




Programme: 2013 EHF Youth Coaches' Course		  	
How to train young female players			
Saturday, 17 August 2013			
15.00 - 17.00	Indiv. Arrival / Check-In / Accreditation	University of Physical Education and Sport/ Gdansk	
17.00 - 18.30	Leaders' meeting - course organisation		EHF, ZPRP
19.00h	Dinner	Hotel	
Sunday, 18 August 2013			
08.00 - 09.00	Arrival, Accreditation	University of Physical Education and Sport/ Gdansk (UPES)	
09.00 - 09.30	Opening	Conference Room - UPES	ZPRP, Jerzy Elias/ EHF MC
09.30 - 10.30	Women's (Youth) handball out of a clear handball vision (e.g. NED 'Oranje plan')	Conference Room - UPES	Monique Tijsterman/NED
10.30 - 11.00	Coffee Break		
11.00 - 12.00	Which (educational) steps / pedagogical tools shall be made during female youth training?	Conference Room - UPES	Monique Tijsterman/ NED
12.30h	Lunch	UPES	
14.00 - 15.15	Passes and shots in groups with tactical content	Sport Hall - Gdansk	Martin Tuma / CZE
15.30 - 16.45	Shot teams training and the goalkeeper training	Sport Hall - Gdansk	Wojciech Nowinski/ POL
17.00 - 18.30	W17 ECh B1:B2	Sport Hall - Gdansk	
19.00 - 20.30	W17 ECh B3:B4	Sport Hall - Gdansk	
20.30h	Dinner	Hotel	
Monday, 19 August 2013			
09.00 - 10.15	Wing play- technical/ tactical exercises	Sport Hall - Gdansk	Monique Tijsterman/NED
10.15 - 10.45	Coffee break		
10.45 - 12.00	Pivot play- technical/ tactical exercises	Sport Hall - Gdansk	Monique Tijsterman/NED
12.30h	Lunch	UPES	
14.00 - 15.15	Passes, shots and running (body) faking	Sport Hall - Gdansk	Martin Tuma / CZE
15.15 - 15.45	Coffee break		
15.45 - 16.30	Physical training for young female goalkeepers	Sport Hall - Gdansk	Wojciech Nowinski/ POL
16.45 - 18.00	Specific technical/ tactical training for young female goalkeepers	Sport Hall - Gdansk	Wojciech Nowinski/ POL
19.00h	Dinner	Hotel	
Tuesday, 20 August 2013			
09.00 - 10.00	The philosophy of 6:0 and 5:1 defence system during the game	Conference Room - UPES	Martin Tuma / CZE
10.00 - 10.15	Coffee break		
10.15 - 11.15	Coaching and Refereeing	Conference Room - UPES	Dragan Nachevski/ MKD
11.15 - 12:15	Attack with crosses and position changes	Conference Room - UPES	Martin Tuma / CZE
12.30h	Lunch	UPES	
14.00 - 15.15	Individual, group and team fast break and turn back	Sport Hall - Gdansk	Monique Tijsterman/ NED
15.30 - 16.45	Ball steals in defence- individual and group exercise	Sport Hall - Gdansk	Monique Tijsterman/ NED
17.00 - 18.30	W17 ECh 2A:2B	Sport Hall - Gdansk	
19.00 - 20.30	W17 ECh 1A:1B	Sport Hall - Gdansk	
20.30h	Barbecue	UPES	
Wednesday, 21 August 2013			
09.00 - 10.15	Group and team attack in man advantage	Sport Hall - Gdansk	Martin Tuma / CZE
10.30 - 11.45	Group and team defence in man disadvantage	Sport Hall - Gdansk	Martin Tuma / CZE
12.00 - 12.45	Lunch	UPES	
13.00 - 14.00	European Championship- Analysis	Conference Room- UPES	Andrzej Niewrzawa/POL
14.00 - 14:15	Coffee break		
14.15 - 15.30	EHF Coaching Licensing System	Conference Room- UPES	Helmut Höritsch/ EHF
15.30 - 16.15	Closing	Conference Room- UPES	Jerzy Elias/ EHF MC
16.15 - 17.00	Coffee break		
17.00 - 18.30	W17 ECh 2B:1A	Sport Hall - Gdansk	
19.00 - 20.30	W17 ECh 1B:2A	Sport Hall - Gdansk	
20.30h	Dinner	Hotel	
Thursday, 22 August 2011			
	Individual departure		