



# National Open Master Coach ESP/POR

## **RESPONSIBLES OF THE ACTIVITY:**

Francisco Sánchez Sánchez, SPAIN; Manuel Laguna, SPAIN; Pedro Sequeira, PORTUGAL

## **DATES:**

Started on the 27 of July 2015 and ended on the 27 June 2016

1<sup>st</sup> Module: 27.7.2015 – 1.8.2015 VALENCIA

2<sup>nd</sup> Module: 8.4.2016 – 29.5.2016 E-LEARNING

3<sup>rd</sup> Module: 23.6.2016 – 28.6.2016 LISBON

## ORGANIZATION OF THE COURSE

We design a Master Coach Course in which the **professional profile** was: **to coach the team at the high level of competition.**

Therefore, we have **developed a teaching project on the basis of that professional profile:**

- To plan and to operate the training
- Manage on competition a high level handball team
- To coordinate the different support professionals involved on the team, according with the aims and principles establish by the club

We divided the contents in 5 teaching modules:

MODULE 1. Planning the competition on the highest level. (30 hours)

MODULE 2. Individual Task and Collective Game on the high-level competition. (50 hours)

MODULE 3. The Sport Group on the competition on the high level. (30 hours)

MODULE 4. Value the training and the Competition on the high level. (50 hours)

MODULE 5. These (Memory) (50 hours)

MODULE / Contents	LECTURERS	HOURS		
<b>MODULE 1: Planning the training on the competition on the high level.</b>		ATENDANCE VALENCIA	E-LEARNING	ATTENDANCE PORTUGAL
• Characteristic of Planning on the high level of competition.	Paco Sánchez	3	0	0
• Models of planning for teams of the high level of competition.	Jesús Rivilla	3	6	2
• Integration of performance factors on the planning.	Jesús Rivilla	2	6	2
• Player's health prevention on the high level of competition.	Juan José Muñoz / Gisele Câmara	2	4	4
		10	16	8
<b>TOTAL HOURS</b>		34		

MODULE 2: Individual Task and Collective Game on the competition on the high level.		ATENDANCE VALENCIA	E-LEARNING	ATTENDANCE PORTUGAL
• Characteristic of training the Individual Technical–Tactical on the high level of competition.	Manuel Laguna	6	4	6
• New contributions on Offensive Game Systems.	Jorge Dueñas / João Florêncio / Juan Pastor	6	6	6
• New contributions on Defensives Game Systems.	Xavi Pascual / João Comédias	6	6	6
		18	16	18
TOTAL HOURS		52		

MODULE 3: The Sport Group on the competition on the high level.		ATENDANCE VALENCIA	E-LEARNING	ATTENDANCE PORTUGAL
• Characteristic of the sport group on the high level of competition.	Paco Sánchez	2	2	0
• Management of Relationship between coach and the sport group	Duarte Araújo	0	0	4
• Psychological and Sociological aspect of the group on the high level of competition.	Unai Arrieta	3	2	0
• Management of the team in training and competition on the high level.	Xesco Espar	4	0	3
• Analysis and Observation on the high level	António Lopes	0	0	10
		9	4	17
TOTAL HOURS		30		

MODULE 4: Value the training and the Competition on the high level.		ATENDANCE VALENCIA	E- LEARNING	ATTENDANCE PORTUGAL
• Analyze of the Performance Factors on the high level of competition.	Paco Sánchez	2	2	0
• Value of the Physical Conditions on the high level of competition.	Roger Ribas	0	4	4
• Value the Psico Social aspect on the high level of competition.	Unai Arrieta	4	4	0
• Value the performance on the high level competition.	Pedro Sequeira	0	10	12
• Research applied to the high level handball	Marko Sibila	8	0	0
		26	14	4
TOTAL HOURS		44		

MODULE 5: These (Memory)		ATENDANCE VALENCIA	E- LEARNING	ATTENDANCE PORTUGAL
	Pedro Sequeira	0	30	20
TOTAL HOURS		50		



