

**2013 EHF ,RINCK‘ Convention Seminar for
Signatory Nations
5th – 6th April 2013 / Vienna**

2012 EHF Open Master Coach and Licensing Course (structure, curriculum, theses)

**Wolfgang Pollany / AUT
EHF Lecturer
Former IHF Lecturer
Psychologist and Coaching Expert**



EHF Competence Academy & Network



**2013 EHF ,RINCK‘ Convention Seminar for
Signatory Nations
5th – 6th April 2013 / Vienna**

Basic Data Module 1

**1st module in Belgrade / SRB from 16 – 22 January 2012
19 participants out of 10 nations (12 guests out of 3 nations)**

EHF Lecturers:

Peter Kovacs / HUN / EHF Lecturer

Marko Sibila / SLO / EHF Lecturer

Wolfgang Pollany / AUT / EHF MC

Helmut Höritsch / EHF Office



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**Programme: 2012 EHF "Rinck" Convention Open
Master Coach and Licensing Course**



	Check of conference room and sport hall facilities	Conference Room	EHF
Sun, 15th Jan. 2012			
Afternoon	Indiv. Arrival / Check-In / Accreditation		
16.00 - 17.30	Leaders' meeting - course organisation		EHF, RSS
20.00h	Dinner		
Mon, 16th Jan. 2012			
08.00 - 09.00	Arrival, Accreditation, Breakfast		
09.00 - 09.30	Opening	Conference Room	EHF, RSS
09.30 - 10.30	Coaching in Europe	Conference Room	Wolfgang Pollany / EHF MC
10.30 - 11.00	Coffee Break		
11.00 - 12.00	The EHF Licensing System	Conference Room	Helmut Höritsch / EHF Office
12.30	Lunch	Hotel	
13.30	Departure to Sport Hall		
14.00 - 15.15	Styles of 6-0 defence systems, p.1	Sport Hall	Peter Kovacs / HUN / EHF Lecturer
15.15 - 15.45	Coffee Break		
15.45 - 17.00	Group Tactical Means vs. Closed defence systems	Sport Hall	Marko Sibila / SLO / EHF Lecturer
17.00 - 17.30	Coffee Break		
17.30 - 18.45	Styles of Closed defence systems, p.2	ECh Sport Hall	Peter Kovacs
20.00h	Dinner	Hotel	
Tue 17th Jan. 2012			
08.00 - 09.00	Breakfast		
09.00 - 10.30	Group composition and group dynamics	Conference Room	Pollany
10.30 - 10.45	Coffee break		
10.45 - 12.15	The core of learning - The Mirror Neuron System	Conference Room	Pollany
12.30	Lunch	Hotel	
13.30	Departure to Sport Hall		
14.00 - 15.15	Play 6-5 in offence	Sport Hall	Marco Sibila
15.15 - 15.45	Coffee Break		
15.45 - 16.30	Drills for specific strategies of the goalkeeper	Sport Hall	Peter Kovacs
18.15 / 20.15	ECh matches	Sport Hall	
Wed 18th			
08.00 - 09.00	Breakfast		
	Departure to Sport Hall		
09.45 - 11.00	Fast throw off	Sport Hall	Marco Sibila
11.00 - 12.15	Drills for the modern lineplayer	Sport Hall	Peter Kovacs
12.00	Lunch		
14.00 - 15.15	Open defence systems, p.1	Sport Hall	Marko
15.15 - 15.45	Coffee Break		
15.45 - 17.00	Group Tactical Means vs. open defence systems	Sport Hall	Peter Kovacs
17.00 - 17.30	Coffee Break		
17.30 - 18.45	Open defence systems, p.2	Sport Hall	Marko Sibila
20.00	Dinner	Hotel	




Headline: Vision & realities

	Check of conference room and sport hall facilities	Conference Room + Sport Hall	EHF
We, 18 Jan. 12			
Afternoon	Indiv. Arrival / Check-In / Accreditation		
17.00 - 18.30	Leaders' meeting - course organisation		EHF, RSS
19.00h	Dinner		
Th, 19 Jan. 12			
08.00 - 09.00	Arrival, Accreditation		
09.00 - 09.30	Opening	Conference Room	EHF, RSS
09.30 - 10.30	Visions for the 3rd decade of the EHF	Conference Room	EHF MC
10.30 - 11.00	Coffee Break		
11.00- 12.00	Is there a unification of playing systems due to the fact of numerous foreign players in European clubs?	Conference Room	Peter Kovacs / HUN / EHF Lecturer
12.30	Lunch	Hotel	
13.30	Departure to Sport Hall		
14.00 - 15.15	Successful moves in offence done by various top teams	Sport Hall	Peter Kovacs
15.15 - 15.45	Coffee Break		
15.45 - 17.00	Defence systems used in general	Sport Hall	Rolf Brack / GER / EHF Lecturer
18.15 & 20.15	ECh matches	ECh Sport Hall	
20.00h	Dinner at the Sport Hall	ECh Sport Hall	



