

**AN ANALYSIS OF COMPETITIVE HANDBALL DEVELOPMENT IN ZAMBIA FROM
1980 TO 2019: A HISTORICAL PERSPECTIVE**

BY

DAKA LYDIA

**A Dissertation Submitted to the University of Zambia in Partial Fulfilment of the
Requirements for the Degree of Master of Education in Physical Education and Sports**

THE UNIVERSITY OF ZAMBIA

LUSAKA

2022

COPYRIGHT

All rights reserved. No part of this dissertation may be reproduced, kept in any recovery system or transmitted in any form or by any means, electronic, recording, scanning, mechanical photocopying or otherwise without the prior written permission of the author or the University of Zambia.

©Daka Lydia, 2022.

DECLARATION

I, **Daka Lydia**, do hereby solemnly declare that this dissertation represents my own work, except where otherwise acknowledged, and that it has never been previously submitted for a degree at the University of Zambia or any other university.

Signature:

Date:

APPROVAL

This dissertation of **Daka Lydia** is hereby approved as fulfilling the requirements for the award of the degree of Master of Education in Physical Education and Sports by the University of Zambia.

Examiner 1	Signature	Date
.....

Examiner 2	Signature	Date
.....

Examiner 3	Signature	Date
.....

Chairperson/ Board of Examiners	Signature	Date
.....

Supervisor	Signature	Date
.....

Co-supervisor	Signature	Date
.....

DEDICATION

This dissertation is dedicated as follows;

Firstly, to the loving memory of my late parents; Accras Daka and Foster Chikashi Daka, for believing in me and ensuring that I was educated. Secondly, to my siblings Ziwase, Diana, Elizabeth, Regina, Maria and my only brother Joseph for their tireless support and encouragement, even when I seemed to be giving up during my study. To my dear husband Adamson Mbewe for his support and believing in me, and finally to my beloved children Emmanuel and Chikumbutso for being my greatest source of inspiration and perseverance.

ACKNOWLEDGEMENTS

This study was made possible by a number of people through their valuable assistance, good advice and friendly support which helped me complete the work.

Further, I would like to express my sincere and deepest appreciation and gratitude to my supervisors, Dr. Euston K. Chiputa and Mrs. Katongo B. Moonga who supervised this work from beginning to the end.

I would like to thank the first HAZ president Joseph Samalesu and the current HAZ president Victor Bwalya Banda for the help rendered in accomplishing this study. I also extend my acknowledgement and appreciation to the HAZ officials who were involved in the study. Their willingness to share their experiences and time with me was priceless. Without all these generous people, this study would not have been successful.

I also say thank you to my family you were so supportive in every way you could; I never lacked material and financial support during my study. Lastly, I thank friends like Chifita Tracy, Mweemba Fair Hamusongwe and Makalashi Charity for their immeasurable assistance throughout this study.

ABSTRACT

This study aimed at investigating the development of Competitive Handball in Zambia from 1980 to 2019. The study was grounded on the theory of the evolution of modern sport by Stefan Szymanski (2008). Semi-structured interviews with key informants and document review of relevant literature were used in this qualitative study during data collection. The sampling procedure used was Maximum variation sampling, also known as heterogeneous sampling. A sample of twenty respondents were purposively sampled from various sports organisations, former and current Handball players were interviewed. Thematic data was analysed using the Nvivo v10 to come up with emerging themes. Some of the themes that emerged were: Handball introduced by ZCCM and Sports for All programme, the challenge trophy tournament, adequate sports facilities and factors of performance. This study is expected to contribute to the existing body of knowledge and also provide reference material for academics and other researchers. The work will be of use to the ministry responsible for education, MYSCD, NOCZ, NSCZ and HAZ as it amalgamates and consolidates information on the trajectory and evolution of Handball in Zambia from 1980 to 2019. The findings reveal that Handball in Zambia, was introduced in the early 1980s by ZCCM on the Copperbelt and in 1992 under the sports for All programme. The study recommends that HAZ should intensify awareness campaigns and programmes of Handball at community and national level, targeting schools, colleges, and universities. This will in turn lead to a wider selection of players and the sport being played extensively.

Keywords: *Handball, Development, History, Introduction, Zambia.*

TABLE OF CONTENTS

COPYRIGHT	i
DECLARATION	ii
APPROVAL	iii
DEDICATION	iv
ACKNOWLEDGEMENTS	v
ABSTRACT	vi
LIST OF ACRONYMS	xi
CHAPTER ONE: INTRODUCTION	1
1.0 Overview.....	1
1.1 Background to the Study	1
1.2 Statement of the Problem	3
1.3 Purpose of the Study.....	4
1.4 Main Objective.....	4
1.4.1 Specific Objectives.....	4
1.5 Specific Research Questions.....	4
1.6 Significance of the Study.....	5
1.7 Limitations of the study.....	5
1.8 Delimitation	5
1.9 Theoretical Framework	5
1.10 Evolution Of Modern Sports.....	6
1.11 Conceptual Framework.....	8
1.12 Summary.....	9
CHAPTER TWO: LITERATURE REVIEW	10
2.0 Overview.....	10
2.1 Theoretical Review	10
2.1.1 Club Theory	10
2.1.2 Development Theory	11

2.2 Empirical Review	12
2.2.1. Origins of Handball	12
2.2.2 Diffusion of Handball in Africa	16
2.2.3 Handball in Zambia	20
2.3 Summary.....	22
CHAPTER THREE: METHODOLOGY	23
3.0 Introduction.....	23
3.1 Research Design.....	23
3.2 The Study Population	24
3.3 Study Sample	24
3.4 Sampling Procedure	24
3.5 Instruments for Data collection.....	25
3.5.1 Interview Guide.....	26
3.5.2 Document Analysis	26
3.6 Data Analysis	26
3.7 Credibility and trustworthness.	29
3.8 Ethical Considerations.....	29
3.9 Summary.....	30
CHAPTER FOUR: PRESENTATION OF FINDINGS	31
4.0 Overview.....	31
4.1 Findings on Research Question.....	31
4.1.1 The Introduction of Handball in Zambia	31
4.1.2 Handball introduced under ZCCM.....	32
4.1.3 Handball introduced for mass participation in Lusaka	34
4.1.4 Handball developed through the availability of adquate sports fascilities	35
4.1.5 Handball develops through the Community in Lusaka.	39
4.1.6 Handball developed through participation in the Challenge trophy tournament	40
4.1.7 Handball developed through Schools	41
4.1.8 Handball developed through Formation the Handball Association of Zambia.	43

4.2 Popularisation of Handball in Zambia.....	45
4.2.1 General Popularisation Of Handball In Zambia.....	46
4.2.2 Partnerships and Sponsorship from Corporating Partners and Stakeholders	47
4.2.3 Contributions of ZCCM helped in Popularising Handball in Zambia	48
4.2.4 Contributions of Madison General Insurance in Popularising Handball in Zambia	50
4.2.5 Contribution by Zambia National Service towards Popularisation of Handball in Zambia .	51
4.3 Performance of Handball at Local and International Competitions from 1980 to 2019	52
4.3.1 Composition and activities of Handball Clubs in Zambia	53
4.3.2 Performance of local clubs in Regional and Local Tournaments	54
4.3.3 Organisation of the League tournament	55
4.3.4 Performance of National Team at International and Regional Level.....	57
4.3.5 Performance in Terms of Hosting International Handball Tournaments	60
4.3.6 Factors of Performance Relating to Handball in Zambia	62
4.4 Summary.....	64
CHAPTER FIVE: DISCUSSION OF FINDINGS.....	67
5.0 Overview.....	67
5.1 The introduction and development of Handball in Zambia	67
5.1.1. The Challenge Trophy	69
5.1.2 Formation of the Handball Association of Zambia	72
5.1.3 Introduction of Handball in Schools.....	73
5.1.3 Summary	75
5.2 The Popularisation of Handball in Zambia.....	75
5.2.1 Sponsorships from the Corporate world	75
5.2.3 Summary	78
5.3 Performance of Handball in local and international competitions from 1980 to 2019.	79
5.3.1 Performance of Handball at National Level	79
5.3.2 Performance of Handball at International and Regional Level.....	81
5.3.3 Hosting International Tournaments	83
5.3.4 Factors of Performance.....	84
5.3.5 Summary	86

CHAPTER SIX : SUMMARY, CONCLUSIONS AND RECOMMENDATIONS	88
6.0 Overview.....	88
6.1 Summary.....	88
6.2 Conclusions.....	90
6.3 Recommendations	90
REFERENCES.....	92
APPENDICES	100
Appendix 1: Consent Form	100
Appendix 2: Retired Handball Players Interview Guide.....	101
Appendix 3: Current Handball Players Interview Guide	102
Appendix 4: Sports Organisations Interview Guide	103

LIST OF ACRONYMS

CAHB:	Confederation of African Handball
CDC:	Curriculum Development Centre
HAZ:	Handball Association of Zambia
IHF:	International Handball Federation
IOC:	International Olympic Committee
MESVTEE	Ministry of Education Science Vocational, Technical and Early Education
MMD:	Movement for Multiparty Democracy
MYSCD:	Ministry of Youth, Sport and Child Development
NOCZ:	National Olympic Committee of Zambia
NSCZ:	National Sports Council of Zambia
OYDC:	Olympic Youth Development Centre
RTSA	Road Transport and Safety Agency
UNIP:	United National Independence Party
ZCCM:	Zambia Consolidated Copper Mines

CHAPTER ONE: INTRODUCTION

1.0 Overview

The purpose of this study was to investigate competitive Handball development in Zambia. The background to the study provides information on the context of the study. This chapter presents the background to the study, statement of the problem, purpose of the study, research objectives and questions, the significance of the study and the theoretical framework, delimitation and limitation of the study. Kasonde (2013), states that the background to the study is aimed at making the reader perceive a general picture of what has happened, the problem posed and the solution to the problem. It further shows proof that the researcher has done adequate reading on the literature relevant to the study.

1.1 Background to the Study

According to Espallargas (2016), Handball is an indoor Olympic game played in a seven-a-side competition of sixty minutes, divided into two periods of thirty minutes. The main objective of the game is to throw a ball into a goal and score. Today, Handball is one of the most popular sports in the world, played by men, women, and children of all ages (Merete, et al, 2012). According to Madou (2014) and Buchheit (2009), Handball originated in the Scandinavia and Northern Europe around 1890 and in the early Nineteenth century. This is supported by Merete, *et al*, (2012) who stated that team Handball or Handball, was first played at the end of the 19th century and was introduced as an Olympic sport in 1936. The sport was first introduced as a form of a 'snatch-ball' by a Germany gymnastics educationalist Konrad Koch who was regarded as one of the founding fathers of Handball (Saavedra, 2018; Siddhart, 2016; Istvan et al, 2015; Raymond, et al, 2013).

Modern Handball originated in Germany and was recognised as a sport in 1920 due to the works of Carl Diem a Physical Education teacher at one of the high schools in Germany (Istvan, at el, 2015). The game was played between two teams of five to twelve players on a rectangular court and the first international game for men was played in 1925 and in 1930 for women (Istvan, at el, 2015 & Siddhart, 2016). The game gained popularity after it became a winter sport and attracted crowds of people who watched and enjoyed it.

Handball was reintroduced as an Olympic sport during the 1972 Munich Games according to Raymond *et al* (2013). The introduction of indoor Handball game, however, made it become so competitive that it dominated most nations in Europe.

The Federation Internationale Handball Amateur was formed in 1928, as the sport's international governing body and the International Handball Federation (IHF) was formed in 1946 in Copenhagen, Denmark. The International Handball Federation (IHF) is the world governing board for Handball and controls affiliate associations. The Federation is in charge of organising world championships which consist of men's and women's events. Thereafter, Handball spread to the rest of Europe and other parts of the world according to Madou (2014) and Istvan *et al* (2015). In 1972, the African Handball Confederation (CAHB) whose current headquarters is in Abidjan, Ivory Coast was founded in Tunisia (István, et al, 2015). A committee was instituted and mandated to prepare the foundations of the continental federations during the second African Games held in Lagos (Nigeria) on 15th, January 1973 (István, et al, 2015). The federations were to represent the National Handball Association of Africa under the supervision of International Handball Federation(IHF).

Research has revealed that in Zambia, Handball was introduced on the ZCCM mines on the Copperbelt as a recreational sport for the mine workers (Banda, 2019). The sport was played in divisions among the mine workers. The sport is currently played at club and national level (Banda, 2019). The sport is considered as one of the many Physical Education programmes as illustrated by the Zambia Education Curriculum Framework – ZECF (ZECF, 2013). In the Junior secondary school Handball is taught as a sports skill in Physical Education (Junior Secondary Physical Education Syllabus, 2013). In trying to establish when the sport was introduced in Zambia, it is important to look at similar studies that have been done on sports in Zambia.

A study by Chipande (2009), attempted to explore and analyse the diffusion and development of football in Zambia. A further probe into the study looked at how football, which was played by colonialists, was introduced and became a popular sport among the local people. The focus was on the important direction of football development in Zambia from 1930 to the late 1960's. This study clearly showed how football was incorporated into other sports and how the local people perceived it.

Banda (2013), looks at Sport and the Multisectoral Approach to HIV/AIDS in Zambia. The study analyses the organisational responses of the National Sports Associations namely, Football Association of Zambia (FAZ), Zambia Basketball Association (ZBA) and Netball Association of Zambia (NAZ). The focus on the study was on each of the selected cases towards the HIV/AIDS multi-sectoral approach.

Kabungo (2017), investigates the implementation of physical education and sport curriculum in secondary schools in Kapiri Mposhi district. He argues that despite the pronouncements made by then President Mwanawasa in 2006 and making it examinable, PE was still not recognised as one of the core subjects by some administrators. The author further shows that the subject was neglected and looked down upon. Some administrators regarded it as time for learners to play and have fun only, hence not including it on the school time table. The article further shows that lack of equipment and facilities was another major reason why implementing physical education in schools was difficult.

Chileshe (2014), explores the respondents' perceptions on the benefits of the Olympic Youth Development Center (OYDC) to the local communities and the advancement of national sports as perceived by users, residents, national sports federations, the National Olympic committee and the ministry of youth sport and child development. The study yielded positive and negative results of which the positive impacts outweighed the negatives. The conclusion of the study was that the OYDC offered a range of benefits beneficial to the local community and the national sports.

Fasting K., et al (2015), the study aimed at educating coaches and athletes on gender-based violence (GBV) as well as developing strategies to reduce harassment and abuse in sport. The study finding show that male and female athletes experienced similar forms of harassment and abuse. The participants' suggestion on ways of reducing harassment and abuse in sport were in line with recommendations by the International Olympic Committee (IOC). This shows that there are limited or lack of studies, on the historical development of competitive Handball in Zambia during the period between 1980 and 2019, this prompted the researcher to carry out this study.

1.2 Statement of the Problem

Research shows that in spite of the sport being taught at junior secondary, the sport is not among the many sports skills that are practiced during inter- school sports competitions. However, there

is lack of evidence of any scientific research or study that has been done on this subject in the past on Zambia. Consequently, there is limited written literature that is available on the history of Handball in Zambia. Opportunities such as knowing exactly who introduced Handball and how the sport was introduced and developed. Furthermore, Physical Education teachers will use this study as a reference material and save as a record on the history and development of Handball by the HAZ. It is for this reason that the study was conducted to try and fill the gap. Therefore, this study sought to investigate the state of competitive Handball development in Zambia from 1980 to 2019.

1.3 Purpose of the Study

The purpose of this study was to investigate the development of competitive Handball in Zambia from 1980 to 2019.

1.4 Main Objective

To investigate the development of competitive Handball in Zambia from 1980 – 2019.

1.4.1 Specific Objectives

- i. To trace the introduction and development of Handball in Zambia.
- ii. To determine how the sport was popularised into local sport in Zambia.
- iii. To assess how the sport has performed in local and international competitions from 1980 to 2019.

1.5 Specific Research Questions

This research study sought to answer the following questions:

- i. How was competitive Handball introduced in Zambia and how did the sport develop?
- ii. How did the sport become popular after integration into local sport in the country?
- iv. How did the sport perform in local tournaments to gain international recognition from 1980 to 2019?

1.6 Significance of the Study

This study was expected to contribute to the existing body of knowledge on the introduction, development, popularisation and performance of Handball in Zambia for use in various institutions and sports organisations. It was also expected to provide reference material for academics and other researchers. It may be of use to the ministry responsible for education, the Ministry of Youth Sport and Child Development (MYSCD, National Olympic Committee of Zambia (NOCZ), National Sports Council of Zambia (NSCZ) and Handball Association of Zambia (HAZ). The study will help improve the current practices in Handball as it will work as tool to refer to on past performance.

1.7 Limitations of the study

The study was done in Zambia. The study sample could have been meaningful if more towns or provinces were included. The major weakness of this study lay in the methodology. The researcher had challenges in finding supporting documents on the Sports for All Programme which the NSCZ failed to avail and depended so much on the narratives from the interviews. There was weak record keeping at NSCZ hence sports history was difficult to trace. The researcher strongly believes that despite the observed limitations, the findings of the study are reliable and useful.

1.8 Delimitation

This study was carried out in Lusaka and Copperbelt provinces particularly Lusaka because that's where offices for various sports organisations are and it dominated the sample. Luanshya and Ndola districts because of access to the ZCCM library and some sample size. For the retired and current Handball players, most of them were spread across the country and information was easy to find as they were accessed through mobile network.

1.9 Theoretical Framework

Understanding the theoretical framework can be problematic at times. For the researcher to be able to answer questions and solve problems before practical confirmation, the researcher used interpretive research paradigm. It helped in understanding the evolution of modern sports because the paradigm aims at understanding human experiences by allowing people to make own meanings and interpretations through experiences and the truths Kivunja and Kuyini (2017). However,

Cohen, et al, (2000) supports that this paradigm strives to understand and interpret the world in terms of its actors.

Therefore, the interpretive paradigm shows a need to take contextual factors into consideration in order to create an understanding on the belief that knowledge created is of great value. Furthermore, Grix (2004) argues that reality has many sides and complex with a belief that people are creative therefore, theory does not go before research but follows it so that it is stranded on the data generated by the research hence data collection and analysis should be consistent with the study. This will therefore, lay a foundation for understanding and attempting to discuss the introduction of Handball in Zambia.

1.10 Evolution Of Modern Sports

This study was grounded on the theory of the Evolution of Modern Sport by Stefan Szymanski. It centres on the unit of a club as a foundation for development of modern sport. The basic structural unit of modern sport was the club, although little attention has been paid to concept of associativity in the development of modern sports. Associativity is a tendency by individuals to create social networks and organisation outside family Szymanski (2006). The major characteristic of an association is the ability to formulate its own rules and be able to oblige its members to follow them. The willingness of individuals who agree to abide by a system of private and self-regulating law within the state form a club as a basic unit of modern sports. Handball association of Zambia has rules and regulations that are followed by everyone with interest in the sport. This is what led to the creation of clubs and powerful national team.

Modern sports evolved in England as a means for men to evaluate the qualities of potential allies and rivals although Lombardo (2012), argues that sports began as a way for men to develop the skill needed in primitive hunting and welfare. However, sports did not evolved as a result of athletic success and spectatorship but as a by-product of traits in male-male physical competitions.

According to Guttmann (2004), the origin of modern sports in Victorian England is recent and adds on that modern sports originated in Britain except for baseball, basketball and volleyball although Szymanski, (2006, 2008) and Hooke(1998) clearly show that the evolution of modern sports formed part of the expansion of private associative activity that occurred in the Anglo-

Saxon world 110AD to 1066 AD. Modern sports was invented in the mid- Victorian years 1850s to 1880s and what followed this revolution was traditional sports (Szymanski, 2008).

The theory of the evolution of modern sports centres on the unit of a club as a foundation for the development of modern sport although Szymanski (2008), argues that modern sport was a reproduction of a form of associativity whose essential unit makes it unique from a club. Furthermore, Szymanski, (2006, 2008) states that the evolution of modern sport in England happened during the start of the Industrial Revolution in the nineteenth century.

The club is placed as an entity for the development of modern sport. The club gives a straightforward basis for the development of modern sport (Szymanski, 2006, 2008). This explains the different social rules governing the formation of clubs and describes the differing development of modern sports. The Theory of the evolution of modern sports lies on the premise that modern sports are organised in hierarchical systems of clubs and governing federations (Szymanski, 2006, 2008) and Lombardo (2012). Just like in Zambia, Handball is played and organised at club and national level and is governed by the HAZ. Modern sport does not refer to simply the recent innovations in sport as Guttmann (1994) argues that modern sports are not only defined by some specific chronological order but also by the presence or absence of a distinctive set of systematically interrelated formal – structural characteristics.

Guttmann (1994), further specifies that these characteristics appear when sports are analysed in a schematic contract to traditional physical contest like secularism, equality, bureaucratisation, specialisation, rationalisation, quantification, and obsession with records. The evolution theory of modern sports was in line with this study because it helped in establishing the historical development of competitive Handball in Zambia, which is among the modern games played at club, national and international level although it lacks academic literature to refer to. It is important that records on how the sport was introduced in Zambia, how it has developed and how the clubs and national team have performed are put on record. The evolution theory helped in understanding and establishing the origin and development of Handball in Zambia from 1980 to 2019.

