

Programme: 2016 EHF "Rinck" Convention Open Master Coach and Licensing Course - 2nd Module



	Check of conference room and sport hall facilities	Conference Room + Sport Hall	EHF
Sat, 18 June 2016			
09.00 - 11.00	Leaders' meeting - course organisation	Conference Room	EHF/POL OC
12.30h	Lunch	Hotel	
until 14.00	Indiv. Arrival / Check-In / Accreditation		
14.00 - 14.30	Opening	Conference Room	EHF/POL OC
14.30 - 15.30	Findings EURO 2016	Conference Room	Peter Kovacs / MC Member
15.30 - 16.00	Coffee Break		
16.00 - 17.00	Theory	Conference Room	Goalcha
17.00 - 18.00	Numerical superiority	Conference Room	Kovacs
20.00h	Dinner		
Sun, 19 June 2016			
09.00 - 10.15	Communication within the whole team on match-day	Conference Room	Bojana Jelcic
10.15 - 10.45	Coffee Break		
10.45 - 12.00	Time-out in theory and practice	Conference Room	Jelcic
12.30h	Lunch	Hotel	
14.00 - 14.45	Practical exercise - part 1	Sport Hall	Goalcha
14.45 - 15.30	Practical exercise - part 2	Sport Hall	Goalcha
15.30 - 16.00	Coffee Break		
16.00 - 17.30	Numerical superiority	Sport Hall	Kovacs
20.00h	Dinner	Hotel	
Mon, 20 June 2016			
09.00 - 10.15	The phenomenon of psychological momentum in handball	Conference Room	Jelcic
10.15 - 10.45	Coffee Break		
10.45 - 12.00	Tabx & Apps / Matchobservation and -analysis	Conference Room	Klaus Feldmann / EHF Lecturer
12.30h	Lunch	Hotel	
14.00 - 15.30	Techniques of defence: Stealing, traps and blocking	Sport Hall	Feldmann
15.30 - 16.00	Coffee Break		
16.00 - 17.30	Active defence	Sport Hall	Feldmann
20.00h	Dinner	Hotel	
Tue, 21 June 2016			
09.00 - 10.30	Tactical learning process of the youth handball players	Sport Hall	Feldmann
10.30 - 10.45	Coffee Break		
10.45 - 12.15	General agility & Fastbreak	Sport Hall	Feldmann
12.30h	Lunch		
16.00 - 17.30	Physical demands in elite team handball	Conference Room	Lars Bojsen Michalsik
17.30 - 17.45	Coffee Break		
17.45 - 19.15	Aerobic and anaerobic training	Conference room	Michalsik
20.00	Dinner	Hotel	
Wed, 22 June 2016			
09.00 - 10.15	Plyometrics in handball / Proprioceptive training in handball	Conference Room	Alexandru Acsinte / EHF Lecturer
10.15 - 10.45	Coffee Break		
10.45 - 12.00	Aerobic and anaerobic training	Sport Hall	Michalsik
12.30h	Lunch		
14.00 - 15.15	Proprioceptive Work	Sport Hall	Acsinte
15.15 - 15.45	Coffee Break		
15.45 - 17.00	Proprioceptive Work	Sport Hall	Acsinte
20.00h	Dinner	Hotel	
Thu, 23 June 2016			
09.00 - 10.15	Beach Handball: Basics + how to start	Conference Room	Peter Fröschl / EHF Office
10.15 - 10.45	Coffee Break		
10.45 - 12.00	7:6 status quo and quo vadis with new rules	Conference Room	Rolf Brack / EHF Lecturer
12.30h	Lunch	Hotel	
14.00 - 15.30	7:6 with new rules: Offence systems with 2 and 3 pivot players	Sport Hall	Brack
15.30 - 16.00	Coffee Break		
16.00 - 17.30	Organising of the offence: ideas, areas after transition from wings and centre back	Sport Hall	Brack
17.30 - 19.00	Participants' presentation / discussion	Conference Room	
20.00	Dinner	Hotel	
Fri, 24 June 2016			
09.00 - 10.15	Beach Handball: Rules + Tactics + 2 point goals	Conference Room	Fröschl
10.15 - 10.45	Coffee Break		
10.45 - 12.00	Analysis of the performance of German team in the EURO/2016/POL	Conference Room	Brack
12.30h	Lunch	Hotel	
14.00 - 15.30	Simple crossing combinations and variations of the German team in the EURO 2016	Sport Hall	Brack
15.30 - 16.00	Coffee Break		
16.00 - 17.30	Condition and coordination exercises combined with shots	Sport Hall	Kovacs
20.00h	Dinner	Hotel	
Sat, 25 June 2016			
09.00 - 10.30	Offence in small groups: 2-2, 3-3, 4-4, 5-5	Sport Hall	Kovacs
10.30 - 11.00	Coffee Break		
11.00 - 12.00	Thesis Information + Final Meeting	Conference room	Kovacs / all
12.30h	Lunch		
13.30	Departure		