Fr, 20 Jan. 12			
08:30	Departure to Sport Hall		
09.00 - 10.15	Specific offence conceptions used by individual teams	Sport Hall	Peter Kovacs
10.15 - 10.45	Coffee break		
10.45 - 12.00	Particular defence systems of single teams	Sport Hall	Rolf Brack
12.30	Lunch	Hotel	
13.30	Departure to Sport Hall		
14.00 - 15.15	Numerical superiority and inferiority 6-5 and 7-6	Sport Hall	Rolf Brack
15.15 - 16.30	Substitution strategies	Sport Hall	Peter Kovacs
16.30 - 17.00	Coffee break		
17:00 - 18.00	Offence with 2 and 3 pivots	Sport Hall	Rolf Brack
18.00 - 19.00	Panel discussion with lecturers	Sport Hall	
20.00	Dinner + Belgrade at night (indiv.)		
Sa, 21 Jan. 12			
08:30	Departure to Sport Hall		
09.00 - 10.15	Visions of future development in offence	Sport Hall	Peter Kovacs
10.15 - 10.45	Coffee break		
10.45 - 12.00	Visions of future development in defence	Sport Hall	Rolf Brack
12.00	Lunch	Hotel	
13.30 - 14.45	Visions of success - in matches, in training and in leadership	Conference Room	Rolf Brack
16.15 / 18.15 / 20.15	ECh matches	Sport Hall	
20.00	Dinner at the Sport Hall	Hotel	
Su, 22 Jan. 12			
09.00 - 10.15	Comprehensive ECh analysis	Conference Room	Wolfgang Pollany / MC Member
10.15 - 10.30	Coffee break		
10.30 - 11.15	Fair Play - a must in handball	Conference Room	Sandor Andorka / CC Member
11.15 - 11.45	Closing (RC)	Conference Room	EHF + RSS
12.15h	Lunch	Hotel	
Afternoon / evening	Individual departure		
Mo, 23 Jan. 12			
	Individual departure		



**2013 EHF ,RINCK‘ Convention Seminar for
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Basic Data Module 2

2nd module in Hard / AUT from 9 – 15 July 2012

22 participants out of 12 nations

EHF Lecturers:

Zoltan Marczinka / HUN / EHF Lecturer

Andreas Vock / AUT / Austrian Sport Academy

Wolfgang Pollany / AUT / EHF MC

Alexandru Acsinte / ROU / EHF Lecturer

Doru Simion / EHF Office



EHF Competence Academy & Network





**Programme: 2012 EHF "Rinck" Convention Open Master
Coach and Licensing Course - 2nd Module**



	Check of conference room and sport hall facilities	Conference Room + Sport Hall	EHF
Mon, 9th July 2012			
Afternoon	Indiv. Arrival / Check-In / Accreditation		
16.00 - 17.30	Leaders' meeting - course organisation		EHF/ÖHB
20.00h	Dinner		
Tue, 10th July 2012			
08.00 - 09.00	Arrival, Accreditation, Breakfast		
09.00 - 09.30	Opening	Conference Room	
09.30 - 10.00	Thesis Information	Conference Room	Wolfgang Pollany
10.00 - 10.30	Coffee Break		
10.30 - 12.00	Theory related to practical presentations	Conference Room	Zoltan Marczinka
12.30h	Lunch	Hotel	
13.30h	Departure to Sport Hall		
14.00 - 15.30	Styles of 3-2-1 Defense	Sport Hall	Zoltan Marczinka
15.30 - 16.00	Coffee Break		
16.00 - 17.30	Styles of 6-0 Defense	Sport Hall	Zoltan Marczinka
17.30 - 18.00	Coffee Break		
18.00 - 19.30	Styles of 5-1 Defense	Sport Hall	Zoltan Marczinka
20.00h	Dinner	Hotel	
Wed 11th July 2012			
09.00 - 10.30	Findings EURO 2010/2012	Conference Room	Wolfgang Pollany
10.30 - 10.45	Departure to Sport Hall		
10.45 - 12.15	Findings EURO 2010/2012	Sport Hall	Wolfgang Pollany
12.45h	Lunch		
13.30h	Departure to Sport Hall		
14.00 - 15.30	Group & Team Tactics	Sport Hall	Zoltan Marczinka
15.30 - 16.00	Coffee Break		
16.00 - 17.30	Group & Team Tactics	Sport Hall	Zoltan Marczinka
17.30 - 18.00	Coffee Break		
18.00 - 19.30	Group & Teamtactics	Sport Hall	Zoltan Marczinka
20.00h	Dinner	Hotel	



