

**Programme: 2018 EHF "Rinck" Convention Open Master Coach and Licensing
Course - 2nd Module**



EUROPEAN HANDBALL
FEDERATION

Sun, 10 June 2018			
until 20.00	Indiv. Arrival / Check-in / Accreditation		HUN OC
16.00 - 18.00	Leaders' meeting - course organisation	Conference Room	EHF/HUN OC
19.00	Dinner		
Mon, 11 June 2018			
08.45 - 09.00	Opening	Conference Room	EHF/HUN OC
09.00 - 10.00	Findings EURO 2018	Conference Room	Peter Kovacs / MC Member
10.00 - 11.00	Beach Handball basics	Conference Room	Tamas Neukum / EHF Lecturer
11.00 - 11.30	Coffee Break		
11.30 - 12.30	Communication within the whole team on match-day	Conference Room	Bojana Jelacic / EHF Lecturer
12.30	Lunch	Hotel	
14.00 - 15.00	BH practical exercise - part 1	Conference Room	Neukum
15.00 - 16.00	BH practical exercise - part 2	Conference Room	Neukum
16.00 - 16.30	Coffee Break		
16.30 - 17.30	The phenomenon of psychological momentum in handball	Conference Room	Jelacic
19.00	Dinner		
Tue, 12 June 2018			
09.00 - 10.00	The phenomenon of psychological momentum in handball	Conference Room	Jelacic
10.00 - 11.00	Tabs & Apps / Matchobservation and -analysis - part 1	Conference Room	Klaus Feldmann / EHF Lecturer
11.00 - 11.30	Coffee Break		
11.30 - 12.30	Tabs & Apps / Matchobservation and -analysis - part 2	Conference Room	Klaus Feldmann
12.30	Lunch	Hotel	
14.00 - 15.00	Techniques of defence: Stealing, traps and blocking	Sport Hall	Feldmann
15.00 - 16.00	Offence in small groups: 2-2, 3-3, 4-4, 5-5	Sport Hall	Kovacs
16.00 - 16.30	Coffee Break		
16.30 - 17.30	Active defence	Sport Hall	Feldmann
19.00	Dinner	Hotel	
Wed, 13 June 2018			
09.00 - 10.00	Faster perception, faster decision, faster action (Speedcourt)	Conference Room	Lutz Landgraf
10.00 - 11.00	Speed & Endurance	Conference Room	Andreas Vock
11.00 - 11.30	Coffee Break		
11.30 - 12.30	Faster perception, faster decision, faster action (Speedcourt)	Sport Hall	Landgraf
12.30	Lunch	Hotel	
14.00 - 15.00	Faster perception, faster decision, faster action (Speedcourt)	Sport Hall	Landgraf
15.00 - 16.00	Strenght and mobilisation	Sport Hall	Vock
16.00 - 16.30	Coffee Break		
16.30 - 17.30	Speed and endurance	Sport Hall	Vock
19.00	Dinner	Hotel	
Thu, 14 June 2018			
09.00 - 10.00	Physiology and training principles: Anaerobic training	Conference Room	Lars Bojsen Michalsik
10.00 - 11.00	Physiology and training principles: Anaerobic training	Conference Room	Michalsik
11.00 - 11.30	Coffee Break		
11.30 - 12.30	Plyometrics in handball / Proprioceptive training in handball	Conference Room	Alexandru Acsinte / EHF Lecturer
12.30	Lunch	Hotel	
14.00 - 15.00	Proprioceptive Work	Sport Hall	Acsinte
15.00 - 16.00	Anaerobic training - on-court (practical session)	Sport Hall	Michalsik
16.00 - 16.30	Coffee Break		
16.30 - 17.30	Proprioceptive Work	Sport Hall	Acsinte
19.00	Dinner	Hotel	
Fri, 15 June 2018			
09.00 - 10.00	Physiology and training principles: Strength training	Conference Room	Michalsik
10.00 - 11.00	Physiology and training principles: Strength training	Conference Room	Michalsik
11.00 - 11.30	Coffee Break		
11.30 - 12.30	EURO2016/SWE: Comparison of offence of both teams in the final match	Conference Room	Edina Szabo / EHF Lecturer
12.30	Lunch	Hotel	
14.00 - 15.00	General and current basic concepts of the offence	Sport Hall	Szabo
15.00 - 16.00	Transition from wing position and playing with two pivots	Sport Hall	Kovacs
16.00 - 16.30	Coffee Break		
16.30 - 17.30	Conceptions of fast throw off and defence strategies against	Sport Hall	Szabo
19.00	Dinner	Hotel	
Sat, 16 June 2018			
09.00 - 10.00	Theory	Conference Room	Goalcha
10.00 - 10.30	Coffee Break		
10.30 - 11.30	Practical exercise - part 1	Sport Hall	Goalcha
11.30 - 12.30	Practical exercise - part 2	Sport Hall	Goalcha
12.30	Lunch	Hotel	
14.00 - 15.00	Saving from the wing and backcourt position	Sport Hall	Roman Filz / EHF Lecturer
15.00 - 16.00	Offence 7 against 6 and saving the empty goal	Sport Hall	Szabo
16.00 - 16.30	Coffee Break		
16.30 - 17.30	Education of positioning and saving on all positions	Sport Hall	Filz
19.00	Dinner		
Sun, 17 June 2018			
09.00 - 10.00	Duel between goalkeeper and players on all positions	Conference room	Filz
10.00 - 11.00	Thesis Information + Final Meeting	Conference room	Kovacs / all
11.00	Departure		
12.00	Lunch (optionally)		