## MODULE 1. Planning the competition on the highest level.

### LEARNING RESULTS

- She/he identifies the fundamental aspects to plan the season of a highest level team, analysing the characteristics of individual and collective program on the highest level and choosing the aims, mediums, methodology and valuing methods.
- She/he designs and manage simple and complex sessions for players and team on the high level of performance according with the characteristics and aims of this level, categorizing the charges, complexity and difficulty of the task on this level.
- She/he designs and builds a team to compete in the high level of clubs and national team's competitions according with the sport project.
- She/he plans a season, in a hypothetical practical exercise, specifying the different programs for the performance factors.

### CONTENTS

- Characteristic of Planning on the high level of competition.
- Models of planning for teams of the high level of competition.
- Integration of performance factors on the planning.
- Building the team on the high level of competition.

## LEARNING RESULTS

- She/he identifies the essential feature of the individual technical - tactical work, taking into account the different characteristics of the players in a high level competition's team.
- She/he justifies the trait of the different offensive and defensive game systems using on the high level of competition, identifying the needs to carry out them.
- She/he identifies the different strategies to improve on the competition, according with the general aims and the characteristic of the team.
- She/he defines, in a hypothetical practical exercise, a basic game system, specifying: defensive systems, offensive tactical situation, fast break, special situation in attack and defense, etc.

## CONTENTS

- Characteristics of training the Individual Technical – Tactical on the high level of competition.
- New contributions on Offensive Game Systems.
- New contributions on Defensives Game Systems.
- New contributions on Game Strategy.

## MODULE 3. The Sport Group on the competition on the high level.

### LEARNING RESULTS

- She/he distinguishes and applies the relationship between the different elements of the sport group, based on analysis of the group dynamic.
- She/he distinguishes the importance of the Psychological and Sociological aspect related with the sport group, related with the performance of the team.
- She/he manages the specific task assigned to the support professional and the technical assistant, taking care the coordination between them and the relationship with the players.
- She/he decides the master line to manage the team on the competition, according with the planned aims and the development of the match.
- She/he defines, in a hypothetical practical exercise, the number and characteristics of the technical assistants and the support professional of a team to compete on the high level of competition.

### CONTENTS

- Characteristics of the sport group on the high level of competition.
- Management of Relationship between coach and the rest of components of the sport group:
- Relationship between coach and players
- Relationship between coach and official group.
- Relationship between coach and professional support group. Relationship between coach and environment.
- Psychological and Sociological aspect of the group on the high level of competition.
- Cohesion
- Leadership
- Role distribution
- Management of the team in training and competition on the high level.

## MODULE 4. Value the training and the Competition on the high level.

### LEARNING RESULTS

- She /he describe the bases of the evaluation of the players and the team in a high competition team.
- She /he categorize the individual and group factors to value, taking into account the relevance for the performance in the competition.
- She/he manages the analysis and evaluation of the different factors, together with the assistants and support professional of the team.
- She/he analysis, in a hypothetical practical exercise, the performance of a team: Tactical situation in attack, defence, counterattack, inequality in attack and defence, etc. Top players and their characteristics. Strategy. Etc.

### CONTENTS

- Analyse of the Performance Factors on the high level of competition.
- Value of the Physical Conditions on the high level of competition..
- Value the Psychosocial aspect on the high level of competition.
- Value the Performance on the high level competition

## MODULE 5. These (Memory)

### LEARNING RESULTS

- She/he selects, categorizes and analyses different kind of information, regarding the aim to develop.
- She/he designs and develops an own work about an actually topic in handball, taking into account the basis of Research Methodology.
- She/he prepares a document to show the work done; using the appropriate medium and taking in account structure for this kind of documents.
- She/he defends the work developed, with solid arguments, using the appropriate language and technology of work presentation.

### CONTENTS

- How to design a study project.
- Looking for documentation.
- Analyse the documentation.
- Basis of the Research Methodology.
- Strategies of documents presentation.