Thu 12th July 2012			
08:45h	Departure to Sport Hall		
09.00 - 10.30	Styles of 5-1 & 6-0 ESP	Sport Hall	Wolfgang Pollany
10.30 - 10.45	Coffee Break		
10.45 - 12.15	1 Goal Game	Sport Hall	Wolfgang Pollany
12.45h	Lunch		
14.00 - 15.30	Theory	Conference Room	Alexandru Acsinte
15.45h	Departure to Sport Hall		
16.00 - 17.30	Proprioceptive Work	Sport Hall	Alexandru Acsinte
17.30 - 18.00	Coffee Break		
18.00 - 19.30	Proprioceptive Work	Sport Hall	Alexandru Acsinte
20.00h	Dinner	Hotel	
Fri 13th July			
09.00 - 10.30	Performance Controll	Conference Room	Wolfgang Pollany
10.30 - 10.45	Coffee Break		
10.45 - 12.15	Performance Controll	Conference Room	Wolfgang Pollany
12.30h	Lunch	Hotel	
14.00 - 15.30	Theory	Conference Room	Vock
15.45h	Departure to Sport Hall		
16.00 - 17.30	Speed & Endurance	Sport Hall	Vock
17.30 - 18.00	Coffee Break		
18.00 - 19.30	Speed & Endurance	Sport Hall	Vock
20.00h	Dinner	Hotel	
Sat 14th July			
08.30h	Departure to Sport Hall		
09.00 - 10.30	Core Stability	Sport Hall	Vock
10.30 - 10.45	Coffee Break		
10.45 - 12.15	Core Stability	Sport Hall	Vock
12.30h	Lunch	Hotel	
14.00 - 15.30	Comprehensive Workshop	Conference room	Simion
15.30 - 16.00	Coffee Break		
16.00 - 17.30	Final Meeting	Conference room	all
18.30h	Get Together	Hotel Krone	
Sun 15th July			
08.30h	Departure to Beach Court		
09.00 - 10.30	Beach Handball	Beach Court / Lawn (optional)	Pollany
10.30 - 10.45	Coffee Break		
10.45 - 12.15	Beach Handball	Beach Court / Lawn (optional)	Pollany
12.30h	Lunch		
14.00h	M18 Ech Matches (Optional)	Ech Hall	



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Basic Data Module 3

3rd module in Belgrade / SRB from 3 – 9 December 2012

21 participants out of 11 nations (2 guests from SRB)

EHF Lecturers:

Peter Kovacs / HUN / EHF MC

Wolfgang Pollany / AUT / EHF Lecturer

Branislav Pokrajac / SRB / EHF Lecturer

Helmut Höritsch / EHF Office

Peter Fröschl / EHF Office



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**Programme: 2012 EHF "Rinck" Convention Open
Master Coach and Licensing Course
3rd Module**



Check of conference room and sport hall facilities	Conference Room + Sport Hall	EHF
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Sun, 02 Dec. 2012

Afternoon	Indiv. Arrival / Check-In / Accreditation		
18.00 - 19.30	Leaders' meeting - course organisation		EHF, RSS
20.00h	Dinner		

Mon, 03 Dec. 2012

08.00 - 09.00	Arrival, Accreditation, Breakfast		
09.00 - 09.30	Opening	Conference Room	EHF, RSS
09.30 - 10.30	Thesis Defending / Theoretical	Conference Room	Gierlinger, Elkedim
10.30 - 11.00	Coffee Break		
11.00- 12.00	Thesis Defending / Theoretical	Conference Room	Vurgun, Brkovic
12.30	Lunch	Hotel	
13.30	Departure to Sport Hall		
14.00 - 15.30	Thesis Defending / Practical	Sport Hall (male demo team)	Bilge, Cordas, Rovcanin
15.30 - 16.00	Coffee Break		
16.00 - 18.30	Thesis Defending / Practical	Sport Hall (male demo team)	Denic, Gradoux, Lukic
20.00h	Dinner	Hotel	

Tue 04 Dec.

