



EHF
COMPETENCE
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WOMEN'S EHF EURO 2022
SLOVENIA • NORTH MACEDONIA • MONTENEGRO

WOMEN'S EHF EURO 2022

QUALITATIVE ANALYSIS



CONTENTS



Introduction	3
Tournament – facts & figures	4
Team performance – brief overview	5
Matches & players – facts	6
Coaches – a summary	7
Defence analysis	8
Attack analysis	10
Players for the future	12
Conclusions & findings	20
All-star Team	21



INTRODUCTION

The Women's EHF EURO 2022 qualitative summary analyses the performance of the 16 competing teams and respective players who competed at the tournament from 04 November 2022 to 20 November 2022.

The analysis focuses on providing increased visual aids for coaches in order to be able to put the knowledge gathered into practice. It covers coaching, tactical and technical elements. Throughout this analysis, you can find links to selected clips from the Women's EHF EURO 2022 by clicking on the video symbol. To encompass the analysis, the software 'My Handball System' was used for the graphics.

Further information about the event and full team and player statistics can be found on the [official Women's EHF EURO 2022 website](#).

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TOURNAMENT — FACTS & FIGURES

16 teams have competed at the Women's EHF EURO 2022

Denmark last played an EHF EURO final 18 years ago

France covered the biggest running distance, 260,83 km in eight matches played

47 matches were played over the course of 16 days

2,492 goals were scored by 16 teams, Norway topping the list (239 goals out of 375 shots) with an efficiency of 63.7%

Top three scorers were Norwegian Nora Mørk (50 goals), followed by Montenegro's Djurdjina Jaukovic (48 goals) and Norwegian Henny Ella Reistad (46 goals)

France, Denmark, Norway, and Montenegro competed in the final weekend

Goalkeepers saved 1,012 shots, with Norway on top of the list (109 saves)

All six teams who played the final weekend are qualified for the 2023 IHF World Championship; the ranking of the Women's EHF EURO 2022 counts in the race for the Olympic Qualification tournament for Paris 2024

Norway won their 9th EHF EURO title

Fastest shots recorded were the ones of Slovenian Ana Gros and Romanian Bianca Bazaliu, both 114.98 km/h



TEAM PERFORMANCE — BRIEF OVERVIEW

The tournament produced several noteworthy performances. France was the only team to make it to the final weekend without losing a match – before going on to lose both the semi-final and bronze-medal matches.

Norway was undefeated until the last match of the main round, when Denmark beat them for the first time since 2012. Denmark's solid defence and great goalkeeper performances, from Sandra Toft and Althea Reinhardt, took them all the way to the final weekend.

Montenegro won their first international medal since 2012 when they picked up bronze. A strong and assertive defence was the key for the co-hosts with a combination of experienced and young players.

Switzerland, who will co-host the EHF EURO 2024 alongside Austria and Hungary, made their debut at the tournament and finished 14th.



MATCHES & PLAYERS — FACTS

The number of international matches played by the participating teams decreased from **62** (average) in 2020 to **48** (average) in 2022

Several countries have introduced younger players into their teams: **21** players aged below **20** participated in the Women's EHF EURO 2022

The youngest player was 15-year-old Montenegrin right back Iva Mladenovska

On average, each team had **1.3** players under the age of **20** in their squads: **4.4** aged between **20-23**, **10.2** aged between **23-30**, **2.9** aged over **30**

Compared to 2020 there were more players between the ages of **23** and **30** active in the EURO 2022

Denmark and France had the most players playing in their domestic league

The Netherlands had the most players playing in a foreign league (**19** out of **19**)

Champions Norway were the team with the highest average number of international appearances (**80**)



COACHES — A SUMMARY

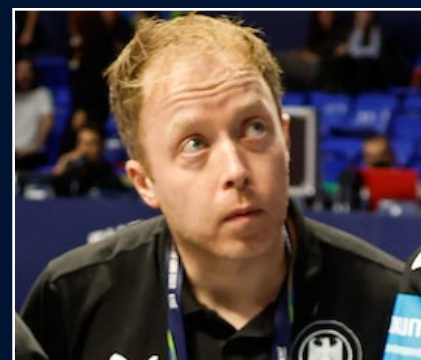
In total, six nations had foreign coaches at the Women's EHF EURO 2022, equating to 37.5 per cent of participating teams. Four of these foreign coaches were Scandinavian, and two came from the Balkans.

