



2008 EHF Top Coaches' Seminar

11th – 14th December 2008 in Skopje, FYR Macedonia



Hosting City Skopje

The city of Skopje for the first time has been mentioned by Klaudie Diolomej, under its ancient name "Skupi". In the 3rd century B.C. Skupi was founded by the Dardanians, and later with the coming of the Romanians it came under their rule. In this period, the city experienced real bloom on several fields, it became a large religious centre with its own bishop. In the year of 518 the city was destroyed by a disastrous earthquake.

Wonderful architectonic buildings, numerous public baths and the antic amphitheatre built in a roman style, large basilica with mosaic floors have completely disappeared from the earth's face. Since then Skupi is not mentioned any more. The Skopje valley got a new city centre called "Justinijana Prima".

By the end of the VI century, in front of the ramparts of the city the Slavic people have showed up, which managed to occupy and to slavicize it for a period of only one century. This area was settled by the Slavic tribe Beregheziti and gives the city the new name Skopje. During the existence of the first Macedonian state and the Macedonian czar Samouil, the city becomes part of the Samouil's empire. In the later years a lot of conquerors have passed through the streets of the city, Bulgarians, Bysantiums, Serbians.

In the year of 1392, the city falls under the Turkish rule. Up to 1453 Skopje was a throne of the Turkish sultans and later it developed in a significant craftsmen and commercial centre. A lot of authors who write about their travels have expressed their delight from the city. The Turkish writer Dilger Zede who has visited the city in the XVII century says, "I travelled for a long time across that country of Rumelija and I saw a lot of beautiful cities and I was amazed from the Alah blessings, but not one has impressed and delighted me so much as the heavens city of Skopje across which passes the river Vardar".

On 25th of October 1689 in front of the city gates, arrives the Austrian general Picolomini with its army. An event with an outstanding significance for Skopje. "I decided to burn the city in order not to leave the enemy something that could be of use to him. Although it is not easy, I decided to turn the city into ashes". From the hillsides of the Vodno mountain, Pikolomini was observing the fire: "I am sorry for the houses such as I have not seen at all in this war. The mosques are from the highest quality marble and porphyry, decorated with thousands lamps on a golden plated holders, which one would devote equal attention even in Rome. I feel sorry for the nice antiquities, gardens and places for entertainment." The fire was raging for two days and except the massive stone buildings, the city was completely destroyed.

Up until the half of the XIX century, the city could not recover back its previous appearance in front of which the numerous people who write about their travelling have stopped with a delight. In the XIX century, the city becomes an important traffic centre. Moving towards the countries from the middle east, Napoleon has found out the road through Skopje. A lot of merchants with their endless caravans loaded with various goods have been passing through the city. In this period the city reaches the biggest development of the handicrafts. Later, Skopje begins to change its appearance.

After the First World War on the right side of the river Vardar a modern city has been built. 26th of July 1963 is remembered as the longest day in the history of the city. Strong earthquake, of two severe and a few weaker shocks, turned the city into ruins. Numerous cultural monuments were seriously damaged or erased from the face of the earth. In today's conditions the city is experiencing its own renaissance for many times in its history.



EHF Methods Commission

Education, Further Education and Training are part of the core activities of the EHF Methods Commission (MC). With the aim to inspire handball coaches all over Europe and to exchange knowledge, experience and new ideas, the EHF has been organising various coaching courses since 1996:

Youth Coaches' Courses

| | |
|-------|------------------|
| 1998: | Partille / SWE |
| 1999: | Estoril / POR |
| | Rotenburg / GER |
| 2001: | Luxembourg / LUX |
| 2002: | Gdansk / POL |
| 2003: | Presov / SVK |
| 2004: | Zlin / CZE |
| 2005: | Vienna / AUT |
| 2007: | Izmir / TUR |

Top Coaches' Seminars

| | |
|-------|-------------------|
| 1996: | Paris Bercy / FRA |
| 1998: | Bressanone / ITA |
| 2000: | Zagreb / CRO |
| 2004: | Ljubljana / SLO |
| 2006: | Zurich / SUI |

Women's Coaches' Course 2000: St. Raphael / FRA

This year another course is planned to take place in Skopje / MKD, coordinated by the EHF Competence Academy & Network (EHF CAN). Top coaches from Europe and also from other continents are heartily invited on the final weekend of the 2008 Women's European Championships.