1.11 Conceptual Framework

Figure 1.1 Conceptual Framework

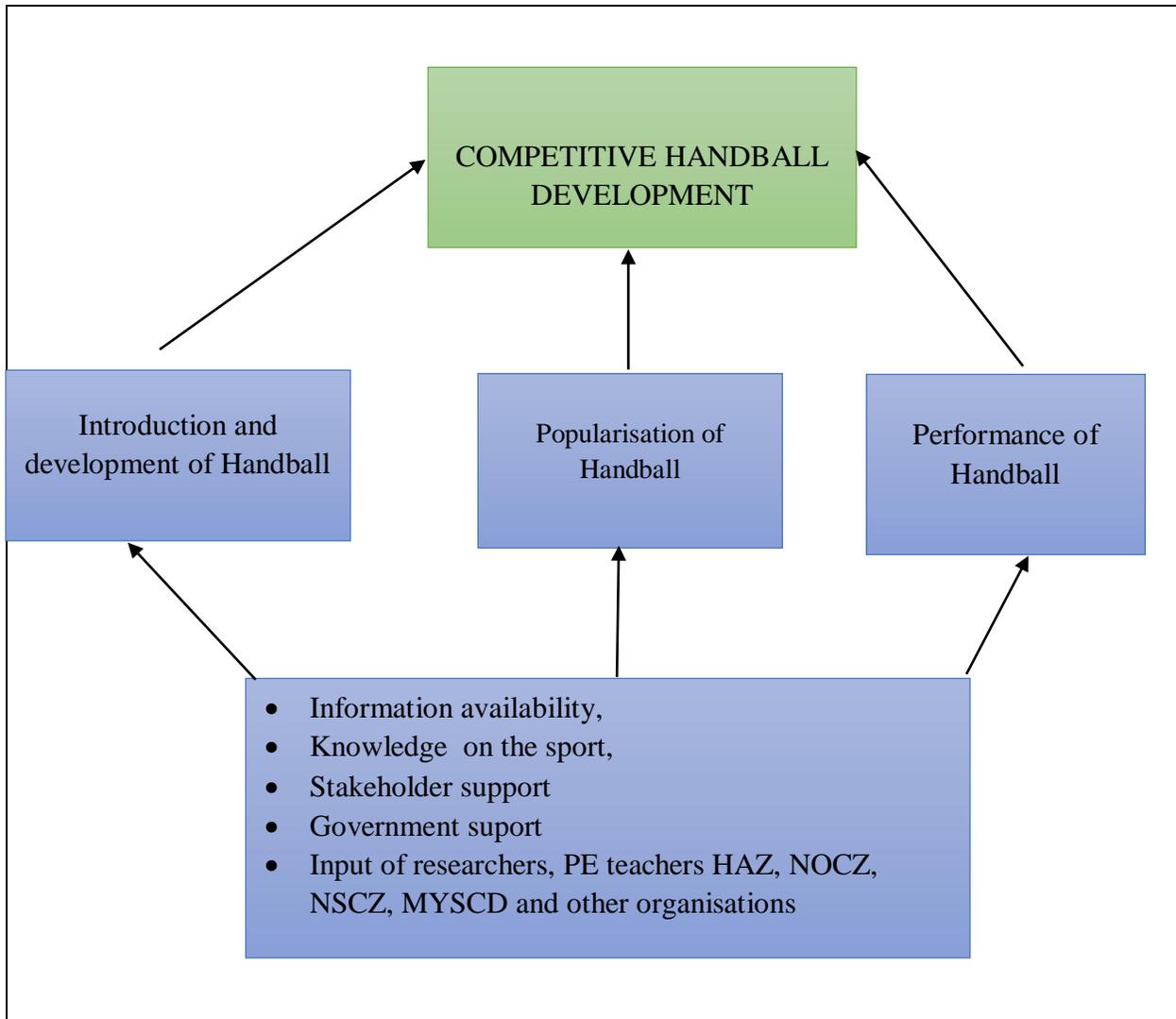


Figure 1.1 above shows the Conceptual Framework used in this study, where competitive handball Development is the Dependent variables are independent variables. The independent variables therefore influence the development of and competitive of Handball in Zambia. It shows the linkage expected between Handball and development. The variables were based on theoretical and empirical evidence from other similar studies.

A conceptual framework illustrates what one expects to find through research and defines the relevant variables for the study. As shown in the conceptual framework (fig 1) there was a direct

link between the constraints of Handball and development. The reasoning here was that understanding the history and development of Handball may stimulate interest in people and at the same provide researchers and other academic with the knowledge required.

In order to determine the significance of both the theoretical and conceptual frame. The researcher, employed Relevance as a disciplinary standard outlined by Philip (2002). It outlines that historical understandings are supported by evidence on the extent the event contributed to the study. The most important questions asked were: Is the study relevant to our understanding of the introduction of Handball in Zambia? Or of what importance will the study be to relevant sports authorities and other researcher? Hence, using the conceptual frame work made it easy for the researcher to answer these questions.

1.12 Summary

This chapter established the gap that the study tried to fill. The background of the study anchored on literature review justified the significance of this study in the Zambian context. The study also presented the statement of the problem which showed that despite Handball being taught at junior secondary level, the sport is rarely practised during inter school sports competitions. This, coupled with limited scientific research on the subject matter, highlighted the gap in the research. The theoretical framework and conceptual framework guided the study in explaining the development of competitive Handball in Zambia from 1980-2019.

CHAPTER TWO: LITERATURE REVIEW

2.0 Overview

This chapter reviews literature related to the title ‘An analysis of Competitive Handball Development in Zambia from 1980 to 2019.’ The chapter reviews the literature in related topics based on the objectives of the study i.e. trace the introduction of Handball in Zambia, determine how the sport was popularised in Zambia and lastly establish how the sport had performed in local and international competitions from 1980 to 2019.

The review of relevant literature in this chapter provided a basis for analysis of the lived experiences of Handball development in Zambia. The review included studies that were mainly being cited from various online journals, articles, dissertations, thesis and from books on Handball. Looking at works done by other scholars on these topics, a foundation for understanding and attempting to discuss the development of competitive Handball in Zambia. Reviews begin with theoretical reviews and moves to empirical review which covers studies conducted in western countries then, African countries focusing on the introduction and development of Handball in Zambia.

2.1 Theoretical Review

There are a number of theories that have been developed to indicate the introduction and development of a particular sports discipline. According to (Polley 2007), in order to study the past, many scholars have used theoretical lens with the view to help in focusing and organizing data to manageable amounts. Generally, theory adds a lot of weight to the findings and is able to position findings correctly. An analysis of competitive Handball development from 1980 to 2019 used the club theory and the development theory based on the appropriateness they bring to the study. The key concept of competitive Handball development was based on the proposition that each person involved in competitive Handball development was important to ensure that the sport develops like any other sports.

2.1.1 Club Theory

The club theory by Sandler and Tschirhart (1997), rests on two basic principles that is (a) the group size and (b) membership size and interdependent decisions. According to Vamplew (2016), a club

is looked at as an ubiquitous institution in the development of sports. It actually encompasses different cultures which are more or less well-organized but share a common goal of competitiveness. However, no legal requirements are needed to start a club, this maybe because a club is a basic unit of grass root sports and as a form of organisation through which many people are introduced to amateur sport. The club theory has been applied to this study because in Zambia, Handball is played and developed at club level. This study fits well in the study because the researcher will be informed on the number clubs that HAZ has country wide, how the club developed and how they have been performing in local tournaments. Therefore, it is through the local tournaments organised by various clubs that the HAZ draws its members from the local clubs to play in the national team.

2.1.2 Development Theory

A theory is concerned with the negotiation of historical context, class, culture and relations of power which constitute improvement and at the same time provide an appropriate organised intervention in collective affairs. Development Theory by Grix (2010), asserts that ‘development in the modern sense implies intentional social change in accordance with societal objectives.’ Because societal objectives are developmental, development can therefore be defined as an organised intervention of a standard improvement in collective affairs, according to Pieterse, (2010). In this case, the introduction and development of Handball in Zambia was treated as a collective affair of improvement by individuals who were interested in the sport.

Development Theory draws its attention to the ideological role in setting the agenda, building coalitions and framing priorities of development. This simply means that the Handball Association of Zambia was to form the national team and participate in continental tournaments. This eventually led to the development of Handball in Zambia. The importance of this theory is that it is carried by social forces which match world views and at the same time serve ideological functions. The knowledge gap created here is the drive to understand the development of competitive Handball in Zambia bearing in mind, as Pieterse (2010), states, that the interest of the people is to serve and be able to explain things correctly.

2.2 Empirical Review

2.2.1. Origins of Handball

Handball is one of the most attractive games played almost in all the continents of the world, according to Raymond *et al* (2013). Handball, being a contact game, requires players to dribble, pass, and shoot the ball with hands with the aim of making the ball get into the opponents' net. In addition, (Tonko & Dinko, 2004) say that the game is played either indoor or outdoor by both sexes of all ages.

Czerwinski and Taborsky (1997), conducted a study which showed that Handball was introduced as a running game in 1898 by a teacher, Holger Nielsen in Germany. In 1906 at the Oldrup School the first game rules were issued and published by "Wejdlending Handball". The development of Handball in Germany dates back to 1920 and beyond. Max Heiner, a teacher from Berlin initiated and developed Handball as a sport for women in 1917. Handball developed rapidly and is played in more than 130 countries. This study helped in establishing when Handball was introduced in Zambia and who introduced it. The study was qualitative in nature and the research methods used were interviews, reports and documentary study.

Istvan *et al* (2015), conducted a study on the 'Evolvement, international history, development of Handball' and showed that Handball evolved in Europe in the early 19th century and has since developed into a world game. The development of Handball dates back almost to Prehistoric times with drawings on cave walls depicting people throwing a stone or an object. Three games, considered as the predecessor of the current Handball, evolved at the same time and these were: *Haandboldm, Hazena and Torball*. These games were played under different rules making organisation of tournaments on a large scale quite complicated. This, however, led to the unification of the rules of Handball which was done by Karl Schelenz. The new rules of the game came into force in Berlin in 1917. Handball was first played in Prague in present day Czech Republic and amateur clubs in Africa, America and Oceania also became very enthusiastic. The sources of data were, documents, interviews, local media reports, Case study hence this was a qualitative study. This work helped in tracing the diffusion of Handball into Africa in general and Zambia in particular.

Saavedra (2018), argues that Handball began as a game played by two teams of eleven players and was played as an outdoor sport. The game evolved into an indoor sport with seven players on each team. The sport is played at all levels from recreational to a fully professional sport. Saavedra's view is that modern Handball originated in the Scandinavia in the early 19th century and is today played by millions of people. The game has been an Olympic sport since 1972 for men and since 1976 for women. The study was purely qualitative and the methods that were used in data collection were, journal, reviews, leisure studies, online sources. This study is important as it will enable the researcher to find out its origin in Zambia and to what extent it is played. Despite the sport popularity, scientific publications on Handball have been scarce hence the need for this research.

Lippe (2016), carried out a study that focused on regulating a non-sport activity of Handball in Germany and Norway, and presents the first feminist critique of the term sportification. Handball became a national sport in Norway in 1937 and by then the process had already taken place for many years in other European countries. This brings out a narrative of the development of Handball into a men's sport in Germany and into a women's sport in Norway in a decisive phase of the organisation process of Handball in each country. The study methodology was quantitative (mixed method) in nature and used questionnaires, observations, focus group and document analysis. The gap this study brings is that it did not look at how Handball spread to other parts of Europe. This article fits well in this research because it brings out information on when Handball became a national sport as well as when women and men Handball was introduced in Zambia.

A study conducted by O'Conner (2016), revealed that Handball was invented by Anagalla, a prince of Sparta. Anagalla described the actions in a picturesque manner showing sporting virgins playing the game with veils unbound along the skies where they tossed and re-tossed the ball. Handball was spread to Greek colonies in Italy and the rest of the Roman Empire by Alexander the Great. Existing versions shows that John Murphy, leader of the rebels, was a famous Handballer and many of the Handball courts were venues for meetings of his followers. Supporters and players of the game included the Aristocracy and many landowners gave sites for the building of Handball courts. The study used interviews, document study and articles. This was a qualitative study and the knowledge gap that this study created was that the study focused on how Handball spread in Greek colonies and the Roman Empire and not how it spread into African Countries and Zambia

in particular. It will also help in finding out who the key players were when the sport was just introduced and finding out whether HAZ got the courts for the clubs and national team.

Siddart (2016), argues that Handball was founded at the end of the nineteenth century in the northern parts of Europe, to be specific in Germany and in the Scandinavia. However, modern Handball started in 1917 in Germany and has gone through several amendments. The first International Handball game for men was played in 1925 and for women in 1930. Handball participated in the Olympics for the first time in 1936 during the Berlin games and then it made a comeback into the games in the 1972 Munich games in Germany. The first Handball game was played outdoors and the second one was played indoors. The women's version of Handball was added in the 1976 Montreal games. The game of Handball is so popular in Europe that in 2003 European Union issued a ten Euro Handball commemorative coin to celebrate the 2004 Athens Olympics. The study was a qualitative one and the sources of data were; document reviews, media reports, interviews, journals reviews, articles and magazines. This study was beneficial because it helped in establishing when the first international match for both men and women was played by the Zambia Handball team.

The study by Bjørndal et al, (2016), titled 'the diversity of developmental paths among youth athletes: A 3-year longitudinal study of Norwegian handball players,' explores different athlete development pathways within selected Nordic sports teams of Norwegian Handball. The study attempted to address the gaps in existing research on variables previously associated with elite development. The study employed a mixed method research using observations, questionnaires and reports. This was a result of diverse interactivity and coordination between different clubs, school practices and the national teams. This study was suitable because it helped in establishing the existing gaps in elite athlete development and the path that HAZ took in the development of Handball in Zambia.

Bjørndal C. T, et al (2018), explored the successful and unsuccessful transitions from youth to adult elite level in Norwegian Handball. This was a qualitative study which used questionnaires, reports and in-depth interviews were conducted on the experiences of the sampled nine youth players. Among the nine sampled, it was established that four either stopped or had continued to play at a lower level while the other five were successful. The results of the sampling done showed that the application of the Talent Development (TD) Model showed that most athletes where

getting frequently exhausted and experienced a lot of injuries or burnout. However, lack of motivation led to drop-out by some athletes while those successful had a deep understanding of when conditions were adequate or inadequate for enabling successful transition. The study showed that extraordinary success that the Norwegian Handball experienced was as a result of the TD model that they adopted. The model yielded positive characteristics like a diversity of pathways leading to elite level and broad-based participation of athletes at different levels. This study is beneficial as it will help in understanding the success of some Handball Players.

The study by Łasiński G, and Pawlukiewicz A. (2019), aimed at determining some leading sports disciplines in the aspect of media value that sports generate and also indicate the effectiveness of sponsorship. According to the findings, statistics show that men and women in the sport of Handball attracted a good following in 2017. This was because of the effective methods of sponsorship employed by the media, however, poor images of individual athletes or the whole discipline may lead to negative emotions which may have an impact on consumer decisions. The research involved debates, questionnaires, case studies, reviews, journals, media, and reports hence a mixed method study. This study was helpful as it helped in establishing the role the media played in ensuring that Handball in Zambia becomes popular.

Arias A. R, et al, (2021), discusses thoroughly exact lines of investigation undertaken in the area of co-education, and how the confrontational team sport like Handball was handled specifically. The authors address the characteristics presented by co-educational models and provides a systematic literature review on published topic on co-educational paradigms over the last ten years in practice of school Handball. The article further shows that respect for the rule of the game, fair play, responsibility, commitment, solidarity and teamwork are tendencies that school Handball should be approached with for the development of civic and social skills as seen from the co-educational angle. The study methodology implored in this study was both qualitative and quantitative in the sense that focus group, observations, journals, reviews and questionnaires were used during data collection. The knowledge gap that this study filled is that helped in establishing when Handball was introduced in school and the role that teachers and pupils play in the development of the sport.

Iancu and Mihăilă (2009), look at the influence of jump exercise on developing the take-off at a group of Handball beginners aged 12-13 years using a simple plyometric method. The performance

of beginner Handball players has been influenced by a number of issues like jumps exercise training and plyometrical method as beneficial to the Handball players. This is because of an increase in the take-off performance in the inferior limbs for the beginner Handball players. The study shows that modern training process requires early childhood and using elements of physical, tactical and technical elements that are proven to be the most efficient ones and not theoretical notions. Data collection was through documents, interviews, local media reports, reports Case study hence qualitative method was used. This study will help in understanding the kind of exercise suitable for beginner Handball Players.

According to Raymond *et al* (2013), and Madou (2014), Handball is governed by the world governing body known as International Handball Federation (IHF) which was formed in 1946 to controls affiliate associations. In 1928, the Federation Internationale Handball Amateur was formed in Copenhagen, Denmark. The International Handball Federation (IHF), has more than 150 member federations and more than 826,000 members world wide. The authors furthers stated that the IHF's first president was Avery Brundage - an American who later became president of the International Olympic Committee (IOC). The Federation is in charge of organising world championships which consist of men's and women's events. The Federation organises international tournaments between teams and clubs. This information was key as it helped in finding out when and how HAZ was established and later on joined the IHF.

2.2.2 Diffusion of Handball in Africa

In oder to ensure that Handball is developed in Africa, the African Handball Confederation (CAHB) was formed. The capital of the confederation is in Abdjan, Ivory Coast. The confederation was founded in 1972 when a committee was established in Tunisia with a mandate to prepare the foundations of the continental federations during the second African Games in Lagos (Nigeria) on 15th, January 1973. It represents the national Handball associations of Africa under the supervision of IHF. The CAHB had the highest number of members within the IHF consisting of fifty-one national federations. The first championship for men, women, and youth national and junior teams was held in 1974 and Tunisia won all the 4 titles. The championship takes place every two years.

The International Handball Federation (2013), and the Confederation of African Handball (2014), show that Handball is less developed in sub-Saharan Africa, with the exception of Angola. The men's competition is mainly dominated by the North African countries, but for women's Handball the North African nations are not as organised as the men. The dominant nation in recent years has been Angola. These two studies were beneficial because they showed how Handball was established in Africa and had fared over the years.

Zouaoui, & Omri (2013), *The Impact of Sports Sponsorship on the Brand Value of the Tunisian Company*. The study analysed the impact of African Nations Championship Handball games sponsorship and how it influenced investors' behavior. The authors show that the value of the sponsoring company was affected by the announcement on performance. Two companies (Tunisair and ATB) sponsored the Handball championship games and the results were abnormal returns on the companies during the final tournaments. The study used journals, reviews, leisure studies, online sources therefore qualitative study. The study was beneficial as it helped in establishing the companies that provide support to Handball in Zambia.

Łasiński G, and Pawlukiewicz A. (2019), the study aimed at determining the leading sports disciplines in the part media value they generate. The authors show the effectiveness of sports sponsorship in accordance to conventional advertising activities and also determine the leading sports disciplines the media value generate. The statistics according to the finding show that Handball men and women attracted a good following in 2017. This was because of the effective methods for sponsorship implored by the media however, poor images of individual athletes or the whole discipline may lead to negative emotions which may have an impact on consumer decisions. The methodology used in the study was qualitative as reports, case study, reviews and articles were used. This study is suitable because it helped in understanding the role the media played to ensure support for handball and popularizing the sport.

The study done by Galenin and Mbelu (2019), 'Development of Handball activity in a global world.' Shows the need for boys and girls to improve own physical state through regular physical education and other sports in Handball in modern conditions. By nature of the sport, Handball game forces athletes to perform large number of complex and intense actions in a single game, which can only be achieved through large training and systematic control. The study used interviews, document study and report study; hence it was a qualitative study. This study is

important as it helped in understanding the measures that the HAZ had put in place in order to improve performance in Handball.

Iancu and Mihăilă (2009), look at the influence of jump exercise on developing the take-off at a group of Handball beginners aged 12-13 years using a simple plyometric method. The study shows that modern training process requires early childhood involvement in the sport and using elements of physical, tactical and technical elements that are proven to be the most efficient ones and not theoretical notions This study helped the researcher in understanding the kind of exercise suitable for beginner Handball players and of what influence the jumps exercise training and plyometric method may be to Handball players. The study used various sources of literature during data collection like reviews, journals and focus group, therefore qualitative methodology was used.

A study conducted by Michalsik, Madsen and Aagaard (2013), titled “Match Performance and Physiological Capacity of Female Elite Team Handball Players” was an evaluation of the physical demands forced on female elite Handball players in relation to the playing position. The results showed that fatigue led to a decline in physical performance as well as positional difference where wing players were made to cover a greater distance than backcourt players. This quantitative study used computerised video analysis and observations. The gap this study intended to fill was on the performance of the national team. The study provided information on how to determine the causes of good and poor performance in the current Handball national team.

A study by Vila (2011), titled “Anthropometric profile, vertical jump, and throwing velocity in elite female Handball players by playing positions” looked at the characteristics of anthropometric, throwing velocity, hand grip and muscular power of the lower limbs in female Handball players. The results indicated that wings were less heavy, shorter, and showed a smaller arm span than for goalkeepers, backs, and pivots. Additionally, the pivots were heavier than centres while the backs and pivots exhibited higher muscular mass than did wings. The required body type of Handball players is mesomorphy and endomorphy. Additionally, centres showed a high throwing velocity level than did wings in 9-m throws from behind the line, with a goalkeeper. This was a mixed study because the researcher used questionnaires, interviews, internet, documents, and reports, were used during data collection. This information was useful to this study because helped in understanding the mode of player selection by coaches for the different playing positions and at

the same time gave insights on the kind of performance required of the female Handball team if they needed to perform well during tournaments.

Marque (2010), 'In-Season Strength and Power Training for Professional Male Team Handball Players', shows that the two major factors that are related to performance for professional athletes is strength and power. The article offers tactics for strength and power development in professional male Handball players. Specific power training methods, power and other performance variables may be enhanced by implementing both speed-oriented and strength-oriented training strategies. Nevertheless, for power training, debate still continues regarding what range of resistance allows power to be maximized during resistance exercises. During data collection debates, interviews, internet and documents hence a qualitative study. This research was vital because it helped in understanding the kind of training that was required for effective performance in the Handball national team.

In 'Young Female Handball Players and Sport Specialisation: How do they cope with the Transition from Primary School into a Secondary Sport School?' Kristiansen and Stensrud (2016), examines how six young female Handball players (aged 13-14 years) perceived the transition from primary school to a sport specialised secondary school. The research method used was qualitative and sources used in this research were physical and physiological data and qualitative interviews were performed retrospectively after the first year at school. This research was relevant because the researcher used a qualitative research method and interviews too. This research brought out information on the transition of the athletes from club to national players.

A study by Wagner *et al* (2014), explains the factors of performance looking at the sport's complexity, performance in Handball depends on multiple factors of anthropometric features, co-ordination, strength, endurance, nutrition, cognition, tactics, social factors, and external influences. However, the authors argue that despite an increasing professionalisation of coaches and athletes, there is little research concerning performance in professional Handball players. This maybe because some coaches adopt traditional methodologies in training programmes and may incorporate, for example, too much plyometric training or few weightlifting movements. Debates, reports, interviews, documents, and reviews were used during data collection in this qualitative study. This study was beneficial because it gave insights in understanding the performance of

Handball coaches under HAZ and what solutions that could be sought for the improvement of the sport.

