

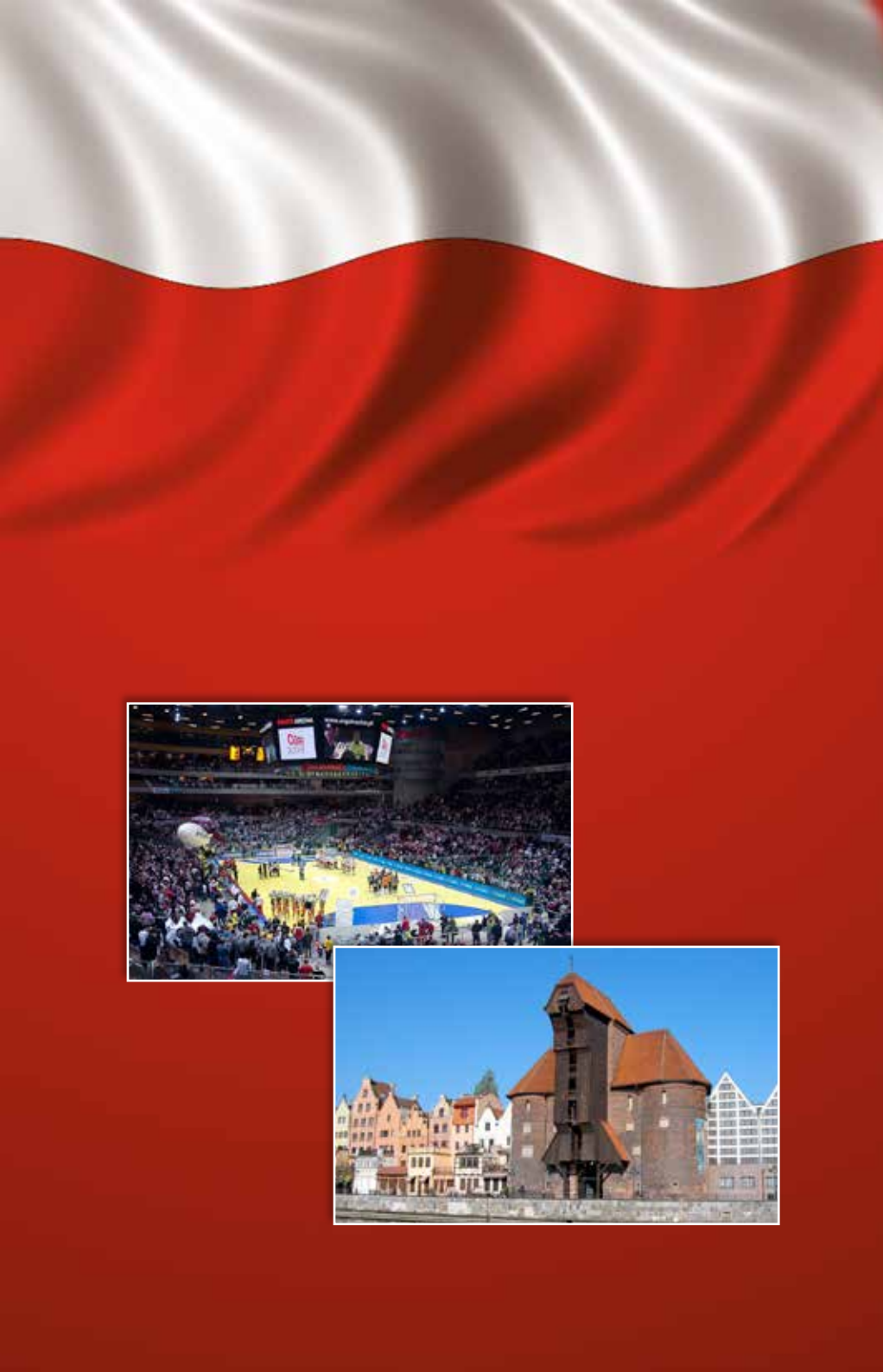


# 2014 EHF Youth Coaches' Course

17 – 20 August 2014 in Gdansk, Poland







## Hosting City – Gdansk, Poland

The city has rich sport traditions. In Gdansk in 2002 took place the Men's Junior European Handball Championship. In 2012, Gdansk was selected by UEFA as host venue of the UEFA EURO2012. In 2013 Gdansk was the venue of the Women's 17 European Championship and in 2014 of the IAAF World Indoor Championships in Athletics. From upcoming sport events, the 2014 EHF Men's 18 European Championship and 2016 EHF Men's EURO will be also held in Gdansk.