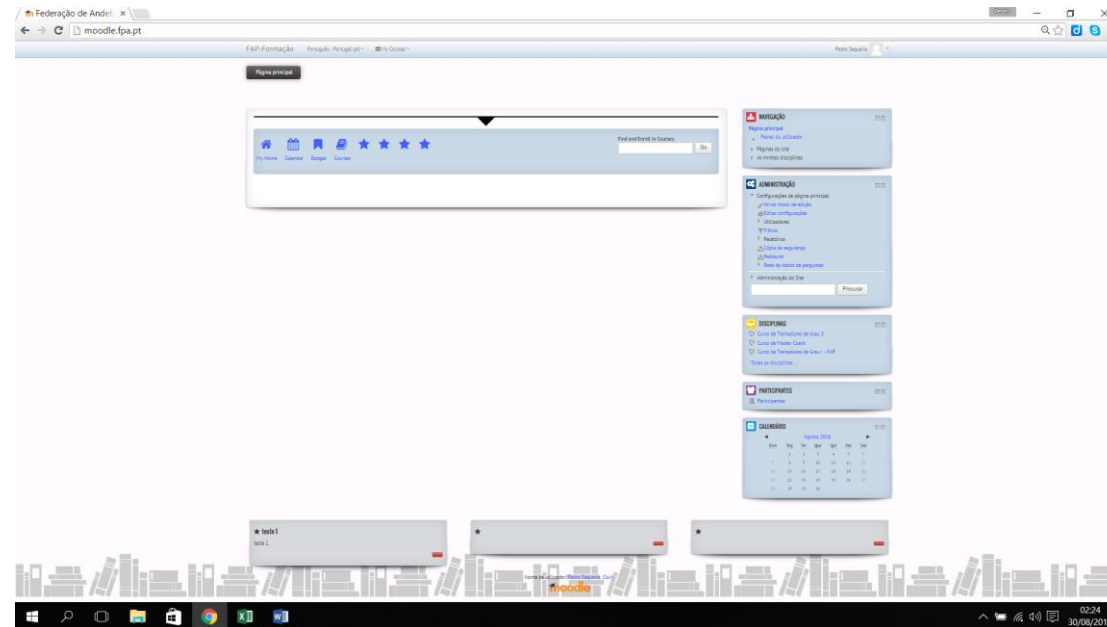
## METHODOLOGY

The responsible of each Module defined the Methodology to use, taking into account the learning results, the kind of contents to develop and the general aim of the Course:

- Masterclass. (Attendance)
- Collaborative and cooperative learning. (Attendance)
- Reading and analysis articles. (e-learning)
- Watching and analysis videos. (Attendance) (e-learning)
- Solving exercises. (Attendance) (e-learning)
- Work shop. (Attendance)
- Student work. (e-learning)

## E-LEARNING

For the second module we used the e-learning platform of the Portuguese Handball Federation: <http://moodle.fpa.pt/>



All the lecturers of the e-learning platform received training how to use the platform and how works the education through the platform. The lecturer of this training was Pedro Sequeira because he is certified by the Portuguese Education Government as a e-learning lecturer and tutor and has long experience in e-learning education programs.

All the contents were taught by the different lecturers and supervised by Pedro Sequeira.

Disciplina: Curso de x

moodle.fpa.pt/course/view.php?id=14

FAP-Formação My Courses

Pedro Sequeira

### Models of planning for teams of the high level of competition

TIPOS DE CARGAS Y SUS EFECTOS

CARGAS REGULARES vs CARGAS CONCENTRADAS

Muy buenas,

Deseo abrir este foro para discutir acerca de LA APLICACIÓN DE LOS DIFERENTES TIPOS DE CARGAS según las características de los jugadores/equipo.

Todos somos conscientes de la importancia del tipo de carga para producir las adaptaciones que deseamos en los jugadores. Me gustaría que en este apartado reflexionemos sobre EL TIPO DE CARGAS QUE IMPLEMENTAMOS EN NUESTROS EQUIPOS/JUGADORES SEGÚN SUS CARACTERÍSTICAS Y RAZONEMOS PORQUÉ LO HACEMOS.