Montenegro's head coach Bojana Popovic was the only female head coach taking part in the Women's EHF EURO 2022.

The coaches observed a number of key trends during the championship. They thought the level of performance was becoming closer, with teams taking a largely equal number of points into the main round.

Teams are deploying more active defensive bases in combination with fast play and the physical condition of every player is paramount. The team able to sustain the highest energy for the longest will win, not the best tactical team.

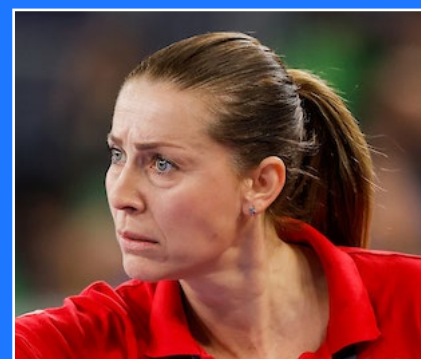
Coaches added that teams are making more use of fast throw-offs, and new rules have sped up the game, giving an advantage to those teams which play fast.



JOCHEN BEPLER, ASSISTANT COACH OF GERMANY AND EHF EXPERT

There were no surprises for us in terms of tactic, but what was significant and surprising is, how close the teams are in general, and how some teams clearly improved, proven by the mostly equal number of points taken to the main round.

The fast play is what counts in modern handball, in combination with an actively working defence – as Spain played. This means also speed in defence.



BOJANA POPOVIC, HEAD COACH OF MONTENEGRO

In all matches in Group D in Podgorica, it was the defence, which decided the match, in most cases an active and agile defence. And the attack then profited from the turnovers, but the core of everything was defence, especially in our tactics.