We really hope that the programme worked out by the MC and the lecturers – Claude Onesta, national coach of France and Mats Olsson, national coach of Portugal – will be interesting for you.

We look forward to meeting you in Skopje.
The MC remains with best regards,

Frantisek Taborsky / Chairman

Ton van Linder / Coaching

Wolfgang Pollany / Education and Training

Itzhak Teomim-Frenkel / Youth, School and Non-competitive Sports

Allan Lund / Development



EHF/EHF Competence Academy & Network (EHF CAN) - Organiser

The European Handball Federation (EHF) is the governing body of Handball in Europe! Its 50 Member Federations represent and stand for 50 different kinds of national and international handball know-how. Those individual national handball schools/philosophies shall be made use of by involving experts in order to contribute to the variety of handball education in Europe!

Handball know-how exchange and transfer in Europe shall be fostered as an EHF service for the EHF Member Federations by making use of national and international handball experts as well as external lecturers from sport science, medicine, other sports, economy (marketing, equipment suppliers) and media (press, TV, Internet).

The EHF Competence Academy & Network (EHF CAN) shall be established as an educational service centre for EHF Member Federations with the possibility of granting scholarships in order to minimize or delete financial burdens for them. The same holds good for internal EHF Office management training on the job.

The EHF "CAN" shall be established to develop and deliver sport specific educational and training programmes in order to ensure that coaches, officials, athletes and administrators from all over Europe (and the world) have access to the highest quality education relating to "handball know-how" and competence in e-learning, blended learning, interdisciplinary educational courses of various duration, summer schools or mainstream 2-4 semester courses within the European Education Credit Transfer System (ECTS framework).

The EHF "CAN" shall set-up Business Executive Education programmes for further educating and training sporting administrators, resort managers and event executives in the Handball Event Management Business, e.g. also in event-related courses.

The EHF "CAN" shall contain a documentation centre including production of modern teaching aids and media as well as cooperation agreements with research&developing partners, suppliers, universities and testifying institutions.

MKD Handball Federation – Local Organiser
www.macedoniahandball.com



Contact Information & Sport Event

ORGANISER

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SEMINAR ACCOMMODATION & VENUE

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1000 Skopje

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www.holiday-inn.com/skopje



EHF Women's European Championship 2008

2nd – 14th December 2008 in FYR Macedonia

Saturday, 13th December 2008

Semi finals

Sunday, 14th December 2008

Finals

Course Basics

On the occasion of the EURO 08 in FYR Macedonia the 2008 EHF Top Coaches' Seminar will take place in Skopje from Thursday 11.12.08 to Sunday 14.12.08. All coaches working with top teams are kindly invited by the EHF to attend the seminar that will be organised in cooperation with the Macedonian Handball Federation (MHF).

Course Fee: €100

Tickets: €50 (ECh semi finals 13 Dec. and finals 14 Dec. 08).

Course Fee includes: Course participation and documents.
Course documentation on CD ROM / DVD
(to be completed by EHF and sent out after the seminar).
Lunch, snacks and coffee breaks from 11 Dec. – 14 Dec. 2008.
“Get together party”

Travel: The participants have to organise their travel arrangements and to pay for their own travel expenses

“Get together party”: Thursday 11 Dec. 08

No. of participants: Maximum 150 (entries follow a “first come first served basis”)

Course language: English

Lecturers: Claude Onesta / FRA
Mats Olsson / SWE
Gino Strezovski / MKD

Main Topic: Heritage of High Speed Handball

Registration form: see enclosure

Deadline: **20 September 2008**

Accommodation: Price per person per night + full board: €80 in double rooms
Please note: in case you would like to order single rooms, please contact MHF.

Payment mode: Your registration will be confirmed by MHF. MHF will send an invoice which must be paid by the deadline given.

A deposit of €100 is required within 10 days after invoicing by MHF.
The remaining costs should be paid by the latest on arrival, in cash.

