

**2015 EHF “RINCK” Convention Seminar
13-14 February 2015 in Vienna / Austria**

2014 EHF Open Master Coach and Licensing Course (structure, curriculum, theses)

**Peter Kovacs/ HUN
EHF Lecturer
EHF Methods Commission Member
Education and Training Expert**



EHF Competence Academy & Network



**2015 EHF “RINCK” Convention Seminar
13-14 February 2015 in Vienna / Austria**

Basic Data Module 1

1st module in Silkeborg / DEN from 12 – 18 January 2014

25 participants out of 11 nations (17 guests out of 6 nations)

EHF Lecturers:

*** Branislav Pokrajac / SRB / EHF Lecturer**

*** Marko Sibila / SLO / EHF Lecturer**

*** Paul Landure / FRA / EHF Lecturer**

*** Dragan Nachevski / MKD / EHF TRC
Chairman**

*** Peter Kovacs / HUN / EHF MC**

*** Johann Ingi Gunnarsson / ISL /
Coaching Expert**

*** Peter Fröschl / AUT / EHF Office**

*** Helmut Höritsch / AUT / EHF Office**



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**Program: 2014 EHF "Rinck" Convention Open Master Coach and Licensing Course
1st module**



**EUROPEAN HANDBALL
FEDERATION**

		Registration	
	Check of conference room and sport hall facilities	Conference Room + Sport Hall + EURO	Presenters
Sat, 11th Jan. 2014			
Afternoon	Indiv. Arrival / Check-In / Accreditation		
16.00 - 17.30	Leaders' meeting - course organization		EHF, local organizer
20.00h	Dinner (facultative)		
Sun, 12th Jan. 2014			
08.00 - 09.00	Arrival, Accreditation, Breakfast		
09.00 - 09.30	Opening	Conference Room	EHF (Kovacs, Fröschl), local organizer
09.30 - 10.30	Coaching in Europe	Conference Room	Peter Kovacs / EHF MC
10.30 - 11.00	Coffee Break		
11.00 - 12.00	The EHF Licensing System	Conference Room	Helmut Horitsch / EHF Office
12.30	Lunch	Hotel	
14.00 - 15.15	Closed defense systems 6-0 and 5-1	Sport Hall	Marko Sibila / EHF Lecturer
15.15 - 15.45	Coffee Break		
15.45 - 17.00	International trends of solving man advantage situations in offence	Sport Hall	Peter Kovacs
17.00 - 18.30	Offense play against open set- defense	Sport Hall	Marko Sibila
19.30	Welcome dinner (included in the course fee)		
Mon, 13th Jan. 2014			
08.00 - 09.00	Breakfast		
09.00 - 09.45	EHF Lecturers, Education Courses of EHF, Lecturers' Manual	Conference Room	Peter Fröschl / EHF Office
09.45 - 10.45	Defense systems used in the men tournament of the OGs 2012 in London	Conference Room	Marko Sibila
10.45 - 11.00	Coffee Break		
11.00 - 11.45	Offense set-play of various teams observed at the MYWCH 2013 in Hungary	Conference Room	Peter Kovacs
12.00	Lunch	Hotel	
14.00 - 15.15	Static set-play and transition-play systems in offense	Sport Hall	Marko Sibila
15.15 - 15.45	Coffee Break		
15.45 - 16.30	Turnover play: Transition into set- defense	Sport Hall	Peter Kovacs
18.00 / 20.15	ECh matches	EURO Sport Hall / Aarhus	
Tue 14th Jan. 2014			
08.00 - 09.00	Breakfast		
09.00 - 10.15	Fast break:1., 2., 3. wave	Sport Hall	Marko Sibila
10.30 - 10.45	Coffee break		
10.45 - 12.00	Cooperation between line players and back court players	Sport Hall	Peter Kovacs
12.00	Lunch		
14.00 - 15.15	Defense play in man advantage: 6-5, 6-4 and 5-4	Sport Hall	Marko Sibila
15.15 - 15.45	Coffee Break		
15.45 - 17.00	Tactical moves in offense set-play	Sport Hall	Peter Kovacs
17.00 - 18.15	Cooperation between wing players and back court players	Sport Hall	Marko Sibila
19.30	Dinner (facultative)		