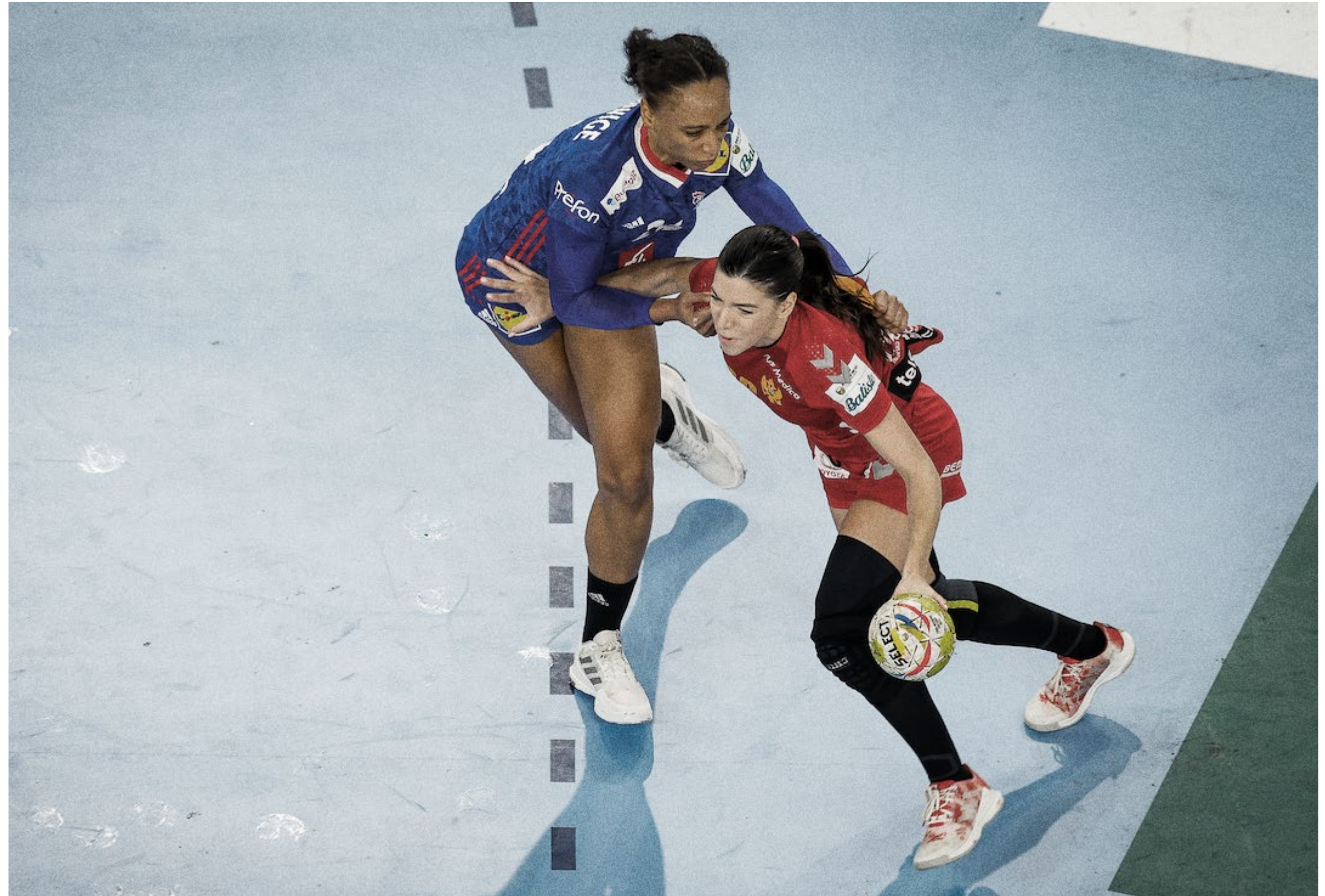
OLIVIER KRUMBHOLZ, HEAD COACH OF FRANCE

I do not see any other major trend, but for me, this tournament proves that the physical condition of every player stands above all. The winner will be the one with the biggest energy in the last two days, and this does not depend on a tactic.



DEFENCE ANALYSIS

Teams at the Women's EHF EURO 2022 used a variety of defensive styles. France had the most effective defense in the top four teams, conceding just **177** goals in eight matches. Line player Pauletta Foppa and centre back Béatrice Edwige were the best middle defender pair. In total, there were **156** blocks and **379** steals across the tournament.



DEFENCE ANALYSIS

- Most of the teams used a 6:0 zone defence, although with different styles. France was the only team to systematically use a 5:1 defensive system.
- The top teams used well-adjusted defending pairs at the middle defender positions to give stability to their defence
- Effective individual one-against-one defence is crucial in any defence system



- The high and increasing saving percentage is due to a shared effort by goalkeepers and defenders: the defenders cover a section of the goal, helping goalkeepers to focus on saving on the other side.
- When defending in positions of numerical inferiority, teams generally give up the wing areas and maintain the offensive footwork at the middle section of the defence.
- The most common way of stealing the ball is intercepting a pass either on the wing, when using closed zone defence; or in the middle, when using open zone defence.
- The goalkeepers' performance was a decisive factor in the teams' success. The top four teams have the best goalkeeper saving ratio, although the best goalkeepers are applying a different style.

