



# 2010 EHF Youth Coaches' Course

05 – 08 August 2010 in Bratislava, Slovakia

*Group tactical solutions in offence and defence set-play*





## *Hosting City Bratislava*

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Even though Bratislava is one of the youngest capital cities in Europe, it is the site of more than two thousand years of history. With its rich tradition it can easily be compared to any major European city.

The name of Bratislava first appeared on the map of Europe in March 1919, and has been its official name ever since. It was previously known also by the names of Pressburg, Pozsony or Prešpork.. Bratislava was always a multicultural city in which several languages were spoken. It was a model example of tolerance as it was home to various nationalities and cultures – Slovak, German, Hungarian, Jewish, Czech or Croatian.

Bratislava has been always the cultural city. In the past, giants of music like Mozart, Haydn, Beethoven, Rubinstein, and Hummel have written and performed in Prešpork, today Bratislava. The city visited Casanova, Edison and Jules Verne. Bratislava has more than 20 museums and 80 galleries. Each year, Bratislava holds many cultural events and festivals. Among the best-known are the Bratislava Music Festival in September and the Bratislava Jazz Days in October.

Bratislava is not just the political, but is also the cultural and sporting capital of Slovakia. There are a lot of opportunities how to spend a free time. Holiday and active sportsmen can use football and ice-hockey stadiums, swimming pools, tennis courts, fitness center, play-grounds and so on. Bratislava's location on the slopes of the Small Carpathian hills mean there is a wide range of hiking opportunities within the city itself and in the surrounding area. Forested hillsides comprise almost one quarter of the city's area, so getting away from the traffic and bustle of the metropolis – even for just a short time – is easy.



# *EHF Methods Commission*

Education, Further Education and Training are part of the core activities of the EHF Methods Commission (MC). With the aim to inspire handball coaches all over Europe and to exchange knowledge, experience and new ideas, the EHF has been organising various coaching courses since 1996:

**Youth Coaches' Courses**

- 1998: Partille / SWE
- 1999: Estoril / POR  
Rotenburg / GER
- 2001: Luxembourg / LUX
- 2002: Gdansk / POL
- 2003: Presov / SVK
- 2004: Zlin / CZE
- 2005: Vienna / AUT
- 2007: Izmir / TUR
- 2009: Győr / HUN

**Top Coaches' Seminars**

- 1996: Paris Bercy / FRA
- 1998: Bressanone / ITA
- 2000: Zagreb / CRO
- 2004: Ljubljana / SLO
- 2006: Zurich / SUI
- 2008: Skopje / MKD
- 2010: Vienna / AUT

**Women's Coaches' Course** 2000: St. Raphael / FRA

This year another course is planned to take place in Bratislava / SVK, coordinated by the EHF Competence Academy & Network (EHF CAN). Youth coaches from Europe and also from other continents are heartily invited to see the semi finals and finals of the 2010 Men's 20 European Championship.

We really hope that the programme worked out by the MC and the EHF lecturers – Branislav Pokrajac / SRB and Martin Tuma / CZE – will be interesting for you.

We look forward to meeting you in Bratislava.

The MC remains with best regards,

**Frantisek Taborsky** / Chairman

**Bogdan Macovei** / Coaching

**Wolfgang Pollany** / Education and Training

**Jerzy Elias** / Youth, School and Non-competitive Sports

**Allan Lund** / Development





## *EHF/EHF Competence Academy & Network (EHF CAN) - Organiser*

The European Handball Federation (EHF) is the governing body of Handball in Europe! Its 50 Member Federations represent and stand for 50 different kinds of national and international handball know-how. Those individual national handball schools/philosophies shall be made use of by involving experts in order to contribute to the variety of handball education in Europe!



Handball know-how exchange and transfer in Europe shall be fostered as an EHF service for the EHF Member Federations by making use of national and international handball experts as well as external lecturers from sport science, medicine, other sports, economy (marketing, equipment suppliers) and media (press, TV, Internet).

The EHF Competence Academy & Network (EHF CAN) shall be established as an educational service centre for EHF Member Federations with the possibility of granting scholarships in order to minimize or delete financial burdens for them. The same holds good for internal EHF Office management training on the job.



