



# 2016 EHF “Rinck” Convention Open Master Coach and Licensing Course (Module 1)

14 - 21 January 2016 in Krakow / POL



## Host City - Krakow, Poland

Kraków is also known as Cracow, or Krakow and it's one of the oldest cities in Poland. First information about this city dates back to at least six hundred years after the birth of Christ. A myth says that it was built on the cave of a dragon, which was slain by a legendary King Krak. However, the first official mention of the name was in 966 by a Jewish merchant from Spain, who described it as an important centre of trade in Slavonic Europe. Apart from that, Krakow was also the capital of Poland from 1038 to 1569 and from 1569 to 1596 (Polish-Lithuanian Commonwealth). This long history has made it one of the leading hubs of Polish academic, cultural, and economic life.

In 1241, the city was almost entirely destroyed by Tatars and it was rebuilt to a design that remains unchanged to the present day. After that, in the 16th century Krakow's has his golden age and had become a centre of science and art. Unfortunately, in 1609, King Zygmunt III officially moved the capital to the Warsaw. Kraków is not only a historical and visual gem, it's the second largest city in Poland and it has a population of circa 1.4 million (including surrounding communities). This exceptional town is situated in the southern region of Poland, both banks of the city are covered by Vistula river and the view is breathtaking.

The main part of the city which is worth to seeing is the Wawel Castel hill, Jewish district called "Kazimierz", the district of Nowa Huta and the historic Old Town. Nowadays it's officially situated in Stare Miasto. Even though the words Stare Miasto means 'old town', it should not be confused with the historic old town of Krakow itself, as the medieval old town is only a small central part of this district. It's worth to mention that Krakow is one the most popular tourist destination in Poland. Krakow's historic centre, covering the Old Town and Wawel was entered on the UNESCO list of World Heritage Sites in 1978. The heritage of the Jewish culture in Kazimierz is really worth to seeing. For Example, the synagogue of Remuh was built in 1557 and it creates an atmosphere with its old walls and ancient vestments. Nearby, there is a cemetery created in 1511 and has been recently restored. The atmosphere is very melancholic there and this place deserves to be visited. Nowa Huta is worth visiting too. It was built during the Communist Era, and was designated for the people working in the huge steelworks (5 times larger than the Old Town of Krakow). The architecture of this area is typical for socialism - huge buildings surround by green parks, but nowadays it is poor, and you can find there the real uneasiness of those times.

Travellers who visit Krakow often want to see The "Wieliczka" Salt Mine which is one of the most valuable monuments of material and spiritual culture in Poland. It is also a world class monument, UNESCO listed the Mine as a World Cultural and Natural Heritage site. Each year it is visited by more than one million tourists from all over the world. Today, the "Wieliczka" Salt Mine combines many centuries of tradition and modernity, the history of several hundred years and an underground metropolis with extensive infrastructure. More information about Krakow at [www.visitmalopolska.pl](http://www.visitmalopolska.pl)





## “RINCK” Convention and the Open EHF Master Coach & Licensing Course

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Introduced in 2000 this convention concerns the mutual recognition of standards and certificates in the field of coaches' education in handball in Europe. From the 6 founding nations it has developed to some 33 signatory nations so far. The 2010 edition of the RC that was adopted by the 2010 congress and paved the way to new roads and activities in order to attract all the not-yet-signatory-nations.

One of the most important step into the future is the introduction of a so called “Open EHF Master Coach and Licensing Course” organized by the EHF itself. This move has to be seen in the light of an upcoming overall EHF licensing system in the near future. The first issue was the “2012 Open EHF Master Coach and Licensing Course” and the second series took place in 2014. In 2016 the next edition of such a high end education course is on offer. The course will consist of three stages and is accessible for all coaches of RINCK Convention signatory countries on level 2 or 3 (confirmed by their Member Federation).

### **“RINCK” Convention and the Open EHF Master Coach and Licensing Course – Module 1:**

The first module will take place at the EHF EURO 2014 in Krakow / POL from 14 - 21 January 2016. Specific handball topics will be presented by EHF Lecturers theoretically and practically.

