

Nikola Radić

handball

**FROM BEGINNER
TO TOP PLAYER**

- Training technical/tactical elements
- Fake passes
- Crosses – fake crosses
- Footwork – receiving the ball in step »zero«
- 50 feints
- 30 shots
- Counterattack – delayed counterattack
- Goalkeeper in handball
- Individual work with circle runners
- Individual work with wingers
- Individual work with backcourts altogether about 60 examples
- Ball hiding
- Homework – examples and instructions
- Past – present – future

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PREFACE

The inspiration for writing this handball textbook came from talking with my fellow coaches. They have often said:

"You have coached all male and female age groups from beginners to top players and you know best how it's supposed to be done."

"Your work is remarkable and you have left your mark in many clubs and national teams."

"You have won numerous titles in many categories."

"You must preserve your legacy as a coach and student of the game for future generations of players and coaches. You have a duty to do it!"

Feedback from my colleagues has always been important to me and I have respected their opinion. At the end, they did convince me.

The most decisive opinion was that of dr. Marko Sibila, who helped and advised me from the start. Later, dr. Primož Pori took on his role and we have gotten along fantastically, because he really appreciates my ideas. I would like to express my gratitude to both of them.

Of course, special thanks go to Cveto Pavcic who, along with Joze Silc, inspired me to become a coach and to study at the Faculty of Sports in Ljubljana, Slovenia. I still remember his words: "You were fair and persistent as players. You should be the same as coaches and raise players to be just like you. You must always remember this."

This book contains some examples from my long-time career as a coach and student of the game. I am certain that all players and coaches will find something new - something they haven't seen before. Even those with a different approach and ideas might discover useful bits to include in their work. If this book will motivate at least one person, help them or give them just one new idea, then my wishes are fulfilled.

AUTHOR

Nikola Radić

ABOUT THE AUTHOR

Nikola Radic is a well-known and acclaimed Slovenian handball expert of Bosnian origin who started playing football and handball at the Military Music School in Vukovar, Croatia. After coming to work in Slovenia, he played for Inles handball club (later Inles-Riko) of Ribnica which competed in regional competitions in the Lower Carniola region, Slovenian competitions and the 2. Yugoslav division for many years. The club later qualified for the 1.B Yugoslav division as well.

After a successful playing career, he dedicated himself to coaching. After a few years of training youth categories, he quickly moved onto senior teams. In the 1990s, he became one of the leading handball experts in Slovenia. For a short while (due to job-related obligations), he coached Slovan and Olimpija handball clubs of Ljubljana which competed in the 1. Yugoslav division and were considered the best men's and women's teams in Europe at the time.

From 1984 to 1991, he also led the U21 Slovenian national team which successfully competed at the annual tournaments of Yugoslav republics and regions as well as at the Alpe-Adria tournaments (against Austria, Italy and Switzerland) where it regularly won first place. It consisted of well-known players born between 1966 and 1973 and coming from almost every Slovenian handball club. The most famous were: Borut Macek, Boris Denic, Ales Levc, Bruno Glaser, Jani Likavec, Tomaz Jersic, Uros Serbec, Ales Anzic, Tetey Banfro, Tomaz Cater, Bostjan Strasek, Sergej Sokolov, Uros Privsek, Jani Cop, Roman Pungartnik, Dusan Andrejic, Marko Papez, Gregor Cvjic, Tomaz Tomsic, Beno Lapajne...

He also coached other well-known players, such as: Simona Sturm, Irma Kapidzic, Marjeta Marton, Maja Durisinova, Dijana Danic, Marta Bon, Tanja Polajnar, Stanka Bozovic and Dragana Pesic, Mitja Valencic, Aleksander Lapajne, Robert Krasna, Tomo Vodopivec, Bojan Cotar, Ales Praznik, Leopold Kalin, Dinko Vuleta, Bojan Voglar, Aleksander Vuga, Tomaz Peternelj, Peter Mahne, Robert Begus, Matjaz Tominec, Tone Tiselj etc. They are now respected coaches, officials and businessmen.

He coached, led and played with many players from former Yugoslavia who were sent to Slovenia for mandatory military service; they competed in military competitions and participated at tournaments organized to honor various events and holidays. They were top players and Yugoslav national team members, e.g.: Zdenko Zorko, Zeljko Nims, Zdravko Miljak, Petrit Fejzula, Zvonimir Noka Serdarusic, Jovan Slavkovic, Branimir Zeljkovic, Nikola Beslac, Luka Gorisek, Rade Uncanin, Pavle Jurina, Mirko Basic, Jasmin Mrkonja, Radivoje Krivokapic, Boris Jarak, Momir Rnic, Jovica Cvetkovic and many others. Nikola Radic coached them and learned from them. And he learned a lot.

At the 1978 military tournament in Split, Croatia, he was the top scorer with 66 goals. The same tournament featured players, such as: Vlado and Miha Bojovic, Fetahagic, Nikolic, Pavicevic, Radenovic... He managed to repeat this feat with Slovan handball club of Ljubljana at

the Yugoslav Veteran Cup in Umag, Croatia.

He played for the Slovenian national team and received many awards at the municipal and republic level as well as countless honors from the Handball Federation of Slovenia.

