



# Champions Cup 2017 Grand Canaria

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# Ivica Botinčan & Dario Rupčić

- 2002. started indoor -> 1st national league
- 2007. started beachhandball
- 2010. EHF Corfu, Greece
- 2012. Yac Batumi, Georgia
- 2013. masters Fuengirola, Spain
- 2011. Ech Umag, Croatia
- 2013. Ech Randers, Denmark
- 2014. Wch Recife, Brasil
- 2016. Yac Nazare, Portugal
- 2017. Ech Zagreb, Croatia
- 2017. Yac Flick n Flack, Mauritius







## Presentation topics

- Long term preparations
- Match preparations
- Passive play







## Long term preparation

- Physical preparation
- Psychical preparation
- Refereeing (live ,video)
- Exchanging experience







## Match preparation

- Before the game
- During the game
- After the game







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Handball**

## Before the game

- Communication with officials
- Coin toss







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## During the game

- Observe
- Create a greath atmosphere
- Eye concact
- Body language and whisteling
- Referee movement







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## After the game

- Match analyze and discussion (colleague, delegate)
- Checking score sheet
- Referee evaluation







## Passive play

- Attractive and dynamic game
- More spectacular goals
- Forewarning signal (no. 17)







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## How to evaluate your performance

- Always listen other
- Be objective
- Be brave







## Advantages of using head set

- At same time joint decision
- Helping each other
- Better view of other partner







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## Concentration

- Moments for resting and learning
- Find your own ZEN







# Beach Handball

## Toughest Things

- Make your own progressive line and keep it during whole match







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## Best things in BH

- PEOPLE
- CONTACTS
- FAMILY







# Beach Handball

## Beach handball

- SPORT
- FUN
- SUN







# Beach Handball

## QUESTIONS?







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**THANK YOU FOR YOUR ATTENTION**