A thousand-year history, a location at the crossroads of important commercial and communication routes, an extensive port and mercantile traditions - all this makes Gdansk a meeting place of many cultures, nationalities and denominations.

The City of Gdansk looks forward to welcoming many guests.

### Sights

Gdansk is a pearl of bourgeois architecture, boasting beautiful houses and a unique market. It is a world of cozy streets and historical churches. These are also perfectly preserved fortifications, ranked among the biggest in Europe, and interesting harbour architecture.

Gdansk is an active city for active people. The choice is wide: picturesque cycling and walking paths, kilometres of beaches and one of Poland's largest zoos.

### Cuisine of Gdansk

Gdansk offers a wealth of international cooking with a long-standing tradition and first-rate service. Above all, there is a huge variety of cuisines, dishes and places where you can eat. You will find sophisticated cuisine from all the countries of Europe, exotic tastes from the Middle East and Asia and very original old Gdansk cuisine. Everyone, even the most demanding gourmand, will find something to satisfy his palate and wallet. And if you are a vegetarian there are entirely vegetarian bars or restaurants which offer vegetarian courses next to the meat courses.





# EHF Methods Commission

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Development, Education, Further Education and Training are part of the core activities of the EHF Methods Commission (MC). With the aim to inspire handball coaches all over Europe and to exchange knowledge, experience and new ideas, the EHF has been organising various coaching courses since 1996:

## Youth Coaches' Courses

1998: Partille / SWE  
1999: Estoril / POR  
Rotenburg / GER  
2001: Luxembourg / LUX  
2002: Gdansk / POL  
2003: Presov / SVK  
2004: Zlin / CZE  
2005: Vienna / AUT  
2007: Izmir / TUR  
2009: Győr / HUN  
2010: Bratislava / SVK  
2011: Brno / CZE  
2012: Hard / AUT  
2013: Gdansk / POL

## Women's Coaches' Course

2000: St. Raphael / FRA

## Top Coaches' Seminars

1996: Paris Bercy / FRA  
1998: Bressanone / ITA  
2000: Zagreb / CRO  
2004: Ljubljana / SLO  
2006: Zurich / SUI  
2008: Skopje / MKD  
2010: Vienna / AUT  
2012: Belgrade / SRB

## Open Master Coach Course

2012: Belgrade / SRB (1<sup>st</sup> module)  
Hard / AUT (2<sup>nd</sup> module)  
Belgrade / SRB (3<sup>rd</sup> module)  
2014: Silkeborg / DEN (1<sup>st</sup> module)  
Balatonföldvár / HUN / (2<sup>nd</sup> module)  
HUN / CRO (3<sup>rd</sup> module)

In the 2014 edition of the EHF Youth Coaches' Course in Gdansk / POL (with the target group of young male players), Youth Coaches from Europe and also from other continents are invited and heartily welcome to see the matches of the 2014 EHF Men's 18 European Championship /POL. We really hope that the programme worked out by the MC and the EHF lecturers will be interesting for you.

We look forward to meeting you in Gdansk. The MC remains with the best regards,

## EHF Methods Commission

**Jerzy Elias** / Chairman MC

**Sjors Röttger** / Methods and Coaching

**Peter Kovacs** / Education and Training

**Juan Lorenzo Anton Garcia** / Youth, School and Non-competitive Sports

**Pedro Sequeira** / Development

**Nina Britt Husebø** / Gender Representative



## EHF / EHF Competence Academy & Network (EHF CAN)



The European Handball Federation (EHF) is the governing body of Handball in Europe! Its 50 Member Federations represent and stand for 50 different kinds of national and international handball know-how. Those individual national handball schools/philosophies shall be made use of by involving experts in order to contribute to the variety of handball education in Europe!