Studying at the Faculty of Sport in Ljubljana, Slovenia, literally opened his eyes, especially in terms of training theory. He managed to expand his practical experience gained during the years working in handball. He took interesting and useful ideas from other sports and adapted them to handball.

In spite of everything he achieved, he will always remember the unbelievable success of his local handball club of Ribnica - a small town of 4000 residents about 40 kilometers south of Ljubljana, Slovenia. This is where he spent the best moments of his life and sporting career and this is why he believes the greatest achievements of his playing and coaching careers are:

Being the architect of the greatest generation of handball players in Ribnica which was probably the third handball club in Slovenia after Slovan and Celje for at least two decades. It consisted of players such as: Toni Andoljsek, Zdenko Mikulin, Janez Zuk, Dusan and Janko Ilc, Stojan Gelze, Janez Kljun, Ivan, Janez and Stane Kersnic, Peter Karpov, Dusan Krizman, Rudi Putre, Brane Ambrozic, Andrej Mate, Tomaz Abrahamsberg, Dusan Andoljsek, Silvo Tanko, Ivan Kalajzic, Borut Troha, Tone Fajdiga, Mirko Gabrijelcic, Tine Svetic and others. A few notable results from this time: Ribnica – Yugoslavia 14:17 and 30:33, Ribnica – Austria 26:25, Ribnica – Japan 24:24, Ribnica – Steaua (frequent champions of Romania) 22:22, Ribnica – Hellas Haag (Netherlands) 24:15, Ribnica – ESB Besancon (France) 24:22, Ribnica – Emmenstrand (Switzerland) 27:19, Ribnica – Burevesnik (USSR) 22:22, Ribnica : Guinzburg (Germany) 27:24, Ribnica – Ditzenbach (Germany) 28:22, Ribnica – Slovenia 29:26 and 26:25; league matches: Varteks – Ribnica 23:27, Rudar Labin – Ribnica 17:21, Ribnica – Slavonija 25:18, Ribnica – Celje 14:13, Ribnica – Slovan 18:18, Zamet – Ribnica 16:17, Ribnica – Split 23:15, Ribnica – Iskra Bugojno 23:20, Potisje – Ribnica 21:22, Ribnica – Mehanika Metkovic 24:17, Ribnica Vrbas 29:23, Ribnica – Dinamo 22:18, Zagreb – Ribnica 19:19, Ribnica – Zagreb 21:17 ...

Nikola Radic is the founder of the well-known Ribnica handball school of thought which has profoundly influenced handball development in Slovenia. More than a hundred Ribnica players played for various Slovenian national teams (A, B, U21, U17, U15) with 19 of them playing for the A or B senior team and 30 for the U21 team.

The greatest mark was left by Tomaz Tomsic and Beno Lapajne who remain the Slovenian record holders for the number of caps (more than 200).

The U17 team from Ribnica won the Yugoslav title (1989 in Sarajevo, players born in 1971, coached by Zdenko Mikulin).

The U17 team from Ribnica won the European club title (2000 in Gothenburg, players born in 1982, coached by Stojan Gelze and Janko Ilc).

U21 teams won the Slovenian title multiple times; they won 5. and 3. place at the Yugoslav Finals in Bjelovar and Doboj, respectively (born in 1965/66, coached by Nikola Radic and Zdenko Mikulin.)

Many Ribnica coaches also worked in Slovenian national teams: Cveto Pavcic, Joze Silc, Nikola Radic, Zdenko Mikulin, Janko Ilc, Ciril Andoljsek.

Countless chairmen and board members also played a role in the club's achievements: Stefan Lovsin, Matic Zobec, Stane Kersnic, Ciril Grilj, Veno Čihal, Dušan Erčulj, Viktor Pogorelec, Dzavid Tuzovic, Vlado Mihelic, Vekoslav Zavolovsek, Franc Silc, Bojan Kos, Lado Orel, Andrej Mate, Brane Ambrozic, Pavel Hocevar, Toni Prus, Marko Obrstar etc. The club has always been named for one of the long-term sponsors: INLES, INLES-RIKO, and RIKO HISE today.

Lately, Nikola Radic has been dedicating his time to youth coaching and educating coaches who train youth categories. To help them and make his job easier, he published a handball manual with the original title: »HANDBALL – Learning and Training Attacking Activities« in 2008, which was extremely well received by Slovenian sports experts. The following book contains a translation of this manual as well as additional content.

Young players (born from 1989 to 1996) who have played for Ribnica Riko Hise and who have trained according to the ideas represented in this book, have reached seven finals of school and national competitions and have won 4 NATIONAL TITLES in four and a half years (January 2004 - June 2008).

Nikola Radic currently works for SVIS handball club of Ivančna Gorica, Slovenia, as an adviser to youth coaches. He gladly answers calls from other clubs to present his book and his coaching methods.

At the invitation of national team coaches Marjan Potokar, Jani Klemencic and Milan Ramsak and the Handball Federation of Slovenia, he is a member of the backroom staff of various men's and women's youth national teams (players born in 1994, 1996, 1998 and 2000) where he is training and educating the next generation of handball players.