of 75%, 5.2 times and 3.6% more than their opponents respectively; In terms of winger shooting, Jiangsu team shot 11 times per game, with a scoring rate of 52.7%, 4.8 and 4.3 percentage points more than their opponents respectively; In terms of fast break shooting, Jiangsu team shot 21.4 times per game, with a scoring rate of 72.9%, 9.4 times and 11.2 percentage points more than their opponents respectively; In terms of breakthrough shooting, Jiangsu team shot 7.8 times per game, with a scoring rate of 59%, 2.8 times and 7% more than the opponent respectively. In terms of 7m ball shooting, Jiangsu team shot 6.4 times per game, with a scoring rate of 78.1%, 1.2 times and 8.9% more than the opponent respectively.

It can be seen that Jiangsu team, the champion of the women's handball qualification of the 14th National Games, has created far more shooting opportunities than its opponents, and its shooting scoring rate is also more than 10 percentage points higher than its opponents. The success rate of shooting often directly determines the result of the game. Jiangsu team has a high hit rate in each game, which also paves the way for the victory of the game. From the perspective of different shooting methods, Jiangsu team has more shooting times than its opponents in different ways, and the shooting scoring rate is also significantly higher, especially in 9m shooting and fast break shooting, 7.8 times and 9.4 times more than their opponents respectively. Moreover, Jiangsu team members have stronger

grasp ability and higher efficiency for 9m long-range shooting and fast break shooting. With the innovation of the new rules, the 9m long-range shot score is 1.5 points, and Jiangsu team is better than its opponents in long-range shot. In handball game, shooting is the only way for the team to score and the only way for the team to win the game. With the development of handball, the team's comprehensive shooting ability in attack plays an important role in improving the efficiency and effect of attack. In the women's handball qualifying match of the 14th National Games, the Chinese Handball Association made bold innovations and attempts on the competition system, encouraging teams and athletes to strengthen long-range shooting and fast attack. The players of Jiangsu team are obviously stronger in these two shooting abilities, and the team is more skilled in the coordination of long-range shooting and fast attack, indicating that the new requirements of the competition system have been implemented in the usual training, The team members also implemented it well, which also laid an important foundation for Jiangsu team to win the championship.

### 3.2.3 Comparison of Assists

Table 5: Comparison of assist ability of Jiangsu team in women's handball qualification match of the 14th National Games

Assist ability	coaches	opponent	Difference
Average score	forty-eight point eight	twenty-four point two	twenty-four point six
Assists per game	eighteen point two	seven point four	ten point eight
Percentage of assists	37.3%	30.6%	6.7%

The data in Table 5 is the collation and analysis of the data related to the assists of Jiangsu team, the champion of the women's handball qualifier of the 14th National Games. It can be seen that Jiangsu team gets 18.2 points through assists in each game, and the proportion of assists in the scores is 37.3%, while the two data of the opponent are 7.4% and 30.6% respectively. It can be seen that the score of Jiangsu team through assists is significantly higher than that of its opponents, and the proportion of its assist score in the overall score is also 6.7 percentage points higher than that of its opponents, which shows that the overall assist ability of the players of Jiangsu team is stronger. Combined with the game videos and videos of Jiangsu team, it can be seen that the rhythm of Jiangsu team in attack is smoother and the cooperation between players is more skilled, In the game, the players can pass the ball to the empty teammates in time to help them complete the shooting, and the players can assist each other to complete more scores, which is one of the main characteristics of Jiangsu team in the attack.

### 3.3 Analysis on the Offensive Characteristics of Jiangsu Team in the Women's Handball Qualification match of the 14th National Games

According to the defensive formation of the opponent in the attack, the attack methods in handball mainly include positional attack and fast attack. From these two angles, this paper analyzes the attack characteristics of Jiangsu team, the champion of the women's handball qualification competition in the 14th National Games. The results are as follows.

#### 3.3.1 Positional Attack

Table 6: Comparison of positional attack ability between Jiangsu team and opponents in women's handball qualification match of the 14th National Games

Positional attack	Jiangsu team (n = 95)	Opponent (n = 57.8)	Difference
Number of attacks	seventy-one point four	forty-two point eight	twenty-eight point six
Proportion of attacks	75.2%	74%	1.2%
score	thirty-three point two	sixteen point eight	sixteen point four
Offensive scoring rate	46.5%	39.3%	7.2%
Percentage of scores	68%	69.4%	- 1.4%

The data in Table 6 is the statistics and analysis of the position attack mode of Jiangsu team, the champion of women's handball qualification competition in the 14th National Games. The data show that the position attack of Jiangsu team accounts for 75.2% of the overall attack, which is not significantly different from that of the opponent, while the attack score rate reached 46.5%, 7.2 percentage points higher than that of the opponent, The position attack score of Jiangsu team accounted for 68% of the total score, slightly less than 69.4% of the opponent. It can be seen that Jiangsu team has significantly more times of positional attack than its opponents, and the score conversion rate of Jiangsu team in positional attack is higher. The stable play of Jiangsu team in positional attack is the key factor for Jiangsu team to take the initiative in the game, which plays a better role in ensuring the overall attack of the team.