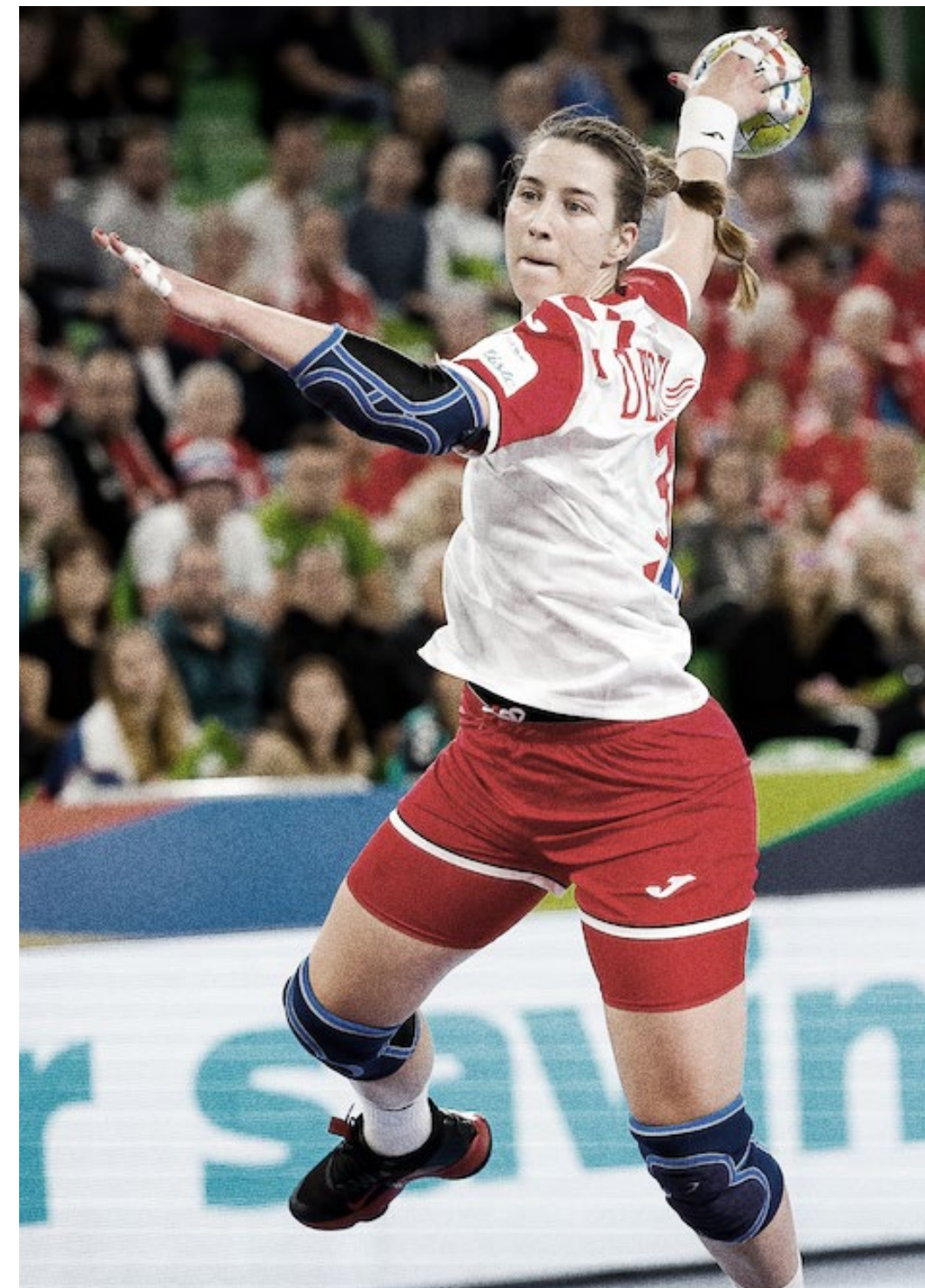
GOALKEEPER SAVES					
Name	Country	Matches	Shots	Saves	Efficiency
Sandra Toft	DEN	8	204	68	33%
Cléopatre Darleux	FRA	7	182	67	37%
Silje Solberg	NOR	8	156	62	40%

ATTACK ANALYSIS



At the Women's EHF EURO 2022, **2,492** goals were scored from **4,201** shots (**59** per cent). This compared to **2,410** goals out of **4,269** shots (**56** per cent) at the Women's EHF EURO 2020, meaning there were no major changes between the two tournaments. However, as in defence, teams adopted a variety of attacking styles.

- A common cooperation against set defence involves the wings. Their transition with and without ball is a common tactical solution. At the backcourt, crossings between the three backs are the most frequent tactics to build up the attack.
- Line players are playing a bigger role, cooperating with the backs. There is often active play between the line player and centre backs, taking turns to cross the court.
- Outstanding individuals determine the team's attacking style and efficiency. Diverse shooting and faking techniques are important when playing one-against-one to gain advantage over the defender as well as completing the attack.



ATTACK ANALYSIS

- When initiating attacks against teams which had substituted the goalkeeper, creating an empty goal, the most common finishing possibilities were:
 - goalkeeper shoots to the empty goal
 - the player gains position of the ball shoots at the goal
 - fast break with two to three passes before shooting

- When attacking shorthanded almost all teams, except Croatia, substituted the goalkeeper for a court player and played with an empty goal.

- When attacking in numerical superiority the teams played position play (static attack) and the decision of where to finish was often in the hand of one player. When attacking six against five or seven against six, teams often played with two line players in attack.

- After referees gave a passive play warning, teams tended to apply free-throws over the blocking of three or four teammates.

- The significance of long-range shots has increased with the new implication of the passive play rule, with only four passes allowed.



- On counterattack, teams often utilized the area, where the player returned from attack with delay.

- During fast throw offs, attackers often utilized the mistakes of the defenders retreating. The player who starts off shoots at the goal; after the goalkeeper's pass to the centre line, there was one pass then a shot; alternatively two passes and then shot; or a team fast break.