### **“RINCK” Convention and the Open EHF Master Coach and Licensing Course – Module 2:**

The second module of the “Open” course is planned in June / July 2016. This part shall focus on generic items like science of training, proprioception work and issues of psychology and pedagogy linked with coaching and training of teams.

### **“RINCK” Convention and the Open EHF Master Coach and Licensing Course – Module 3:**

The third part is planned to take place during the ECh for Women in Sweden in December 2016. Main contents are the defending of the theses by the participants.

Between the second and the third part of the course the participants will have to write a short thesis on a subject chosen by them and this thesis shall be presented and defended in the third part of the course. After this all “level 3” participants shall be awarded with the diploma “EHF Master Coach” and they will receive the highest EHF licence for coaches, the EHF “PRO Licence.

Participants on level 2 will receive the EHF Coaching Licence, thus promoting individually to level 3 of RINCK Convention.

Following the master plan the next issue of the “EHF Open Master Coach and Licensing Course” shall take place in the year 2018 with an identical structure.

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

**Jerzy Eliaz** / Chairman

**Sjors Röttger** / Coaching

**Peter Kovacs** / Education and Training

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

**Pedro Sequeira** / Development

**Nina Britt Husebo** / Member



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

The European Handball Federation (EHF) is the governing body of Handball in Europe! Its 51 Member Federations represent and stand for 51 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 & develop partners, suppliers, universities and testifying institutions.

# EHF EURO



## Contact Information

### ORGANISER

#### European Handball Federation

Contact: Peter Fröschl

Hoffingergasse 18

A -1120 Vienna

AUSTRIA

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Fax: +43 1 80 151 149

froeschl@eurohandball.com

### COORGANISER

#### Polish Handball Federation (ZPRP)

Contact: Marcin "Kuba" Farecki

Pulawska 300 Street

02-819 Warsaw

POLAND

Tel: +48 509 488 975

farecki@zprp.org.pl

### COURSE & SEMINAR HOTEL

#### Hotel "Justyna" Krakow

Contact: Justyna Dziadon

al. Jana Pawła II 70

31-571, Krakow

POLAND

Tel: +48 (12) 649 80 00

Fax: +48 (12) 643 02 22

hotel@hoteljustyna.pl

### COURSE & SEMINAR VENUES

**Hotel "Justyna" Krakow** (Conference room: 18.01 – 21.01.16)

**Academy of Physical Education in Krakow** (Sports hall and conference room: 14.01 – 17.01.16)

al. Jana Pawła II 78

31-571, Krakow, POLAND

Contact person for organisational matters (course and seminar)