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Wed 15th Jan. 2014			
08.00 - 09.00	Breakfast		
09.00 - 10.15	Mental preparation / goal setting of top teams	Conference Room	Johan Ingi Gunnarsson
10.15 - 10.30	Coffee break		
10.30 - 12.00	Motivation/ inspiration/building confidence prior to decisive matches	Conference Room	Gunnarsson
12.00	Lunch		
13.45 - 15.00	Conflict management within a handball team	Conference Room	Gunnarsson
15.15 - 15.45	Coffee Break		
15.45 - 17.00	Using of the defence systems of 5+1,4+2, 4:1+1	Sport Hall	Paul Landure / EHF Lecturer
18.00 / 20.15	Ech matches	EURO Sport Hall / Aarhus	
Thu 16th Jan. 2014			
08.00 - 09.00	Breakfast		Thu 16th Jan. 2014
09.00 - 10.15	Warming up games and small games...	Sport Hall	Branislav Pokrajac / EHF Lecturer
10.15 - 10.45	Coffee Break		
10.45 - 12.00	The fast throw off	Sport Hall	Landure
12.00	Lunch		
14.00 - 15.15	Transitions and crossings and their combination in offense play	Sport Hall	Pokrajac
15.15 - 15.45	Coffee Break		
15.45 - 17.00	Shorthanded defense play: 5-6,4-6 and 4-5	Sport Hall	Landure
19.30	Dinner +Silkeborg by night (indiv.)	Hotel	
Fri 17th Jan. 2014			
08.00 - 09.00	Breakfast		
09.00 - 10.15	Training of goal keepers: Saving of shots from long distance	Sport Hall	Landure
10.15 - 10.45	Coffee Break		
10.45 - 12.00	Application of all kinds of faking	Sport Hall	Pokrajac
12.00	Lunch		
14.00 - 15.15	Offense play against man to man defence	Sport Hall	Landure
15.15 - 15.45	Coffee Break		
15.45 - 17.00	Open defense systems 3-2-1,4-2and 3-3	Sport Hall	Pokrajac
18.00 / 20.15	ECh matches	EURO Sport Hall / Aarhus	
Sat 18th Jan. 2014			
08.00 - 09.00	Breakfast		
09.00 - 10.15	Comprehensive ECh analysis	Conference Room	Kovacs
10.15 - 10.30	Coffee Break		
10.30 - 11.15	Rules and referees matters	Conference Room	Dragan Nachevski / EHF CC
11.15 - 12.00	Closing	Conference Room	EHF (Brihault, Elias) + local organizer
12.00	Lunch		
Afternoon / evening	Individual departure		



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**2015 EHF “RINCK” Convention Seminar
13-14 February 2015 in Vienna / Austria**

Basic Data Module 2

2nd module in Balatonföldvár / HUN from 16 – 21 June 2014

30 participants out of 14 nations (4 guests out of 4 nations)

EHF Lecturers:

Andreas Vock / AUT / Austrian Sport Academy

Wolfgang Pollany / AUT / EHF Lecturer

Alexandru Acsinte / ROU / EHF Lecturer

Klaus Feldmann / GER / EHF Lecturer

Peter Kovacs / HUN / EHF MC

Tamas Neukum / HUN / EHF Lecturer

Peter Fröschl / AUT / EHF Office

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Programme: 2014 EHF "Rinck" Convention Open Master Coach and
Licensing Course - 2nd Module