08.00 - 09.00	Breakfast		
09.00 - 10.30	Thesis Defending	Conference Room	König, Ongaro
10.30 - 10.45	Coffee break		
10.45 - 11.45	Thesis Defending - optional	Conference Room	Monteiro, Aliev
11.45 - 12.15	Group nomination and task distribution	Conference Room	Peter Kovacs
12.30	Lunch	Hotel	
13.30	Departure to Sport Hall		
14.00 - 15.00	Group play and team play in extended fast break and turnover play	Sport Hall (female demo team)	Peter Kovacs
15.00 - 15.30	Coffee Break		
15.30 - 16.30	Special training of back court players	Sport Hall (female demo)	Peter Kovacs
17.45 / 20.15	ECh matches	Sport Hall / Kombank Arena	
22.00	Dinner	Hotel	



Wed 05 Dec.			
08.00 - 09.00	Breakfast		
09.00 - 10.30	Workshop	Conference Room	Peter Kovacs
10.30 - 11.00	Coffee Break		
11.00 - 12.00	Thesis Defending	Conference Room	Hausmann, Mohoric
12.00	Lunch		
14.00 - 15.30	Transitions as tactical elements in offense play	Sport Hall (female demo team)	Peter Kovacs
15.30 - 16.00	Coffee Break		
16.00 - 17.15	Defence 5+1 and 4:2	Sport Hall (male demo team)	Branislav Pokrajac
17.30 - 18.45	Feinting	Sport Hall (male demo team)	Branislav Pokrajac
20.00	Dinner	Hotel	
Thu 06 Dec.			
08.00 - 09.00	Breakfast		
09.00 - 10.30	Thesis Defending / Theoretical	Conference Room	Johannesson, Stot
10.30 - 10.45	Coffee break		
10.45 - 12.15	Thesis Defending / Theoretical	Conference Room	Sentürk, Olavson
12.30	Lunch	Hotel	
14.00 - 15.00	Thesis Defending / Theoretical	Conference Room	Braznikovs, Kastratovic
15.00 - 15.30	Coffee Break		
15.30 - 16.30	Group nomination and task distribution	Conference Room	Peter Kovacs
17.45 / 20.15	ECh matches	Sport Hall / Kombank Arena	
22.00	Dinner	Hotel	
Fri 07 Dec.			
08.00 - 09.00	Breakfast		
09.00 - 10.30	Workshop	Conference Room	Peter Kovacs
10.30 - 11.00	Coffee Break		
11.00 - 12.00	Coaches - referees / workshop	Conference Room	Participants + referees tbn
12.00	Lunch		
13.00	Departure to Sport Hall / Kombank Arena		
14.00 - 15.30	Indoor event management - Info	Sport Hall / Kombank Arena	Helmut Hörtsch
15.30	Transfer to Hotel		
16.00 - 16.30	Coffee Break		
16.30 - 18.00	BH event management - Info	Conference Room	Peter Fröschl
20.00	Dinner	Hotel	



Sat 08 Dec.			
08.00 - 09.00	Breakfast		
09.00 - 10.30	Coaching and Performing	Conference Room	Wolfgang Pollany
10.30 - 10.45	Coffee break		
10.45 - 12.15	Changing of rhythm and speed during the game	Conference Room	Branislav Pokrajac
12.30	Lunch	Hotel	
13.30	Departure to Sport Hall		
14.00 - 15.30	Drills with balls to improve coordination	Sport Hall (male demo team)	Branislav Pokrajac
15.30 - 16.00	Coffee Break		
16.00 - 17.00	Handball specific drills for power training and endurance training	Sport Hall (male demo team)	Branislav Pokrajac
17.45 / 20.15	ECh matches	Sport Hall / Kombank Arena	
22.00	Dinner	Hotel	
Sun 09 Dec.			
08.00 - 09.00	Breakfast		
09.00 - 10.30	Workshop	Conference Room	Peter Kovacs
10.30 - 11.30	Analysis	Conference Room	Wolfgang Pollany
11.30 - 11.45	Coffee break		
11.45 - 12.30	Closing + Certificates	Conference Room	EHF
12.30	Lunch	Hotel	
	Departure		



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Submission Guidelines for the Theses

The thesis should contain 15 to 20 pages including all the images and tables.
All text shall be written using the Program MS Word for Windows 6.0 or more recent.
Types shall be Times New Roman, 12-point, single-spaced, justified.
Images, tables and figures may be included made with MS Word and/or MS Excel.
Tactical graphics have to be done by computerized programs compatible with MS Word and therefore adjusted and included into the written text.

A summary of a maximum of 15 lines has to be attached.

The head should be centered and contain the following lines:

- The title of the thesis in capitals and bold letters.
- The author's full name
- The federation and country

Order of the text:

Title, Summary, Keywords (5 as max.), Introduction, Methods, Development, Results and Discussion, Conclusions, References.

