

## Course Curriculum for EHF Beach Handball Course – National level

by Ole Jorstad BC Member

### **Introduction**

- 45 min – Welcome, who is who, experience
- 45 min – Introduction
  - National history
  - BH Philosophy
- 90 min – Main differences BH vs IH
  - Court system
  - Changing “in & out” of players
  - Scoring system – outcome of the game
  - 1 & 2 points
  - GG & Shoot out
  - Ref throw

### **Specific match items**

- 60 min – Spectacular goals
  - Spin Shot
  - In flights
- 60 min - Progressive punishments
- 60 min – Other items
  - Passive
  - 6m line
  - Goalkeeper behavior
- 45 min – Others
  - Communication on the court
  - A BH ref is not an Indoor ref
  - Sell your decisions
- 45 min – Lecturers own items
- 45 min – Physical test
- 45 min – Theoretical test



- 45 min – Spin shot test & Red Card test
- Practical: 4 matches each with feed back
- **Use video clips & pictures in an active way**



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