2.2.3 Handball in Zambia

Chamoto (2009), undertook a study which showed that ZCCM and private mining companies recognised support for sport and recreation activities as part of their Corporate Social Responsibilities, although their commitment was often limited to locations within immediate proximity to their operations. In spite of this limitation, this study was important because it gave details about the role of the ZCCM in the development of Handball in Zambia. However, the work had a limitation because it did not cover the whole country, but only areas on Copperbelt Province where ZCCM was in existence. The study was qualitative and articles, journals and other published and unpublished reports were used.

The study revealed that ZCCM promoted various types of sporting activities through regular sports festivals and sponsorship with the main aim of stimulating community interest in sport. Furthermore, the Community Services Department introduced sport and recreation to the employees by organising annual sports festivals. A budget allocation for maintaining and construction of sports facilities was funded by ZCCM and resources were availed for sponsoring a number of sports activities due to the high participation levels. However, there was little documentation done on how the sport was incorporated into other sports except what the media reported, hence the need to carry out the research.

Ralph and Kapelus (2004), argue that Corporate Social Responsibility (CSR)-related narratives and practices can be fruitfully assessed with reference to accountability and fairness as key criteria. However, despite all this, the study showed that the communities on the Copperbelt were totally dependent on ZCCM for bulk infrastructure, sports and recreation and service provision for development. This was a mixed research, journals, reports, observations, magazines and interviews were the research methods that were used in data collection. In spite of the many roles that ZCCM played, this study was restricted to the role ZCCM played in incorporating Handball into its agenda and how it promoted it. The study did not look at how Handball was introduced in Zambia.

The Curriculum Development Centre (2013 under the Ministry of Education, Science, Vocational Training and Early Education(MESVTEE), physical education junior syllabi, Handball is

incorporated into the school curriculum and is taught at junior secondary school as one of the sports skills. However, schools lack literature to refer to when teaching, hence the need to carry out an investigation on the development of competitive Handball in Zambia from 1980 – 2019 as a contribution to the provision of literature about the sport. The CDC (2013) MESVTEE Physical education syllabi shows that Handball, is taught at junior secondary in grade eight as one of the sports skills.

The *Times of Zambia Newspaper*, dated 17th April 2007, indicated that Chambeshi Handball Club was to represent Zambia in the then forthcoming Jamhuri Cup international tournament in Zanzibar. This was after the club scooped the final qualifier tournament over the midland's champions of Kabwe survivors. The defending champions gained victory after beating Kabwe survivors 43 – 13, in a game that was played at Sable grounds in Kabwe. Additionally, Cruden Mumba an international player in the under sixteen categories accounted for eighteen goals while a senior Zambian player Eric Makasa scored seventeen goals. The victory of Chambeshi Metals Handball Club was completed with ten goals from Patrick Chishala while Kelvin Chitambo hit the target twice. The Kabwe survivors were comforted with goals from James Lukekela who scored seven goals, four goals came from Osborne Washeni and Philip Kaputula scored the last two goals. The then Handball president, Joseph Samalesu, assured the club of adequate help from HAZ. This data was beneficial because it showed that Handball had developed to an extent of being highly competitive.

Another article in the *Times of Zambia Newspaper*, dated 11th April, 2007, reported that HAZ donated over 250 Handballs to schools and clubs in different parts of the country. Samalesu indicated that they were developing the sport from the grassroots standards of the sport in order to improve and have a wider selection of players in the national team. This information was vital because it helped in finding out if the donations were yielding good results.

In spite of the Zambia National Handball team's participation in international and local tournaments, little has been documented on the performance of the team apart from the publication on print media and electronic for example, an article in the *Zambia Daily Mail*, of 08th March, 2015 show that, the Handball Association of Zambia was to host the All Africa Games and the *Times of Zambia* 26th April, 2018, Godfrey Dube reported that 'Zambia remains on course to qualify for the 2019 junior and youth World Cup final after winning the second match at the then

ongoing African Handball Championship. This review of literature showed that a research on the development of competitive Handball in Zambia from its inception to 2019 was imperative. The

2.3 Summary

The chapter presented the various literature related to the development of competitive Handball in Zambia. The study was mainly based on a review of literature to identify existing knowledge and research gaps relating to the topic under study. Secondary data from a review of available documents including articles, journals and other published and unpublished reports were used. The study concluded that there was limited documentation on the development of competitive Handball in Zambia and that studies relating to the topic under study were currently scarce. Therefore, the study emphasized that a research on the development of competitive Handball in Zambia from its inception was needed to fill this gap.

CHAPTER THREE: METHODOLOGY

3.0 Introduction

This section outlines the methods that were used to collect the required data to achieve the research objectives and the approach used to analyse the collected data. This study used qualitative research method in data collection. Cresswell (2009), defines qualitative research as a process of research that contains developing questions and procedures. In qualitative research, data is typically collected in the participant's location and is analysed inductively as a build up from facts to general themes. The researcher made interpretations of the meaning of the data that was collected.

The chapter gives a description of what a research design is and a description of the population sample. Furthermore, the chapter describes the procedure for data collection and the instrument that were used. Additionally, the mode of data analysis and interpretation was explained.

3.1 Research Design

This qualitative research used in-depth interviews and document study under the narrative design during data collection. This study design enabled the researcher to collect data from the respondents on their knowledge and views with regard to the state of competitive Handball development in Zambia from 1980 to 2018. According to Butina (2015), this kind of approach is directed at narratives of human experience or inquiry which produce data in narrative forms of data collection such as interviews, observation and document study. 'narrative design in this study was aimed at understanding and making meaning of experience' (Clandinin and Connelly 2000:80). Narrative research can be defined as collecting and analysing the accounts people tell to describe experiences and offer interpretation. The study was approached and structured through this lens. In order to get the views of the participants, selected individuals within the study population who had experienced the experience or was part of the implementation, or were in the midst of the implementation were consulted.

Amaladas (2004), adds that Phenomenology as a qualitative inquiry was used in trying to understand the experiences and views of the research participants while understanding the internal perspective of participants. The fact that people live their stories, and in telling these stories, they

reaffirm them, modify them and create ones. These stories create a window and at the same time a reflection of their experiences hence in telling their stories, they reaffirm their experiences, modify their experience and even create new experiences, (Clandinin & Connelly, 2000).

Qualitative research methods, used in data collection, enabled the researcher to apply the findings in a wider context. The method, on the other hand, focused on the selection of issues, cases or events in depth and detail (Cohen, et al, 2000:). Qualitative research was used in explaining the views of the respondents.

3.2 The Study Population

The population of this study comprised of management of the Handball Association of Zambia (HAZ) and other sports bodies such as NSCZ, NOCZ and MYSCD. Additionally the study was not only restricted to above sports bodies but instead it also got information anywhere where the information on the research topic was available. The Study population target in this study was twenty which included current and retired Handball players, The population also included officials from HAZ, NSCZ, NOCZ and MYSCD.

3.3 Study Sample

This study had a total of twenty respondents were targeted and distributed as follows: two administration officer from Ministry of youth sport and child development (MYSCD) preferably the director, two from the National Olympic Committee of Zambia (NOCZ), two from National Sports council of Zambia (NSCZ), six management officials from the Handball Association of Zambia (HAZ) this includes ex-officials, four former Handball players, four current Handball players. Kombo and Tromp (2006), supports this kind of study sample by stating that it is important for the researcher to pinpoint and select respondents that fulfil the questions the research is addressing because this will lead to an actual population sample that is reachable to the researcher and such a study sample may have some ideas on the topic under inquiry.

3.4 Sampling Procedure

The sampling procedure used was Maximum variation sampling, also known as heterogeneous sampling, is a purposive sampling technique. This kind of sampling procedure is used to capture a wide range of perspective relating to what the researcher is studying. According to Rai and Thapa

(2004), maximum variation sampling searches variations ranging from conditions that are viewed typical to the extreme in nature and are of interest to the researcher. It may include a wide range of attributes, experiences and so on with the basic principle to gain greater insights into a phenomenon from all angles. This is supported by Kombo and Tromp (2006), who state that central themes are captured cut across participant variationism when using the maximum variation sampling.

Purposive sampling enables a detailed exploration and understanding of the central themes and puzzles which the researcher wishes to study (Kombo and Tromp, 2006). In addition, Kasonde (2013), supports this by stating that the strength of purposive sampling lies in selecting cases with rich information for in-depth analysis linked to the main issue being studied.

The researcher used this method because it helped in meeting the correct people during interviews for the sake of the study.

3.5 Instruments for Data collection

The instruments for data collection in this study were semi-structured interviews and documentary evidence. According to Tichapondwa (2013:132), the sources of a documentary study can either be primary or secondary.

The primary sources refer to unpublished data gathered directly from the participants who witness the events and are able to describe and these includes minutes of reports, correspondence etc. The primary sources in this case were interviews, newspapers, and government reports. Cooper *et al* (2017), Kasonde (2013), and Bruce (2001), support this by stating that the participant or researcher is key, as she or he serves as the primary source of data and the researcher as well.

Secondary sources are materials that are based on published works such as reports and textbooks. They include published documents like, reports, e-mail messages, journals, magazine and newspaper articles or any documents related to the kind of investigation going on (Tichapondwa, 2013:132; Kombo and Tromp 2006: Bruce, 2001). Secondary sources were helpful in generating insights and new ideas which were harvested from the original researches coming from various areas. This led to finding out what others have discovered and helped in trying to reconcile conflicting information from different viewpoints and conclusions.

3.5.1 Interview Guide

This study used in-depth interviews to get views from the respondents. The in-depth information is obtained through open ended questions although the process is time consuming (Kombo and Tromp, 2006). Therefore, one-on-one in-depth semi-structured interviews were conducted with key stakeholders, that is: Ministry of Youth Sport and Community Development (MYSCD) Directors, NOCZ administrators, current HZA officials and players and former executive members and players, so that the researcher could explore the subject at hand in depth and ask follow-up questions.

This was very useful for this research because it enabled the researcher to explore, confirm ideas and get in-depth information about the development of competitive Handball in Zambia.

3.5.2 Document Analysis

According to Ritchie and Lewis (2003), documentary analysis involves the study of existing documents in order to understand the content and get deeper meanings which may reveal the actual occurrence of events. These maybe government papers, fromal letters, minutes of meetings, personal documents like diaries, letters or photographs and media reports. Ritchie and Lewis (2003), emphasise that documentary analysis is useful where history of events or experiences has significance in studies where written communications may be central to investigation. This was very useful in his study as it helped in confirming with the interviewers perceptions.

3.6 Data Analysis

Thematic data analysis was used in this research in line with Kombo and Tromp (2006), who postulated that this is a form of analysis where major concepts or themes are identified by summarising the key findings. According to Gibbs (2007), thematic analysis is a form of qualitative analysis which involves recording or identifying passages of text or images that are linked by a common theme or idea allowing you to index the text into categories and, therefore, establish a framework of thematic ideas about it. Braun and Clarke (2006:79), define thematic analysis as “A method for identifying, analysing and reporting patterns within data.” Thematic analysis is a widely used analysis method in qualitative research. Thematic analysis was preferred because it gives lot of flexibility in interpreting the data, and allows one to approach large data sets

more easily by sorting them into broad themes. Through this flexibility, thematic analysis allows for rich, detailed and complex description of the data. Hence, the research used thematic analysis to take advantage of its flexibility and therefore, emphasised pinpointing, examining and recording patterns (or themes) within the data.

Qualitative research analysis is both a structured and creative process which has improved and got easier with time. The study used the narratives of individuals with information on the history of competitive Handball development in Zambia to guide the coding structure. The findings were summarised through explanation and interpretation of data that was collected. Furthermore, data was analysed following the chronological order on how Handball had evolved in the stipulated study time frame. The study adopted the deductive approach to thematic analysis. The process of coding breaks the data into parts so that the data sets are manageable, with the result of rebuilding the data to tell a storyline. This led to the establishment of themes, which emerged during the process.

The first thing that the researcher did was the process of coding data, which meant that the researcher had to create a story line of the whole study as a key factor in coding data. The purpose of study (story line) is directly related to the research question, such as “What are the findings telling me that will help me understand more about the research question?” Stuckey, (2015). With the purpose of the study in mind, themes were developed inline with the data that link to the information required. This involved approaching the data with some preconceived themes the researcher expected to find reflected there, based on existing knowledge.

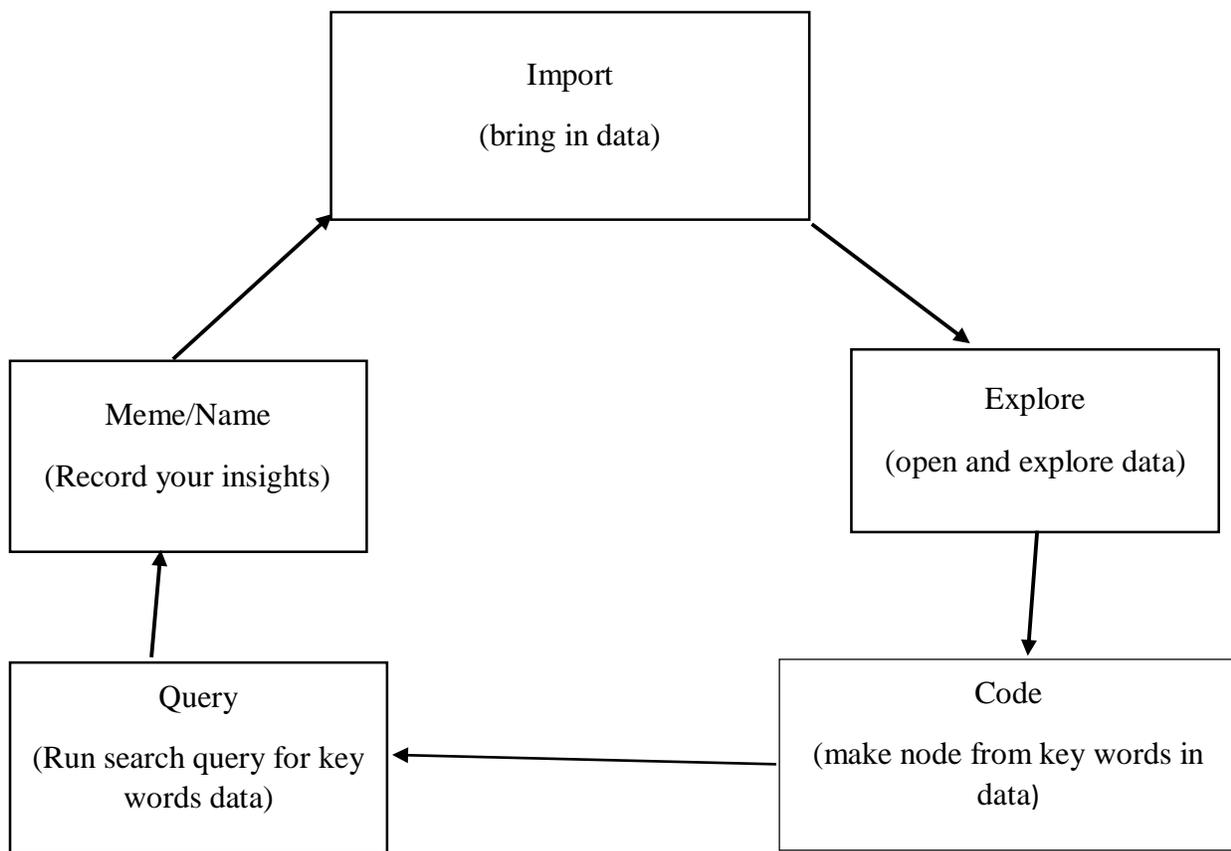
The coding scheme was based on the research topic which was consistent with the purpose of study. However, not every code was related to the purpose of study but the narrative gave focus to the study. The process of creating codes can be predetermined coding based on key concepts in a theoretical construct. The codes originated from the interview guide and research questions.

The analysis of data was done using Nvivo 10. Nvivo, which is a qualitative data analysis software. This software was preferred because it can analyze text, audio, video, and image data among others. Furthermore, the software was used because it relieved the burden associated with Manual coding and provided room for the researcher to focus on finding underlying themes and interpretation instead of wasting time with copy-cut-paste manual coding processes. The process ensured an easy, effective and efficient coding which made recovery of lost work easy for instance,

with NVivo 10 the researcher was able to link a paragraph from one source to another paragraph in either the same or another source and retrieve it with less effort (Zamawe, 2015).

The interview recordings from the voice recorder and the notes that were made from the notebook served as raw data to be analysed using Nvivo 10. The objectives of the study presented in 1.4.1 of this study formed a framework on which the data was analyzed.

According to Syarifuddin, D. et al, (2017), the analytic process via Nvivo employed a cycle procedure as follows;



- i. Imported data from interview transcripts and documents were typed in Microsoft word and saved.
- ii. Data explored to identify key words from participants or documents
- iii. Thereafter, the interview recordings from the voice recorder and the word document from the notes made from the notebook were imported into Nvivo 10.
- iv. The query will display key words from data.

- v. Guided by the study objectives, the researcher then created nodes (themes) in Nvivo 10.

Thus, the analysis which followed, was organised around themes which emerged from the data, rather than constructs predicted in advance although the process is time consuming.

3.7 Credibility and trustworthiness.

Credibility and trustworthiness refer to accurate representation of information from the researcher's perspectives with proof of substantial evidence and not misrepresentation of participants views, Tichapondwa, (2013). However, trustworthiness is demonstrated when research participants recognise reports findings as their own experiences. In order to prove that the researcher employed the measures, the one-on-one interviews were recorded with participants' permission. After transcribing, the researcher got back to participants to ascertain whether the transcribed data was truthful of their experiences. According to (Israel & Hay, 2006), participant rights were promoted through observation of research ethics which helped in developing a sense of trust as well as promote research integrity.

In order for the research to be reliable, the researcher decided on the appropriate time span when results would be obtained. This included the attitude of the respondents, misperceptions on the part of the interviewer and many more. The errors, omissions and additions in documents and printing were detected by internal criticism.

3.8 Ethical Considerations

Consent was sought from relevant research authorities before going in the field for data collection. Permission was requested from UNZA and an introductory letter was obtained from the Assistant Dean, Postgraduate studies in the School of Education. The authority from various sports organisations and the Handball Association was sought for permission to conduct the research. The names of the participants were not revealed to any one and participants were allowed to withdraw from the study at any time. Furthermore, participants were allowed to choose the venue and time when they would love to be interviewed. Participants were, therefore, not forced to respond to each and every question and no coercion was exerted on the respondents. Every participant in this research was protected and their confidentiality was respected too.

3.9 Summary

This chapter has provided information about the qualitative methods and procedures employed to address the objectives of this study. The discussion was based on the following headings: research design, study population, study sample size, sampling procedure, data collection instruments, data analysis, validity and reliability as well as ethical considerations. All these methodological procedures were aimed at providing qualitative data to the research objectives of this study in order to fulfil the primary aim: to investigate the development of competitive Handball in Zambia from 1980 to 2018. The results are reported in the next chapter.

CHAPTER FOUR: PRESENTATION OF FINDINGS

4.0 Overview

This chapter reports the findings of the research questions on Competitive Handball development in Zambia from 1980 to 2019. These results were based on the data that was collected through document analysis and semi-structured interviews which were conducted from HAZ, NSCZ, NOCZ, and MYSCD, retired and current Handball players. Tichapondwa (2013), observes that the presentation of findings chapter provides proof of the results of the study and the meaning of data. Additionally, the presentation of findings often consists of information collected which must be presented, interpreted and described. The narrative reporting, which links the data to research questions in this study, provided a number of themes although the analysis was restricted to only those related to the research questions. The presentations were guided by the themes arising from the research questions presented in Chapter One of this study.

4.1 Findings on Research Question

This chapter strives to present the findings of the study from the data collected through semi-structured interviews and document analysis. The presentation of the findings was done using sub-themes arising from the study objectives and /or research questions. Themes were obtained through the presentation of an auditable decision trail, by controlling, interpreting and representing word-based data. Thee themes that emerged were: *Handball introduced under ZCCM, introduction of community Handball in Lusaka, Adequate sports facilities, the Challenge Trophy tournament, Handball introduced in schools and formation of the Handball Association of Zambia (HAZ)*. The researcher punctuated most of the responses to allow for easy reading and understanding of what the respondents communicated for the sake of consistency. The research question was, How was competitive Handball introduced in Zambia and how did the sport develop?

4.1.1 The Introduction of Handball in Zambia

In trying to answer this research question, the researcher obtained information from people who had once organised and played Handball upon its introduction in Zambia. The research question aimed at establishing the introduction of Handball in Zambia. In order to answer this question, the researcher had to carry out interviews and conduct documentary analysis.

What emerged from the information gathered among the study participants regarding the introduction of Handball in Zambia was that Handball was introduced in the early 1980s. From the responses of the interviewed and document analysis, the introduction of Handball in Zambia was traced back to a period between the 1970s and 1980s. Furthermore, the HAZ 2008 report submitted to NSCZ revealed that Handball in Zambia was first introduced on the Copperbelt by Misheck Mwale, a sports and recreation officer, somewhere around the year 1984. Later on, in the year 1992, Handball was introduced in Lusaka under the Sports for All programme. Hence, it can be said that Handball in Zambia was introduced in two different circumstances, separate locations and times. These findings therefore show that in these two different places Handball was introduced under totally different circumstances. Further, they show that the time that it was introduced in the Copperbelt it never reached Lusaka, where it was introduced under a different program entirely.