Bank Account: Beneficiary: RAKOMETNA FEDERACIJA NA MAKEDONIJA
Bul.Kuzman Josifovski Pitu 15 - Skopje
Account No.: 257300 0006 117470
Bank account at: EUROSTANDARD BANKA A.D. Skopje
Swift code: ESWBMK 22
IBAN code: MK07370011100037015

Note: This event will be recognised by the MHF, by the ÖHB (Austrian Handball Federation) and the DHB (German Handball Federation) as an official **A / B / C - licence further training course!**





Presenters



Claude Onesta / FRA

2005 WChs: 5th place
2006 Ech: 1st place
2007 WCh: 4th place
2008 Ech: 3rd place
2008 OG: 1st place
Head Coach of the men's National Team from France
Responsible for the coordination of the men's National Teams (starting from the youth category)



Mats Olsson / SWE

294 International games for Sweden
2 Gold (1990), 3 silver (1997), 2 bronze (1993, 1995) in OGs, WChs and EChs
Headcoach and coordinator of the Portugal's Mens national team since 2005



Gino Strezovski / MKD

Club coach 1986 - 2001
Youth national team coach of MKD 1994, 1996 - 1999
University of Skopje, Faculty of Physical Education



Wolfgang Pollany / EHF

EHF Methods Commission Member since 2004
Psychologist



Peter Fröschl / EHF

EHF Office Staff Member since 1997
Business Units Methods
Beach Handball

Course Schedule

Thursday
11.12.08

08.00 - 09.00
09.00 - 09.30
09.30 - 10.15

Arrival, Accreditation
Opening, Course Information
Heritage of high speed Handball: observed trends during the last years in top Handball - theory
Fast transition from 3:2:1 defence to fast break and dynamic set attack - theory
Coffee break
Heritage of high speed Handball: focused on individual profiles - theory
Different defences / different goalkeeper's roles - theory
Lunch
Focused on individual profiles: pivot players - practical exercise
Coffee break
Goalkeeper's efficiency - practical exercise
"Get together party"

Wolfgang Pollany

Gino Strezovski

Claude Onesta
Mats Olsson

Claude Onesta

Mats Olsson

Friday
12.12.08

09.00 - 10.15
10.15 - 10.45
10.45 - 12.00
12.30
14.00 - 15.15
15.15 - 15.45
15.45 - 17.00
17.00 - 18.00
19.00
Evening

Focused on individual profiles: wing players - practical exercise
Coffee break
Cooperation goalkeeper / defence - practical exercise
Lunch
The fast transfer from offence to defence - practical exercise
Coffee break
Anticipative goalkeeper's saving - practical exercise
Sports injury prevention in Handball
Dinner
Skopje at night (indiv.)

Claude Onesta

Mats Olsson

Claude Onesta

Mats Olsson
University Bochum

Saturday
13.12.08

09.00 - 10.15
10.15 - 10.45
10.45 - 12.00
12.30
Afternoon
Evening

Less speed - the way to success in the future? - practical exercise
Coffee break
Top Handball and Fair Play - practical exercise
Lunch
ECh semi-finals
Dinner

Claude Onesta

Mats Olsson

Sunday
14.12.08

09.00 - 09.45
09.45 - 10.30
10.30 - 10.45
10.45 - 11.15
11.15 - 11.45
12.30
Afternoon
Evening

Comprehensive ECh analysis
Individual performance of top players in 2015 (interactive discussion)
Coffee break
Seminar summary / conclusion
Closing
Lunch
ECh finals
Individual departure

Wolfgang Pollany
EHF member + EHF lecturers

EHF
EHF & MHF

Monday
15.12.08

Individual departure

2008 EHF Top Coaches' Seminar Registration

| | |
|--------------------------------|--|
| Name | |
| Address | |
| Country | |
| Name of your Club / Federation | |
| Description of your function | |
| International Phone | |
| International Fax | |
| E-mail address | |



ACCOMMODATION INFO

Name of the hotel: *(see invitation letter)*

Double room ☐ Single room ☐ *(please tick as appropriate)*

Number of nights Price per night in Euro Total amount in Euro

Tickets for semi finals and finals: Yes ☐ No ☐ *(please tick as appropriate)*

Arrival Date Departure Date

Signature Date

Please return to MHF by 20th September 2008

Fax: + 389 2 2401 773

e-mail: handball@macedoniahandball.com

Booking: The inscription for the 2008 Top Coaches' Seminar has to be done by filling in the registration form. On the receipt of the inscription the contract between the participant and the Macedonian Handball Federation is valid. Your entry will be confirmed in writing by the Macedonian Handball Federation. The Macedonian Handball Federation is not liable for any printing mistakes or changes of the programme.

Cancellation: **Cancellations have to be submitted in writing.** Participation can be cancelled up to 7 days before the start of the Coaches' Seminar, 50% of the participation fee has to be paid. For cancellations after this period, no refund will be paid. By nominating a substitute person no costs arise.