RECOMMENDATIONS

The following recommendations are made in light of the findings of our study–

(1) The findings of the study should be taken into consideration while going for talent hunts for probable potential female handball players.

(2) Along with anthropometrical and psychological parameters, physiological physical and mechanical parameters of high and low performance female handball players should also be studied.

(3) Further, a study should be conducted to compare top Indian female handball players with the rest of world selected female handball players in relation to anthropometrical, Physiological, Biomechanical and training aspects.