4.1.2 Handball introduced under ZCCM

It was revealed from the interviews and document analysis that Misheck Mwale, a teacher by profession, was awarded a scholarship to study physical training in Germany and specialised in Handball. Upon his return to Zambia, he quit his job from the government and joined ZCCM, Luanshya Division as a Community Development Officer. Handball being an interesting sport and because Misheck Mwale wanted to implement the knowledge he had acquired in Germany, he introduced it in all the mine towns on the Copperbelt. The following were the views and perspectives of respondents on the introduction of Handball on the Copperbelt. Contributing on the same issue on when Handball was introduced during interviews, majority of the participants said that Handball was introduced by Misheck Mwale. There were similar views from the majority of participants one of whom stated that:

Handball in Zambia was introduced on the Copperbelt by Misheck Mwale in 1984 who was the sports and recreation officer at ZCCM Luanshya division. Misheck Mwale a teacher by profession who was awarded a scholarship to study physical training as a subject in Germany and specialised in Handball.

The analysis of an article in the *Times of Zambia Newspaper* dated 24th August, 1999 confirmed that professional Handball in Zambia started in the early 1980s and the sport, identical to basketball had since made strides on the local and international scenes.

Further, analysis of an article in the *Mining Mirror Newspaper* dated 27th May, 1983 pointed out that Handball had previously been introduced and was fast catching up with Handball youth clubs formed in Lubuto Township of Ndola. It was also revealed during the interviews that the reason behind the introduction of Handball was for physical fitness. This came to light during another separate interview, with the then HAZ president who narrated to the researcher that:

The common reasons for the introduction of Handball on the Copperbelt was to keep the mine workers physically fit and at the same time provide recreation activities to the mine workers and their families (Participant 2).

This meant that among the reasons for the introduction of Handball was to ensure physical fitness of the mine workers due to the nature of their job, while at the same time providing recreation opportunities for them and their families. In order to probe more information on what followed after the introduction of Handball, the researcher asked what step Misheck undertook to popularise the sport when he returned from Germany, the participants had this to say:

A training workshop for all senior recreation officers from all ZCCM was organised. The divisions were Nampundwe, Nkana, Chambishi, Mufulira, Roan, Chibuluma, Konkola and Nchanga. (Participants 3 and 1).

These findings regarding the introduction of Handball under ZCCM indicate that the mines played a vital role in the introduction of Handball in Zambia. This is because it was only after Misheck Mwale joined the mines that the sport was developed by the mining companies

In an attempt to probe more on how the sport developed after its introduction, it came to light that after the demise of Mwale, organising and coordinating Handball became quite challenging because there was no one with interest or knowledge on the sport. The participants further indicated that after the demise of Misheck Mwale, organising and coordinating Handball became quite

challenging because there was no one with interest or knowledge of Handball. Nonetheless, one participant indicated that:

Joseph Samalesu who was then sports coordinator for volleyball was appointed to help coordinate Handball at regional level as a way to revamp it in the late 1990s. This happened during a meeting that was held at Nkana gymnastics in Kitwe. He started coordinating Handball on the Copperbelt and managed to bring about 21 teams together. By the HAZ had not been formed yet, so he co-opted Chrispin Lukama and others to help in the organisation and management of Handball.

This shows that even after the demise of the Misheck Mwale, Handball in Zambia continued to develop into a competitive sport. These findings were confirmed through the analysis of an article in the *Times of Zambia* dated 24th August 1999, in which HAZ executive decided to appoint Joseph Samalesu in a bid to organise, popularise and improve the standard of Handball in Zambia.

4.1.3 Handball introduced for mass participation in Lusaka

Handball was introduced in 1992 in Lusaka under the Sports for All Programme that was sponsored by the (NIF) Norwegian Confederation of Sports. The aim of the programme was mass participation, socialization and physical fitness. Furthermore, one of the participants at NSCZ revealed that:

The programme also intended to helping non-school going children start school and at the same time allow them to participate in the sports with a view to develop talent. Handball was among the mass sports skills that were introduced and later the Sports for All programme was introduced in all province's country wide. (Participant 6).

In a related narration, one director at Edusport said that among the sports components that the Sports for All Programme introduced in Zambia was Handball. He revealed that:

The main objective of introducing community sport by the Norwegians was for coach and leadership development, community organization, equipment distribution, facility upgrading and general sports development. (Participant 5)

The researcher further analysed the development of Handball in communities, as well as in the schools, as an important aspect of the study, because in understanding the introduction of Handball, there was also need to understand how it developed as a sport. These findings regarding the introduction of Handball in Lusaka indicate that the sport was introduced under different circumstances as compared to those of the Copperbelt. In Lusaka, Handball was introduced as part of a program by Norway which aimed at introducing sports in Zambia. Since it was part of the major sports that were part of that program it was therefore introduced.

4.1.4 Handball developed through the availability of adequate sports facilities

The development of Handball in Zambia is epic. The adequate sports facilities and sponsorship provided by ZCCM and other companies accelerated the development of Handball on the Copperbelt and Zambia at large. The adequate sports facilities constructed in all the mine towns led to the development of Handball in Zambia. Many people developed interest in Handball. In line with this one key informant indicated as follows;

Handball spread widely in the mining towns due to the adequate sports facilities that were provided by ZCCM. This created an open opportunity for people to join the sport and therefore, made it become more competitive. Adequate sponsorship from ZCCM made the sport gain popularity coupled with the availability of sports facilities. This stimulated people's interest to participate in the sport.

This is confirmed through the analysis of a report in the *Mining Mirror* newspaper of 22nd October, 1984. The news report highlighted that after the attainment of independence, the development of sport was ranked high on the nation's priorities. Through the personnel department, well equipped recreation and sports centres were set up in various sections of the mine townships to cater for miners and their families, and particularly to develop the sporting talents of youngsters in their chosen sport.

Participants also indicated that handball spread further into defence that is Zambia army, ZNS and Zambia Police. In line with this a key informant indicated as follows:

In Kalewa Barracks of Ndola, there were two teams, one team for 10 medium regiment and the other for the 17 Calvary regiment. Due to the massive interest in Handball as a fast-growing sport, the HAZ managed to send Arison Mushota and Noble Kanyata to Hungary to study physical training in Handball and upon their return they were attached with the Ingwe Handball Club for the Commandoes in Ndola. Handball later spread into the Midlands and teams were formed in Kabwe too. (Participant 1).

These findings were also conformed in the Report on the international coaching course which was held from 17th March to 8th June 2005 in Budapest, Hungary, that was submitted to the HAZ and outlined that the coaching course was attended by thirty-five participants from across the world and was facilitated by Semmelweis University- Institute of Coaching and Sports Education (ICSE). The course covered a number of aspects in Handball and an examination was given at the end. The successful participants were awarded Diploma certificates.

As a follow up, on how Handball developed in Zambia, the researcher wanted to know if ZCCM had a policy on sports which led to such development. In response, another participant stated that:

ZCCM had a sports policy where children were subjected to a lot of recreation activities and every time, they had these recreation activities, Handball was among the sport played. There was no association then and Handball was played in

divisions on the Copperbelt. Competitions of Handball were on round robbing kind of pattern. The following were the divisions Copperbelt division, Midlands and Lusaka division. (Participant 8).

The *Mining Mirror* newspaper of 5th May, 1994 confirms this statement by stipulating that one of the most important reasons for ZCCM's sporting success was the availability of facilities in all its divisions. These findings indicate that the development of Handball was a result of sponsorship from corporations like ZCCM as well as the availability of adequate sports and recreation facilities accelerated the development of Handball in Zambia, particularly on the Copperbelt. Owing to this, Handball began to spread widely and was extended to the public. This was the beginning of the development of competitive Handball in Zambia.

According the information obtained from the participants, currently, the Handball team boasts of the following clubs Kasisi Dynamites, Chongwe, Silverest, Mean wood Ndeke, Kamwala Stars, Lusaka Tigers and the Blue Wood Handball Club. The researcher was prompted to learn how the sport developed afterwards and in response one participant who happened to be a coach for the Chawama Community Handball club then, responded by saying that:

In Lusaka, Handball developed at community-based level through the Sports for All programme, Handball was introduced in communities like Chelston, Chawama, Kanyama, Mandevu, Mtendere, Lilanda and many more. People trained in sports management and coaching and when the Sports for all programme ended, a number of sporting equipment were given to the community teams that were created. The teams went on to play competitive Handball under the Sports for All Programme. (Participant 7)

Participants also indicated that on the Copperbelt, the sale of ZCCM led to a drop-in sporting activity. In relation to this, one participant indicated as follows:

ZCCM funded sports on the Copperbelt and holistically sponsored Handball by then. However, the privatisation of the

ZCCM mines which took place in the early 1998 led to the close of the community development department which was in charge of running and managing sports. This was because the new mine owners core business did not include sports. This made Handball fail to continue running normally due to immediate withdraw of sponsorship by ZCCM. (Participant 4)

The participants further indicated that the privatization of ZCCM caused all sporting bodies and clubs that were dependent on ZCCM for sponsorship to fail function properly. As a result, most people started using their own money to sponsor their teams. This did not last long as it was difficulty to continue supporting the sport without a sponsor. This therefore led to teams failing to keep up and dropping out of the sport. These findings regarding the challenges that Handball faced in Zambia after the privatization of ZCCM indicate the company played a major role in the development of Handball in Zambia.

The interviewed participants further indicated that as the executive was pushing on having a Handball association registered, Competitive Handball went on until such a time when the association could no longer sustain it. Tournaments that used to take place every fortnight became so difficulty to organize to the extent of taking place once a month. The competitions were restricted to within the districts. Another participant echoed the above sentiments as follows:

This went on to the extent that committed players were asked to pay for their transport fares if they wanted to participate in the competitions. A lot of teams started withdrawing while some players retired after retrenchment by ZCCM. The zeal to continue was no longer there due to factors like no shop stocked Handball equipment in the country, so most teams depended on the old equipment that the association would provide, making it difficult for some teams to continue. (Participant 4)

The participants interviewed indicated that after the establishment of HAZ in 2001, Handball started gaining popularity once more after various stakeholders such as the media and several other companies were engaged.

Participants further indicated that after Victor Banda was elected as HAZ president in 2012, he was very instrumental in leading the introduction Handball in communities and was able to come up with the national team which participated in a number of tournaments at regional and international level. The findings regarding the development of Handball after the introduction of the HAZ indicate that the association was very instrument in the revival of Handball in Zambia after it almost died a natural death after the privatization of ZCCM, which was a major stakeholder and sponsor.

4.1.5 Handball develops through the Community in Lusaka.

In trying to understand how the sport developed under the Sports for All programme. The interviewed participants indicated that the development of Handball started with training people who held various positions in sports management and coaching. Handball developed at community level through the Sports for All programme. In emphasising this point, one qualified trainer of trainers, trained by the Norwegian stated as follows:

The coaches that were trained from 1991 to 1995 formed the main group that led to the development of Handball. Handball was more active up to 2005 after it was introduced in all provinces. Sports for All programme played a critical role in talent development. Tournaments were organized in all the provinces and NASDEC hosted the inter-provincial tournament festivals. (Participant 9)

In order to establish what happened when the sports for all programme came to an end, the interviewed participants stated that the Norwegians handed over the Sports for All programme to the government through the MYSCD. A good number of sporting equipment were given to the community teams that were created. After two years, the government stopped funding the programme. This affected the development of the sport coupled with expensive Handball equipment which was not readily available on the local market. This led to the collapse of Handball

and sports for all programme, though the sport was still active on the Copperbelt and in Lusaka only.

From the above findings regarding the introduction of Handball in communities through the Sports for All programme, this programme led to the development of competitive Handball in Lusaka by training people in sports management and coaching. In addition, the sustainability of the programme was ensured through handing over of the programme to government through the Ministry of Sports, while the sports equipment was given to the community.

4.1.6 Handball developed through participation in the Challenge trophy tournament

One other important aspect that was raised by a number of participants regarding the development of Handball was participation in the challenge trophy. One participant indicated the following in relation to this:

The concept of challenge trophy was to popularise Handball in Southern Africa because Handball was so popular in Portuguese and French speaking countries usually in North Africa. In southern Africa, Handball is popular in Angola and Mozambique and is a highly competitive sport to the level of football. The challenge trophy was introduced as it was perceived that nations had challenges in playing and enjoying Handball. The concept meant everything in the tournament was to be sponsored by IHF. The challenge trophy tournament is hosted on rotational basis with the motive to promoting Handball and training as many athletes as possible.
(Participant 3)

This information was confirmed through analysis of the letter dated 9th November, 2001 addressed to HAZ which indicated that the IHF decided to organise a new competition called Challenge Trophy for nations. The letter further explained that the competitions concerned federations whose national teams have difficulties to participate in continental statutory competitions. The first edition of the challenge trophy was held from 15th to 24th January, 2002 in Nairobi Kenya. These findings regarding the challenge Trophy's contribution to the development of handball in Zambia

therefore indicate that Trophy was meant to promote as well popularise and develop Handball in Southern Africa because the sport was not popular in most former British colonies. This probably the reason as to why the Trophy was hosted on a rotational basis.

The participants of the study further indicated that Zambia has attended and participated in a lot of tournaments and countries have hosted the tournaments like Zimbabwe, Mozambique and many more. The challenge trophy spread even to Portuguese and French speaking countries. Due to massive competitions during the challenge trophy, as a way to graduate the teams, winning teams started competing in All Africa games but still at amateur level. The study also established that Zambia has hosted the tournament before as one participant revealed that:

Zambia hosted the first Challenge trophy tournament in the region which was held in Ndola and 8 countries participated in the tournament. The IHF provided all the necessities that were required by the teams that participated in the tournament which included accommodation, transports, feeding, attire for the teams and officials just promote the sport and train as many people as possible in Handball. During the challenge trophy tournament, there is always a referee course and a coach training workshop during the competitions. (Participant 1).

Thus, it is evident from the findings that the major aim of the Challenge Trophy was to popularise Handball in Southern Africa. The Challenge Trophy was introduced as it was perceived that such nations had challenges in playing and enjoying the game. The tournaments were sponsored by IHF. It was observed that the Challenge Trophy tournament was hosted on rotational basis in order to promote Handball and training as many athletes as possible.

4.1.7 Handball developed through Schools

The interviewed participants further indicated that Handball was further developed after launching it in schools by the then Minister of Education in 2006, on the Copperbelt. In relation to this one key informant indicated that:

Handball was introduced in schools in Chililabombwe and in churches by the coordinators. Minor competitions in Handball

would take place in Chifubu and Pamodzi and nearby schools over the weekend. These competitions did not take place in Ndola only but in all Copperbelt towns. Due to massive interest in the sport, a workshop to train trainers in Handball was organized at Kitwe playing fields and diggers. In Luanshya and Ndola too, the workshop attracted a number of teachers who were trained in Handball. (Participant 12)

This information was conformed through the analysis of a letter dated 15th May, 2006 outlined that; Handball was introduced in schools by the then MSYCD Hon, George Chulumanda at Nkana High School on 19th May, 2006. A letter addressed to the District Education Board Secretary, Ndola district, through which the HAZ confirmed that teachers were invited for the IHF coaching and referee course which took place from Sunday 24th May to Saturday 30th May at NASDEC in Lusaka. The coaching course was conducted by international trainers from Germany and was attended by participants from Lesotho, Zimbabwe, Mozambique and South Africa. A total of six teachers who had participated in the level one Handball course in Ndola earlier attended the said international training.

The above findings also in line with the evidence provided through an analysis of the *Times of Zambia Newspaper* dated 5th March, 2009, which reported that: The then Deputy Minister of Ministry of Youth, Sport and Child Development (MYSCD), Christopher Kalila, said that the newly launched league for Handball in schools was an opportunity to identify athletes who would contribute to bringing more medals to Zambia.

It is evident from the above findings regarding the introduction of Handball in schools that the move was very instrumental in developing Handball at a grassroots level. Additionally, these findings also show that the introduction of Handball in schools helped in its development as it was now spread throughout all schools in the country resulting in increased geographical reach of Handball in Zambia. In other words, the introduction of Handball in schools helped in spreading it across the country.

In addition, the then Project Coordinator for the Sports for All Programme under the MYSCD stated that the main objective of the Sports for All Project was to popularise sport in compounds

and in order for this to be attainable, there was need to train teachers. If teachers were to be trained, then there was need to go through the Ministry of Education. He noted that:

Secondary and primary school teachers were called for a training workshop in various sports activities inclusive of Handball. This made various sports association and federation send coaches who helped in training the teachers. The training took place in various sporting facilities like the Bank of Zambia sports club, Barclay's sports club and so on. After training in various technics like biomechanics, a ceremony would be organized at the end of the training where the Minister of Education would award participants with certificates. (Participant 7)

Proof of the invitation was assessed from a letter dated 6th January, 2008 inviting teachers for a training course in Handball. Based on that letter, it can be concluded that the international Handball coaching and referees' course was held at the Boma Conference Hall in Kabwe on 16th February, 2008. The main reason for the training was to produce school teams that would represent the country in the junior zone six tournament between Zimbabwe and Lesotho.

These findings are therefore a clear indication that by the year 2018, Handball in Zambia had grown and improved to an extent of becoming a sport that was officially recognized as important that it was even introduced in schools as part of the major sports. Further, findings provide evidence that Handball had become even more popular than before and that it was now receiving a lot of support than before.

4.1.8 Handball developed through Formation the Handball Association of Zambia.

This research question aimed at finding out if there was a regulating body that was responsible for the running and management of Handball at national level. It is during the interviews that the researcher was informed of the IHF. However, most of the participants that were involved confirmed that the IHF is the world governing body for Handball and in order for the researcher to establish when Zambia became an affiliate member, one participant submitted that James Daka

was sent to Russia to ensure that Zambia was registered under IHF. The IHF responded and Zambia was number 147 at IHF and under CAHB Zambia was number forty-five.

However, the 28th ordinary IHF congress Portugal 2000 report revealed that Zambia was accepted as number 135 member of IHF and was also accepted at Africa level, SADC and Commonwealth level. Three quarters of the participants confirmed during the interview sessions that Zambia was not only a member of the IHF, but also a member of the CAHB and took part in competitions at regional level. A letter addressed to the HAZ president dated 16th November, 2001 confirmed that during a meeting held in Basel, Switzerland, on 09th and 10th November, 2001, the council of the IHF unanimously resolved to grant the HAZ provisional admission to the membership in the IHF.

The response of the HAZ president revealed that:

The Confederation of African De Handball was founded in 1972. Although, Handball is less developed in the Sub-Saharan Africa with exceptions of Angola which has dominated most women tournaments. The organization of African Handball tournament lies in the hands of the CAHB. The capital of the confederation is in Abidjan, Ivory Coast and Zambia was registered number 45 member on CAHB.
(Participant 2)

In order to establish when the HAZ was formed, one participant, the first Handball president of HAZ, responded that:

The proposal to form an association was driven with a view to bringing unity and ensure that the sport was recognised by a governing body. 1998 HAZ was formerly registered with PACRA although there was a struggle to meet the requirements with NSCZ. (Participant 4)

This was further confirmed through the analysis of the document (letter) dated 16th November, 2001 which outlined that: IHF had resolved to grant HAZ provisional admission to membership in the IHF. The letter further stipulated that the IHF congress would convene in St Petersburg, Russia from 21 to the 23RD November, 2002 to decide on full membership.

In addition, further analysis through HAZ annual work plan budget for the period 2016 and 2017 confirmed that: HAZ is a registered sports body under section 9 (1) (b) of the *National Sports Council of Zambia Act*, Cap 142 of the Laws of Zambia. Handball Association of Zambia is charged with the responsibility of managing and organising Handball programmes in Zambia. In 1982 HAZ was established and is affiliated to International Handball Federation (IHF) which is the World governing body for Handball. Additionally, at continental level HAZ is affiliated to the Confederation of African Handball (CAHB) and the Commonwealth Handball Association Region 5 Handball federation which is specifically for countries in Southern Africa. Handball Association of Zambia is registered with the National Olympic Committee of Zambia (NOCZ) being an Olympic sport and the National Sports council of Zambia (NSCZ).

The above findings regarding the development of Handball in Zambia through the establishment of HAZ are a clear indication that the association was very instrumental in the development of handball in Zambia. The findings indicate that HAZ is a registered body with IHF, CAHB, NOCZ and the NSCZ. The fact that it is the body in charge of overseeing the management and running of Handball at national level in Zambia places the association at the center of Handball in Zambia. The association is further registered under the NSCZ as a corporate body. The findings further indicate that this association is important for the promotion and controlling of handball matches with its jurisdictions. Therefore, these findings confirm that the establishment of HAZ has been very instrumental in the strengthening as well as the development of Handball in Zambia.

4.2 Popularisation of Handball in Zambia

This section presents findings in line with the second objective of the study which sought to establish how Handball became a popular sport. This question was very significant for the study because the importance of the course content was vital to the quality of the product in relation to the people's views and experiences. The question was thus framed on the evidence that the intentions of the historical development of competitive Handball in Zambia had implications on how Handball became popular and how stakeholders came on board to support the development of the sport. Some of the themes that emerged were; *involvement of the media, finding sponsorship, contribution by ZCCM, contribution by Madison General Insurance and lastly contribution by ZNS.*

The question was stated thus: How did the sport of Handball become popular after integration into the local sport?

4.2.1 General Popularisation Of Handball In Zambia

In order to answer this question, the participants were asked when and how Handball was popularised into other sports. This part was key as it showed how a sport that started as a recreation sport and as a community sport ended up becoming an Olympic sport. The interview guide questions guided the researcher in bringing out the facts for the second research question. The participants, who were mainly people who held high positions at the MYSCD, NOCS, NSCZ and HAZ, helped in finding answers to the research question, and were asked how the sport was popularised. The responses that were given revealed that although the sport was gaining popularity and a lot of stakeholders came on board to support the sport. This led to the sport becoming increasingly popular because it spread to other parts of the country. One participant had this to say:

In order to ensure that Handball was popular and accepted into the local sports, the media played a key role to popularise the sport. This made the association to get massive support from various stakeholders though the association had financial challenges. Among the most prominent media houses where the Times of Zambia, the post and Zambia Daily mail that helped through advertising the sport. This made Handball to become so popular and spread to most parts of the country.

(Participant 8)

The observations from the interviews revealed that through the help and support of the media, Handball gained popularity and was recognised as a competitive sport among the many Zambian local sports. Therefore, it was evident from the participants' views that the sport had become very popular and had spread to several parts of the country with the help of the media. These findings provided evidence on how Handball gained popularity with a lot of stakeholders coming on board to support the sport.