### Integration of performance factors on the planning

ESPECIFICIDAD DE LAS CARGAS

¿Existe relación entre la CONDICIÓN FÍSICA GENERAL y la ESPECÍFICA?

En este FORO deseo conocer vuestra OPINIÓN y ARGUMENTOS sobre la importancia de la CONDICIÓN FÍSICA "NO ESPECÍFICA" para el RENDIMIENTO DEPORTIVO. Son muchas las cuestiones relacionadas con este aspecto, a saber:

- ¿Es necesario una BUENA CONDICIÓN FÍSICA GENERAL para jugar en ALTO NIVEL? ¿Por qué?
- ¿Qué estrategias UTILIZAS para lograr que las MEJORAS GENERALES se traduzcan en MEJORAS EN EL JUEGO?
- ¿Es necesario ENTRENAR LA CONDICIÓN FÍSICA ESPECÍFICA o basta con los ENTRENAMIENTOS TÉCNICO-TÁCTICOS Y PARTIDOS?
- ¿El jugador que tiene los MEJORES DATOS EN LOS TEST FÍSICOS es el que MEJORES VALORES FÍSICOS TIENE EN EL JUEGO?

El factor más determinante para la mejora de la FUERZA: LA VELOCIDAD DE LEVANTAMIENTO

Buenas de nuevo,

Quiero finalizar esta fase con una breve reflexión y solicitándoos que posteriormente aportéis vuestra opinión.

**PUNTO DE PARTIDA: en los últimos años se ha demostrado**

**ampliamente que *las mejoras de fuerza tienen una relación directa con la velocidad* a la que se levanta la carga.**

**Dicho en términos prácticos:**

- Es clave que nuestro deportista PONGA TODO SU EMPLEO EN LEVANTAR EL PESO A LA MÁXIMA VELOCIDAD POSIBLE, con independencia de que esté levantando una carga baja, moderada o pesada. Por ejemplo, si nuestro jugador es capaz de levantar 100kg. a 0,8m/sq. pero lo está haciendo a 0,4m/sq. los resultados no solo son peores sino que pueden tener efectos negativos.

20 Jun, 16:16 Pedro Sequeira

O módulo de e-learning funciona até ao dia 29 de maio.

7 Mai, 10:53 Pedro Sequeira

Data limite de entrega da tese - 3 de junho!!

17 Abr, 20:11 Pedro Sequeira

Módulo Tese já está disponível!

7 Abr, 22:58 Pedro Sequeira

Tópicos mais antigos ...

**PRÓXIMOS EVENTOS**

Não há eventos próximos

Ir ao calendário...

Novo evento...

**ATIVIDADE RECENTE**

Atividade desde Domingo, 28 Agosto 2016, 02:30

Relatório completo de atividade recente...

Sem atividade recente

02:31 30/08/2016

The platform has a lot of tools that allowed the lecturers to teach the contents through video, forums, PowerPoints, documents, etc.



The screenshot shows a web browser window displaying a Moodle forum. The browser's address bar shows the URL `moodle.fpa.pt/mod/forum/discuss.php?d=420`. The page header includes the site name 'FAP-Formação' and a user profile for 'Pedro Sequeira'. The forum post is titled 'POTENCIA Y PRECISIÓN' and is authored by 'Antonio Gerona' on June 6, 2016. The post content discusses the importance of precision and power in sports, mentioning 'extra-time' and 'improvisation'. It also includes a list of 'As minhas disciplinas' (My disciplines) on the right side of the page. Below the main post, there are two replies. The first reply is from 'Francisco Manuel Ávila' on June 10, 2016, and the second is from 'Antonio Gerona' on June 10, 2016. The bottom of the screen shows a Windows taskbar with various application icons and a system clock indicating 02:40 on 30/08/2016.