EUROPEAN HANDBALL
FEDERATION

	Check of conference room and sport hall facilities	Conference Room + Sport Hall	EHF
Sun, 15th June 2014			
Afternoon	Indiv. Arrival / Check-In / Accreditation		
16.00 - 17.30	Leaders' meeting - course organisation		EHF/MKSZ
20.00h	Dinner		
Mon, 16th June 2014			
08.00 - 09.00	Arrival, Accreditation, Breakfast		
09.00 - 09.30	Opening	Conference Room	EHF/MKSZ
09.30 - 10.00	Findings EURO 2014	Conference Room	Peter Kovacs / MC Member
10.00 - 10.30	Coffee Break		
10.30 - 12.00	Pads & Apps in Training & Competition	Conference Room	Klaus Feldmann / EHF Lecturer
12.30h	Lunch	Hotel	
14.00 - 15.30	Findings EURO 2014	Conference Room	Kovacs
15.30 - 16.00	Coffee Break		
16.30 - 18.00	Group & Team Tactics	Sport Hall	Kovacs
20.00h	Dinner	Hotel	
Tue 17th June 2014			
09.00 - 10.30	Theory	Conference Room	Alexandru Acsinte / EHF Lecturer
10.30 - 10.45	Coffee Break		
10.45 - 12.15	Pads & Apps in Training & Competition	Conference Room	Feldmann
12.30h	Lunch		
14.00 - 15.30	Proprioceptive Work	Sport Hall	Acsinte
15.30 - 16.00	Coffee Break		
16.00 - 17.30	Proprioceptive Work	Sport Hall	Acsinte
18.00 - 19.30	Participants' presentation / discussion	Conference Room	
20.00h	Dinner	Hotel	
Wed 18th June 2014			
09.00 - 10.30	Offence Drills	Sport Hall	Wolfgang Pollany / EHF Lecturer
10.30 - 10.45	Coffee Break		
10.45 - 12.15	Micro Handball / Midi Handball	Sport Hall	Wolfgang Pollany
12.45h	Lunch		
14.00 - 15.30	Theory	Conference Room	Vock / Training Specialist
19.00h	Dinner	Hotel	
20.00	Social activity	Boat trip	



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Thu 19th June 2014			
09.00 - 10.30	Brain Concepts and Theories	Conference Room	Pollany
10.30 - 10.45	Coffee Break		
10.45 - 12.15	Mirror Neurons	Conference Room	Pollany
12.30h	Lunch	Hotel	
14.00 - 15.30	Speed & Endurance	Sport Hall	Vock
15.30 - 16.00	Coffee Break		
16.00 - 18.15	Core Stability	Sport Hall	Vock
20.00h	Dinner	Hotel	
Fri 20th June 2014			
08.30h	Departure to Sport Hall		
09.00 - 10.30	Unlike Twins: Defence 3-2-1 and 3-1-2	Sport Hall	Pollany
10.30 - 11.00	Coffee Break		
11.00 - 12.15	Core Stability	Sport Hall	Vock
12.15 - 13.00	Lunch	Hotel	
13.30 - 15.00	New Defence Concept - FRA	Sport Hall	Pollany
15.30 - 16.45	Beach Handball	Beach Court / Lawn (optional)	Tamas Neukum / EHF Lecturer
16.45 - 17.15	Coffee Break		
17.15 - 18.30	Beach Handball	Beach Court / Lawn (optional)	Neukum
19.45h	Get Together	Hotel	
Sat 21st June 2014			
09.00 - 10.15	Team Composition - Social Structures	Conference Room	Pollany
10.15 - 10.45	Coffee Break		
10.45 - 12.00	Performance Controll	Conference Room	Pollany
12.00 - 12.30	Thesis Information + Final Meeting	Conference room	Kovacs / Pollany / all
12.30	Lunch		
13.30	Departure		



**2015 EHF “RINCK” Convention Seminar
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Basic Data Module 3

3rd module in Győr / HUN from 6 – 14 December 2014

29 participants out of 15 nations (1 guest from QAT)

EHF Lecturers:

Monique Tijsterman / NED / EHF Lecturer

Peter Kovacs / HUN / EHF MC

Dragan Nachevski / MKD / EHF TRC Chairman

Rolf Brack / GER / EHF Lecturer

Helmut Höritsch / AUT / EHF Office

Peter Fröschl / AUT / EHF Office



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**Programme: 2014 EHF "Rinck" Convention Open Master Coach and
Licensing Course - 3rd Module**