Further, the study participants indicated that there were also other stakeholders that came on board to sponsor and support Handball and helped in making it popular such as the Savoy Hotel in Ndola and Indeni Oil Refinery Company. From the above findings it is clear that besides the media, there were also other stakeholders who came on board to sponsor Handball and ensure that it spread to other parts of Zambia. The support provided by the various stakeholders accelerated people's interest in Handball, and led to the sport becoming so popular in the Zambian local communities that eventually the sport became integrated in local sports.

Therefore, it is evident from the findings that the integration of Handball into the local sport did not come without challenges. It is clear that there were some challenges in the process of popularising the sport. However, HAZ had to come up with strategies which enabled them to get support and ensure that Handball was integrated into the local communities as a competitive sport hence it became so popular.

4.2.2 Partnerships and Sponsorship from Corporating Partners and Stakeholders

The study established that sponsorship of Handball made the sport to become more popular and spread to other parts of the country. Handball spread fast, especially along the line of rail, making the sport to enjoy some good support from various stakeholders including the government, Zambia National Service and Madison General Insurance among others. It was revealed that the support rendered by these stakeholders was mainly material including monetary and usually once off support. In an interview, one key informant informed the researcher that:

In trying to entice the public through the media, big bodies like Zambia army, ZNS and Police and Prisons were brought on board. Handball spread to Solwezi in Northern Western province and some parts of Southern Province. Most of the support rendered by the above was only material and usually once off support (Participant 10).

This is actually confirmed through document analysis on the *Mining Mirror* of 3rd May, 1993 on page 19 which stated that:

Ernest Pilula, the then Nkana Division General Manager, said that for the previous twenty years that ZCCM had been in existence, the company policy on youth and sports continued

to play a significant role in the growth of mine schools. He further said that ZCCM regarded sport as an important ingredient to a meaningful life. He added on that Children who had the privilege to go to mine school were adequately exposed to a number of sporting activities because of the readily available sports facilities.

During the review of documents, it was further observed that government acknowledged Handball and was committed to supporting the sport. A reviewed article of the *Zambia Daily Mail* of Wednesday, May 03, 2006, which highlighted the following:

State dished out K100 Million to HAZ in preparation of the first ever youth commonwealth games that was scheduled for 20th to 30 August, 2006 in Ndola. The then organizing committee Chairman Paul Ngosa had confirmed and added that the event was to be attended by four non-commonwealth nations like Burundi, Democratic republic of Congo, Angola and Rwanda. The inclusion was due to their willingness to participate in the games while 12 commonwealth nations to participate included the following nations Nigeria, New Zealand, Swaziland, Egypt, India, Kenya, Mauritius, Mozambique, Canada Botswana and England which was yet to confirm participation.

It was established in this study that there were a lot of sponsors who came on board to offer support to Handball and thus ensuring that the sport become popular and got integrated into the local sports. Therefore, the researcher was then prompted to inquire on how the various sponsors were brought on board and how they ensured that the sport was integrated into the local sports.

4.2.3 Contributions of ZCCM helped in Popularising Handball in Zambia

It came to the attention of the researcher that ZCCM funded and sponsored sports on the Copperbelt. In wanting to probe more on the role ZCCM played in ensuring that Handball became a popular sport, the researcher needed to establish the kind of support that ZCCM offered which led to the development of Handball in Zambia. And in response, one participant said that:

ZCCM funded the sports on the Copperbelt and holistically sponsored Handball on the Copperbelt. It had a good policy on sports and ensured that every weekend it hosted various sports disciplines among them Handball. ZCCM had a sports policy where children were subjected to a lot of recreation activities. (Participant 3)

Further analysis with documents revealed that after the liquidation of the mines, some companies came on board to help support Handball. This proof was gauged from an article in the *Times of Zambia* of 23rd November, 2008 which reported that:

ACN investments a Kitwe firm donated Five million kwacha towards the Handball tourney. The article further reported that ACN investments' support to the HAZ was with a view of using Handball as a platform to create awareness on the dangers of HIV/AIDS pandemic through sports. The article further narrates that ACN investments support to the HAZ was with a view of using Handball as a platform to create awareness on the dangers of HIV/AIDS pandemic to support the association because sports. ACN Managing Director Kizito Chewe said sports provides young people with enjoyable physical activities which enables them to train their skills and personal qualities.

These findings regarding the contributions of ZCCM in popularizing Handball in Zambia are a clear indication that the company played a huge role as it was the first to introduce the sport in among its workers and extending it to communities in the mining towns. Additionally, these findings also indicate that ZCCM popularized handball by establishing a league for clubs. Probing further into the inquiry, on which companies have been supporting Handball recently, it was revealed that Madison General Insurance and Zambia National Service became established sponsors and supporters of Handball. Other companies that came on board to support Handball included RTSA, Manzi Valley and Barclays Bank although most of them offered once off support.

4.2.4 Contributions of Madison General Insurance in Popularising Handball in Zambia

During an interview, the Manager-Operations at Madison General Insurance revealed that Madison general insurance had been incorporated into sponsoring Handball. The manager told the researcher that:

Madison General Insurance has been the major sponsor of Handball since 2013. Madison General Insurance sports policy aims at sponsoring minor sports that are not common to popularize them and ensure they become recognised. The main reason of Madison sponsoring Handball is to popularise it to the level of football and other sports. Madison strives to equate minor and major sports in terms of material and financial support. It has a budget allocation every year for Handball and offers material and financial support to HAZ. The kit for Handball team that played in the tournament for the all-Africa qualifier courtesy of Madison General Insurance. (Participant 19)

This information is actually confirmed through document analysis from the *Daily Nation* of 25th June, 2019 which reported that Madison lauds the victorious girls under seventeen girls' national team for emerging champions in the IHF youth and junior zone VI tournament where they (under 20) finished as runners up. The Madison General Insurance Managing Director, Mr. Chabala Lumbwe, expressed happiness in the performance of the girls and assured HAZ of continued support.

The above findings from the participants and the document review regarding the contribution of Madison General Insurance in popularization of Handball in Zambia are a clear indication that the company has been instrumental providing material and financial support to HAZ as well as handball clubs.

Further, the researcher sought to understand how Zambia National Service (ZNS) has been sponsoring and supporting Handball in Zambia.

4.2.5 Contribution by Zambia National Service towards Popularisation of Handball in Zambia

From the findings of the study, it was established that ZNS offered financial support that led to Handball developing so fast. The findings from document analysis also indicated that ZNS promised to sponsor one of the Handball championships that was held at ZNS Chamba Valley with a view of promoting the sport. This proof was evaluated from the *Times of Zambia* dated 09TH May, 2014 which outlined the following:

Ten teams were to participate in the contest in Handball which was held at ZNS Chamba valley. ZNS sponsored the Handball championship with the aim of promoting the sport. The purpose of engaging ZNS on the other hand was to popularise the sport and introduce it in various defence forces country wide.

From the findings of the study, it is evident that Handball had gained enough support from the Zambian community and was a popular sport. This was evident from the various local tournaments that had been sponsored by the highlighted companies presented in this study which included ZCCM, ZNS, Madison General Insurance and the government among others.

The results from the interviews also revealed that Handball was a sport that was registered with relevant authority bodies that regulate the activities of sports in Zambia. During one-to-one interview, one participant informed the researcher that:

It has been registered member with the National Olympic Committee of Zambia (NOCZ) for some time now, because when I came in the NOC in 2000, I found that it already existed as a member but perhaps the activities were not very active as they are today. When the OYDC was set up about 10 years ago and HAZ started getting new players and young players” (Participant 7).

Going further, the formation of the Handball Association of Zambia helped to strengthen the integration of Handball into a local sport in the Zambian communities, and led to the sport enjoying popularity. This meant that Handball was now a sport that was organised in a coordinated and standardised manner. This came to light during one of the interviews when one of the key informants commented that:

We have put up an organized structure of how to get fixtures, how to have tournaments the way the football tournaments are running' (Participant 9).

This too was confirmed through the HAZ profile submitted to the NSCZ and NOCZ. From the analysis of the study findings, HAZ was a registered body with IHF, CAHB, NOCZ and the NSCZ. Thus, this meant that the conduct of HAZ in coordinating and overseeing the activities of Handball in Zambia was regulated by internationally accepted standards.

Therefore, it was evident from the findings of this study that Handball was a competitive sport that had been integrated into local sport and its activities were regulated by international and local bodies. After its introduction, Handball became popular and was integrated into the local sport in the Zambian community as highlighted in the findings presented earlier. Therefore, the sport was expected to accomplish some achievements including winning medals and participating in international tournaments among others, as well as having a league for the sport. The next research question sought to answer how Handball has performed in local and international competitions since its inception and integration into local sport.

4.3 Performance of Handball at Local and International Competitions from 1980 to 2019

This section presents information in relation to the third objective of the study which aimed at establishing the performance of Zambia's Handball at local and international competitions from 1980 to 2019. The interview guide questions guided the researcher in the drawing of data for this very objective. The participants who were mainly former and current HAZ executive and directors from MYSCD, NOCZ and NSCZ were asked how the sports has been performing both in local and international tournaments. *The themes that emerged were; Active clubs, club organisation, league tournaments, Performance of local clubs, Performance of the national team, hosting and factors of performance.*

The research question stated as follows: How has the sport been performing in local and international competitions from 1980 to 2019?

4.3.1 Composition and activities of Handball Clubs in Zambia

The technical director for HAZ and the head coach were asked during interviews how many clubs constituted HAZ. The findings were that HAZ then boasted of fifty-six clubs nationwide. The clubs are in all the ten provinces although there is less or little participation in the league that are organised by the association due to factors like distance and transport to and from Lusaka. However, in an interview, the technical director he narrated thus:

The HAZ boast of fifty-six club's country wide and currently there are a few ones that are not active because of location. The majority of the teams that are active are from Lusaka, Copperbelt and Kabwe. There are some teams in southern province that is in Siavonga, Pemba and two teams in Livingstone. Additionally, in North-western there are two teams from Kasempa and western province too. There are amateur teams in Eastern, Muchinga, Northern and Luapula but the distance hinders them in terms of participation in the club league coupled with challenges of transport. However, the said teams are not currently part of the league. The national league is for the elite teams from Lusaka, Kabwe, Copperbelt, western, southern and North-western were coaches have been sent to train the players and do talent identification.

(Participant 15)

The fulfilment of fixtures was a big challenge because tournaments were scheduled for weekends and once a team from travelled to Lusaka for tournaments, it became challenging because the fixture was not completed and the teams only had two days to compete and to travel back to their respective homes. The Handball clubs were in three categories namely under thirteen boys and girls, under seventeen boys and girls and senior male and female teams.

When asked about the national league performance, one participant in a separate interview told the researcher that:

We have the national league for the elite teams, for example elite teams are those from Lusaka, the Copperbelt and Kabwe, Western province and North-western province, these are the teams which have been there and active. (Participant 4).

4.3.2 Performance of local clubs in Regional and Local Tournaments

The study established that the performance of Handball at local and international level had really improved. From the time Handball was introduced in Zambia, a number of tournaments had been organised among local teams and the national team. HAZ had had opportunities to host and attend international tournaments. This had been as a result of good organisation of the clubs and the national teams.

In order to distinguish some of the most prominent clubs that were formed then on the Copperbelt as well as in Lusaka, the researcher asked one participant to name some of the clubs that were formed then and in response, the first HAZ president responded by stating that:

Copperbelt had twelve clubs from all the eight districts except for Masaiti and Lufwanyama and these were Ndola Wanderers, Chambishi Metals, Roan Leakers, and Mufulira Hurricanes, Holy Angels, Kalulushi, Chililabombwe, Konkola, Nchanga, Millennium and Nkana Raptors. (Participant 8)

Additionally, Lusaka had the following community clubs and teams;

Kasisi Dynamites, Chongwe, Silverest, Mean wood-Ndeke, Kamwala Spurs, Lusaka Tigers, Blue Wood Handball Club, Chongwe and Kabwe. Meanwhile, under the Sports for All project the following communities had Handball teams: Chelston, Mtedere, Kamwala, Chilenje, Kanyama, Matero, Chawama and Mandevu. (Participant 8)

Therefore, it was evident from the participants' views that most of the prominent clubs of Handball were mainly based on the Copperbelt and Lusaka. This was because the origin and development of Handball happened in these two locations, though at different time intervals. Hence, according to the findings of the study, there were a number of Handball clubs in Zambia with most of them on the Copperbelt and Lusaka doing well in league competitions.

4.3.3 Organisation of the League tournament

In order to find out how the association organised the league and how the clubs performed, the study participants indicated that: there was a league organised on the Copperbelt from all the eight districts on the Copperbelt. Among the most powerful clubs then that topped the league was Chambishi Metals. Meanwhile, a school league each was organised in Ndola, Luanshya and Kitwe. This was actually confirmed through the analysis of an article in the *Mining Mirror Newspaper*, dated 14th April, 1994 confirmed this through the analysis of the document which showed that Nkana and Mufulira Handball club held on to the title. The two clubs were crowned 1993 champions in the Copperbelt youth league. Nkana maintained the unbeaten record and grabbed the girls' championship. Nkana played fourteen games scored twelve wins, two draws and collected twenty-four points. Meanwhile, in the boy's league, high scoring Mufulira also collected twenty-four points from two wins, two draws and lost only one game.

Supplementary analysis from the NSCZ Annual Report for March 2009 showed that HAZ had organised an open championship in Kitwe and eight clubs participated. The championship was won by Nkana Raptors Handball club. The report further indicated that another championship was held in Ndola and Chambishi Metals won the CAN HIV/AIDS championships. Further confirmation through analysis in the *Times of Zambia* article of 26th April, 2014 which outlined the following:

HAZ had postponed the championship league to allow their sponsor ZNS prepare well. The championship leagues comprised of the ten teams that had confirmed participation with more expected to get on board. Among the teams that had confirmed participation were, Kabwe survivors, Green Eagles, Kasisi dynamites, and Lilanda dynamos.

The above findings regarding how the leagues were organised and how they were performing indicates that most of the national leagues were actually doing well. This is a clear indication that Handball in Zambia was performing well in terms of leagues.

In order to find out which clubs were performing well and how the athletes' transitioned to the national team, one participant stated that:

The clubs doing well currently are Lusaka Tigers Kasisi Dynamites and Kamwala Stars these are topping the league. Roan shooters from the Copperbelt are currently on number five. Athlete transition to the national team is done through the technical team that is sent to monitor the performance of the leagues. The amateurs compete with any team in the national teams in any of the three categories. (Participant 19)

This is confirmed through the *Times of Zambia Newspaper* dated 18th October, 2015 which showed that the Eagles won the Handball tourney after beating Kamwala stars 11-10. In order to reach the finals, the Eagles had to beat Kasisi dynamites 12-11 while Kamwala stars edged Lusaka tigers. The Eagles further won the girls category which was played on round robin basis beating Kasisi Dynamites 15-6 in the finals.

The improvement in the performance of Handball, over the years, in Zambia was a result of good organisation of the clubs and the national teams as well. The study established that because of good club organization and performance, the national Handball team was well organised.

Therefore, it was evident from the findings of this study that Handball as a sport was performing locally with some clubs outstanding and contributing significantly to the pool of players for the national team. From the findings, it was established that there was a national league in place and that some clubs were performing as expected. Clubs like Kasisi Tigers, Green Eagles, Kamwala Stars were doing well. The national team drew its members from the clubs.

4.3.4 Performance of National Team at International and Regional Level

With regards to how the sport has been performing in the regional and international tournaments, the study participants indicated that a national team for Handball was in place to represent the country regionally and internationally. In one of the interviews, one participant stated that:

HAZ has been able to come up with the national team which has participated in a number of tournaments both in and outside the country. The recent participation is in the Africa cup of nations which was held in Congo Brazzaville in 2013 for under twenty girl's categories. This was the first time that Zambia was participating at international level. Zambia has participated both in regional and continental competitions. Handball is played in all the ten provinces. (Participant 14)

The participants further indicated that, the following teams constitute the current national team, senior men and women national team, under twenty boys or girls, under seventeen boys or girls, and under thirteen boys and girls. There were clubs countrywide which supplemented the national team and some of them according to national team coach were:

The members for the national team are drawn from schools which have Handball teams and also have clubs. These are Silver rest secondary in Chongwe, Pemba secondary school, a school in Solwezi, in Limulunga also, Mwabi secondary in Luangwa, Chirundu secondary, Chongwe secondary school. Handball is active. The clubs that are active are Kasisi dynamites, Kamwala leakers, Kabwe Lecks, Lusaka Tigers, Chongwe, Limulunga Royal, a club from the Copperbelt Ndola. (Participant 13)

This is confirmed through the analysis of the HAZ 2002 Report based on the first edition of the challenge trophy which was held at Moi International Sports Centre in Kenya. The report clearly showed that players that participated in the national team were selected from the various clubs in

the country namely; Mufulira Hurrricanes, Ndola Holy Angels, Chambeshi Metals and Nkana Raptors.

The study established that Handball was striving and performing better than the previous years. During one-to-one interviews, one participant noted that:

Before 2010 no team was able to qualify to the All Africa games or zone six. In August 2019, Zambia participated in the All Africa games and was beaten by the champions which is Angola. Zambia came out of the competition in the quarter finals and has performed very well in the Zone tournaments been the champion as well as ranked number 1. (Participant 10)

The fact that the Handball national team had been doing very well, as seen through the number of medals won, the researcher wanted to find out more on the various tournaments that HAZ had participated in and how they performed. Responding to this a participant said that:

The national team was invited by Japan for two weeks preparatory training session, with some clubs in Japan. we played four games, won three and lost one. This was in preparation for the Tokyo 2020 in 2016. Zambia performed very well and managed to get the fourth position upon its entrance in the CAHB for the first time. Zambia's good performance in the zone 6 tournaments made it possible for it to participate in the challenge trophy. Furthermore, Zambia participated in the All Africa games for the first time and got the 8th position. The Zambian team was knocked off in the quarter final. This was the first time that men participated in all Africa games unlike the women who has participated before in the Congo Brazzaville tournament unfortunately the lost the tournament in the preliminaries. (Participant 11)

This shows that the Zambian National Handball team had participated in various tournaments, including friendly matches and that there had been an improvement in the performance of Handball since its introduction. Furthermore, a lot of development had been observed because Handball has developed into an Olympic and competitive sport.

This proof is gauged from the analysis of an article in the *Times of Zambia* dated 05th March, 2015 which stated that the women Handball team had qualified for the All Africa Games. This was the first time that a sport in Zambia had qualified to the 151st edition of the then All Africa games. Further analysis indicated that the teams that went to Morocco qualified, an indication that they were doing well. This was echoed by one of the participated who commented that:

It is important to note that the teams that went to Morocco had to qualify and so for them to find themselves in Morocco it means they are doing well in the sense that out of the fifty-two countries they were able to qualify in the top eight in order for them to end up in Morocco. They are on the right track; they are developing” (Participant 8).

It was also revealed during the interviews that the Zambian National Handball team had been performing very well consecutively in the Zone VI games and was currently ranked number one in Southern Africa. In relation to this the Handball national team coach added that:

We have actually done well in the Zone VI games where we came first, I think 2016 Zone VI we were first as Zambia, we also put up a very good performance in Morocco as a national team” (Participant 5).

In the same interview with the national team coach for Handball, a probing question was asked, ‘how have you performed generally in the intercontinental tournaments? In response, the coach responded that;

‘...at continental level there we are above average yes’.

When asked about how many trophies the team has brought back home, the coach told the researcher that ‘...in terms of gold medals, we have managed three gold medals since 2010, then silver they are five these are in the southern region games. Continental we never won any trophy’.

The above findings regarding how Zambia has been performing in Handball at an international level indicate that the country is doing well as it has been a runner up in most tournaments and it has also won some trophies it has hosted.

4.3.5 Performance in Terms of Hosting International Handball Tournaments

The enjoyment of any game lies in watching a live match either through the Television or at the stadium. Hosting of a tournament comes with a lot of advantages like wider selection of players, forex and cultural exchange among others. It is in this vein that the researcher needed to establish whether HAZ has had opportunities to host international tournaments. This came after knowing that the national team had been performing very well in the international tournaments, the researcher sought to establish whether HAZ had hosted any international tournaments and how they fared as hosts. Reacting to this, one participant narrated that:

Zambia was privileged to host the Central African Tournament at NASDEC and Zambia came out second to Mozambique. Zambia travelled to Angola and Kenya for international tournament. Zambia scoped the third position for the tournament that was held in the Kenya in Prior to attending the All Africa Games, IHF sent coaches to come and train some players in preparation for the All Africa games which was scheduled for 2011 Additionally, Zambia has hosted number of tournaments including the challenge trophy. (Participant 9)

This is confirmed in the letter dated 09 January, 2009 written by secretary general of the CAHB addressing the HAZ which indicated that HAZ needed to confirm hosting the challenge trophy.

In another confirmation from the HAZ to the General Secretary NSCZ, dated 5th March, 2009 in which they were seeking authority from the NSCZ for permission to host the challenge trophy. The tournament was to be hosted from 24th to 31st may, 2009.

In another document analysis of an article in the *Zambia Daily Mail Newspaper* dated Wednesday, 24th May, 2006, the then HAZ marketing executive director, James Daka reported that nine countries had confirmed participation in the first commonwealth under sixteen youth championship which was scheduled for 20th to 31st August, 2006 in Zambia. This was the first time that Zambia was hosting the commonwealth games.

In trying to find out how many tournaments HAZ has hosted and how they had performed, the coach for the national team revealed that Zambia had hosted a number of tournaments mostly zone six and had also participated in the All Africa games for the first time. The national team coach added on to say that

Zambia was privileged to have hosted Zone games in 2014 and again hosted the tournament for the girls in 2017 in Lusaka. Zambia won the championship and the following countries were represented, Zimbabwe, Mozambique, Malawi, Botswana, Madagascar, Swaziland, South Africa and Seychelles. However, in 2018 Zambia was again honoured to host for the boys and won the championship. Under the CAH, Zambia has never hosted any CAHB tournaments but participated for the first-time last year in 2019 in the Africa cup which was held in Tunisia and qualified to the Africa Cup which is scheduled for 2021. (Participant 15)

The article in the *Zambia Daily Mail* of Saturday, 17th January, 2015, confirmed this as it reported that HAZ had picked a forty-member provisional team for the 2015 Congo Brazzaville All-Africa games group five qualifiers that Zambia was scheduled to host in march. A total of twenty-one males and nineteen females constituted the national team picked after an invitational tournament which had been held in South Africa earlier.