CMC: POTENCIA Y PRECISIÓN x

moodle.fpa.pt/mod/forum/discuss.php?d=420

FAP-Formação My Courses

Pedro Sequeira

**POTENCIA Y PRECISIÓN**  
por Antonio Gerona - Segunda, 6 Junho 2016, 13:04

Professor: M. Laguna  
Alumno: Toni Gerona

Siguiendo las aportaciones hechas por mis compañeros, y aunque sean el 'extra-time', comentar que no creo que sean objetivos antagónicos, ya que lo que precisamente buscamos en los entrenamientos es precisamente dar opciones a nuestros jugadores de que puedan encontrar situaciones lo más diversas posibles para ejecutar sus lanzamientos. Dichas situaciones las podemos hacer todo lo analíticas o globales que queramos, podamos o el nivel de nuestros jugadores nos permita.

El 'crecer' desde un punto de vista físico en nuestro deporte tiene que ir de la mano del crecimiento en la riqueza técnico-táctica y para ello debemos propiciar dichas situaciones.

Para poner un símil con el tema musical del que el profesor es buen practicante: cuando alguien está improvisando en música, detrás de dicha improvisación hay muchas horas de escalas musicales y técnica de ejecución. La 'improvisación' no es tal, sino que se fundamenta en lo adquirido anteriormente, combinándolo de forma distinta a como se había ejecutado antes. Descordinar para poder coordinar de nuevo.

Hoy en día tenemos muchas herramientas para poder conseguir que nuestros jugadores tengan una buena ejecución del lanzamiento, precisa y potente...aunque lanzo otra pregunta, ¿cuántos patrones de lanzamiento tienen los jugadores de alto nivel?En mi opinión, salvo los más 'creativos', no muchos tienen más de 2 zonas 'precisas'.

Saludos,

Toni

[Editar](#) | [Apagar](#) | [Responder](#)

**Re: POTENCIA Y PRECISIÓN**  
por Francisco Manuel Ávila - Sexta, 10 Junho 2016, 17:04

Hola Toni,

me ha llamado mucho la atención tu pregunta sobre ¿cuántos patrones de lanzamiento ...? porque introduce para mi una idea esencial que nos debemos hacer, al menos yo me la hago, ¿no piensas que en demasiadas ocasiones idealizamos al jugador, al juego de alto nivel, trasladando las posibilidades que dibujamos en nuestros análisis, cuando en realidad las opciones son menores y la clave está en pulirlas?

Hace años, hablando de táctica con un entrenador de ACB, me dijo 'no te equivoques Francis yo a un jugador no le abro más de dos o tres opciones para decidir, eso a los muy buenos', por entonces yo andaba pintando muchas rayitas para cada situación.

Bueno no sé si he explicado lo que quería decir, un saludo

[Mostrar mensaje ascendente](#) | [Editar](#) | [Separar](#) | [Apagar](#) | [Responder](#)

**Re: POTENCIA Y PRECISIÓN**  
por Antonio Gerona - Sexta, 10 Junho 2016, 23:33

Hola Francis,

Pues permíteme que te diga que estoy completamente de acuerdo con el entrenador de ACB. Yo creo que los jugadores, incluso los mejores, tienen 2 o 3 patrones de lanzamiento a lo sumo. Pulir los detalles en cada uno de ellos y hacerlos tan POTENTES y PRECISOS como para que sean lo más efectivos posible es a mi entender el camino.

Está claro que en edades de formación debemos darle a cada jugador la posibilidad de experimentar muchas opciones de lanzamiento, 1 paso, 2, pie cambiado, armados diferentes, enlazado con otras acciones, a todo eso que sabe mucho mejor que yo, pero mi análisis de años en el alto rendimiento me dice que pocos, muy pocos jugadores tienen más de 2 o 3 patrones de lanzamiento.

