

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

2012/13 HUN Master Coach and Licensing Course

**Peter Kovacs / HUN
EHF MC Member
Education & Training**



EHF Competence Academy & Network



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EHF / HHF Master Coach and Licensing Course

**Concept by Zoltan Marczinka / HUN
EHF Lecturer**



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EHF / HHF Master Coach and Licensing Course

- Organiser: International Coaching Centre of the Hungarian Handball Federation (HHF-ICC), with the approval of the European Handball Federation
- Contact person: Zoltan Marczinka Sportsdirector, HHF
- Course title: EHF / HHF- ICC Master Coach and Licensing Course
- Course duration: 160 hours (Sports Science: 54 hours, Handball specific knowledge: 106 hours)
- Teaching unit: 1 teaching hour = 45 minutes
- Course format: two modules with days of lectures and consultations (4 - 4x, 8 hrs daily) and a special handball camp during summer (6 days x 8 hrs)

Course schedule: Module I.

Teaching period: 6 February – 7 May, 2012

Examination period: 8 May – 8 June, 2012

Module II. (Special handball camp)

HHF annual compulsory licensing course: 10 – 12 June, 2012

EHF / HHF-ICC Master Coach Seminar: 13 – 15 June, 2012

Module III.

Teaching period: 3 September – 3 December, 2012

Examination period: 4 December, 2012 – 4 January, 2013



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Entry criteria:

- Minimum 23 years of age
- Curriculum Vitae (focusing on achievements in handball)
- Rinck C. Category 3 = Nat. Level C - coaching certificate
- Minimum 4 years coaching experience, from which at least two years as head coach)
- Passing an oral entry examination in front of a panel of selected experts

Content: the course syllabus is based on the RINCK Convention Manual (*“Recognition of Standards and Certificates in the Field of Coaches’ Education in Handball in Europe” 2010 Edition*)

Lecturers: university teachers with PhD degrees from the Semmelweis University, Faculty of Physical Education and Sports Science; handball experts with EHF Master Coach or EHF Lecturer title.

Certificate: will be issued by the EHF, after the participants have successfully completed the course requirements.



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Subject and Lecturers

Module I.

Biomechanics: Dr Lukasz Trzaskoma (Semmelweis University, Faculty of Physical Education and Sports Science)

Anatomy / Sports injuries: Dr István Berkes (Semmelweis University, Faculty of Physical Education and Sports Science)

Handball (theory): Lajos Mocsai (EHF Master Coach, National Men’s Team Coach)
Zoltán Marczinka (EHF/IHF Lecturer)

Dr Wolfgang Pollany (EHF MC member)

Sport Psychology: Dr Ágota Lénárt (Semmelweis University, Faculty of Physical Education and Sports Science)

Module II.

Sport Sociology: Dr István Görgényi (Olympic gold medal winning Waterpolo coach)

**Handball (theory Lajos Mocsai (EHF Master Coach, National Men’s Team Coach)
and practice):** Zoltán Marczinka (EHF/IHF Lecturer)

Karl Erik Böhn (National Women’s Team Coach)

Péter Kovács (EHF/IHF Lecturer)

Sport Psychology: Dr Wolfgang Pollany (EHF MC member)



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Module III.

Physiology: *Dr Máté Petrekanics* (Semmelweis University, Faculty of Physical Education and Sports Science)

General Theory of Training: *Dr Zsolt Radák* (Semmelweis University, Faculty of Physical Education and Sports Science)

Handball (theory): *Dr Wolfgang Pollany* (EHF MC member)

Zoltán Marczinka (EHF/IHF Lecturer)

Péter Kovács (EHF/IHF Lecturer)

Sport Psychology: *Dr Ágota Lénárt* (Semmelweis University, Faculty of Physical Education and Sports Science)

Coaching practice:(mentor and examiner): Lajos Mocsai (EHF Master Coach), László Kovács (EHF Master Coach), László Skaliczki (EHF Master Coach), András Németh (EHF Master Coach), Gyula Zsiga (EHF Master Coach)

Thesis:(mentor and supervisor): Lajos Mocsai (EHF Master Coach), László Kovács (EHF Master Coach), Zoltan Marczinka (EHF/IHF Lecturer), Gyula Zsiga (EHF Master Coach), János Hajdu (EHF Master Coach)



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Timetable - Module I.

2012	February 6.	March 5.	April 2.	May 7.	No. of lessons / subject
Lesson 1 - 2. 8.00 - 9.30 MSH – Bp.	Bio- mechanics <i>Dr Lukasz Trzaskoma</i>	Anatomy / Sports injuries <i>Dr István Berkes</i>	Anatomy / Sports injuries <i>Dr István Berkes</i>	Anatomy / Sports injuries <i>Dr István Berkes</i>	8 (+1 hour exam.)
Lesson 3 - 4 9.45-11.15 MSH – Bp.	Bio- mechanics <i>Dr Lukasz Trzaskoma</i>	Anatomy / Sports injuries <i>Dr István Berkes</i>	Bio- mechanics <i>Dr Lukasz Trzaskoma</i>	Bio- mechanics <i>Dr Lukasz Trzaskoma</i>	8 (+1 hour exam.)
11.30-12.15	<i>Inauguration (W. Pollany)</i>	<i>Lunch break</i>			
Lesson 5 - 6. 12.30-14.00 MSH – Bp.	Handball (theory) <i>Lajos Mocsai</i>	Handball (theory) <i>Zoltán Marozsinka</i>	Handball (theory) <i>Zoltán Marozsinka</i>	Handball (theory) <i>Zoltán Marozsinka</i>	8 (+1 hour exam.)
Lesson 7 - 8. 14.15-15.45 MSH – Bp.	Sport psychology <i>Dr Ágota Lénárt</i>	Sport psychology <i>Dr Ágota Lénárt</i>	Sport psychology <i>Dr Ágota Lénárt</i>	Sport psychology <i>Dr Ágota Lénárt</i>	8 (+1 hour exam.)
No. of Lessons / day	8	8	8	8	Total: 32 hrs



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Course program - EHF/MKSZ Master Coach Course, Dabas - Module II / 1.