This was evidenced in the report from the Cote D'Ivoire September, 2017 Africa Cup of Nations Women Handball Championship which showed that:

The HAZ has been sending the national teams for both boys and girls to participate in the regional and continental

championships. In September, 2016, the teams participated in the Zone 6 IHF Trophy in Johannesburg- South Africa. The teams managed to get to the finals and won Silver medals. In addition, the September, 2016 event was also aimed at ensuring that some teams would as well qualify for the Africa Cup of Nations Championships which was scheduled for September 2017 and April 2018 respectively. Furthermore, the Girls Under- 20 Championship took place from 10th to 18th September, 2017 in Abidjan – Cote D’Ivoire. On 15th September, 2017, the Zambian team played Angola and lost 15 to 21 and the day that followed Zambian girls’ team played Congo DR to finish the group games but lost 25 to 34. The girls’ team was eliminated from the championship. (Participant 3).

Therefore, it was clear from the views of participant 3 that the Handball national teams particularly the boys’ and girls’ teams had participated in a number of regional and continental championships. The above findings regarding performance of Zambia in hosting handball tournament indicate that the country has been successful and it has hosted a number of regional tournaments over the years.

4.3.6 Factors of Performance Relating to Handball in Zambia

The Handball national team participated in a number of international and local tournament, both at continental and regional levels although they had not performed well they have managed to win at regional level. In trying to find reasons that led to such performance, the researcher asked a number of people the factors of performance and in response, NSCZ acting general Secretary and at the same time MSYCD director in charge of programmes revealed that when he accompanied the national team to the All Africa Games in Morocco, he noticed the following:

The stature of the players for the Zambian was totally different from players from other countries. Handball players should be tall, huge and muscular in nature, but Zambians looked very small. Hence, HAZ need to promote the sport in many parts of

the country so that they are able to identify that kind of players so that they are able to compete at Continental level and probably world level. The performance of Handball in Zambia really needs a lot of improvement in in term of body fitness because it is a high intensity sport and there is need to popularise the sport so that it can be easy to identify talent. (Participant 16)

Massuca and Fragoso (2015), in the article *Morphological Characteristics of Adult Male Handball Players Considering Five Levels of Performance and Playing Position* confirmed this by highlighting on how morphological prototypes were important for success, within and among sports compared to advanced morphological changeability in some sports than others.

It came to the attention of the researcher that speed oriented training strategies were to be deployed by the coaches during training sessions. This prompted the researcher in wanting to know the kind of training that was required for effective performance in the national team. In response, the sports development officer in the MYSCD added that:

Handball exhibits a lot of technicalities on how the game is played hence, players need to be prepared when it comes to the intensity of the game. The sport requires a lot of high levels of energy to execute different movement patterns and performance. Athletes psychological preparedness is key in making sure that they beat the opponent in terms of movement, speed, agility and also when to make certain move as a player. Handball is a high intensity sport and all the necessary nutrition aspect have to be considered. (Participant 14)

The study participants further indicated that the required body type of Handball players was mesomorph and endomorph. Additionally, centres showed a high throwing velocity level than did wings in 9-m throws from behind the line, with a goalkeeper.

With regards to what led to bad performance the participants indicated that majority of Zambian Handball players did not have the required physical characteristics required for the sport. In relation to this one participant indicated the following;

Handball players have to be tall in nature, not as bulk as other athletes in terms of body makeup. Handball athletes should be tall in stature not too short, longer arms when shooting. Most Zambians body size does not really match the required body type like Angolans and Mozambicans. The sport requires athletes that are commitment, physically fit and know how to handle the ball. The basics have to be taught to the first.
(Participant 18)

This is proven by Srhoj *et al.* (2002) in the article *Position Specific Morphological Characteristics of Top-Level Male Handball Players* which showed that back court players and goalkeepers were superiors due to skeletal sizes and circumferences. The backline players, i.e., wings and pivots, had rather lower longitudinal measures with pronounced volume and a slightly higher fat tissue value different from pivots and players in other positions. These findings regarding the performance factors associated with handball indicate that physical characteristics are mainly what accounted for good performance.

4.4 Summary

This chapter has presented the findings in line with the research questions which endeavoured to establish the development of competitive Handball in Zambia. Based on the three research questions that this chapter had presented; the findings were arrived at through semi-structured interviews and document analysis.

The study found that a number of factors influenced the introduction and development of competitive Handball in Zambia. It was established that the provision of sports facilities and the sponsorship that ZCCM rendered, made the sport thrive so much on the Copperbelt. However, Handball development on the Copperbelt was crippled after the mines were sold because of lack of sponsorship. Furthermore, it was established that there was no merging between the Handball

that was introduced on the Copperbelt by the ZCCM and the Handball that was introduced in Lusaka under the Sports for All project by the Norwegians in 1992.

The gaps identified in the literature review were now filled in the sense that the study established the new and different factors from those that were highlighted in some literature that was reviewed such as how the sport was incorporated into other sports. The study established that the association incorporated a number of companies that played the role of ensuring that the sport developed through their provision of various material and financial support to the association in ensuring that the sport was popularised. Among the common companies that HAZ incorporated were ZNS and Madison General Insurance. However, the MYSCD, NSCZ and NOCZ had always supported Handball in its local and international tournaments. The association needed to incorporate big institutions like joining the MTN super league for sponsorship, to ensure that Handball was played in every corner of the country like football.

In spite of the efforts by the HAZ and the Ministry of General Education ensuring that school teachers were trained in Handball coaching, the training only yielded positive results in some schools. The study hoped that the new knowledge would contribute to the existing body of knowledge. The introduction of the sport to schools had not been futile because there was little competition in school Handball sport and monitor school sports. HAZ needed to appreciate players in terms of sponsorship in schools or seeking for employment for the players.

The study also established that although Handball was a new sport, it had made notable strides in performance. What has affected the performance of Handball included not having a strategic plan aimed at coach development and long-term athlete development. However, Handball had performed well at regional level but not at Continental (Africa) level. There was need to do a lot of talent identification and resource mobilisation and HAZ to engage in sports medicine as well as to invest in the development of coaches.

Lastly, Handball being a growing sport, should use the various platforms to which players are exposed to become a force to reckon with at regional level, once the players become strong and consistent. It could be easy to see how farfetched HAZ should attempt to go for big qualifier tournaments like the Olympics. The MSYCD should encourage coach development and lobby for support in coach development from the International federation as this will create opportunities

for individual to vest in the development. HAZ needs to lobby for sponsors who can be able to employ the players as a way to motivate the players.

CHAPTER FIVE: DISCUSSION OF FINDINGS

5.0 Overview

The previous chapter presented the findings of the study. This chapter shall discuss the findings in the light of reviewed literature and research objectives set out in the first chapter. The discussions were done using sub-themes arising from the presentation of the findings of this study.

5.1 The introduction and development of Handball in Zambia

The first objective of the study was designed to trace the introduction of Handball in Zambia. The study revealed that the origin of handball in Zambia could be traced back to the early 1980s when Misheck Mwale, a sports and recreation officer at Luanshya Division of the Zambia Consolidated Mines on the Copperbelt, introduced the sport in order to keep mine workers physically fit and provide recreation opportunities for them and their families. Many historians have debated the origins of the game of Handball. One notion is that it was invented in Germany during the 1900s, as an outdoor sport, to keep soccer players fit during the summer time (Istvan *et al*, 2015; Raymond, *et al* 2013). Nonetheless, what is evident from the research findings is that handball in Zambia was firstly introduced in the 1980s.

The report showed that the sport was only played on small scale basis particularly in the former ZCCM sports centres, with no recognition from the IHF, CAHB, Zone Six and National Olympic Committee and with little recognition from National Sports Council of Zambia. Further, in the Midlands, the sport was played for a short period of time under the Sport for All programmes in ten centres in the late nineteen nineties. Hence, it can be stated that Handball in Zambia was introduced in two different circumstances, separate locations and times according to the findings of this study. That is, on the Copperbelt under the ZCCM in 1983 and in Lusaka under the Sports for All Programme in 1992.

Handball was introduced in all the nine towns on the Copperbelt in the early 1980s. Literature has shown that African nations (Algeria and Egypt) started to make an impact on the international Handball competitions scene (especially the Olympics) in the late 1980s to early 1990s. This period is in line with the time when Handball was being introduced in Zambia. Similarly, in Zambia Handball was introduced almost during the same period when African countries were

making an impact on the international competitions in the Olympic. The implication here was that with increasing popularity of Handball in the 1980s and 1990s on the international scene, it was very likely that Zambia was also compelled to introduce the game of Handball. The fact that Handball was introduced during times when African countries started making an impact in the international Olympic competitions entails that it was probably part of the reason the sport was introduced because it became popular during that very period. The findings traced the introduction of Handball in Zambia back to two different periods during the 1980s and the 1990s. In this regard, it can be stated that the sport was officially introduced in the 1990s through the Sport for All Programme. The introduction of the sport on the Copperbelt had not been documented; as such it is difficult to trace the most reliable origins of the sport. Nonetheless, the newspaper articles still provide insightful information regarding the development of Handball in Zambia.

During face-to-face interviews, participants explained that the reason behind the introduction of Handball on the Copperbelt was to keep mine workers physically fit and at the same time providing recreational activities to the mine workers, as well as their families. This corroborates what is contained in several literatures. For instance, Raymond *et al.* (2013), reported that Handball was invented in Germany, back in the late 19th Century, as an outdoor sport to keep soccer players fit during the summer months. In this regard, it can be clearly stated that the development of Handball was spearheaded by the need for physical fitness among miners on the Copperbelt which later extended to the community. From the findings it is observed that on the Copperbelt Handball was mainly introduced in the mines as a way of keep miners fit, this is in line with the evolution theory of modern sports, which indicates that in German sports were introduced so as to help keep men fit.

The findings of this study clearly showed that Handball was a sport that promoted physical fitness amongst its participants and provided recreational opportunities. The findings also provided evidence on the introduction of Handball in Zambia and the reasons for its introduction. Its introduction on the Copperbelt was followed by the formation of a Handball league. This clearly marked the beginning of competitive Handball in Zambia. The introduction of handball in Zambia resulted into the formation of a league which demonstrated unity in the administration of Handball in Zambia, this is demonstrated in the conceptual framework of this study which indicates that

introduction and development of Handball leads to the sustainability of the sport. Therefore, the league indicates that the sport was successfully developing.

The study findings also revealed that Handball was introduced in Lusaka as one of the many sports skills that the Norwegian Confederation of Sports (NIF) introduced in the early 1990s under the Sports for All Programme, whose aim was mass participation, which meant that anyone who wanted to participate was allowed. The main reason behind the introduction of the Sports for All Programme was mass participation, enjoyment, talent development, fun and fitness. A number of sporting activities, including Handball, were introduced. From the findings of this study, it can be stated that Handball in Lusaka communities was introduced through the Sports for All programme. The programme led to the development of competitive Handball in Lusaka through training people in sports management and coaching. In addition, the sustainability of the project was ensured through handing over of the programme to government through the Ministry of Sports, while the sports equipment was given to the communities. Therefore, it is clear that Handball was introduced for two different purposes On the Copperbelt and in Lusaka. On the Copperbelt it was introduced as a form of fitness activity and in Lusaka it was introduced because it was one of the sports that comprised the Sports for All Programme. Additionally, in relation to the evolution theory of modern sports, the introduction of Handball through the Sports for All Programme indicated the need of forming associations among those that introduced the sport. Therefore, one of the reasons the sport was introduced was for the purpose of bringing people together.

However, there were some interesting insights into the introduction of Handball in Zambia that emerged during the interviews. One participant explained that in the mid-1950s there had been a spark of Handball that had been played on a small scale in Kamwala, Lusaka which was introduced by a white catholic priest. However, no proper documentation was available to back up the explanation. Further, it could be that the sport never become that much popular because this was during the colonial period when it could have been popular among the whites.

5.1.1. The Challenge Trophy

Document analysis revealed that the ‘Challenge Trophy’ was an initiative of the IHF to popularise Handball in Southern Africa, and to help nations whose teams had difficulties in participating in continental statutory competitions to also have an opportunity to participate in tournaments such

as the Challenge Trophy. The first edition of the Challenge Trophy was held from 15th to 24th January, 2002 in Nairobi Kenya according to the findings of this study.

The concept of the Challenge Trophy was to popularise Handball in Southern Africa because Handball was very popular in Portuguese and French speaking countries typically in Northern part of Africa. In southern Africa handball was only popular in Angola and Mozambique and was a highly competitive sport to the level of football. It made the stadiums be filled to capacity by spectators and received huge financial support. In former British colonised countries, Handball was not enjoyed by the people and to help the English-speaking countries. The challenge trophy was introduced as it was perceived that such nations had challenges in playing and enjoying the game. The concept meant everything in the tournament was to be sponsored by IHF. The sponsoring of the concept Trophy by IHF therefore play a major role in the development of Handball, this reflects what is indicated in the conceptual framework that the development of Handball is dependent on the input from stakeholders and other associations

The researcher wanted to find out whether Zambia had an opportunity to host any Challenge Trophy tournament, it was revealed that Zambia hosted the first Challenge Trophy tournament in the region, which was held in Ndola and eight countries participated in the tournament. The IHF provided all the necessities that were required by the teams that participated in the tournament which included accommodation, transports, food, attire for the teams and officials just to promote the sport and train as many people as possible in Handball. This therefore shows that handball was and is still being developed and promoted by the Challenge Trophy in the region. Hosting of regional and international tournaments is very important for development of sports in general as it helps in attracting new talent. Therefore, there is need for Zambia to host more of the regional and international Handball tournaments.

This study also sought to analyse the development of Handball in Zambia. During the interviews, it emerged that after its introduction on the Copperbelt, Handball spread widely in the mining towns due to the availability of sports infrastructure and sponsorship from ZCCM. The findings of the study also revealed that ZCCM had a policy which guided and coordinated its sports programmes and activities including Handball. This accelerated the development of Handball on the Copperbelt and Zambia at large. The *Mining Mirror Newspaper* of May 1994 also confirmed this analysis by stipulating that one of the most important reasons for ZCCM's sporting success

was the availability of facilities in all its divisions. The ZCCM sports policy aimed at encouraging individual clubs to do as much as possible for themselves. Each club took care of its own finances and levied subscriptions. ZCCM played the role of providing facilities of a standard well above average as well as offer financial and material support. In this regard, ZCCM acted more like a governing body for the sport before HAZ was formed. In relation to the evolution theory of modern sports are organised in some form of hierarchical aspect and in this case ZCCM was at the top of the hierarchy as it coordinated sports and provided facilities for sports and the clubs followed the established rules.

However, it was revealed during the interviews that things changed after the privatisation of the mines. Sponsorship of Handball and other sports was abolished, causing a setback in the development of Handball. Some of the people that were interviewed explained that it became difficult to run sports because of lack of sponsorship because the new mine owners core business did not include sponsoring sports, hence the community development department was closed. This made running the sport extremely difficult and only a few sports disciplines returned the premier league like football. Handball totally went down, only a few individuals resorted to continue organising it using personal funds though this was not sustainable. Clearly, this shows that ZCCM played a major role as an overseer of Handball at the time and when it was privatised policies changed in that it no longer supported Handball. This resulted in the sport facing difficulties in surviving. In other words, there were lack of stakeholder to support Handball after the privatisation of ZCCM. It is shown in the conceptual framework that stakeholder input is very important for handball development.

The findings showed that the then Joseph Samalesu led HAZ Executive had difficulties in organising tournaments to the extent of them taking place in a month instead of a fortnight. Committed players were asked to pay transport costs if they wanted to participate in the competitions. The players were levied and teams were made to pay One Hundred Kwacha as participation fee, which was put together to award the winners. The winner of the tournament would walk away with a Five Hundred Kwacha as first prize. A lot of teams started waning. The first casualty was Nkana Raptors in Kitwe, then Chambishi Metals in Chambishi, and Roan Leakers in Luanshya. However, another participant said that due to lack of equipment and non-availability of Handball materials in Zambia, most teams depended on the old equipment that the

association would provide. This made it difficult for some teams to continue. The performance of Handball went down drastically. This is indication that the organisers as well as those that were in charge of handball on the Copperbelt were faced with financial challenges because of lack of support from major stakeholders such as ZCCM after it was sold. As such the Copperbelt teams lacked sports equipment and materials for the sport. In relation to the evolution theory of modern sports it shows it is clear that during the time after ZCCM was privatised the sport lacked rules to govern it as such it started to fade.

5.1.2 Formation of the Handball Association of Zambia

The study findings revealed that towards the end of the year 2000, Samalesu travelled to Lusaka to register the HAZ and in the year 2001 it was registered with NOC, and later he applied for IHF and CAHB membership. Samalesu started coordinating and brought together about twenty-one teams on the Copperbelt. The association later sent James Daka, the then General Secretary, to Russia to ensure that Zambia was registered with IHF. The IHF swiftly responded and Zambia was registered as member number 147, and number forty-five under CAHB Zambia. The findings are consistent with Istvan *et al.* (2015) who observed that the CAHB Federation was to represent the member nations for Handball Association of Africa under the supervision of IHF. The league started and Handball spread nationwide. The establishment of HAZ was a game changer for Handball in Zambia because the association started organising leagues, bringing together new teams and sending people for trainings in relation to Handball.

The formation of HAZ meant that Handball was going to be governed and regulated by an established body. The rules and other guidelines were formulated for clubs and teams to follow. This is a clear depiction of what is stated in the evolution theory of modern sports which states that clubs are basis for the development of sports and they have rules which govern the way the sport is run. Similarly, the conceptual framework shows that sports associations like the HAZ are very instrumental for Handball development

From the study findings it can be noted that the rebirth of Handball took place in the year 2012 after the HAZ general elections when Victor Banda was elected president. The participants explained that the Victor Banda led executive introduced the sport in a number of communities and was able to come up with the national team which participated in the Africa Cup of Nations

that was held in Congo Brazzaville in 2013. This was the first time that under-twenty girl's categories participated at international level according to the findings. The development of Handball in Zambia cannot be considered a success without the country participating in international tournaments. Therefore, the formation of a national Handball team was a huge step towards the development of the sport in Zambia. The introducing of the sport in communities meant that the sport was being introduced to a larger number of people. Further, the participation of the girl team in international tournament was another milestone for the sport as it showed that the sport was not gender biased. At the centre of all this is the proper organisation of the HAZ president and his team. This is an indication that having the right people in the administration of handball is key to the sport's success.

The findings demonstrated that due to sponsorship and adequate sports facilities, the game of Handball began to spread widely. The effect here was that in order for the game of Handball to develop and become popular among other sports in Zambia, there was need for adequate sponsorship and provision of proper sporting infrastructure. This would create a platform for the effective development of the sport. Just as highlighted in the conceptual framework, stakeholder input is very important for the development of Handball. Therefore, this is an indication that for the sport to further develop in Zambia there is need to bring in more stakeholders on board especially from the corporate world so that more teams and leagues can be sponsored.

Further, the study findings also revealed that there were fifty-four Handball clubs currently registered with HAZ where the national team drew its members. Currently, the Zambian national handball team boasts of the following clubs: Kasisi Dynamites, Chongwe, Silverest, Mean Wood Ndeke, Kamwala, Lusaka Tigers, Green Eagles, the Blue Wood Handball club and many more.

5.1.3 Introduction of Handball in Schools

The IHF provides an opportunity to introduce a comprehensive training and education programme for Physical Education teachers and coaches in schools across all continents. This study provided an understanding of the introduction of Handball in Zambian schools. The study established that Handball was officially launched in schools by the then minister of Education, Honourable George Chulumanda in the year 2006 on the Copperbelt. HAZ spearheaded the introduction of Handball in schools, as another way of developing the sport in the country, as well as an opportunity to

identify athletes who would contribute to bringing more medals to Zambia. Further, the findings of this study revealed that the introduction of Handball in schools was accompanied by workshops, including seminars to give coaching courses to teachers. This was done to ensure that Handball was effectively implemented in schools so as to have a wide selection of players for national tournaments. The findings of this study are consistent with available documentation from the Curriculum Development Centre (2013) which states that through the physical education junior secondary school syllabi handball is incorporated into the school curriculum and is taught at junior secondary school as one of the sports skills. In addition, the CDC (2013) MESVTEE Physical education syllabi shows that Handball, is taught at junior secondary in grade eight as one of the sports skills.

Introduction of Handball in schools and incorporating it in the syllabus was a huge step in the development of the sport in Zambia. This is because it meant that the sport was now available to a larger number of people therefore increasing the likely number of those willing to take it as professional sport. It also meant that there was now a larger number of people who are familiar with the sport as well as its rules and how it's played. Familiarity with a sport means that people will be more interested in either taking part as players or watching and enjoying the players play the game. The introduction of Handball in schools also meant that more teams could be formed and that more leagues such as inter-school leagues could be formed. In relation to the evolution theory of modern sport which holds that modern sports are not only defined by some specific chronological order but also by the presence of distinctive set of systematically interrelated formal structural characteristics, introduction of Handball in schools shows how formal institutions play a role in the development of Handball.

The findings of this study provide evidence on the introduction and development of Handball in schools. It is evident from study findings that the introduction of Handball in schools was necessary to ensure that the sport was developed from the grassroots level, and that it spread to all parts of the country. It is therefore clear that the introduction of handball in schools played a major part in the development of the sport. Nonetheless, there is need to even introduce the sport even in those schools which currently do not provide it, especially those in provinces other than Lusaka and the Copperbelt particularly those that are predominantly rural. Further, the government and also needs

to develop centres in communities where handball can be easily accessed by both schools and the community in general.

