




Programme: 2014 EHF Youth Coaches' Course		  	
How to train young male players			
Saturday, 16 August 2014			
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, 17 August 2014			
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	Individual, group and team counter attack	Conference Room - UPES	Klaus Feldmann/GER
10.30 - 11.00	Coffee Break		
11.00 - 12.00	The system of learning	Conference Room - UPES	Wolfgang Pollany/AUT
12.30h	Lunch	UPES	
14.00 - 15.15	Individual and group pass/shot exercises	Sport Hall - Gdansk	Wolfgang Pollany/AUT
15.30 - 16.45	Cooperation between goalkeeper and defence for distance and 6 m shots	Sport Hall - Gdansk	Wojciech Nowinski/ POL
17.00 - 18.30	M18 ECh (Preliminary Round)	Sport Hall - Gdansk	
19.00 - 20.30	M18 ECh (Preliminary Round)	Sport Hall - Gdansk	
20.30h	Dinner	Hotel	
Monday, 18 August 2014			
09.00 - 10.30	Individual, group and team counter attack	Sport Hall - Gdansk	Klaus Feldmann/GER
10.30 - 11.00	Coffee break		
11.00 - 12.30	Attack without changing the position	Sport Hall - Gdansk	Klaus Feldmann/GER
12.30h	Lunch	UPES	
14.00 - 15.15	Physical preparation: jumping and running with the ball	Sport Hall - Gdansk	Wojciech Nowinski/ POL
15.15 - 15.45	Coffee break		
15.45 - 16.30	Practice of the fast retreat: individual, group and team exercises	Sport Hall - Gdansk	Wolfgang Pollany/AUT
16.45 - 18.00	Man advantage and disadvantage in offence	Sport Hall - Gdansk	Wolfgang Pollany/AUT
19.00h	Barbecue	UPES	
Tuesday, 19 August 2014			
09.00 - 10.00	Attack with and without changing the position	Conference Room - UPES	Klaus Feldmann/GER
10.00 - 10.15	Coffee break		
10.15 - 11.15	Coaching and Refereeing	Conference Room - UPES	EHF Delegate-Refereeing Expert
11.15 - 12:15	Stress management + performance control	Conference Room - UPES	Wolfgang Pollany/AUT
12.30h	Lunch	UPES	
14.00 - 15.15	Goalkeeper drills: shots from 6 m/wing, pivot fast break shots	Sport Hall - Gdansk	Wojciech Nowinski/ POL
15.30 - 17.00	Attack with changing the position	Sport Hall - Gdansk	Klaus Feldmann/GER
17.00 - 18.30	M18 ECh (Main Round)	Sport Hall - Gdansk	
19.00 - 20.30	M18 ECh (Main Round)	Sport Hall - Gdansk	
20.30h	Dinner	Hotel	
Wednesday, 20 August 2014			
09.00 - 10.15	Attack against open defence/3:2:1, 4:2,etc./	Sport Hall - Gdansk	Wolfgang Pollany/AUT
10.30 - 12.00	Attack against close defence systems /6:0/	Sport Hall - Gdansk	Klaus Feldmann/GER
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 - 15.00	EHF Coaches Licensing System/ EHF CAN	Conference Room- UPES	Helmut Hörtsch/EHF
15.00 - 15.30	What can Trial do for you? Presentation of specific devices for handball training.	Conference Room- UPES	Wolfgang Pollany/AUT
15.30 - 16.15	Closing	Conference Room- UPES	Jerzy Elias/ EHF MC
16.15 - 17.00	Coffee break		
17.00 - 18.30	M18 ECh (Main Round)	Sport Hall - Gdansk	
19.00 - 20.30	M18 ECh (Main Round)	Sport Hall - Gdansk	
20.30h	Dinner	Hotel	
Thursday, 21 August 2014			
	Individual departure		