EUROPEAN HANDBALL
FEDERATION

Fri, 5 Dec. 2014

Afternoon / evening Indiv. Arrival / Check-in optionally

Sat, 6 Dec. 2014

Until 12:00 Indiv. Arrival / Check-in / Accreditation

09.00 - 10.30 Leaders' meeting - course organisation

EHF/MKSZ

12.00h

Lunch

13.30 - 14.00 Opening

Conference Room

EHF/MKSZ

14.00 - 15.30 Thesis defending (2)

Conference Room

Salaün, Djukic

15.30 - 16.00 Coffee Break

16.00 - 17.30 Thesis defending (3)

Conference Room

Haber, Semedo, Omer

19.00

Dinner

Sun, 7 Dec. 2014

09.00 - 10.30 Thesis defending (3)

Conference Room

Voica, Freitas, Spiridon

10.30 - 11.00 Coffee Break

11.00 - 12.30 Thesis defending (3)

Conference Room

Ovidiu Mihai, Bachmann, Koks

12.30h

Lunch

Hotel

14.00 - 15.30 Preview EURO matches - task distribution

Conference Room

Participants

15.30 - 16.00 Coffee Break

16.00 - 17.30 Thesis defending (2)

Conference Room

Sibral, Alushevski

18.00 - 22.00 EURO Matches

Mon, 8 Dec. 2014

09.00 - 10.30 2014 Final 4 men - analysis / discussion

Conference Room

Kovacs

10.30 - 11.00 Coffee Break

11.00 - 12.30 Thesis defending (3)

Conference Room

Brestovac, Musting, Koke

12.30h

Lunch

Hotel

14.00 - 15.30 Review EURO matches - discussion

Conference Room

Participants

15.30 - 16.00 Coffee Break

16.00 - 17.30 Thesis defending (3)

Conference Room

Caba, Curescu, Pupalova

20.00h

Welcome dinner



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Tue 9 Dec. 2014			
09.00 - 10.30	Thesis defending (3)	Conference Room	Romeijn, Niederwieser
10.30 - 11.00	Coffee Break		
11.00 - 12.30	Thesis defending (3)	Conference Room	Lopes, Schmetz, Constantin
12.30h	Lunch		
14.00 - 15.30	Preview EURO matches - task distribution	Conference Room	Participants
15.30 - 16.00	Coffee Break		
16.00 - 17.30	Thesis defending (2)	Conference Room	Vasiliu, Gislason
18.15 - 22.15	EURO Matches		
Wed 10 Dec. 2014			
09.00 - 10.30	Thesis defending (2)	Conference Room	Nemes, Iolia
10.30 - 11.00	Coffee Break		
11.00 - 12.30	Review EURO matches - discussion	Conference Room	Participants
12.30h	Lunch		
14.00 - 15.30	Physical preparation of a female team for ECh or WCh	Sport Hall	Tijsterman
15.30 - 16.00	Coffee Break		
16.00 - 17.30	Cooperation of back court players in offence	Sport Hall	Tijsterman
20.00h	Dinner	Hotel	
Thu 11 Dec. 2014			
09.00 - 10.00	2014 Final 4 women - analysis / discussion	Conference Room	Tijsterman
10.00 - 11.00	Defence actions (correct / incorrect) in the EURO	Conference Room	Dragan Nachevski / MC
11.00 - 11.30	Coffee Break		
11.30 - 12.30	EHF CAN	Conference Room	Horitsch
12.30h	Lunch	Hotel	
13.45 - 14.45	Tactics (basics + training) - part 1	Conference Room	Brack
15.30 - 16.30	Intelligent offence in numerical superiority	Sport Hall	Brack
16.30 - 17.30	Creative offence by piston moves and blocks (group and team tactics)	Sport Hall	Brack
18.15 - 22.15	EURO Matches		
Fri 12 Dec. 2014			
09.00 - 10.00	Tactics (basics + training) - part 2	Conference Room	Brack
10.00 - 10.15	Coffee Break		
10.15 - 11.15	Comprehensive ECh analysis	Conference Room	Peter Kovacs
11.15 - 12.00	Closing / Certificates	Conference Room	EHF + local organiser
12.00	Lunch		
Afternoon / evening	Individual 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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**2015 EHF “RINCK” Convention Seminar
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2014 EHF Open Master Coach and Licensing Course- Participants’ Theses / Part 1