**prof. Michał Spieszny**

michal.spieszny@awf.krakow.pl

Tel: +48 604 061 876

## Sport Event



MEN'S EHF  
**EURO**  
**2016**  
POLAND

### 2016 Men's European Championship

15 – 31 January 2016 in Poland

**Friday, 15 Jan. 2016**

**Sunday, 17 Jan. 2016**

**Tuesday, 19 Jan. 2016**

Preliminary round matches in Krakow



## Course Basics

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Course Fee:	€ 350
2016 EURO Tickets:	Included in the course fee
Course Fee includes:	Course participation and documents. Course documentation in the internet ( <a href="http://activities.eurohandball.com">http://activities.eurohandball.com</a> ) Coffee breaks
Travel:	The participants have to organise their travel and to pay the travel expenses themselves.
Local transport:	Airport Krakow - Balice to Hotel "Justyna" Krakow: ca. €25 (one way)
Number of participants:	Maximum 30 (entries follow a "first come, first served" basis)
Course language:	English
Main lecturers:	Peter Kovacs / HUN / MC Member Marko Sibila / SLO Zoltan Marczinka / HUN Monique Tijsterman / NED Paul Landure / FRA Johann Ingi Gunnarsson / ILS Helmut Höritsch & Peter Fröschl / EHF Office
Registration:	European Handball Federation Hoffingergasse 18 1120 Vienna, Austria <a href="mailto:froeschl@eurohandball.com">froeschl@eurohandball.com</a> Your registration will be confirmed by EHF.
Deadline:	30 November 2015
Hotel price:	Single room: €100 per night / per person Double room: €60 per night / per person Every participant of the Master Coach Course have to pay €100 deposit to the Hotel Justyna (Krakow) (VAT, tax and wireless internet, full board are included in the price) Warning! The number of single rooms are limited.
Payment mode:	After registration, ZPRP will send an invoice which must be paid by the deadline given. A deposit of €350 is required within 10 days after invoicing by ZPRP. The remaining costs should be paid 10 days prior to seminar – invoice will be sent by ZPRP.
Instruction for payment:	Account holder name: Związek Pilki Recznej w Polsce Bank name: PKO Bank Polski SA Address of the bank: 02-515, Warszawa, ul. Puławska 15 IBAN: 42 1020 1026 0000 1002 0245 0104 BIC / Swiftcode: BPKOPLPW Currency: EURO

# EHF Women's Handball Board (WHB)

## EHF Supporting Measures

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In our efforts to develop women's handball in Europe, the EHF Women's Handball Board (WHB) are very interested in initiating opportunities for women involved in handball, in order to expand their knowledge and expertise, and to increase the number of competent women in key positions; our ultimate aim being to support and strengthen women's handball and to promote female leadership.

So, one of the WHB's main objectives is to recruit and encourage the current elite female players to remain within handball after their playing career, through specifically tailored educational opportunities, aimed at enhancing their skills in roles such as coaches, delegates, referees and sports managers. These role models would inspire the future generations of handball players to take up and remain within our sport because of the potential career pathways created.

Therefore, upon one of the initiatives of the WHB, the European Handball Federation will invite female coaches to take part in the 2016 EHF "Rinck" Convention (RC) Open Master Coach and Licensing Course, and for a limited number of female participants the course participation fee will be covered by the EHF. Please note that the candidates will be selected by the WHB according to the selection criteria and/or on a "first come – first served" basis.

### **Selection Criteria:**

- Max. 1 candidate endorsed by a Member Federation
- Female coach holding a national coaching license (Level 3 RC)
- Registration by the respective National Federation
- A current CV highlighting achievements in handball
- Extensive knowledge of oral and written English
- Availability and agreement to undertake promotional activities and related interviews as well as contribution of personal stories and involvement in EHF activities.



# Presenters

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**Peter Kovacs**  
HUN

EHF Methods Commission Member since 2012  
Professional handball coach



**Marko Sibila**  
SLO

EHF Lecturer & Master Coach  
Head of Slovenian Handball Trainer Association since 1995  
Member of Union of University Handball Teacher



**Zoltan Marczinka**  
HUN

EHF Lecturer & Master Coach  
Deputy Technical Director – Hungarian  
Handball Federation since 2007



**Monique Tijsterman**  
NED

EHF Lecturer  
Professional handball coach



**Paul Landure**  
FRA

EHF Lecturer & Master Coach  
Professor of Sports in French Ministry for  
Health & Sports  
National Trainer in FFHB



**Johann Ingi Gunnarsson**  
ISL

Psychologist  
Former Top Coach in GER Bundesliga  
Lecturer at the EHF EUROs 2012 in SRB and EHF  
EURO 2014 in DEN



**Helmut Höritsch**  
EHF

EHF Office since 1993  
Business Group: Education/Development  
Senior Manager EHF CAN



**Peter Fröschl**  
EHF

EHF Office Staff Member since 1997  
Business Units Methods and Beach Handball  
Senior Manager Beach Handball