The EHF "CAN" shall be established to develop and deliver sport specific educational and training programmes in order to ensure that coaches, officials, athletes and administrators from all over Europe (and the world) have access to the highest quality education relating to "handball know-how" and competence in e-learning, blended learning, interdisciplinary educational courses of various duration, summer schools or mainstream 2-4 semester courses within the European Education Credit Transfer System (ECTS framework).

The EHF "CAN" shall set-up Business Executive Education programmes for further educating and training sporting administrators, resort managers and event executives in the Handball Event Management Business, e.g. also in event-related courses.

The EHF "CAN" shall contain a documentation centre including production of modern teaching aids and media as well as cooperation agreements with research&developing partners, suppliers, universities and testifying institutions.

## Contact Information & Sport Event

### ORGANISER

#### European Handball Federation

Contact: Peter Fröschl

Hoffingergasse 18  
A -1120 Vienna  
AUSTRIA

Tel: +43 1 80 151 151  
Fax: +43 1 80 151 149  
froeschl@eurohandball.com

### CO-ORGANISER

#### Slovensky Zvaz Hadzanej (SZH)

Contact person: Alena Katušáková

Junacka 6  
83280 Bratislava  
Slovakia

Tel 1: +421 2 4924 9241  
Tel 2: +421 2 4924 9200  
E-mail 1: katusakova@slovakhandball.sk  
E-mail 2: szh@slovakhandball.sk

### COURSE ACCOMMODATION & VENUE

#### Hotel Dom športu

Junácka 6  
831 04 Bratislava  
Slovak Republic

www.hoteldomsportu.sk  
repcia@hoteldomsportu.sk  
office@hoteldomsportu.sk

Tel: +421 2 4924 9398

## 2010 Men's 20 European Championship

29 July – 08 August 2010 in Slovakia

**Friday, 06 August 2010**

Semi Finals / Bratislava

**Sunday, 08 August 2010**

Semi Finals / Bratislava

HANDBALL  
EURO 2010  
AUSTRIA  
**EUROPEAN  
CHAMPION 2010**



# Course Basics

On the occasion of the 2010 M 20 ECh in Slovakia the 2010 EHF Youth Coaches' Course will take place in Bratislava / SVK from Thursday 05 August 2010 to Sunday 08 August 2010. All coaches working with youth teams are kindly invited by the EHF to attend the seminar that will be organised in cooperation with the Slovensky Zvaz Hadzanej (SZH).

<b>Course Fee:</b>	€55
<b>Tickets:</b>	Included in the course fee
<b>Course Fee includes:</b>	Course participation and documents. Course documentation on CD ROM / DVD (to be completed by EHF and sent out after the seminar). Coffee breaks from 05 – 08 Aug. 2010.
<b>Travel:</b>	The participants have to organise and pay for their own travel arrangements.
<b>Number of participants:</b>	Maximum 100 (entries follow a "first come first served" basis)
<b>Course language:</b>	English
<b>Main Lecturers:</b>	Branislav Pokrajac / SRB / EHF Lecturer Martin Tuma / CZE / EHF Lecturer

<b>Main Topic:</b>	Group tactical solutions in offence and defence set-play
<b>Registration:</b>	Slovensky Zvaz Hadzanej (SZH) Fax: +421 2 49249 562 E-mail: katusakova@slovakhandball.sk
<b>Deadline:</b>	<b>31 July 2010</b>
<b>Accommodation:</b>	€54 for accommodation in a double room per person and per night or €40 for accommodation in double room with shared bathroom (2/2, 1 bathroom, 1 toilet) per person and per night.
<b>Board:</b>	€5 - breakfast for 1 day €8 - lunch for 1 day €7 - dinner for 1 day
<b>Payment mode:</b>	Your registration will be confirmed by SZH. The course fee have to be paid with the registration; accommodation upon arrival.
<b>Bank Account:</b>	Slovenský zväz háDZaneje Junácka 6 932 80 Bratislava, Slovak republic Account No. 28135062/0200 IBAN: SK23 0200 0000 0000 2813 5062 SWIFT / BIC: SUBASKBX Note: 2010 EHF Youth Coaches' Course

**Note:** This event will be recognised by the Slovensky Zvaz Hadzanej (SZH), ÖHB (Austrian Handball Federation), the CSH (Czech Handball Federation), the DHB (German Handball Federation) and the MSKZ (Hungarian Handball Federation) as an **official A / B / C - licence further training course!**