- 1. Theoretical Requirements and Practical Realisation for Wing Players in Modern Male Handball Based on the 2014 Men's European Championship in Denmark- Jörg Sibrál / AUT**
- 2. The Pivot Player Against Open and Closed Defense System- Simona Spiridon / AUT**
- 3. The Relative Importance of the Speed of Payers in Different Positions in Modern Handball- Marko Koks / EST**
- 4. The Relevance of Fast Break in Handball Team of Põlva Serviti from Estonia- Kalmer Musting / EST**
- 5. Eyehand Reaction and Coordination- Constantin Iolia / GBR**



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2014 EHF Open Master Coach and Licensing Course- Participants’ Theses / Part 2

- 6. How Can New Technologies Help Handball Coaches?- Ambroise Salaün / GBR**
- 7. Handball Specific Performance Diagnostics- Reliability and Validity of Handball-Specific-Complex-Test (HBKT)- Alexander Koke / GER**
- 8. Scoring Efficiency Development of Two Japanese U21 National Players, Regarding 1:1 with the Goalkeeper- Roland Nemes / HUN**
- 9. Change of Defense and Offense Strategy - the Way to Success on the Example of the Match Veszprem - Kiel in April 2013- Alfred Gislason / ISL**
- 10. Predicting Team Rankings in Team Handball: The Questionable Use of On-Court Performance Statistics- Shahar Haber / ISR**



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2014 EHF Open Master Coach and Licensing Course- Participants’ Theses / Part 3

- 11. The Analysis of the Goalkeeper Performance in the EHF CL Final Game- Michael Niederwieser / ITA**
- 12. Offence Systems Against 5:1 Defense- Stevche Alushovski / MDK**
- 13. Offence Systems Against Numerical Superiority (6-5, 6-4) and Numerical Inferiority (5-6) - Danilo Brestovac / MKD**
- 14. 3:2:1 Defence with Transformations to 6:0 and 4:2- Ivica Obrvan / MKD**
- 15. Goalkeeper Drills for Saving Shots in 1:1 Situations- Alexandru Curescu / NED**
- 16. Children, our future. Technique, Speed, Flexibility, Creative, Attractive. A vision for youth development (5-12 years old)- Rene Romeijn / NED**
- 17. Modernization of the Pre-game Warm-up- Mark Schmetz / NED**
- 18. Defence 5:1 a New Way of Looking at- Rolando Freitas / POR**



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2014 EHF Open Master Coach and Licensing Course- Participants’ Theses / Part 4

- 19. Optimization of Real-time Game Information to Handball Coaches- António Manuel Marques de Sousa Alves Lopes / POR**
- 20. Decision-making - What Tools Can we Use to Support the Development- Maria Eugénia da Costa Semedo / POR**
- 21. The Importance of the Individual Training for 9m Players- Emil Vlad Caba / ROU**
- 22. Aggressive High-man Advantage Defense Without Fouls- Aihan Omer / ROU**
- 23. Aspects of the Preparation of the Offence Tactics- Stefan Constantin / ROU**
- 24. The Efficiency of Elements of Collective Offence Tactics in Handball- Voica Eliodor / ROU**
- 25. 3 – 2 – 1 Defense (“Back to Basics”)- Djukic M. Dragan / SRB**
- 26. Replace the Goalkeeper by an Additional Player- Peter Bachmann / SUI**
- 27. Injury Prevention Training in Elite Youth Handball Players (Girls)- Miriam Pupalova / SVK**



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Awarding

- **Master Coach Certificate**
- **EHF Pro Licence / EHF Licence**
- **3rd module participation**
 - **Confirmation of status**



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***Thank you very much for your kind
attention!***

**Peter Kovacs
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