

English version

Hello everyone, as the founder I would like to present you our project called Train Time, you can find it on the website [www.train-time.com](http://www.train-time.com), where you will also find a description of what we do, who we are, who we are looking for and why and what we are interesting in.

Part of the project I is the so-called Podcast edition, where we want to do interviews with people with athletes, people who want to participate in the development of this project and want to contribute their opinions, their expertise. The topics of the podcast are very diverse, the aim is to better describe the activity, explain the issue of the activity, invite potential participants to the activity or sport and bring them closer and more detailed behind the scenes of sports, training for the activity, proper clothing, diet, and other interesting things.

Podcasts can be in different languages / Czech, English, French, and other languages / a brief transcript will then also be available in either Czech or English. We are currently providing these 2 languages. In the future, we want to expand the possibilities.

Today, I would like to start with the first sport that had a much larger base, support and success in the Czech Republic or formerly Czechoslovakia than, say, recent years. This is handball, which is a very interesting sport, but also very physically demanding with demanding training, mental and tactical aspects.

As a guest and a person called to this sport, I called my Brother,

Transcription:

Hi Brasule,

"Hi ",

who has been playing handball competitively for many years and currently plays the extra league for the team that was at the top of the extra league table until the pandemic crisis and where Daniel plays the position of Pivota.

Dane, can you briefly introduce yourself to us, who are you, what do you like to do, what do you care about, what are your hobbies, how did you get into handball, how long did you play it and what brought you to it?

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What about me, my hobby is handball, sports, I got into handball in the 5th grade class where it appealed to me through tournaments and we started playing. I've been playing non-stop since then. Other hobbies are relaxing and traveling, I like to explore new landscapes.

Could you explain what the specifics of handball are?

"Handball is played by 6 players in the field with the goalkeeper, on 2 goals. The specificity is that you must have great strength, endurance and speed when playing in this sport. These are the main features for players. "

When you compare handball with other sports, what is the base of people who play it in some way?

"It certainly varies from country to country, each country has some specifics, the base in our country is small, it is a marginal sport in our country, unlike, for example, Germany, where it is almost the main sport. We can envy our neighbors in that, but we probably won't get there just like that "

But when you compare the Czech Republic with other countries similar in terms of population size, Austria, the countries of the former Yugoslavia and others?

"The Czech Republic is not so bad at what the base is here compared to Europe, as evidenced by the championship 2 years ago where the Czech Republic finished in 6th place, which is an amazing result and even now the team has advanced from the group, which is also a success that we would they should weigh. So, it's not that bad when it all comes together. You could say that handball in general is increasing and the quality is improving. "

Why should young children and teenagers start as the first sport of handball?

"In general, it's a very fair sport, which I don't know who appreciates it, but the main thing is not boring, goals are still falling, and something is happening, action, up and down game. So, you certainly don't get bored. "

As it seems with the economic aspect of handball, I mean with the funds that are in handball, it is difficult to get a partner for the club, you as a player do you think it is possible to live in the Czech Republic from this sport, finance a family and have it as a full job?

"If we talk about the Czech league, it is not completely professionalized, a lot of people have another job to handball, there are a lot of young people, so there is a certain semi-professionalism. However, there are exceptions, but there are few of them. "

Are you saying that it is not completely professional and there are not so many professionals who would play handball, how do the semi-professionals continue to work, what do they do next?

"A lot of people play it from the heart, agree with the club or at work on their own or as best they can. They just try to put everything together, where the heart is on the handball side and you try to incorporate the rest of it into it. "

On the basis of what you persevere and continue to play, I mean a lot of people, whether children, teenagers, or adults give up sports, or do not do it the way they should, what you think about it, you sometimes wanted to deal with it and what u did you say - or did you stay there?

"For me, it's probably the desire to get from a semi-professional to a professional, which is the dream, the desire to do what I want to do and make a living from it. So, my dream is that I would like it abroad in the future, that's probably my ceiling to try it there. "

How do you generally think about foreign countries, what is different there, how would you adapt there or not, what do you think there would be problems for you in general?

"It probably depends on the specific situation, what is different abroad is probably the functioning of the environment, interest from people is different. "

Do you have a destination, a club that you enjoy?

"I probably don't have a club, I'll look at the Champions League and that's enough for me, it's fantastic,"

As for training, perhaps the related specifics of exercises, can you describe your individual or team training and the exercises you perform? what is your daily content in the season?

"The specificity of handball is that you need at least a 3-week gym, otherwise our daily content is daily training, 1-2 phase training, weekend weekend matches"

So, what do the workouts look like, you go to the gym, you have a training unit that is different. Do you do any specifics of training?

"For handball, it is necessary to have strengthening of the whole body, so the trainings alternate and focus on them really complex. "

How about height weight in this sport?

"There are not so many restrictions in our country, everyone will find their post, smaller players play on the wings, bigger ones on the clutches, pivot. "

"So, you are the Pivot, what is your position, what is the specificity there? you definitely need a lot of strength, then endurance, speed, strength. That's the main thing in my position. "

The coach chose you for that position, how did you get there? somehow spontaneously

So how does Pivot work?

"I try to help my teammates, create space, break up, sometimes when it comes to finishing, but mainly to help the team."

A lot of people would probably be interested in how it is with food, and in general regeneration in terms of food and of course handball equipment, I guess the main thing is my quality shoes, are there any specifics, for example for you personally, or does it matter?

"I don't have a specific diet; I try to avoid meat dishes or a lot of calorie foods. Otherwise, regeneration is very important, it takes place about 2/3 a day.

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How many times a day do you eat, how often, how much?

"I guess I don't have anything special, I can have everything, I prefer spaghetti the most myself, I can always have them, even though I don't think it would affect me in any way. "

as for sugars?

"I'll have bananas, during the break we will have something individually to replenish energy, from chocolate to the various fruits. "

Handball also uses "coach, mentors" who would monitor you and tell you what to eat or do extra and what not?

"I don't have or use anything like that with us or rather with me yet"

When it comes to clothing, especially shoes, do you have any brands or products that you have to use for your partners or in general something that you are focusing on, what suits you as a brand or technology?

"Personally, I have nothing personal, I want it to fit and I felt good and comfortable in it from the very beginning. I don't have a favorite brand, so I don't have anything special from partners or rather I don't wear it. I choose it and pay for it myself. "

Dane, I know that in addition to handball, you are still studying, I would like to know how you can combine it, what your options are and what the future generation would be able to do, even for those who still want to have a normal job.

"It's about priorities, for me now it's mainly about 2 things, school and handball, I manage it somehow at school and it's also about priority to handball. It is also about a family that supports me a lot and for which they deserve a big thank you. "

Is handball an expensive sport compared to other sports (hockey, tennis...)? So, what are you paying for in handball?

"The contributions of the club where you play for the management and operation of the sport, transport, etc. are paid. Furthermore, the pupils and adolescents pay most of the things themselves, then there are some partners in the A-B team, and of course we already have contracts, so we live from them. "

Bottom line: So, this was a handball podcast, thanks for listening and have a nice time, Train Time.