## *Presenters*

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**Branislav Pokrajac** / SRB

EHF Lecturer

Gold, silver and bronze medals in OGs and WChs  
(as player and coach)

Professor at University for Handball and Theory &  
Methodics of Sport Training



**Martin Tuma** / CZE

EHF Lecturer

Coach of Dukla Praha (youth teams)

Head of Method Commission of Czech Handball Federation  
(since 2005)



**Dimitri Huygen** / BEL

Sports Video Analysis System (VAS)



**Peter Fröschi** / EHF

EHF Office Staff Member since 1997

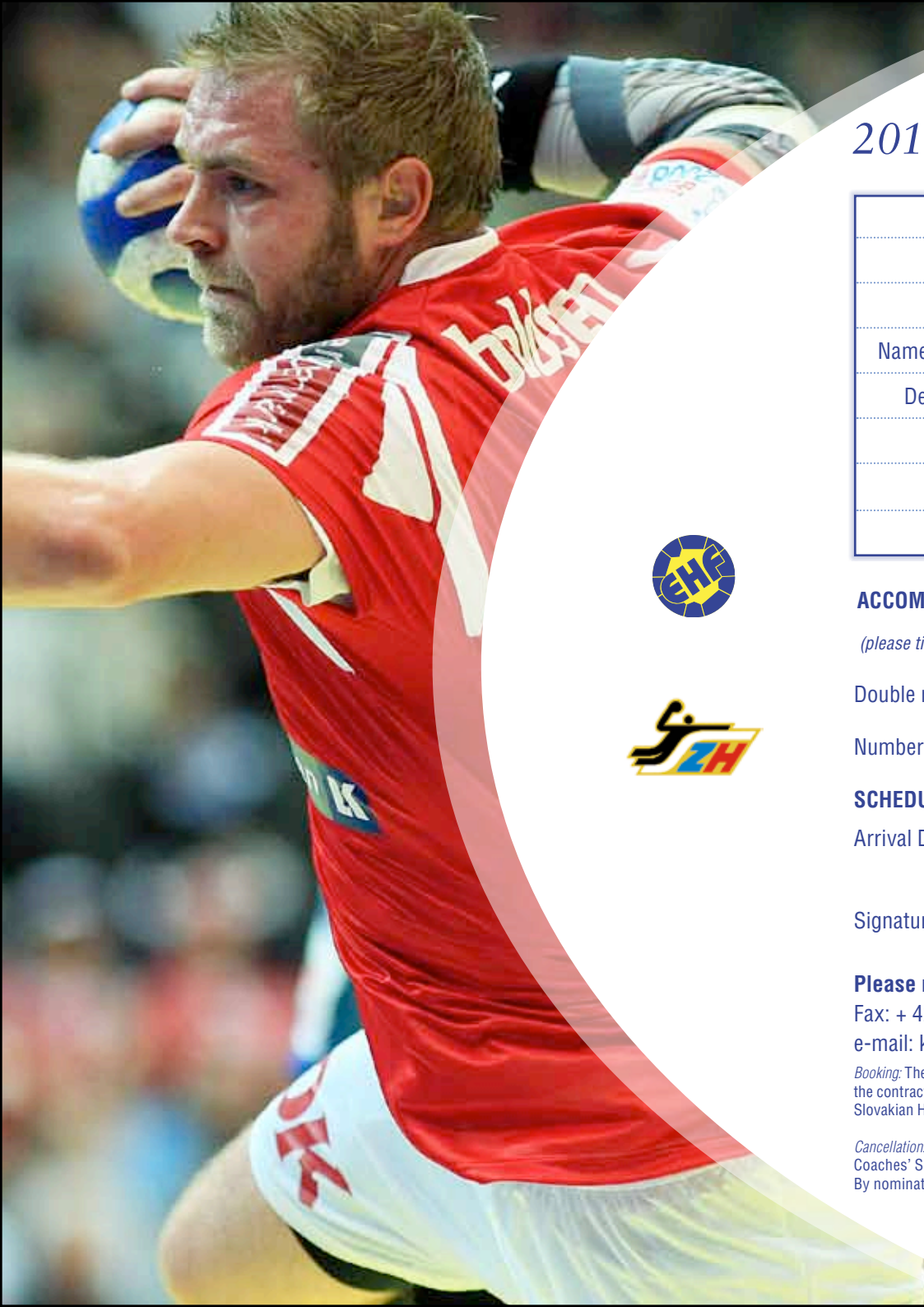
Business Units Methods and Beach Handball