**ADMINISTRAÇÃO**

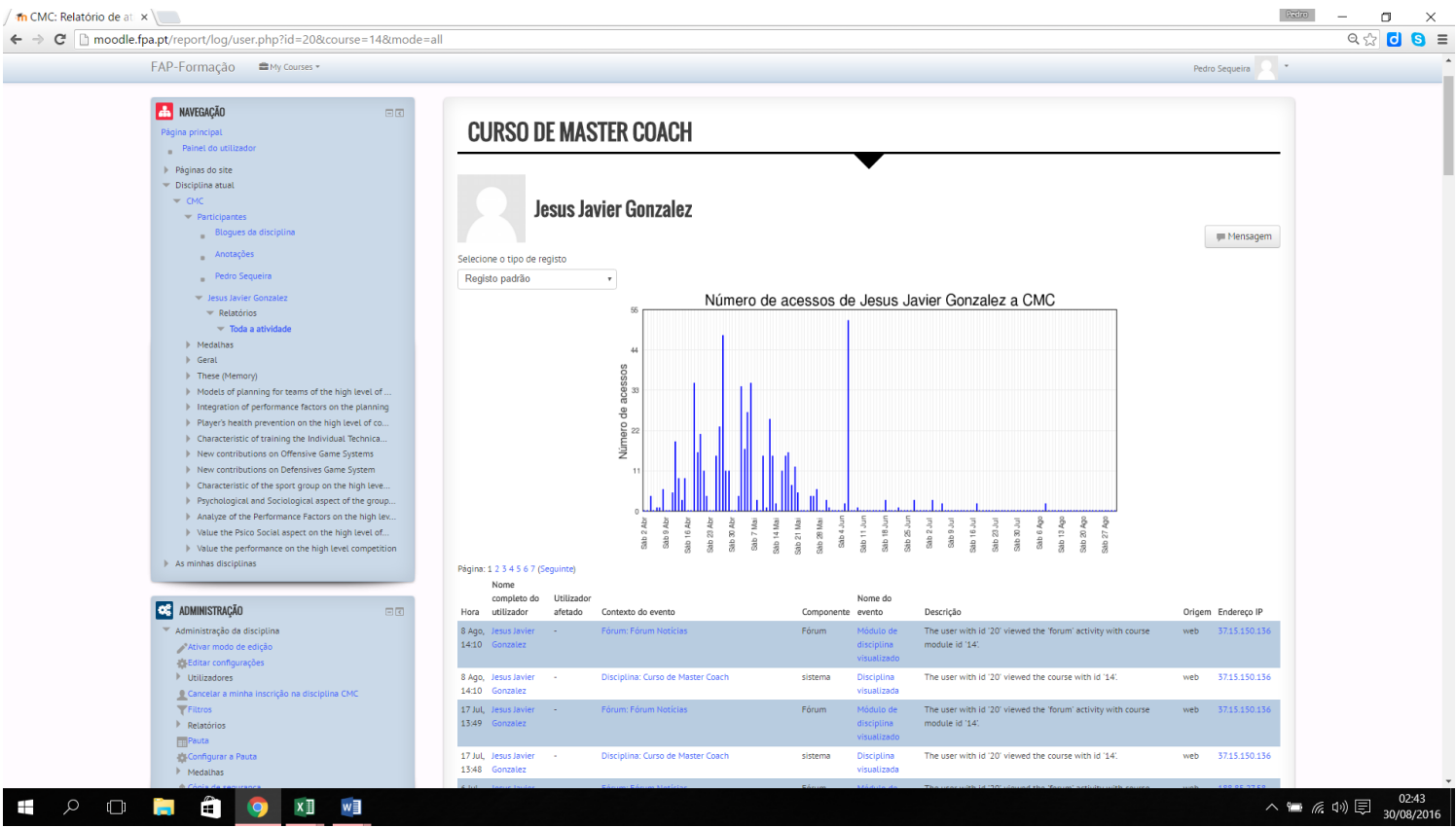
- Administração do fórum
  - [Editar configurações](#)
  - [Papéis atribuídos localmente](#)
  - [Permissões](#)
  - [Verificar permissões](#)
  - [Filtros](#)
  - [Registos de acesso](#)
  - [Cópia de segurança](#)
  - [Restaurar](#)
  - [Modo de subscrição](#)
  - [Subscrever este fórum](#)
  - [Subscrever este tópico de discussão](#)
  - [Mostrar/editar subscritores atuais](#)
- Administração da disciplina
- Assumir o papel de...
- Administração do Site