Handball know-how exchange and transfer in Europe shall be fostered as an EHF service for the EHF Member Federations by making use of national and international handball experts as well as external lecturers from sport science, medicine, other sports, economy (marketing, equipment suppliers) and media (press, TV, Internet).

The EHF Competence Academy & Network (EHF CAN) shall be established as an educational service centre for EHF Member Federations with the possibility of granting scholarships in order to minimize or delete financial burdens for them. The same holds good for internal EHF Office management training on the job.

The EHF “CAN” shall be established to develop and deliver sport specific educational and training programmes in order to ensure that coaches, officials, athletes and administrators from all over Europe (and the world) have access to the highest quality education relating to “handball know-how” and competence in e-learning, blended learning, interdisciplinary educational courses of various duration, summer schools or mainstream 2-4 semester courses within the European Education Credit Transfer System (ECTS framework).

The EHF “CAN” shall set-up Business Executive Education programmes for further educating and training sporting administrators, resort managers and event executives in the Handball Event Management Business, e.g. also in event-related courses. The EHF “CAN” shall contain a documentation centre including production of modern teaching aids and media as well as cooperation agreements with research&developing partners, suppliers, universities and testifying institutions.





## Contact Information

### ORGANISER

#### European Handball Federation

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AUSTRIA

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### CO-ORGANISER

#### Związek Piłki Ręcznej w Polsce

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POLAND

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Fax: +48 22 892 90 11

monikowski@zprp.org.pl

### COURSE ACCOMMODATION

#### Villa Palladium

Czyżewskiego 20 Street

80-336 Gdansk

POLAND

villa@villapalladium.pl

www.villapalladium.pl

### COURSE VENUE

#### University of Physical Education and Sport in Gdansk

Contact: Marek Zabczynski

Kazimierza Gorskiego 1

80- 336 Gdansk

POLAND

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Fax: +48 58 554 17 92

marzab@awf.gda.pl

## Sport Event



### 2014 Men's 18 European Championship

14 - 24 August 2014 in Poland

**Friday 22 August 2014**

Semi Finals / Gdansk

**Sunday 24 August 2014**

Bronze medal game & Final / Gdansk



## Course Basics

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Course fee:	<b>€ 180</b>
Tickets:	Included in the course fee
Course fee includes:	Course participation and documents.
Travel:	The participants have to organise their travel and to pay the travel expenses themselves
Course language:	English
Main lecturers:	Wojciech Nowinski / POL Klaus Feldmann / GER Paul Landuré / FRA
Main Topic:	Theoretical and practical aspects of youth men's handball
Registration:	<b>Związek Piłki Recznej w Polsce (ZPRP)</b> <b>Fax: +48-22-892 90 11</b> <b>E-mail: monikowski@zprp.org.pl</b>
Registration deadline:	<b>15.07.2014</b>
Hotel price:	<ul style="list-style-type: none"><li>• <b>Single room (breakfast included): € 75 per person/ day</b></li><li>• <b>Double room (breakfast included): € 60 per person/ day</b></li><li>• <b>Additional costs for full board (Lunch, Dinner, Coffee...): € 30 per person/ day</b></li></ul>
Payment mode:	<b>Your registration will be confirmed by ZPRP. The course fee has to be paid with the registration, accommodation cost upon arrival. (See item "Hotel price")</b>
Bank Account details:	DZ Bank Polska Address: Plac Pilsudskiego 3 00-078 Warszawa Bank Account: 40 1740 0006 0000 3000 0044 5700 SWIFT / BIC: GENOPLPW Note: 2014 EHF Youth Coaches' Course



# Presenters

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**Jerzy Eliaz**  
POL

EHF Methods Commission Chairman  
EHF Executive Committee Member



**Wojciech Nowinski**  
POL

EHF Lecturer  
Faculty Lecturer



**Klaus Feldmann**  
GER

EHF Lecturer  
IHF Lecturer  
Coaching specialist



**Wolfgang Pollany**  
AUT

EHF Lecturer  
Sport Scientist  
Psychologist & Mental Coach



**Helmut Höritsch**  
EHF

EHF Office Staff Member  
EHF CAN Coordinator  
Business Group Education/ Development