GOALS AND ATTEMPTS BY POSITION 2018-2022			
	goals/shots	percentage	
	2022	2022	2020
6m centre shots	402/640	63%	71%
Wing shots	647/1168	55%	57%
9m shots	457/1094	42%	39%
7m penalty shots	275/352	78%	71%
Fast breaks	247/316	78%	70%
Breakthroughs	386/521	74%	68%
Empty Goal	60/87	69%	
Fast throw off	17/22	77%	33%
<hr/>			
Attacks	2492/5109	49%	56%
Majority Attacks	292/534	55%	61%
Minority Attacks	175/383	46%	38%
Position Attacks	2167/4650	47%	46%



PLAYERS FOR THE FUTURE



Launched in 2019 by the EHF, the Respect Your Talent programme promotes the holistic development of talented players' careers, both on and off the handball court. Young athletes are inspired and mentored by some of Europe's best handball players and supported by leading field experts. Some of these rising stars of our sport were in action at the Women's EHF EURO 2022 and are ones to watch in the future.

MÁRTON

18



PLAYERS FOR THE FUTURE



YARA TEN HOLTE

Dutch goalkeeper Yara ten Holte played seven matches at the Women's EHF EURO 2022. The 22-year-old faced 200 shots and made 58 saves, an efficiency of 29 per cent.

Ten Holte is an agile and brave player who makes clear decisions. In the case of clear scoring opportunities, her choice of distance was perfect. She followed the movement of the shooting player and the movement of the shooter well.

It was also notable that ten Holte was not satisfied with just good positioning; she always combined it with an excellent defensive technique.



PLAYERS FOR THE FUTURE



GRÉTA MÁRTON

Over six matches at the EHF EURO 2022, 23-year-old left wing Gréta Márton scored 21 goals from 26 shots, an impressive 81 per cent efficiency. She scored many of her goals starting from the defence: by stealing the ball herself or with a tactically prepared “ball-trap” by the team.

She solved her individual quick-start situations with confidence, mainly by jumping past the goalkeeper for a long path and waiting in the air for a long time, executing the shot in the landing phase of the jump. When finishing in her own position, she increased the shooting angle by jumping and arm movement, aiming the ball at the area next to the hip, which is difficult for the goalkeeper to protect.



PLAYERS FOR THE FUTURE



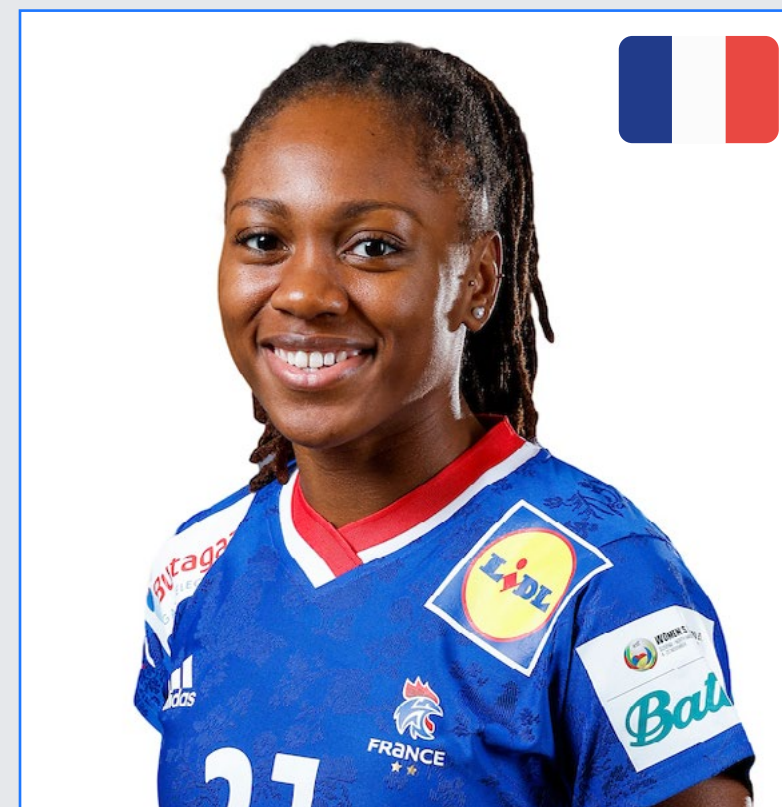
PETRA VAMOS

Hungarian left back Petra Vamos scored 20 goals in six matches (63 per cent). The 22-year-old's greatest skill was breaking through the defensive wall. She was able to get inside the six-metre line on both sides of the defender to score a goal or gain a penalty.