# Course Schedule

<b>Wednesday</b> <b>04.08.10</b>	Afternoon 17.00 - 18.30 19.00	Indiv. Arrival / Check-In / Accreditation Leaders' meeting - course organisation Dinner
<b>Thursday</b> <b>05.08.10</b>	08.00 - 09.00 09.00 - 09.30 09.30 - 10.15 10.15 - 10.30 10.30 - 11.15 11.15 - 11.30 11.30 - 12.15 12.30 13.30 14.00 - 15.15 15.15 - 15.45 15.45 - 17.00 17.00 - 17.30 20.00	Arrival, Accreditation Opening Introductory statement Break Cooperation in defence formations; open defence / closed defence Coffee break Cooperation between first and second line in offence set-play Lunch Departure to Sport Hall Cooperation in defence formations; open defence Coffee break Cooperation between first and second line in offence set-play Working session in language groups: Summary and evaluation of Day 1 "Get together party"
<b>Friday</b> <b>06.08.10</b>	08:30 09.00 - 10.15 10.15 - 10.45 10.45 - 12.00 12.00 - 12.30 12.30 13.30 14.00 - 15.15 15.15 - 15.45 15.45 - 16.15 17.00 17.30 & 20.00 20:00	Departure to Sport Hall Cooperation in defence formations; closed defence Coffee break Cooperation between defence and goalkeeper Working session in language groups: Summary and evaluation of Day 2 Lunch Departure to Sport Hall t.b.d. Coffee break Working session in language groups: Summary and evaluation of Day 2 Departure to ECh Sport Hall ECh semi-finals Dinner
<b>Saturday</b> <b>07.08.10</b>	08:30 09.00 - 10.15 10.15 - 10.45 10.45 - 12.00 12.00 13.00 14:00 - 15.15 15.15 - 15.45 15.45 - 17.00 17.00 - 17.30 20.00 Evening	Departure to Sport Hall Transition game Coffee break Free throw solutions in offence Lunch Departure to Sport Hall Defence in man-advantage Coffee break Short-handed offence Working session in language groups: Summary and evaluation of Day 3 Dinner Bratislava at night (indiv.)
<b>Sunday</b> <b>08.08.10</b>	09.00 - 09.45 09.45 - 10.15 10.15 - 10.30 10.30 - 11.15 11.15 - 11.45 12.15 13.30 14.30 & 17.00 19.00 Evening	Comprehensive ECh analysis Presentation: Sport VAS Coffee break Fair Play and rules - basics of communication Closing Lunch Departure to ECh Sport Hall ECh finals Dinner Individual departure
<b>Monday</b> <b>09.08.10</b>		Individual departure







## 2010 EHF Youth Coaches' Course Registration

Name	
Address	
Country	
Name of your Club / Federation	
Description of your function	
International Phone	
International Fax	
E-mail address	



### ACCOMMODATION INFO

(please tick as appropriate)

Double room

Double room with shared bathroom

Number of nights ..... Price per night in Euro ..... Total amount in Euro .....

### SCHEDULE

Arrival Date ..... Departure Date .....

Signature ..... Date .....

### Please return to SZH by 31<sup>st</sup> July 2010

Fax: + 421 2 49249 562

e-mail: [katusakova@slovakhandball.sk](mailto:katusakova@slovakhandball.sk)

*Booking:* The inscription for the 2010 Youth Coaches' Course has to be done by fill in the registration form. By the receipt of the inscription the contract between the participant and the Austrian Handball Federation is valid. Your entry will be confirmed in writing by the Slovakian Handball Federation. The Slovakian Handball Federation is not liable for any printing mistakes or changes of the programme.

*Cancellation:* **Cancellations have to be submitted in writing.** Participation can be cancelled up to 7 days before the beginning of the Coaches' Seminar, 50% of the participation fee has to be paid. For cancellations after this period, no refund will be paid. By nominating a substitute person no costs arise.