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Nota di contenuto	1 Introduction -- 2 Origin, Philosophy and Advantages of Beach Handball -- 3 Basics of Rules, Teaching and Coaching to Start with Beach Handball -- 4 Just Play - From Beginner to Advanced in Seven Steps -- 5 The Basic Tactical and Technical Elements of Beach Handball -- 6 Skill Training and coaching in competition in beach handball -- 7 Basics in Beach Handball Refereeing, Organization and Recommendations of Literature.
Sommario/riassunto	At the end of the 20th century, beach handball started capturing the attention of more and more people worldwide. Beach handball combines elements of indoor handball with free, creative game actions, the benefits of the sun, the beach, and the joy of playing outside. This book familiarizes readers with the philosophy and underlying concept of beach handball. Using a holistic teaching approach, it also demonstrates the advantages of this sport for beginners. For the benefit of coaches and teachers, the book contains tips on coaching behavior, organizing training, and how to design training/teaching

sessions in a methodical didactic way. Numerous photos and streamable videos support putting theory into practice. As officials and referees are instrumental in the general development of the game, they have also been given due consideration in this work. Overall, this is a comprehensive introduction to a new sport covering all the information anyone needs to start playing beach handball. About the Authors Dr. Frowin Fasold is a sports scientist and coach with extensive experience in indoor and beach handball. He is the head of handball-related studies and teaching at the German Sport University Cologne and has published several works on team sports. Alexander Gehrler is one of the pioneers of beach handball at a national and international level. In the past two decades, he has had several functions connected to this sport (national coach for Germany, beach handball delegate for EHF and IHF; IHF Beach Handball Working Group). Prof. Dr. Stefanie Klatt is the head of the Department of Cognitive and Team/Racket Sport Research at the German Sport University Cologne. She has conducted several projects focusing on a variety of themes (e.g., exercise training, perceptual-cognitive processes) including (beach) handball players and referees.