# Course Schedule

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<b>Thursday</b> <b>14.1.16</b>	09.00 – 11.00 Until 12:00 12.30 14.00 – 14.30 14.30 – 15.30 15.30 – 16.00 16.00 – 17.00 17.00 – 18.00 19.30	Leaders' meeting - course organisation Individual Arrival / Check-In / Accreditation Lunch Opening Coaching in Europe Coffee Break Theory Theory Dinner
<b>Friday</b> <b>15.1.16</b>	08.00 - 09.00 09.00 – 10.15 10.15 – 10.45 10.45 – 12.00 12.30 14.00 - 15.15 15.15 - 15.45 15.45 - 17.00 18.00 / 20.30	Breakfast Man to man defence Coffee Break Regain the playing ball with regular tools Lunch Circuit training Coffee Break Cooperation between 2 and 3 defense players 2016 EURO matches Dinner
<b>Saturday</b> <b>16.1.16</b>	08.00 - 09.00 09.00 – 10.15 10.15 – 10.45 10.45 – 12.00 12.30 14.00 - 15.15 15.15 - 15.45 15.45 – 17.00 17.30 – 18.30 19.30	Breakfast Cooperation between 2 and 3 players in offence Coffee Break Substitution tactics Lunch International trends in offence Coffee Break Offence strategy of Barcelona Joint Discussion Dinner
<b>Sunday</b> <b>17.1.16</b>	08.00 - 09.00 09.00 – 09.45 09.45 - 10.15 10.15 – 11.15 11.15 – 12.00 12.30 14.00 - 15.15 15.15 - 15.45 15.45 - 17.00 18.00 / 20.30	Breakfast The EHF Licensing System Coffee break Referee topic Closing Top Coaches' Seminar Lunch Transfer of defence system related to the offence tactics Coffee Break 3-2-1 defence 2016 EURO matches Dinner

# Course Schedule

<b>Monday</b> 18.1.16	08.00 - 09.00	Breakfast
	09.00 - 09.45	EHF Lecturers Education Courses of EHF Lecturers' Manual
	09.45 - 10.45	2015 Final 4 women's winner analysis
	10.45 - 11.00	Coffee Break
	11.00 - 11.45	Core training
	12.30	Lunch
	14.00 - 15.15	Transition in offence
	15.15 - 15.45	Coffee Break
	15.45 - 17.00	Core training
	17.30 - 18.30	Evaluation of EURO matches
19.30	Dinner	
<b>Tuesday</b> 19.1.16	08.00 - 09.00	Breakfast
	09.00 - 10.15	Goalkeeper drill – positioning and saving of distance shots
	10.15 - 10.45	Coffee Break
	10.45 - 12.00	Offence in numerical superiority and inferiority
	12.30	Lunch
	14.00 - 15.15	Faking with and without ball
	15.15 - 15.45	Coffee Break
	15.45 - 17.00	Collective fast break and quick retreat
	18.00 / 20.30	2016 EURO matches
		Dinner
<b>Wednesday</b> 20.1.16	08.00 - 09.00	Breakfast
	09.00 - 09.45	Psychological topic
	09.45 - 10.45	Psychological topic
	10.45 - 11.00	Coffee Break
	11.00 - 11.45	Psychological topic
	12.30	Lunch
	14.00 - 15.15	Development of special handball endurance
	15.15 - 15.45	Coffee Break
	15.45 - 17.00	Warming-up and small games
	17.30 - 18.30	Evaluation of EURO matches
19.30	Dinner	
<b>Thursday</b> 21.1.16	08.00 - 09.00	Breakfast
	09.00 - 09.45	Comprehensive ECh analysis
	09.45 - 10.15	Coffee break
	10.15 - 11.15	Referee topic
	11.15 - 12.00	Closing
	12.30	Lunch
		Afternoon Departure





## 2016 EHF “RINCK” Convention Open Master Coach and Licensing Course

### Registration / Confirmation

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

### ACCOMMODATION INFO

*Hotel “Justyna” Krakow (please complete as appropriate)*

Single room  Double room

Number of nights ..... Price per night € ..... Total amount € .....

### SCHEDULE

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

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

**Please return to EHF by 30 November 2015**

e-mail: froeschl@eurohandball.com

Booking: The inscription for the 2016 EHF “RINCK” Convention Open Master Coach and Licensing Course has to be done by fill in the registration form. By the receipt of the inscription the contract between the participant and the EHF is valid. Your entry will be confirmed in writing by the EHF. The EHF 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.