Vamos actively participates in the completion of extended fast breaks, and her cooperation with the line player was remarkable.



PLAYERS FOR THE FUTURE



DÉBORAH LASSOURCE

The 23-year-old Déborah Lassource featured in all eight of the French games at the EHF EURO 2022, scoring a perfect 10 goals from 10 shots.

Lassource successfully demonstrated her talent in three areas: she broke through the defensive wall one-on-one with cunning footwork and explosive changes of direction; she was able to shoot from a distance on the ground; and at the end of extended fastbreaks, she dynamically manoeuvred herself to 6m between the defenders.



PLAYERS FOR THE FUTURE



PAULA ARCOS

At just 20 years old Spanish back Paula Arcos impressed with her versatility at the Women's EHF EURO. She scored 16 goals from 34 shots (47 per cent efficiency), playing mostly from right back but on occasion from left back too, despite being a right-handed player.

She joined the actions with a great sense of rhythm and positional play was her strength. Arcos is a player with a low centre of gravity and is primarily characterised by breakthroughs, either attacking the inner side of the defender or next to the screen of the line player.



PLAYERS FOR THE FUTURE



MIA EMMENEGGER

Mia Emmenegger was one of the youngest players at the championship at just 17 years old. She played three matches, scoring 17 times from 25 shots (68 per cent).

Her very young age did not prevent her from carrying out her finishing maturely. She flicked the ball between the goalkeeper's legs with great sense, but she can also successfully attack the near side of the goal. Her repertoire also includes curved shots, when she shoots the ball from below into the far upper corner of the goal.



PLAYERS FOR THE FUTURE



TABEA SCHMID

Another young player on the Swiss team who impressed was line player Tabea Schmid, who scored 13 goals from 17 shots (76 per cent). The 19-year-old is a technically skilled, powerful, yet harmonious player, who meets all the requirements of the pivot position.

With her positioning, she pushed the defender away from the ball, and she was equally good at two-handed and one-handed catches. She was able to shoot on goal from the strong grip of the defender, but if she was not disturbed by the defenders, she did not rush the shot and, in order to successfully retreat, she did not use dive shots on those occasions.



CONCLUSIONS & FINDINGS

Norway won their ninth Women's EHF EURO title

The most important development in the approach to this analysis was the focus on providing increased visual aids for coaches

The Instant Video Reply System (Referees) was used **14** times across the **47** matches

- an average of **0.3** times per match
- the average time spent on reviewing a video replay was **2:08** minutes per situation

The research of real-time data is again crucial to the development of handball because it can modify training methods and help players improve their qualities

The real-time data provided us with important information on areas such as the top scorers, fastest shots, fastest sprint, number of passes, running distance, and jumping height



ALL-STAR TEAM

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The All-star Team was based on thousands of votes from fans and a panel of EHF experts. Cristina Neagu made her fourth appearance in an EHF EURO All-star Team, while Stine Oftedal and Jovanka Radicevic were named for a third time each.



GOALKEEPER

Cléopatre Darleux

Age: 33

Matches played: 7

Shots saved: 67/182

Saving percentage: 36.81%



LEFT WING

Emma Friis

Age: 23

Matches played: 8

Goals scored: 40/54

Shooting percentage: 71.43%



LEFT BACK

Cristina Georgiana Neagu

Age: 34

Matches played: 6

Goals scored: 39/70

Shooting percentage: 55.71%



CENTRE BACK

Stine Oftedal

Age: 31

Matches played: 8

Goals scored: 33/57

Shooting percentage: 57.89%



RIGHT BACK

Katrin Kluijber

Age: 23

Matches played: 6

Goals scored: 38/73

Shooting percentage: 52.05%



RIGHT WING

Jovanka Radicevic

Age: 36

Matches played: 7

Goals scored: 43/53

Shooting percentage: 81.13%



LINE PLAYER

Pauletta Foppa

Age: 22

Matches played: 7

Goals scored: 23/33

Shooting percentage: 69.7%



BEST DEFENDER

Kathrine Heindahl

Age: 30

Matches played: 8

Goals scored: 13/20

Shooting percentage: 65%



MVP

Henny Reistad

Age: 23

Matches played: 8

Goals scored: 46/73

Shooting percentage: 63.01%



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