[Procurar](#)

02:40  
30/08/2016

The Forums allowed the lecturers to interact with the students, to evaluate the understanding of the contents by the students and also to see if all the students followed the module.

The platform has also tools that allow to supervise if the students (and the lecturers!) are online, how much time they spend at the platform, which activities they follow, if they succeed in the different tasks, etc.



With this tools it was possible for the lecturers and for Pedro Sequeira to supervise everything and to ensure the whole credibility and success of this course module.

73 coaches finalized successfully the course!

	NAME	COUNTRY	EVALUATION (%)	FINAL GRADE	EMAIL
1	Aitor Echeburu	ESP	85	Approved	a.etsaburu@gmail.com
2	Alexandre Melo	POR	80	Approved	melo.acastro@gmail.com
3	Ambrosio Martin Cedres	ESP	85	Approved	ambrosmar@hotmail.com
4	Ana Seabra	POR	95	Approved	anatoabra@hotmail.com
5	Antonio Garcia Guerrero	ESP	90	Approved	tonigarcia58@gmail.com
6	Antonio Geron Salas	ESP	95	Approved	geronaton@gmail.com
7	António Rueta	POR	75	Approved	arueta@msn.com
8	Artur José Fernandes Rodrigues	POR	90	Approved	rodriguesja@gmail.com
9	Carlos Martingo	POR	80	Approved	carlosmartingo@yahoo.com
10	Carlos Neiva	POR	75	Approved	cneiva@gmail.com
11	David Davis	ESP	90	Approved	daviscdavid@hotmail.com
12	Fernando Barbelto	ESP	85	Approved	fernandobarbelto15@gmail.com
13	Fernando Bolea	ESP	80	Approved	ferbolea@hotmail.com
14	Filipe Duque	POR	90	Approved	fhdsandebol@sapo.pt
15	Francisco Manuel Ávila Moreno	ESP	80	Approved	francismn@gmail.com
16	Francisco Martín	ESP	80	Approved	francismartin79@hotmail.com
17	Francisco Javier Egulsoain Azanza	ESP	80	Approved	zupo7777@gmail.com
18	Frederico Machado	POR	80	Approved	frdiogoma@gmail.com
19	Gabriel Torres Tobio	ESP	85	Approved	gabrieltorres@iudc.es
20	Gabriel Oliveira	POR	75	Approved	gabriel@uas.unirho.pt
21	Hugo Canela	POR	90	Approved	hugocanela@hotmail.com
22	Hugo Sanchez	ESP	90	Approved	hugo_xs@hotmail.com
23	Itaki Aziz	ESP	70	Approved	imakinto@gmail.com
24	Javier Elvira Gonzalez	ESP	80	Approved	javi_elvira@hotmail.com
25	Jesús Javier Gonzalez	ESP	95	Approved	jstadv@gmail.com
26	Jolo Florêncio	POR	90	Approved	joaomflorenco@gmail.com
27	Jolo Castro	POR	75	Approved	castro.j.jolo@gmail.com
28	Jolo Comédias	POR	90	Approved	jolo_comedias@yahoo.com
29	Jorge Costa	POR	85	Approved	jacana73@gmail.com
30	Jorge Dueñas	ESP	95	Approved	duenasglara@yahoo.es
31	Jorge Fernández Carrera	ESP	85	Approved	m114fc@hotmail.com
32	José Amaral	POR	80	Approved	joscribas@gmail.com
33	José António Silva	POR	95	Approved	jsilpa@gmail.com