2012	June 2, Saturday	June 3, Sunday	June 4, Monday
Unit 1. 08.00 – 8.50	Long, medium and short term preparation plan <i>Zoltán Marczinka</i>	Differences in preparation between male and female handball players <i>Zoltán Marczinka</i>	Match analysis – HUN - BLR <i>Karl-Erik Böhn</i>
Unit 2. 09.00–09.50	Conditioning training - practice <i>Tord Elingsen</i>	Group composition, dynamics and performance <i>Dr Wolfgang Pollany</i>	Match analysis – HUN - BLR <i>Karl-Erik Böhn, Participants</i>
Unit 3. 10.00–10.50	Match preparation <i>Karl-Erik Böhn</i>	Group composition, dynamics and performance <i>Dr Wolfgang Pollany</i>	Fitness test – HUN <i>Karl-Erik Böhn, Tord Elingsen</i>
Unit 4. 11.00–11.50	Analysing sequence of matches – identifying decisive factors <i>Zoltán Marczinka</i>		Training session – HUN <i>Karl-Erik Böhn</i>
12.00–13.00	<i>Lunch break</i>	ECh Qualification match HUN - BLR	<i>Lunch break</i>
Unit 5. 13.00-13.50	Analysis – Men's ECh, Serbia <i>Dr Wolfgang Pollany</i>	<i>Lunch break</i>	Sport and strategy <i>Dr Tamás Sterbenz</i>
Unit 6. 14.00-14.50	Analysis – Men's ECh, Serbia <i>Dr Wolfgang Pollany</i>	The core of learning – The mirror Neuron System <i>Dr Wolfgang Pollany</i>	Decision making in sport <i>Dr Tamás Sterbenz</i>
Unit 7. 15.00-15.50	Training session – HUN <i>Karl-Erik Böhn</i>	The core of learning – The mirror Neuron System <i>Dr Wolfgang Pollany</i>	Group tactical moves against open defence <i>Péter Kovács</i>
Unit 8. 16.00-16.50	Training session – HUN <i>Karl-Erik Böhn</i>	Képzési szempontok – technika, taktika, képességfejlesztés <i>Kovács László</i>	Skill training of the Pivot player – modern trends <i>Péter Kovács</i>



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List of Participants

No	Name	D.O.B	Certificate	Note
1	Bakó, Botond	21.07.1980	Nat.Cat.III. 4353/2008	
2	Borsosné, Sz. Edina	10.08.1965	Nat.Cat.III. 034.95.0581 - FRA	
3	Danyi, Gábor	18.02.1964	Nat.Cat.III. 4440/2005	
4	Farkas, Attila	26.11.1962	Nat.Cat.III. 4355/2008	
5	Golovin, Vlagyimir	21.03.1970	Nat.Cat.III. 4379/2008	
6	Gódor, Mihály	15.01.1956	Nat.Cat.III. 1836/1983	
7	Gulyás, István	04.04.1968	Nat.Cat.III. 4286/2007	
8	Györfi, János	02.09.1960	Nat.Cat.III. 4170/2006	
9	Imre ,Vilmos	27.03.1968	Nat.Cat.III. 3592/2000	
10	Juhász, István	08.02.1965	Nat.Cat.III. 4070/2005	
11	Konkoly, Csaba	06.09.1970	Nat.Cat.III. 4357/2008	
12	Kun, Attila	18.01.1969	Nat.Cat.III. 4072/2005	
13	Mátéfi ,Eszter	14.02.1966	Nat.Cat.III. 4289/2007	
14	Molnár, András	27.04.1972	Nat.Cat.III. 4382/2008	
15	Mihály, Attila	25.07.1971	Nat.Cat.III. 3943/2003	
16	Nagy, Károly	04.01.1959	Nat.Cat.III. 3232/1995	
17	Neukum, Tamás	05.01.1966	Nat.Cat.III. 4361/2008	
18	Papp, György	27.08.1960	Nat.Cat.III. 4075/2005	
19	Rapatyi, Tamás	14.02.1960	Nat.Cat.III. 2644/1989	
20	Róth, Kálmán	19.02.1959	Nat.Cat.III. 4076/2005	
21	Sótonyi, László	20.04.1970	Nat.Cat.III. 3437/1998	
22	Varga, József	18.09.1962	Nat.Cat.III. 4077/2005	
23	Woth, Péter Dr.	05.08.1968	Nat.Cat.III. 3350/1996	
24	Marczinka, Zoltán	01.08.1962	Nat.Cat.III. 25/2011 - MSC	
25	Szabó, Lászlóné	25.08.1956	Nat.Cat.III. 26/2011 - MSC	
26	Ökrös, Csaba Dr.	26.05.1969	Nat.Cat.III. 16/2010 - MSC	



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***Thank you very much for your kind
attention and expressed patience
you followed the presentation!***

Peter Kovacs
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