5.1.3 Summary

This chapter discussed the study finding presented in chapter 4 that were in line with the first objective of this study which was to trace the introduction and development of Handball in Zambia. In answering this objective, the study established that the origins of handball in Zambia are traced by to the 1980s and 1990s on the Copperbelt and in Lusaka respectively. The study has also established that handball in Zambia was developed through stakeholder involvement such as ZCCM and other corporations. These played a major role the development of handball by providing sponsorship and coming up with leagues. The study has further established that handball in Zambia developed more after the introduction of the Sports for All Programme in the 1990s as well as after the establishment of HAZ. In addition, the study established that the ministry of education played a major role in developing the sport by introducing it in schools and incorporating it is the physical education syllabus. Therefore, the first objective of this research has been answered and achieved.

5.2 The Popularisation of Handball in Zambia

Objective Two of this study sought to determine how the sport was popularised in Zambia. The study found that adequate sponsorship to the sport made it become more popular, consequently spreading to other parts of the country. Handball spread rapidly especially along the line of rail making the sport to receive good support from various stakeholders including the government, Zambia National service and Madison General Insurance among others.

5.2.1 Sponsorships from the Corporate world

It was established in this study that there were a lot of sponsors who came on board to support Handball, and thus ensuring that the sport was integrated into the local sports. These included, among them, ZCCM which funded and sponsored the sport on the Copperbelt. During one-to-one interviews, participants explained that the support that ZCCM offered eventually led to the development of Handball in Zambia. In relation to previous studies, the findings of this study are in line with earlier observations by Chamoto (2009) who reported that ZCCM and some private

mining companies recognised support for sport and recreation activities as part of their Corporate Social Responsibilities, although their commitment was often limited to locations within immediate proximity to their operations. Further analysis with documents revealed that after the liquidation of the mines, some companies came on board to help support Handball. This is an indication that corporate sponsors have played a huge role in the development of handball from the time it was introduced in Zambia. Additionally, the sport was popularised by these very corporate sponsors. This is depicted in the conceptual framework which shows that corporate sponsors and stakeholders play a major role in popularising the sport.

The findings of this study revealed that the media played a key role to popularise the sport of handball. The *Times of Zambia* and the *Zambia Daily Mail* newspapers helped in advertising the sport, making it spread to most parts of the country. The Savoy Hotel in Ndola provided the venue and snacks during meetings. Interviews revealed that handball was gaining popularity with a lot of stakeholders coming on board to help support the sport. It was evident from the study findings that the sport had become more popular and had spread to several parts of the country with the help of the media.

Due to massive interest in the sport, a workshop to train trainers in Handball was organised in Kitwe at Kitwe Playing Fields and at Diggers Rugby Club. All the mine towns were represented at the workshop. The mines and some politicians provided the necessary sporting equipment during the training workshop. A participant revealed that it took long for Handball to spread to other parts of the country because it was not very popular then. Handball was popular in the army and was played for fitness levels only. It being a minor sport, and due the good performance by the national team it, became so popular. Popularisation of Handball in Zambia can therefore be linked to the efforts that were made by those that were in charge of administering and organising the sport particularly ZCCM before the HAZ was established and HAZ after ZCCM was privatised. These organisations played a major role in ensure that the sport was made popular.

Further, during the review of documents, it was observed that government acknowledged handball and was committed to supporting the sport. This is consistent with document analysis which showed that the communities on the Copperbelt were totally dependent on ZCCM for bulk infrastructure, sports and recreation and service provision for development Hamann and Kapelus (2004). The conceptual framework of this study shows that there are a lot of inputs that are

required for Handball to be popularised and one of them being corporate sponsors and other stakeholders. In this case ZCCM was a key stakeholder that popularised the sport on the Copperbelt because ZCCM did not just introduce the sport among mine workers but it extended it to the communities in the mining towns. This therefore, entailed that for handball to further be popularised there was need to engage more corporating partners as well as stakeholders who would help in ensuring that the sport was adequately funded and supported either material-wise or through sponsoring tournaments.

Furthermore, the study findings revealed that Madison General Insurance and ZNS became established sponsors and supporters of Handball. The organisations were incorporated to ensure that the sport was popular through sponsoring and giving material and financial support. The findings revealed that the reason of sponsoring Handball by these mentioned institutions was to popularise it to the level of football and other sports. For Madison General Insurance there was a budget allocation every year for Handball. During interviews, the participants explained that Madison offered material and financial support to Handball. In addition, the findings of the study revealed that ZNS offered financial support that led to the sport developing rapidly. The findings from document analysis indicated that ZNS promised to sponsor one of the Handball championships; that was held at ZNS Chamba Valley, which was also aimed at promoting and popularising the sport.

From the findings of the study, it is evident that Handball had gained enough support from the Zambian community and was quickly being incorporated into local sport. This was evident from the various local tournaments that had been sponsored by the companies highlighted in this study which included, ZCCM, ZNS, Madison General Insurance, Road Transport and Safety Agency (RTSA) and government among others. Similarly, Chamoto (2009), reported that ZCCM promoted various types of sporting activities through regular sports festivals and sponsorship with the main aim of stimulating community interest in sport. Furthermore, Chamoto (2009), also observed that the Community Services Department introduced sport and recreation to the employees by organising annual sports festivals. A budget allocation for maintaining and construction of sports facilities was funded by ZCCM and resources were availed for sponsoring a number of sports activities including Handball due to the high participation levels.

The findings also revealed that Handball was a sport that was registered with relevant bodies that regulated the activities of sports in Zambia. It was observed from the study findings that Handball had been a registered with the National Olympic Committee. Further, the formation of the Handball Association of Zambia (HAZ) helped to strengthen and popularise handball into a local sport in the Zambian communities. The implication here was that handball was now a sport that is organised in a coordinated and standardised manner.

A large number of organisations both from the private sector and the government played a major role in popularising handball in Zambia. In relation to the evolution of modern sport theory clubs are at the centre of sport development and from the support that was given by these organisations it is clear that they helped in the formation of more clubs and in the establishment of more Handball leagues like the one organised by ZNS. It is therefore very important that the government spearheads the development and popularisation of handball in Zambia by introducing it even in other wings like the way it has been done by ZNS. As such handball can be incorporated into the Police Service, the Army and the Correctional services as well as several other government departments. This will in a way ensure that the sport is popularised.

5.2.3 Summary

This chapter aimed at discussing the findings presented in chapter 4 that were in relation to objective number two of this study which was to determine how the sport was popularised into local sport in Zambia. In answering this objective, the study established that during the time when it was first introduced on the Copperbelt, Handball was made popular by ZCCM by introducing it as a fitness activity to the miners and extending it to the communities. Further, the study has established that Handball was also made popular through its introduction under the Sports for All Programme. Additionally, the Ministry of Education popularised the sport by introducing it in schools and incorporating into the physical education syllabus. Handball in Zambia became more polar after the establishment of HAZ which become the governing body for the sport. The study has also established that a number of stakeholders such as corporate sponsors played a major role in making handball popular in Zambia. The second objective of this study was therefore achieved.

5.3 Performance of Handball in local and international competitions from 1980 to 2019.

After its introduction, Handball became a popular local sport in Zambian communities, and as such, the sport participants were expected to accomplish some achievements including winning medals, participating in international tournaments, as well as having a league. Objective three of this study sought to establish how the sport of handball had performed in local and international competitions since its inception.

What emerged from the study findings was that Handball was a sport that was performing well both locally, regionally and internationally, and that the sport was currently on the right track. It was revealed that the performance of Handball at local and international level had gradually improved. Furthermore, it was observed that from the time Handball was introduced in Zambia, a number of tournaments had been organised for local teams and the national team. In addition, HAZ had had opportunities to host and participate in international tournaments. This therefore establishes that the creation of HAZ was very instrumental in the development of the sport so that it reaches to an international level. Ideally sports development is aimed at representing the country and performing exceptional at local, regional and international levels. Therefore, the establishment of HAZ was key in ensuring that this is achieved. This is because in line with the conceptual framework of this study, for Handball development to be success requires quite a number of inputs and all these are coordinated by HAZ.

5.3.1 Performance of Handball at National Level

The study also sought to find out how HAZ had been organising the Handball League, including performance of the clubs. Generally, the study findings revealed that there had been an improvement in the performance of Handball since its inception and integration into a local sport in Zambia. This was attributed to the clubs' and national team's good organisation. There were fifty-four clubs countrywide which supplemented the national team. During one-to-one interviews, the national team coach explained that the members for the national team were drawn from schools which had handball teams and also clubs that were active. Currently, the clubs that are active are Kasisi Dynamites, Kamwala Leakers, Kabwe Lecks, Lusaka Tigers, Chongwe Angels, Limulunga Royal, Holy Angels club from the Copperbelt, Ndola in particular among others according to the findings of this study. In addition to the clubs, Handball was also practiced

in schools such as Silver Rest Secondary in Chongwe, Pemba Secondary School, Mwabi Secondary in Luangwa, Chirundu Secondary School, Chongwe Secondary School, and one school each in Solwezi and Limulunga. Therefore, for the performance of these clubs to be enhanced there is need to introduce even more clubs and introduce more leagues so that the sport can become more competitive.

Sports which offer influential representations of individuals and communities, are especially well placed to contribute to this process of identity formation and to the invention of traditions. Therefore, the establishment of more Handball clubs at national level as well as in provinces and schools is a very advantageous development. This is because these clubs form the backbone of the handball movement and they make an important contribution at both individual and community level. Participation in Handball encourages not only physical activity in Zambia, but also provides important social, mental and physical health benefits. Further, these national, provincial and school clubs are important for Handball development because according to the evolution theory of modern sports, they are the fundamental units of modern sports.

It was revealed in one of the interviews that because of good club organisation and performance, there was a well-organised national Handball team in Zambia. These findings confirmed to earlier observations by Endalew (2011), who observed that among the reasons for the development and performance of handball in Amhara Region in north-western part of Ethiopia, was that Handball was highly practiced in schools and also the presence of Handball clubs in the region. The similarity here could be due to the fact that Handball was considered as one of the important sports that could provide both fitness and recreation activities. The implication here was that the national Handball teams could not function effectively without the presence and proper management of Handball in schools and clubs at the local level. Thus, the place of good club organisation in ensuring effective function of the national team could not be overemphasised if the clubs were to make significant contributions to the national Handball team in Zambia. By introducing more leagues and coming up with new teams will ensure that the sport is highly competitive and this will therefore foster its development.

5.3.2 Performance of Handball at International and Regional Level

The study also sought to establish how the sport of Handball had been performing in regional and international tournaments. The study findings revealed that HAZ had been able to come up with a national Handball team for both sexes to represent the country regionally and internationally. According to the findings of this study, the following teams constituted the current national team: senior men and women national team, under twenty boys and girls, under seventeen boys and girls, and under thirteen boys and girls. According to the findings, Zambia's performance at continental level was above average. There is therefore much need of coming up with mechanism through which the country's performance at an international level can be improved. It is therefore established that the performance of Zambian Handball at continental level is good but not exceptional. This therefore necessitates more stakeholder support as well as corporate partnership so that the Zambian Handball team can be adequately supported through organisation of friendly matches and other forms of activities that can help improve the skills of the team. If a lot of stakeholders come on board to support the Handball team it will mean the performance of the team is likely to improve. This is in line with the conceptual framework of this study which depicts that when there is stakeholder input, performance of Handball is likely to improve.

During interviews, it was revealed that Handball was striving and performing better than the previous years. Participants explained that before 2010, Zambia had never participated in continental tournaments. The study established that the Zambia Handball team had participated in several regional tournaments, although their debut at the 2013 under-seventeen Africa Cup of Nations Handball Championship in Congo Brazzaville was a disappointment after Zambia made an early exit from the competition. The tournament provided a platform on which the pair drew positives and from then on, they have made tremendous improvements in their skills. What emerged from the findings of the study was that in 2015, the Zambia National Handball team women category participated in the All Africa Games that were held in Congo Brazzaville for the first time. This was also consistent with the analysis of an article in the *Times of Zambia Newspaper* dated 5th March, 2015 which stated that the "Women Handball Team Qualify for the All Africa Games". This was the first time that such a sport in Zambia qualified to the All Africa games.

Furthermore, the findings of the study showed that in 2019, Zambia's national Handball team competed in the men's category which was held in Rabat, Morocco. They were eliminated in the

quarterfinals by Angola. Further analysis indicated that the teams that went to Morocco had to qualify (out of the 52 countries they were able to qualify in the top eight in order for them to end up in Morocco), and so for them to find themselves in Morocco it meant they were actually doing well according to the findings of this study.

From the findings of the study, it was clear that the *Zambian handball national team* had been performing well. These findings are in line with the statements in an article by Itisen (2017) which reported that the performance of Handball teams in the country has been excellent both at regional and national level, in region six Zambia is ranked number two, and in Africa we are number seven. According to the study findings of this study, Zambia was on number eight for the male and number nine for the female senior team at continental level.

The evolution theory of modern sports states that modern sports are highly derived and their origin in Victorian England. Therefore, some aspects of modern sports, such as professionalism, national and international competitions, and the diversity of sports are likely consequences of exaptation's first evolved in the context of male-male competition and primitive hunting and warfare. In this regard international Handball can be regarded as a means of evaluating which country has people who are good at Handball. Therefore, efforts that have been made by HAZ and other stakeholders have seen Zambia being represented at regional and international Handball tournaments. To perform at such international levels requires a lot of effort to be put in such as funding and months of training and seeing that the *Zambian Handball team* is able to reach the international lengths shows that the sport is developing well.

It was also revealed during the interviews that the Handball team had been performing very well consecutively in the Zone VI games and was currently ranked number one in Southern Africa. Participants explained that in the 2016 Zone VI games, Zambia came out first. It was revealed during interviews that in terms of gold medals, Zambia has three gold medals since 2010, and five silver medals in the Southern region games. However, at continental level, Zambia had never won any trophy. From the findings of the study it was clear that the handball national team had been doing very well and had managed to get the fourth position upon its entrance in the CAHB for the first time. Zambia's good performance in the zone six tournaments had made it possible for it to participate in the Challenge Trophy. Exceptional performance at a regional level is not the end goal of *Zambian Handball* there is there need for deliberate efforts that will help in boosting the

Zambian handball performance to even greater lengths at international level. As such there is need to train more handball coaches as well as take the existing coaches for refresher courses.

5.3.3 Hosting International Tournaments

The study sought to establish whether HAZ had hosted any international tournaments and how they had performed as the host. It was revealed that HAZ had hosted a number of tournaments including the Commonwealth under sixteen Youth Championship which took place from 20th to 31st August, 2006, and their performance was good in some of these tournaments. During interviews, participants explained that Zambia was privileged to host the Central African Tournament at NASDEC and Zambia scooped the second position to Mozambique. The fact that the country was able to host the Central African tournament is an indication that it is performing well in terms of hosting international events. Hosting tournaments is a clear indication that the sport has been performing well and has developed in the country. This is because for a country to host a regional or an international tournament it means it has facilities and infrastructure that will be able to accommodate the participating countries as well as facilities where they will be conducting their trainings.

In addition, the study revealed that Zambia had hosted a number of tournaments including the challenge trophy. This was confirmed in the letter dated 09 January, 2009, written by secretary general of the CAHB, addressing HAZ, which indicated that HAZ needed to confirm hosting the Challenge Trophy. The study established that Zambia had hosted a number of Zone VI tournaments including the one in 2012. During one-to-one interviews it was revealed that Zambia had only hosted the IHF and the Zone VI tournaments, while these other tournaments were yet to be hosted. The findings showed that Zambia hosted the IHF challenge trophy tournament in 2012, then 2014. Zambia was again given the opportunity to host in 2017, 2018 and 2019. An article in the *Zambia Daily Mail Newspaper* dated 8th March, 2015, confirmed that, the Handball Association of Zambia was to host the All Africa Games. In terms of hosting Handball tournaments, the study has therefore established that Zambia is performing well. This is so because for a country to be repeatedly asked to host a tournament, it means it had hosted the previous tournaments in an exceptional way. This is evident in that Zambia has hosted four successful handball tournaments and it was further given more opportunities to host even more tournaments.

The study also attempted to find out how the Handball teams had performed in the four times that Zambia hosted these tournaments. It was revealed that Zambia Handball team were the runners up in 2012 and 2014 when Zambia hosted the Zone VI, while in 2017, 2018 and 2019, Zambia emerged as champions. It was also revealed that at continental level, Zambia had never hosted any confederation of African tournaments. The performance of Zambia at the hosted tournaments is an indication that a lot is being done towards the development of handball in Zambia. From being runners up in two tournaments they hosted to being champions in three consecutive tournaments they hosted is a clear indication that the team performance has improved. This shows that there are a lot of factors at play as depicted in the conceptual framework of this study. Hosting of international handball events and tournaments is very instrumental in improving the sport's popularity as well as its development. This is because when Zambia hosts international tournaments there will be increased development of handball infrastructure and the locals will become interested in knowing what the sport is all about.

5.3.4 Factors of Performance

This study was also designed to identify the factors that contributed to the good performance of the Handball teams. The study identified the factors that determined the performance of the Handball teams. During interviews, participants explained that the stature of the Zambian players, who participated in the All Africa Games held in Morocco, was small. Zambia was eliminated by Angola in the quarter finals because the latter were tall, huge and muscular in nature. Therefore, according to the findings of this study, body building was one factor that determined the performance of the Handball players. This revelation is consistent with the findings by Wagner *et al.*(2014), who explains that performance in Handball depends on multiple factors which include anthropometric features, co-ordination, strength, endurance, nutrition, cognition, tactics, social factors, and external influences.

Similarly, Vila (2011), demonstrated how morphological prototypes are important for success, within and among sports compared to an advanced morphological changeability in some sports than others. His article further showed that athletes who had acquired an optimal anthropometric profile for a specific event were more likely to succeed. Further, this is also related to the ideas expressed in the evolution of modern sports theory where it states that sports did not evolved as a result of athletic success and spectatorship but as a by-product of traits in male-male physical

competitions. Therefore, in line with these ideas from the theory it can be established that physical traits are part of the factors that contribute to the successful performance of athletes in handball.

The implication here is that the performance of Handball in Zambia really requires a lot of improvement in term of the player's body fitness because Handball is a high intensity sport. Therefore, HAZ needed to promote and introduce Handball in all parts of the country so that they could identify the kind of players with the desired qualities of an ideal Handball player so that they would be able to compete at continental level and probably world level. During one-to-one interviews, participants explained that Handball was a sport that required high levels of energy to execute different movements or performance to ensure that they beat the opponent in terms of movement, speed and agility. Therefore, there was need to implore speed-oriented training strategies by the coaches during training sessions. In addition, there is need to incorporate more tactics that can help players attain the required physical fitness such as a gym for handball players. Further, the selection process when choosing the team needs to consider all these physical aspects so that they can account for this performance factor.

This study argues that the fact that Handball is a high intensity sport justifies the need to consider all the necessary nutritional aspects. It was revealed during interviews that nutrition plays a key role in the performance of the Handball teams in Zambia. Handball being a fast sport requires athletes that have a particular body type for good performance. The required body types of Handball players are both mesomorph and endomorph. Additionally, centre players should show a high throwing velocity level than wings in 9-m throws from behind the line, with a goalkeeper Vila (2011).

During interviews, participants explained that Handball was a diverse sport that required certain statures of individuals at any level of play. It was revealed that competitive Handball has seven playing positions: goal keeper, centre back, left back, right back, left wing, right wing and the pivot. Each of these have different abilities. For example, the goal keeper has to be agile and slightly taller than the rest of the players; a height of about 1.7 m tall is ideal. The centre back, left back, and right back are usually defenders and should be masculine enough with powerful hands to block and shoot at a distance. They should be strong and agile as well. The wingers should be very fast, more of play makers and work hand in hand with the pivots. They are agile, quick and fast in dribbling, tall and masculine, big with an added advantage of height. Should have strong

arms cause at any given time they have to score. This is a clear indication that what makes a good team is a coordinated group of people who understand their roles and play them according to their physical abilities. This must be agreed by all those who form the team. In other words, players must be aligned to positions that fit their body types and physical stature and ability. This ensures that the team performs well. This is in line with the evolution of modern sports theory which states that the major characteristic of an association is the ability to formulate its own rules and be able to oblige its members to follow them. This means that performance should be based on the team's ability to follow through these requirements.

This is proven by Srhoj *et al*, (2002), in their article titled *Position Specific Morphological characteristics of top-level male Handball players* which indicated that back court players and goalkeepers are superiors due to skeletal sizes and circumferences. The backline players, i.e. wings and pivots, have rather lower longitudinal measures with pronounced volume and a slightly higher fat tissue value different from pivots and players in other positions. Therefore, it is recommended to select players whose morphological profiles are as well-matched as possible with positional specificities in the demand for the game.

However, the findings of this study revealed that most Zambian Handball players' body sizes did not really match the different abilities of an ideal Handball player. Hence, the training that was required was one which involved commitment; knowing how to handle the ball and all the other basics. In this regard, it is important to come up with ways through which majority of people can be encouraged to join handball so that the needed players can be easy to find from the many that may be interested in the sport. This can be done through the introduction of local leagues which are sufficiently funded to attract new entrants in the sport and encourage even more participation. The study has therefore established that physical status and body type are the factors that are associated with performance of Handball.

5.3.5 Summary

This chapter discussed the introduction, development, popularisation and performance of Handball. at club and national level and established that the sport had been doing well in regional tournaments. Although the performance was not good, the participation at continental level really boosted morale in the national team. Generally, this chapter sought to discuss the findings

presented in chapter 4 related to objective number 3 of the study which was to assess how the sport has performed in local and international competitions from 1980 to 2019. In answering this objective, the study has found that at local level in Zambia handball is performing very well. Similarly, at regional level the study has established that the performance of Zambian handball is above average. Nonetheless, the study found that at international level Zambian handball was not performing very well and there was still more that needed to be done. Further, the study also established that Zambia was doing well in terms of hosting regional tournaments. Therefore, the third objective of this study has been answered.

CHAPTER SIX : SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

6.0 Overview

This chapter deals with the summary of the findings and the conclusions drawn on the basis of the findings to provide recommendations to resolve the problem. The chapter starts by presenting the summary, and thereafter conclusions are drawn from the discussion. Finally, recommendations are made.

6.1 Summary

Handball is an indoor Olympic game played in a seven-a-side competition of sixty minutes, divided into two periods of thirty minutes each. Today, Handball is one of the most popular sports in the world, played by men, women, and children of all ages (Merete, *et al*, 2012). Modern Handball originated from Germany and was recognised as a sport in the year 1920 due to the works of Carl Diem, a Physical Education teacher at one of the high schools in there (Istvan, *at el*, 2015).