### 3.3.2 Fast Attack

Table 7: Comparison of fast attack of Jiangsu team in women's handball qualification match of the 14th National Games

Fast attack	Jiangsu team (n = 95)	Opponent (n = 57.8)	Difference
Number of attacks	twenty-three point six	fifteen	eight point six
Proportion of attacks	24.8%	26%	- 1.2%
score	fifteen point six	seven point four	eight point two
Offensive scoring rate	66.1%	49.3%	16.8%
Percentage of scores	32%	30.6%	1.4%

The data in Table 7 is the statistics and analysis of the fast attack mode of Jiangsu team, the champion of the women's handball qualifier of the 14th National Games. The data show that Jiangsu team has completed 23.6 fast attacks per game, 8.6 times more than the opponent. Its fast attack proportion in the total number of attacks is 24.8%, close to 1 / 4, while the fast attack score rate and fast attack score proportion of Jiangsu team are 66.1% and 32% respectively, 16.8% and 1.4% higher than the opponent respectively. It can be seen that Jiangsu team has significantly more attacks in fast break than its opponents, and the fast break score rate is as high as 66.1%, which is much higher than its opponents, indicating that Jiangsu team has a stronger ability to create and grasp fast break opportunities. Under the new competition system, the fast break score is also 1.5 points. The efficient fast break of Jiangsu team is also one of the important factors to open the score with the opponent in each game. Through the video, we can see that the players of Jiangsu team have a very good sense of fast break. When the other party makes mistakes, the goal returns slowly, or the goalkeeper makes a wonderful save, the players of Jiangsu team will always start to launch a fast break at the first time and effectively get 1.5 points. In modern handball, due to the acceleration of attack and defense rhythm, the technical and tactical cooperation ability of athletes in fast break has an important impact on the completion of shooting and scoring. Jiangsu team has played well in passing, pushing and shooting in fast break, which also provides great help for its excellent performance in fast break scoring and is an important basis for Jiangsu team to win the game.

## 4. Conclusions and Suggestions

### 4.1 Conclusions

The average age, average height and average weight of the champion Jiangsu team in the women's handball qualification competition of the 14th National Games are 26.0 years old, 175cm and 67.8kg respectively. From the schedule and results of the competition, Jiangsu team has won six games, and the score of each game is higher than the opponent's double digits, showing strong dominance on the way to winning the championship.

Jiangsu team, the champion of women's handball qualification competition in the 14th National Games, has an excellent performance in scoring; The team creates far more shooting opportunities than the opponent, and has a stronger ability to grasp the shooting opportunities, and the success rate of shooting is significantly higher than the opponent; The overall assist ability of Jiangsu team is stronger, which is one of the main characteristics of Jiangsu team in attack.

The champion Jiangsu team in the women's handball qualification competition of the 14th National Games is significantly more than its opponents in the number of positional attacks, and the score conversion rate of Jiangsu team in positional attack is higher; Jiangsu team has significantly more attacks in fast break than its opponents, and the fast break score rate is much higher than its opponents, indicating that Jiangsu team has a stronger ability to create and grasp fast break opportunities.

### 4.2 Recommendations

China's women's handball team should pay attention to the construction of echelons to avoid the phenomenon of lack of connection. Strengthen the training of offensive techniques, including the key training of athletes' basic offensive techniques such as passing and shooting, improve the stability of passing and accuracy of shooting, and cultivate the ability of athletes to find and grasp shooting opportunities.

For women's handball team, according to the characteristics and advantages of individual attack technology of different athletes, focus on the core players to create attack tactics that adapt to the

development trend of modern handball, enrich the attack means of the team in positional warfare attack, cultivate the tacit understanding of cooperation between athletes, and improve the fluency of the team in advancing and passing and receiving the ball in attack, So as to ensure the efficiency and effect of each attack.

In modern handball, the reform and improvement of handball competition rules are to encourage attack and enhance the appreciation of handball competition. Therefore, China's women's handball team should strengthen the understanding and application of handball rules. For example, under the current domestic handball competition system, it should focus on strengthening the exercise of long-range shooting technology and fast break tactics, So as to better improve the offensive ability of the team in the handball game in the new season.

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