

**2006 EHF
Youth Handball
Convention**

Educational Framework

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EHF MC

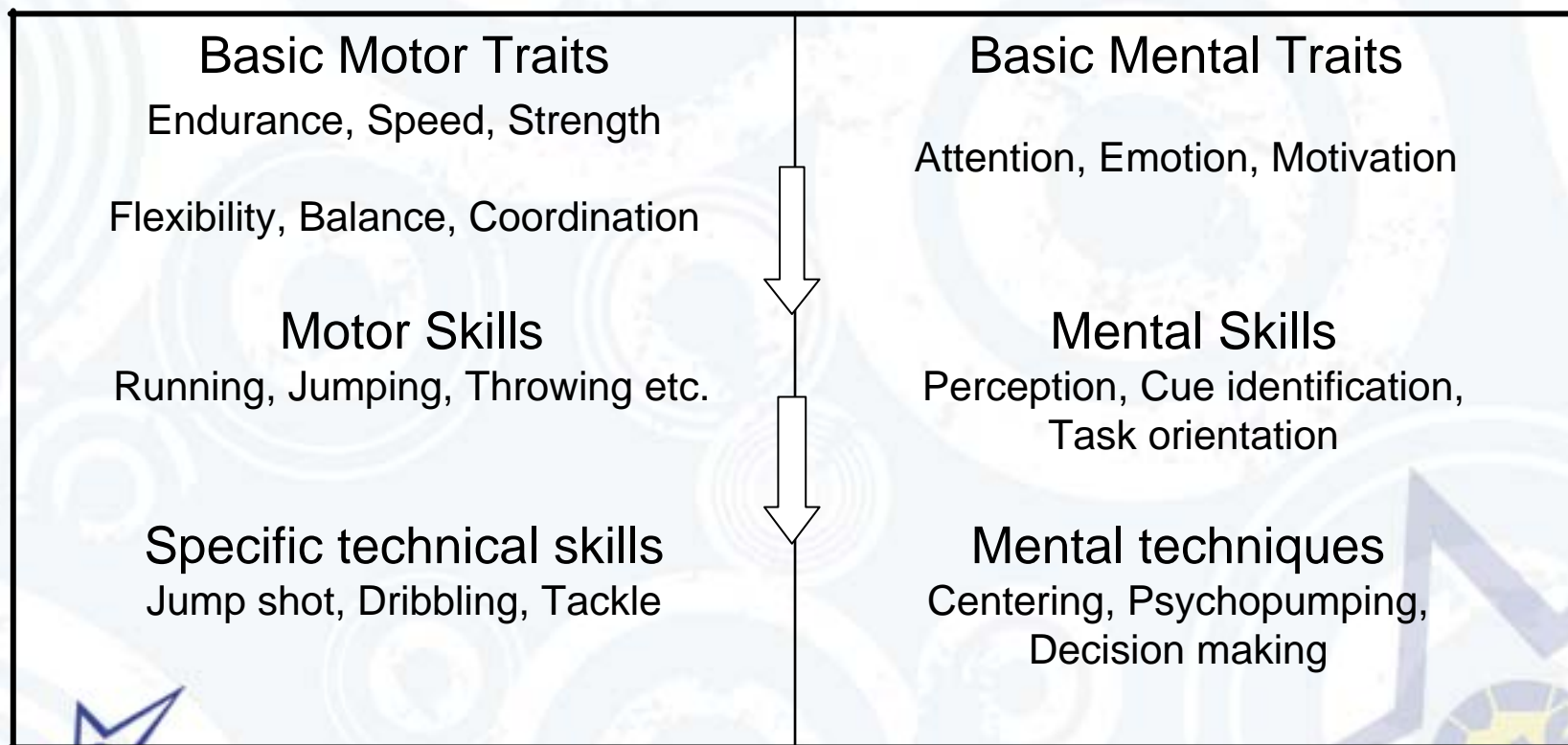


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TALENT & TRAINING



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Training

Physical Training following the ESS / FCB – System



Speedsport means

- High speed, Power focussing on fast moves, Endurance focussing on fast moves
- Endurance for fast recreation, Strength for top basis
- Coordination > Balance > Flexibility

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Mental Training

Traits : The so-called background activity of the brain

Attention LANDERS (fig.1)

Emotion APTER (fig.2)

Motivation POLLANY (fig.3)

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Mental Training Skills :

Perception	Synthesis
Key identification	Analysis
	Decision making
Imagery	Positive self evaluation
Task orientation	Primary task

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graph TD; Synthesis --> DM[Decision making]; Analysis --> DM;
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Mental Training Techniques:

Positive focussing	Mistakes avoiding / accepting
Visualizing	Positive clips
Hemisphere switch	Goal programming / Ideal performance feeling

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EDUCATION & LEADERSHIP

Development by leadership

Consists of two factors:	Teaching contents	→	specific skills
	Representing values	→	leadership
		→	authority
		→	respect

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Leadership

Leading means the demonstration of living within a certain system of values

Spartans, Socrates, Gandhi, „Fair play“

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Authority

~~Pressure~~

~~Force~~

Bilateral process based on mutual acceptance producing respect.

- Legal authority
ranking, position C1 (cover)
- Task authority
knowledge, experience C2 (competence)
- Personal authority
touch, transfer ability C3 (coolness)

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Respect

Self respect : „You have to allow yourself to be satisfied with what you achieved. With that positive reinforcement you will go on even stronger.“

Social respect : Acceptance of team mates and opponents

No play without partners

No match without opponents