

# NOR Master Coach Courses

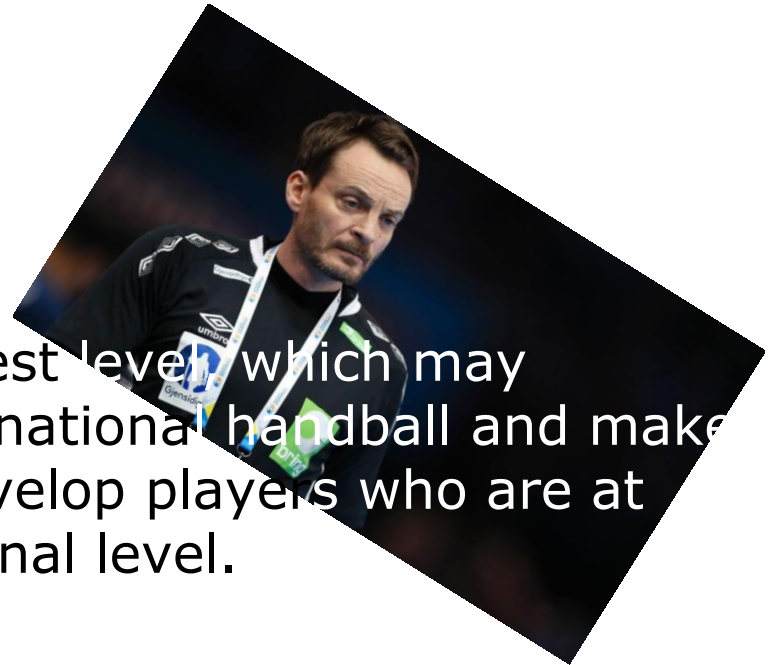
Begeistring  
Innsatsvilje  
Respekt  
Fair Play

Håndball for alle



Norges  
Håndballforbund

# The intention



- Stimulate competence at the highest level, which may influence the development of international handball and make coach able to have the skills to develop players who are at the highest national and international level.
- The education aims to improve candidates' abilities and skills geared towards coaching practice at a high level. Through exercising candidates should acquire greater knowledge about handball sport, training and leadership. By promoting both personal development and increased professional competence, the aim is to stimulate the individual's ability to renew itself and reflect on their own practice.

# The main target

Make the coach able to have the skills to develop players who are at the highest national and international level and to be internationale coaches

Students will during the study:

- Be able to explain and justify their own management philosophy
- Could justify own coaching practice based on values and ethical reflections
- Applying the knowledge of learning, psychological conditions and group dynamics to further develop their trainer role



- Be able to discuss and justify ongoing developments in international handball
- Be able to perform and apply handball analysis to prioritize and individualize training
- Integrate knowledge of handball tactics, handball technique, handball physics and handball psyche in a comprehensive understanding of handball skills
- Applying physical training knowledge to renew own planning, implementation and evaluation of training
- Be able to discuss trends in a functional training theory for handball

# The Content

## Handball Knowledge

- Develop a critical and curious attitude towards handball academic, practical related issues

## Coaching and Leadership

- Qualification Management
- Trainer Philosophy and coaching
- Self-development
- Group dynamics and team building
- Teamwork and team approach
- Media management

## Training Doctrine

- Coordination of training resources within the team
- Optimization of the individual player
- Individualization
- Handball training theory

## Handball Analysis

- Trends
- Applications of analysis

# Organization and work

- The teaching will be given as lectures, group discussions, demonstrations, work in the hall, observations rework and guidance. An important part of the program will be discussions on the basis of key issues in handball. It is therefore essential that participants actively participate in discussions and contribute their own experiences.
- All education are in the GTP
  - The MC courses are placed before the club matches on the GTP, which means that there are no matches when
- 4 modules of 5-7 days
- Cooperation with The Norwegian school of sport sciences



# Assignments and exams

## Handball Knowledge / training theory / handball analysis

Authorization Call

Wound up in connection with last collection

## Coaching and Leadership

Home assignment within "Trainer Philosophy and coaching"

Specifically task

15-20 pages

Practical methodical testing of coaching practice

«Shadowing» [Jonas](#)

## Handball Analysis

Coursework

Doing a handball analysis in relation to international

15-20 pages









- 2016-2017
  - 1 Master Coach course
    - 47 participants
  - 1 Prolificence renewal course
    - 10 participants (from NOR, DEN, ISL, SWE)

