

# Slovenian National handball school

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# Introduction



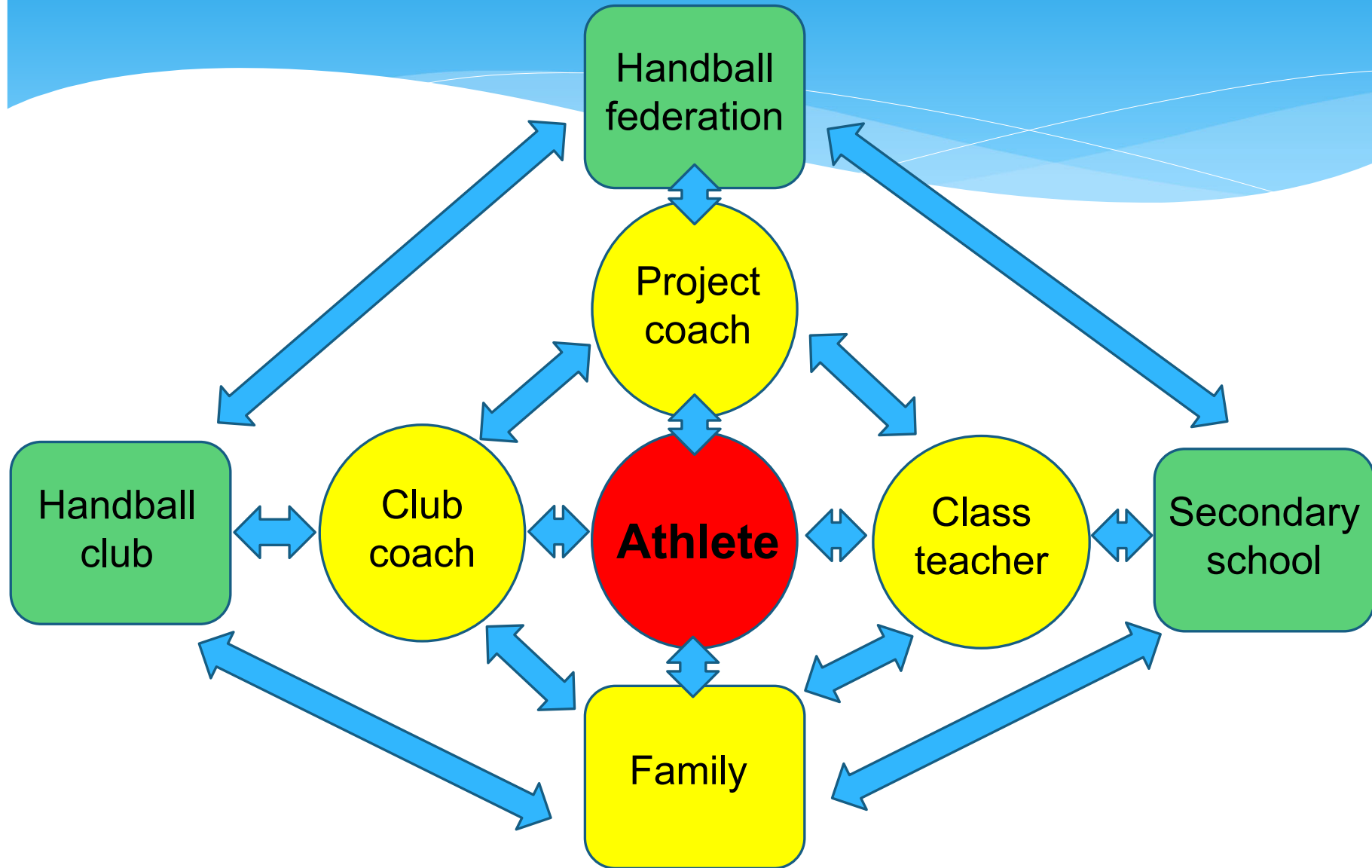
- \* Slovenia is very small country with only 2 milion citizens
- \* Consequently there is only 5 thousand of handball players in all age categories
- \* Assure conditions for maximal performance oriented development of all players involved:
  - \* High educated coaches and good training conditions needed
  - \* Individual development oriented training
  - \* Good cooperation of all obligations of young athlete (education, training, family,...)

# Basic idea



- \* Assure additional training possibilities for players age 15-19 yrs
- \* Individual development oriented trainings
- \* Trainings outside their clubs – placed in athletes high school education process
- \* Highly educated coaches involved

# Factors involved



# Coaches



- \* University degree educated handball coaches – obligatory
- \* EHF Master coach degree – recommended
- \* Young age categories National teams involved
- \* Experience in youth development

# Pourpouse



- \* Unfortunately are majority of the clubs in age categories from 15 yrs up mainly result oriented
- \* The aim of the project is to assure individual training process on all aspects of handball players development in the curriculum of players high school education:
  - \* Technical skills
  - \* Tactical skills
  - \* Motor abilities development
  - \* Psychological development
  - \* Nutrition support
  - \* ...

# Selection criteria



- \* The players are selected in the project on the base of their:
  - \* Motor abilities test results
  - \* Morphological potential
  - \* Technical skills
  - \* Tactical skills
  - \* School grades

# Cooperation



- \* Importance of cooperation of all factors on primary level:
  - \* Project coaches
  - \* Club coaches
  - \* School teachers
- \* Fields of cooperation:
  - \* Adjusting the training process club / school
  - \* Adjusting the school obligations
  - \* Monitoring of development



# Individual development plan

- \* Identification of major deficits of each player
  - \* Methods used: testing, conversation with player, club coach, school teachers, family,...
- \* Creation of individual development plan:
  - \* School trainings
  - \* Club trainings
- \* Assuring other treatment if needed (psychological field, nutrition plan, physiotherapy,...)
- \* WORK – DEVELOPMENT
- \* Evaluation of the progress and modification of the plan

# Conclusion



- \* In the season 2020/21 – 13 secondary schools has been involved with 353 handball players (age 15 – 19 yrs)
- \* Focusing of the environment conditions (geographical, infrastructural,....) and creating the most suitable programme