34	José Julio Espina Aguiló	ESP	95	Approved	jimspina@tralegal.com
35	José Villaldea Garrido	ESP	80	Approved	c.villaldea@telefonica.net
36	José Luis Herrera Cuadrado	ESP	75	Approved	joseluishc3@hotmail.com
37	Josip Ešpar Moya	ESP	80	Approved	josepespar@hotmail.com
38	Juan Antonio Martínez Samper	ESP	80	Approved	jamsamper@hotmail.com
39	Juan Ángel Perdigón Sánchez	ESP	95	Approved	perdigon@hotmail.com
40	Juan Carlos Pastor	ESP	95	Approved	aguiapbn@hotmail.com
41	Juan Carlos Requena Molina	ESP	85	Approved	jcreke@gmail.com
42	Juan Carlos Zapardiel Cortés	ESP	90	Approved	carlos.zapardiel@uah.es
43	Juan Fidalgo VILLAPALOS	ESP	85	Approved	4stc@telefonica.net
44	Luis Filipe de Oliveira Santos	POR	90	Approved	luisantos51@gmail.com
45	Manuel Laguna Elzaurda	ESP	95	Approved	laguna_manuel@hotmail.com
46	Manuel Ortega Becerra	ESP	85	Approved	maob@hotmail.com
47	Marco Guimarães	POR	85	Approved	mjguimaraes@hotmail.com
48	Mariano Ortega	ESP	90	Approved	marianortegabenfica@gmail.com
49	Mário César Navarro	POR	75	Approved	mcesamavarro@gmail.com
50	Miguel Ángel Velasco Encinas	ESP	85	Approved	m-velasco7@hotmail.com
51	Miguel Catirino	POR	85	Approved	miguelcatirino8@gmail.com
52	Ricardo Nuno Santos	POR	80	Approved	nuno.pico@hotmail.com
53	Nuno Silva	POR	80	Approved	nuno03@hotmail.com
54	Oscar Mojer	ESP	85	Approved	mojersderocar@gmail.com
55	Pablo Peña Villena	ESP	95	Approved	perezav@ugr.es
56	Paulo Costa	POR	80	Approved	paulomarkcosta@gmail.com
57	Paulo Jorge Fidalgo Fidalgo	POR	90	Approved	paulofidalgo1001@gmail.com
58	Paulo Pereira	POR	90	Approved	ppmpereira@hotmail.com
59	Pedro Vieira	POR	75	Approved	pedropintovieira@gmail.com
60	Rafael Guiposa	ESP	90	Approved	r.guiposa@gmail.com
61	Raquel Silva	POR	80	Approved	rcss.silva@gmail.com
62	Raul Gonzalez	ESP	90	Approved	raulgg14@hotmail.com
63	Ricardo Vasconcelos	POR	85	Approved	rvasco7@gmail.com
64	Roi Sanchez	ESP	85	Approved	rotsanchez@gmail.com
65	Rui Alberto Santos	POR	95	Approved	ruisassiva@yahoo.com
66	Rui Miguel Calçada Oliveira Rito	POR	60	Approved	rito.rui@gmail.com
67	Rui Silva	POR	80	Approved	ruisassiva@yahoo.com
68	Sergio Berries Martos	ESP	85	Approved	chopi13@hotmail.es
69	Talant Dujshobayev	ESP	90	Approved	l0talant@gmail.com
70	Tiago Cunha	POR	75	Approved	tiago_pagoche@hotmail.com
71	Tiago Oliveira	POR	90	Approved	tiago.micro@gmail.com
72	Xavier Pascual Fuertes	ESP	100	Approved	xavier.pascual@fcbarcelona.cat
73	Xavier Sabaté	ESP	90	Approved	xavisabate@hotmail.com



FEDERAÇÃO  
DE ANDEBOL  
DE PORTUGAL



# National Open Master Coach ESP/POR

**THANK YOU FOR NOT SLEEPING DURING THE PRESENTATION!!**