**Beata Kozłowska**  
EHF

Course administration  
Business Group Education/ Development





## Seminar Schedule

<b>Saturday</b> <b>16.8.14</b>	15.00 - 17.00 17.00 - 18.30 19.00	Indiv. Arrival / Check-In / Accreditation Leaders' meeting - course organisation Dinner
<b>Sunday</b> <b>17.8.14</b>	08.00 - 09.00 09.00 - 09.30 09.30 - 10.30 10.30 - 11.00 11.00 - 12.00 12.30 14.00 - 15.15 15.30 - 16.45 17.00 - 18.30 19.00 - 20.30 20.30	Arrival, Accreditation Opening Habits, behaviour and attitude of youth handball players: in private life and on court Coffee Break The system of learning Lunch Individual and group pass/shot exercises Cooperation between goalkeeper and defence for distance and 6 m shots M18 ECh (Preliminary Round) M18 ECh (Preliminary Round) Dinner
<b>Monday</b> <b>18.8.14</b>	09.00 - 10.15 10.15 - 10.45 10.45 - 12.00 12.30 14.00 - 15.15 15.15 - 15.45 15.45 - 16.30 16.45 - 18.00 19.00	Individual, group and team counter attack Coffee break Attack with keeping and changing the position Lunch Physical preparation: jumping and running with the ball Coffee break Practice of the fast retreat: individual, group and team exercises Man advantage and disadvantage in offence Dinner
<b>Tuesday</b> <b>19.8.14</b>	09.00 - 10.00 10.00 - 10.15 10.15 - 11.15 11.15 - 12.15 12.30 14.00 - 15.15 15.30 - 16.45 17.00 - 18.30 19.00 - 20.30 20.30	The optimal motivation level of young players. How can we improve it? Coffee break Coaching and Refereeing Stress management & performance control Lunch Goalkeeper drills: shots from 6 m/wing, pivot fast break shots Attack against close defence systems /6:0, 5:1/ M18 ECh (Main Round) M18 ECh (Main Round) Dinner
<b>Wednesday</b> <b>20.8.14</b>	09.00 - 10.15 10.30 - 11.45 12.00 - 12.45 13.00 - 14.00 14.00 - 14.15 14.15 - 15.30 15.30 - 16.15 16.15 - 17.00 17.00 - 18.30 19.00 - 20.30 20.30	Attack against open defence/3:2:1, 4:2,etc./ Preparation for a game, the last training before the match Lunch European Championship- Analysis Coffee break EHF Coaches Licensing System/ EHF CAN Closing Coffee break M18 ECh (Main Round) M18 ECh (Main Round) Dinner
<b>Thursday</b> <b>21.8.14</b>		Individual departure



# 2014 EHF Youth Coaches' Course Registration

Name	
Address	
Country	
Name of your Club / Federation	
Description of your function	
International Phone	
International Fax	
E-mail address	

## ACCOMMODATION INFO

**Villa Palladium** (please complete as appropriate)

Single room ☐

Double room ☐

## SCHEDULE

Arrival Date ..... Departure Date .....

Signature ..... Date .....



**Please fill-in and return to ZPRP by 15.07.2014**

Fax: +48 22 892 90 11

e-mail: monikowski@zprp.org.pl

**Booking:** The inscription for the 2014 Youth Coaches' Course has to be done by fill in the registration form. By the receipt of the inscription the contract between the participant and the Polish Handball Federation is valid. Your entry will be confirmed in writing by the Polish Handball Federation. The Polish Handball Federation is not liable for any printing mistakes or changes of the programme.

**Cancellation:** Cancellations have to be submitted in writing. Participation can be cancelled up to 7 days before the beginning of the Coaches' Seminar, 50% of the participation fee has to be paid. For cancellations after this period, no refund will be paid. By nominating a substitute person no costs arise.