However, studies on the development of Handball in Zambia, particularly the development of competitive Handball, were almost non-existent up to 2019. In fact, very little has been written on the development of Handball in Zambia in general. While it is true that some studies have been conducted by Chamoto (2009), none of such studies have been based on the development of competitive Handball in Zambia. Further, not only have these studies been devoid of details around the subject itself, but have also tended to be speculative and largely been based on little or no empirical evidence derived from any extensive systematic investigation. The purpose of this study was, therefore, to investigate the development of competitive Handball in Zambia from 1974 to 2019. Specifically, the study sought to trace the introduction of Handball in Zambia, determine how the sport became popular in Zambia, and establish how the sport has performed in local and international competitions from 1980 to 2019.

In order to carry out the study, a qualitative research method was employed to gather data relatively from a small population sample to explore the phenomenon with qualitative approach. To collect the required information, different data gathering instruments were used, such as interviews, and document analysis. The sample populations were coaches; administrative officers from the MYSCD; officials from NOCZ and NSCZ; management officials from the HAZ; and former and

current handball players. The interviews and document analysis data were secured through qualitative approach by using narrative qualitative approach.

Depending on the results of the analysis, the following major findings were obtained. The introduction of Handball in Zambia was traced back to the early 1980s when Misheck Mwale a sports and recreation officer at ZCCM Luanshya Division of the Copperbelt introduced the sport in order to keep mine workers physically fit and provide recreation activities for them and their families. Further, the findings revealed that in the Midlands, the sport was played for a short period of time under the sport for ALL programmes in sixteen centres in the late nineties. Hence, it can be stated that Handball in Zambia was introduced in two different circumstances, separate locations and times. That is, on the Copperbelt under the ZCCM in 1983 and in Lusaka under the Sports for All Programme in the 1992. The findings clearly demonstrated that due to sponsorship and adequate sports facilities, the game of Handball began to spread widely and became popular to the public. The study established that Handball was officially launched in schools by the then Minister of Education Honourable, George Chulumanda in 2006 on the Copperbelt. HAZ spearheaded the introduction of Handball in schools. The launch of Handball in schools was another way of developing and ensuring that the sport became popular in the country.

The study found that sponsorship of Handball made the sport become more popular and spread to various parts of the country. It spread rapidly especially along the line of rail making the sport receive good support from various stakeholders. It was established that there were a lot of sponsors who came on board to support Handball and thus ensuring that the sport was incorporated into the local sports. These included, among them ZCCM which funded and sponsored the sport on the Copperbelt, Madison General Insurance, ZNS, RTSA, and government among others.

What emerged from the study findings was that Handball was a sport that was performing well in local, regional and international tournaments, and that the sport was then on the right track. It was revealed that the performance of Handball at local and international level gradually improved. Furthermore, it was observed that from the time Handball was introduced in Zambia, a number of tournaments had been organised for local teams and the national team. In addition, HAZ had had opportunities to host and participate in international tournaments.

6.2 Conclusions

This study investigated the development of competitive Handball in Zambia from 1980 to 2019. The study results provided a basic understanding of the development of competitive Handball in Zambia. The data was collected through qualitative approach through interviews and document analysis. The findings of this study established that the introduction of Handball in Zambia was twofold, that is, on the Copperbelt under the ZCCM in the 1980s, and in Lusaka under the Sports for All Programme in the early 1990s. However, in the mid-1950s there had been a spark of handball that was played on a small scale in Kamwala, Lusaka which had been introduced by a white Catholic priest John Winch; although documentary evidence has failed to support this.

It was also established that there were a lot of sponsors who came on board to support Handball thus ensuring that the sport became popular. In addition, the media played a key role in popularising the sport. From the study findings, it was established that Handball as a sport was performing well locally, regionally and internationally, and that it was on the right track. The study established that the performance of Handball at local and international level gradually improved. In addition, HAZ has had opportunities to host and participate in international tournaments.

Understanding the development of competitive Handball in Zambia could provide insights in designing interventions for promoting the sport in the country. Therefore, the results suggested contextually specific evidence which might be taken into consideration when rethinking policies to promote and support Handball.

6.3 Recommendations

Based on the findings of the study, the following recommendations were made:

- i. There is need for HAZ to promote and introduce Handball in all parts of the country so that they are able to identify the kind of players with the desired qualities of ideal Handball players who would be able to compete at continental and world level.
- ii. The Ministry of General Education, the Ministry of Sports and Youth as well as the Handball Association of Zambia should strengthen their collaboration to ensure that Handball becomes very active and popular in all schools and all communities in the country just like football, that during school games such as inter-schools, Handball is also considered.

- iii. There is need for HAZ to enhance the current league and also introduce more local tournaments to have enough opportunities for the game. HAZ should lobby for funding from companies and NGOs and other stakeholders, as well as find alternative ways of raising funds to support these tournaments. This will create a platform for talent identification who can then feature in the national team. Therefore, companies should come on board to sponsor Handball clubs just like they sponsor football clubs. This is because without having adequate Handball clubs, it is impossible to think of the development of the sport. So, HAZ should discuss with concerned stakeholders, NGOs and government to solve the problem of club sponsorship as this was found to be a challenge.
- iv. Lastly, National team players should be exposed to a lot of tournaments. Another factor that the study found was that HAZ should invest much more in coaches development and talent identification as a way to improve performance. The quality of players, body type and the nutrition of the players are key in the improvement of performance.

REFERENCES

NEWSPAPER AND MAGAZINES

Times of Zambia, dated 24th August, 1999.

Times of Zambia, dated 09th May, 2000.

Times of Zambia, dated 17th June, 2000.

Times of Zambia, dated 03rd May, 2006.

Times of Zambia, dated 16th August 2007.

Times of Zambia, dated 17th April 2007.

Times of Zambia, dated 23rd November, 2008

Times of Zambia, dated 05th March, 2009.

Times of Zambia, dated 26th April, 2014.

Times of Zambia, dated 09th May, 2014.

Times of Zambia, dated 05th March, 2015.

Times of Zambia, dated 18th October, 2015.

Times of Zambia, dated 25th June, 2019.

Zambia Daily Mail, dated 17th January, 2015.

Zambia Daily Mail, dated 08th March, 2015.

Zambia Daily Mail, dated 17th January, 2015.

Mining Mirror, May, 1983.

Mining Mirror, 26th, August, 1983.

Mining Mirror, May, 1984.

Mining Mirror, October, 1984.

Mining Mirror, May, 1993.

Mining Mirror, April, 1994.

Mining Mirror, May, 1994.

World Handball Magazine, 2017.

REPORTS AND LETTERS

NSCZ Annual Report for March 2008.

HAZ Report 2002.

Letter dated 16th November, 2001.

Letter dated 23rd November, 2001

LITERATURE

"The 12th African Games 2019 : Results of the draw". Confédération Africaine de Handball. 24 June 2019. Archived from the original on 28 July 2019. Retrieved 28 July 2019.

Amaladas M., Stanley, (2004), A Narrative Inquiry into the Experiences of Individuals in the Midst of Organizational Change: A Shift from Systems to Stories. Dissertation Submitted in Partial Fulfilment of the Requirement for the Degree of Doctor of Philosophy Management. Walden University.

Arias, A.R.; Soto, D.; Ferreira, C. (2021), A Systematic Review of Co-Educational Models in School Handball. *Int. J. Environ. Res. Public Health*, [https:// doi.org/10.3390/ijerph182111438](https://doi.org/10.3390/ijerph182111438).

Banda Davies, (2013), Sport and the Multisectoral Approach to HIV/AIDS in Zambia. Doctoral Thesis Submitted in partial fulfilment of the requirements for the award of the Doctor of Philosophy of Loughborough University.

Bjørndal, C. T., Andersen, S. S., & Ronglan, L. T. (2018). Successful and unsuccessful transitions to the elite level: The youth national team pathways in Norwegian handball. *International Journal of Sports Science & Coaching*, 13(4), 533-544 Doi: <https://doi.org/10.1177/1747954117740014>.

Bjørndal, T. Christian, Ronglan T. Lars, and Svein, S Andersen, (2016), The diversity of developmental paths among youth athletes: A 3-year longitudinal study of Norwegian handball players. Department of Coaching and Psychology, The Norwegian School of Sport Sciences.

Broch, B.T., (2014). *Norwegian Handball and Gender: Towards a Cultural Sociology of Sport*. A Dissertation from the Norwegian School of Sport Science.

Bruce, L. Berg., (2001): *Qualitative research methods for the social sciences*. A Pearson Education Company. California State University, Long Beach.

Butina, Michelle, (2015). A Narrative Approach to Qualitative Inquiry VOL 28, NO 3 <http://hwmaint.clsjournal.ascls.org>.

Chamoto, Joseph., (2009): *Managing sport in the post-privatisation era in Zambia. An assessment of sporting behaviour and facilities provision in Kalulushi*. Rotterdam.

Charles Kivunja and Ahmed Bawa Kuyini (2017), *Understanding and Applying Research Paradigms in Educational Contexts*. United Arab Emirates University, United Arab Emirates. URL: <https://doi.org/10.5430/ijhe.v6n5p26>.

Chileshe, M., Joseph, (2014), *Perceived impacts of Major sports facilities: A case study of the Olympic Youth Development Centre - Lusaka, Zambia*. Published master's thesis.

Chipande, Hikabwa, D (2009), *Introduction and Development of Competitive Football in Zambia 1930-1969*. A masters thesis in sports history from Norwegian school of sports science.

Clandinin, D., & Connelly, F. (2000). *Narrative inquiry: Experience and story in qualitative research*. San Francisco: Jossey-Bass Publishers.

Cohen, L., Manion, L., and Morrison, K., (2000): *Research Methods in Education*. Published by Routledge Falmer 11 New Fetter Lane, London EC4P 4EE.

Cooper, J. N., Grenier, R. S., and Macaulay, C. (2017): *Autoethnography as a critical approach in sport management: Current applications and directions for future research*. Sport Management Review.

Curriculum Development Centre, (2013): Ministry of Education, Science, Vocational Training and Early Education. Lusaka, Zambia. Junior Secondary school, Physical Education Syllabus, Grades 8-9.

Czerwinski, J. and Taborsky, F.,(1997): *Basic Handball: Methods/Tactics/ Technique*. Publication: European Handball Federation Gutheil-Schoder-Gasse9 A-1100 Vienna . AUSTRIA.

Espallargas, Americo, (2016): The history of Handball, Group Leader Dispute at Fifa, associate at CSMV Advogados. <https://www.linkedin.com/pulse>.

Fasting Kari, Diane Huffman, Trond Svela Sand (2015), *Gender-Based Violence in Zambian sport: prevalence and prevention*. The Norwegian Olympic and Paralympic Committee and Confederation of Sports.

Galenin R., and Mbelu St., (2019) *Development of Handball activity in global world*. Sumy State University. Faculty of Economics and Business University of Amsterdam the Netherlands.

Goksøyr, M. and Hognestad, H. (1999): *No longer Worlds Apart? British Influences and Norwegian Football*. In: G., Amsrong and R., and Giulianotti: *Football Cultures and Identities*. Macmillan Press, Hampshire.

Grix, J. (2004). *The Foundations of Research*. London: Palgrave Macmillan.

Guttman, A. (1994): *Games and Empires. Modern and Cultural Imperialism*. Columbia University Press, New York.

Guttman, A. (2004). *From ritual to record: The nature of modern sports*. Updated with new afterword. New York: Columbia University Press.

Haradhan, Mohajan (2018): *Qualitative Research Methodology in Social and Related subjects*

Hoerber, L., and Shaw, S. (2017): *Contemporary qualitative research methods in sport management*. Sport Management Review.

Iancu, Aurel, and Ion Mihăilă (2009), Take - off development at Handball players, 12 -13 years „Valahia” University of Târgoviște University of Pitești.

Israel, M., & Hay, I. (2006). *Research ethics for social scientists: Between ethical conduct and regulatory compliance*. London: Sage.

Ivarsson, T., (2014): *A Comparison Between Foam Rolling and Dynamic Stretch on Throwing Velocity and Accuracy Among Male Handball Players*. Halmstad University School of Business and Engineering.

Kabungo Justine, (2017), Implementation of physical education in secondary schools in Zambia: a case study of selected schools in Kapiri Mposhi district. the international journal of multi-disciplinary research ISSN: 3471-7102.

Kader, N., (2016): Profiles of exercise participation by South African Indians residing in KwaZulu-Natal, South Africa.

Kasonde, S. N., (2013): *Writing a research proposal in education research*. Published by University of Zambia (Unza Press). Lusaka, Zambia.

Kombo, D. K., and Tromp, Delno, L.,A., (2006): *Proposal and thesis writing. An introduction*.

Paulines Publications Africa. Daughters of St. Paul. P.O Box 49026, 00100 Nairobi GPO (Kenya).

Łasiński, Gabriel and Pawlukiewicz, Adam, (2019), Media value of the Polish sports sponsorship market in the years 2015–2017. University School of Physical Education in Wrocław, Poland.

Limitlaw, D., (2011): *Nationalization and mining : Lessons from Zambia*. The journal of the Southern Africa Institute of mining and metallurgy.

Lippe, Gerd Von Der, (2016): *Handball, Gender and Sportification of Body-Cultures: 1900-40* Telemark D.H. 3800, Bo, Norway.

Lombardo, Michael, P., (2012): *On the Evolution of Sport*. Department of Biology, Grand Valley State University, Allendale, MI, USA. Email: Lombardm@gvsu.edu.

Madou, K., (2014) “Physiological Demands in Elite team Handball in Germany and Switzerland: An Anlysis of the Game.” Rehaclinic zurzach Switzerland.

Mahin, N., Hamideh, G., Fereshteh, G., (2017): *Snowball Sampling: A Purposeful Method of Sampling in Qualitative Research Department of Nursing, Faculty of Nursing and Midwifery,* Zabol University of Medical Sciences, Zabol, IRIran. E-mail: ghaljaei_f@yahoo.com.

Merete, M., Jorn, A., Grethe, M., Niels, W., (2012). *Injury risk in Danish youth and senior elite Handball using a new SMS text messages approach.* Published by group.bmj.com.

Moss, S. (2014). "The physical, physiological and performance characteristics of English youth team Handball players." (Unpublished doctoral dissertation). University of Chester, United Kingdom. Olympic Studies Centre / studies.centre@olympic.org.

Phillips, R. 2002. Historical Significance: The Forgotten 'Key Element'? Teaching History 106: 14.

Pieterse, J., Nederveen (2010), *Development Theory Deconstructions/Reconstructions* Second Edition, published in association with Theory, Culture & Society, Nottingham Trent University.

Polley, M. (2007), *Sports History. A Practical History.* New York: Palgrave Macmillan

Raymond, H., Rudi, G., Frank, B., (2013): *Handball: history and stories; Fascination for thousand years: international Handball federation*, CH- 4002 Basle, Switzerland, Police Press, Cairo (EGY).

Ritchie, Jane and Lewis Jane, (2003): *Qualitative research practice; A guide for social science students and reaserchers*, SAGE Publications, London. Thousand Oaks. New Delhi.

Rosengren, W., (2016): *Evaluation of models for estimation of Handball game flow.* Faculty of Engineering Centre for Mathematical Sciences Mathematics. Lund University. Routledgefalmer. London.

Saavedra, Jose, M., (2018). *Handball research: State of the art; Journal of Human Kinetics* volume 63/2018, 5-8DOI: 10.2478/hukin-2018-0001 5. School of Science and Engineering. Reykjavik University. Menntavegur 1, Nauthólsvík, 101 Reykjavík, Iceland.Email: saavedra@ru.is.

Salma, Ali Faleh,. (2014) *Comparison of injuries between male and female Handball players in junior and senior teams. The Swedish Journal of Scientific Research (sjsr) ISSN: 2001-9211. Volume 1. Issue 4.*

Sandler, Todd, and Tschirhart, John, (1997), *Club theory: Thirty years later.* Kluwer academic Publishers. Netherlands.

Shaw, S., and Hoerber, L. (2016): “Unclipping our wings: Ways forward in qualitative research in sport management.” *Sport management Review.*

Siddhart, (2016), all you want to know about Handball. AVAILABLE @ <https://sportycious.com/want-know-Handball-91339>.

Simiret, D.,. (2014): Major factor that affect Handball project participation and development with specific preference nifas silk lafto subcity, Addis Ababa, Ethopia.

Stuckey, H., L. (2015), *The second step in data analysis: Coding qualitative research data.*

Syarifuddin, Dollah, et al, (2017), *Benefits and Drawbacks of NVivo QSR Application.* *Advances in Social Science, Education and Humanities Research (ASSEHR)*, volume 149 2nd International Conference on Education, Science, and Technology.

Szymanski, S., (2006). *A theory of the evolution of modern sport* (No. Working paper series, paper no. 06-03): Association Internationale des Economistes du Sport/International Association of Sports Economists. available @ <https://sportycious.com/want-know-Handball-91339>.

Szymanski, S., (2008) *A Theory of the Evolution of Modern Sport Author Source: Journal of Sport History*, Vol. 35, No. 1, pp. 1-32 Published by: University of Illinois Press Stable URL: <https://www.jstor.org/stable/26404949>.

Tichapondwa, S. Modesto,. (2013): *Preparing your Dissertation at a Distance. A Research guide.* Published by Virtual University for small states of the collonwealth- Vancouver.

Tonko, V., & Dinko P.,. (2004): *Handball: The Beauty or the Beast.* Croatia and Croatian Olympic Committee – Medical Commission and Department for Physical Medicine, Rehabilitation, and Rheumatology, Teaching Hospital of the Medical School, Split University, Split, Croatia.

Vila, H., Manchado, C., Rodriguez, N., Abraldes, J.A., Alcaraz, P.E., & Ferragut, C. (2012). *Anthropometric profile, vertical jump, and throwing velocity in elite female Handball players by playing positions*. *Journal of Strength and Conditioning Research*, 31, 2146–2155.

Wagner H, Finkenzeller T, Würth S, von Duvillard SP. (2014). *Individual and Team Performance in Team-Handball: A Review*. *J Sports Science Medicine*.

Wray Vamplew (2016), Playing together: towards a theory of the British sports club in history, *Sport in Society*, 19:3, 455-469, DOI: 10.1080/17430437.2015.1062268 To link to this article: <http://dx.doi.org/10.1080/17430437.2015.1062268>.

Zamawe, F., C. 2015. *The Implication of Using NVivo Software in Qualitative Data Analysis: Evidence-Based Reflections*. Durham University - Anthropology, Durham, Durham DH1 3LE United Kingdom.

Zouaoui, Rim, Faten, Hakim,. Ghorbel and Gohamed, Ali,. Omri, (2013), *The Impact of Sports Sponsorship on the Brand Value of the Tunisian Company*. *International Review of Management and Business Research* Vol. 2 University of Tunis El Manar Campus Universitaire El Manar, B.P 248, El Manar II, 2092, Tunis, Tunisia.

APPENDICES

Appendix 1: Consent Form

Introduction:

I am seeking your consent to be involved in a study on Competitive handball development in Zambia from 1980 to 2019 that I am carrying out.

Description

The study is titled **Competitive handball development in Zambia from 1980 to 2019**. It will involve you responding to the interview on your knowledge on the history of Handball in Zambia and how it developed. Further, how the sport became popular and the performance of the sport at club and international level.

Risks and Benefits

The only risk associated with this study is that seldom, people do not like to be participants in research studies. The benefits, which may reasonably be expected to result from this study, are that you may be helping to preserving the history of Handball and its development in Zambia.

Ethics and Participant's rights

This study adheres to research ethics and I assure you that:

1. The study will not interfere with your activities and Programme as a retired athlete.
2. You will not be identified or named.
3. You can choose to withdraw from the study at any time.

Thank you for considering this.

Participant's Consent

Name Signed

Appendix 2: Retired Handball Players Interview Guide

The purpose of this interview guide was to obtain a complete understanding on the introduction and development of Handball in Zambia from 1980 to 2019. Thank you to have agreed to participate in this interview.

Demographics:

1. Tell me about yourself and your career

- a. At what age did you start your athletic career?
- b. Who provided you with support when you first got involved in sport and what type of support?
- c. What is your marital status?

General Interview:

The purpose of this interview is to get an in-depth understanding of the history of competitive Handball in Zambia.

1. Who introduced you to the Handball?
2. How did Handball develop?
3. How was the Handball organized by then?
4. Who was the coach and where were you training done from?
5. How were the participation levels among the people then?
6. How was Handball incorporated into other sport?
7. How was the performance of Handball in local competitions?
8. Was Handball played at international level too?
9. Where was Handball drawing its support from?
10. How did Handball develop and what were some of the challenges faced then?

Appendix 3: Current Handball Players Interview Guide

The aim of this interview is to establish the historical development of Handball in Zambia.

1. What is your name and age?
2. When did you start playing Handball?
3. How was Handball Introduced to you?
4. What are some of the challenges that you face when playing Handball
5. How has Handball developed from the time you started playing?
6. Is Handball played country wide? If so, in which parts of the country and how are the participation levels.
7. How are the competitions organized in local tournaments?
8. How has been the performance of Handball since you joined?
9. Where does the Handball association draw its support from?

Appendix 4: Sports Organisations Interview Guide

The main aim of this interview is to get a detailed historical background on the history and development of competitive Handball in Zambia from 1980 to 2019.

1. How and who introduced of competitive Handball in Zambia?
2. What was the reasons for introducing Handball and how was it introduced?
3. Who managed and funded competitive Handball just after its introduction in 1980?
4. How did Handball develop and what factors influenced its development?
5. Which Handball clubs were formed and how where they performing?
6. Who managed and funded the Handball clubs that were formed?
7. What role did Handball play during this period to the local people and how did it relate with other sports?
8. What made Handball popular among the people of Zambia?
9. Which were the most competitive clubs around this period and who financed them?
10. How developed was Handball during this period and what factors influenced its development?
11. How was Handball managed after the Sale of the mines in the early 1990s?
12. How has been the management and performance of Handball?
13. What role has the media played in the development of Handball in Zambia?