



Dragan Adžić, *Coach of the Budućnost Handball Club and of the women's national team of Montenegro*

I strongly recommend this extraordinary book by Nikola Radić to coaches, players, players' parents and people who work in handball. It will complete their knowledge and broaden their horizons in every aspect of the handball game. I was particularly impressed by its complexity and by the way it deals with themes not yet sufficiently analyzed, like fake passes and dribbles. This book is an enormous contribution to the future development of handball in southeastern Europe and elsewhere.

I would like to congratulate the author for this remarkable work and the meticulous approach and thank him for a wealth of useful information.



Abas Arslanagić - AKO, *the legendary Yugoslav goalkeeper, allegedly the best in the world in 1970s. Throughout his career, he coached numerous top clubs and national teams, like the handball teams of Zagreb and Borac Banja Luka and the Yugoslav and Croatian national teams. He is currently working in Qatar.*

It is obvious that the author put a lot of effort, experience and love into this book to make it one of the rare textbooks encompassing every aspect of the handball game. I am extremely happy that the book contains an extensive chapter about goalkeepers.

I am confident that the book is not limited only to senior coaches but is aimed specifically at the growing number of youth coaches. Every new handball book is welcome, especially if written by successful and experienced coaches who have dedicated their lives to handball. Everyone from coaches, players, parent and handball enthusiasts can find something of interest in this book. Nikola, my compatriot, congratulations and thank you!

**FROM BEGINNER
TO FUTURE STAR**



Dr. Branislav Pokrajac, *One of the best players and coaches in former Yugoslavia, winner of the Olympic Handball Tournament in both roles. He coached national teams of Yugoslavia, USA, Spain and Qatar as well as gave lectures in countries like Finland, Norway, Sweden, Denmark, Germany, Switzerland, Portugal, Spain, France, Greece, USA, Slovenia. He is currently coaching Sporting Lisbon in Portugal.*

It is always exciting to read new handball literature that is based on theoretical and practical experience of the author and the book "From Beginner to Future Star" by Nikola Radić is a perfect example of this. The author unselfishly analyses and shares his knowledge, ideas and experience acquired through the years.

You will not know how to play handball after reading this book, it would too easy. It is however a step forward, it forces you to think, study ideas, be creative and learn something new. The main advantage of this book is to present coaching methods that can aid in the development of players and coaches alike. When I lecture, I always point out to students and future coaches that it is not handball technique that needs to be taught, it is players who need to be taught the correct technique. In my opinion, this is precisely what this book is about.

THE BOOK MAY BE ORDERED FROM:

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Nikola Radić
handball
**FROM BEGINNER
TO FUTURE STAR**



- Individual practice for all positions
- 50 dribbles
- 30 shots
- Homework



Coming January 2012



NIKOLA RADIĆ, Author

After my first book "HANDBALL - Teaching and Practising Activities in Attack" exceeded all expectations, I decided to supplement it with additional content and publish it in the languages of the southeastern Europe.

There will be more than 100 pages of new content with special emphasis on individual work with pivots, wingers and backcourts as well as with one of the most important positions in handball - goalkeepers.

On the basis of this, I decided for a new title: Handball - From Beginner to Future Star. Due to positive reviews from many experts, I hope the book will convince handball coaches from the southeastern Europe with its quality and scope. An additional motivation will be the European Handball Championships in Serbia in January 2012 where the entire handball elite from all over Europe and the world will be gathered.

CONTENT

- training technical and tactical elements (during warmup)
- fake passes
- crosses, fake crosses
- importance of legs (receiving the ball in step "zero")
- 50 dribbles
- 30 shots
- counterattack training
- goalkeeper in handball
- individual pivot training
- individual winger training
- individual backcourt training (60 examples altogether)
- ball hiding
- homework - examples and instructions
- past - present – future

FROM BEGINNER TO FUTURE STAR



TONE TISELJ, *The coach of the Krim Mercator Handball Club and the Slovenian Women's national team, two-time winner of the Women's Champions League, runner-up at the European Men's Handball Championships 2004 with Slovenia.*

Nikola Radić made a profound impact on handball in Slovenia as a player and a coach and I can say with great pleasure that this book is remarkable as well. I recommend it to all players and coaches who want to improve their handball skills.



Velimir Petković, *A long-time coach of Wetzlar and Goeppingen in Germany, declared best coach in Germany in 2005.*

The title of this book is completely justified, because it is special and unique. It is a school of handball, full of new concepts, possibilities for development, useful ideas and short and clear messages from everyday coaching. I am certain that it will be extensively used by coaches, players, parents and everyone wishing to better understand the game of handball.



Lino Červar, *The famous coach of the Croatian national team, World and Olympic champion, currently coaching Metalurg Skopje of Macedonia.*

The book from Nikola Radić comes at a time when there is a void in the field of handball literature. He was not only a special player, he left his mark especially as a teacher and a coach. That is why his words have significant importance, particularly when it comes to designing training methods and developing different didactic approaches in handball.

As this is something that most handball coaches lack, his book is especially important. There are many coaches, but not many among them are truly teachers. Nikola Radić is one of the few who are capable of being both. His book is an encyclopedia of positional and situational exercises for developing dribbling and shooting techniques used to support the movements in various situations on the handball field.

The author is contributing to the affirmation of a modern and dynamic approach to handball, especially in terms of a faster response to tactical changes in attack as well as quick dribbling and shooting (something Nikola excelled at as a player) on a small space or when time is running out. This book is trying to teach us how to take advantage of a player's inertia in the moment of a shot or a dribble, because this is, in addition to successful avoiding of defenders and playing a fluid game, one of the key lessons every handball coach must know.



Zdravko Zovko, *The coach of Zagreb, Celje, Fotex, Podravka and the Women's national team of Croatia. Won the Champions League three times, currently coaching Zvezda Zvenigorod in Russia*

The title of the book reveals its extent. The author starts with the basic elements and gradually proceeds to the more complex ones, while all the time explaining them in a fluid, concise, modern and professional manner.

This book deals with individual handball coaching which is an aspect that is not common in handball literature and I am extremely pleased with this. I believe that individual work is the future and the next step in the development of handball training. The book is expertly written and easy to read and I recommend it to all handball enthusiasts.

FROM BEGINNER TO FUTURE STAR