References and quotations have to be done as follows:

Ref.: COX, R. H.: Sport Psychology (3rd ed.), Dubuque 1994

Quot.: „.....“ (COX, 1994, p. ..)

References and quotations taken from the internet have to follow international use.



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Submission Guidelines for the Theses 2

The thesis might be done in your first language but a justified translation in English language has to be submitted to the EHF office in electronic form to the following address:

froeschl@eurohandball.com

Submission deadline is Oct.12th (first submission), feedback will be sent by Oct.29th the latest.

In case of any correction necessary the deadline for the second edition will be Nov. 16th.

Along with the submission of the thesis a CV has to be sent to the said address.

All your contributions will be collected by the EHF office and a unified layout will be done in order to issue a special edition of the EHF periodical in the internet.

Criteria of the evaluation of your submission will be formal on one hand rating and in terms of content, originality and stringent of the ideas and follow through on the other hand.

In case of any further questions do not hesitate to contact me by phone or e-mail.



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**2012 EHF Open Master Coach and Licensing Course-
Participants’ Theses / Part 1**

-1-

- 1. LT Defence Formation: Description and Examples - Zoltan Cordas / AUT*
- 2. The Austrian Way: Giving Young Athletes the Opportunity to Make it to the Top National and International Handball by Combining School Education at “ORG XVI for Top Athletes” and the “WHV-Top Performance Model” in Vienna - Harald Grünanger / AUT*
- 3. The Fast Break a Decisive Factor of Success - Heinz Hausmann / AUT*
- 4. Handball a Complex System? Consequences for Training Practice - Helmut König / AUT*
- 5. The Eccentric 5:1 - Erwin Gierlinger / AUT*
- 6. How to Make Handball More Attractive and Recognized Internationally in Other*



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**2012 EHF Open Master Coach and Licensing Course-
Participants’ Theses / Part 1**

-2-

- 7. It’s All Mental: Mental Training in Youth Sports – Oscar Dawo / GER*
- 8. Establishment of a Handball Club in a Developing Country – Andrea Ongaro / IRL*
- 9. Reykjavik the Handball Cluster: No Icelandic Magic – Konrad Hatlemark Olavsson / ISL*
- 10. Goal Setting and Success: The Icelandic Men’s Handball Team at the 2007 World Cup and 2008 European Championships – Patrekur Johannesson / ISL*
- 11. Optimisation of Goalkeeper’s Training on a Basis of a Systemized Approach to a Goalkeeper’s Play – Dmitrijs Braznikovs / LAT*



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**2013 EHF ,RINCK‘ Convention Seminar for
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**2012 EHF Open Master Coach and Licensing Course-
Participants’ Theses / Part 2**

-1-

- 1. The Counter-Attack Structured: An Advantage for a Small-Nation – Dominique Gradoux / LUX**
- 2. The Pivot Player: Evolution and Development – Adrian Stot / LUX**
- 3. Match Analysis of the Man’s Handball Team of Montenegro vs. Sweden in the Qualifications for the World Championship in Spain 2013 – Zoran Kastratovic / MNE**
- 4. Technique and Methodics of Goalkeepers Training: Shots in Front of the Goalkeeper’s Area – Boris Denic / SLO**
- 5. The Comparison of Some Performance Indicators Obtained at the Men’s European Handball Championships from 2002 to 2012 and Their Influence on Match Outcome – Uros Mohoric / SLO**



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**2012 EHF Open Master Coach and Licensing Course-
Participants’ Theses / Part 2**

-2-

- 6. Training Sessions Plan and Program of Handball Club “Partizan” for VELUX EHF Champions League Qualification Tournament and Beginning of National League 2012-2013 – Alseksandar Brkovic / SRB**
- 7. Technical and Tactical Preparation Handball in Attack with Emphasis on the Role of Middle Back the Attack – Dragan Lukic / SRB**
- 8. Methods and Tactics of Counterattack Development – Radan Rovcanin / SRB**
- 9. Interval Training Specific to Handball and Training Programme Designs – Murat Bilger / TUR**
- 10. The Attack Tactical Preferences of the Final Games in Handball – Ilker Sentürk / TUR**
- 11. The Effect of Balance Training Upon Agility and Strength Performances among the Young Handball Players – Hikmet Vurgun / TUR**



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Awarding

- **Master Coach Certificate**
- **EHF Pro Licence / EHF Licence (GBR, IRL)**
 - **3rd module participation**



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*Thank you very much for your kind
attention!*

Wolfgang Pollany
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