



Dr. W. Pollany
EHF MC Member Education & Training

Coaches Seminar during Challenge Trophy

A total of 7 presentations are foreseen, 4 out of them theory, 3 practical work

5 shall be handball specific, 2 of psychological and training's theory contents

1. Handball

Basics of offence and defence set-play	Theory	45 mins
Trends seen in the last championships	Theory	45 mins
Offence set-play with GTMs 1 and 2	Practicals	90 mins
Defence set play in 5-1 and 6-0	Practicals	90 mins
Goalkeeper play	Practicals	45 mins

2. Basics of Theory of Training and Psychology

Set-up and execution of drills, Energy supply	45 mins
Reversal theory, Primary task, Stress management	45 mins

3. Discussion and workshop	45 mins
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This will mean a total of 10 units of work, 5 P and 4 T and 1 workshop
Handouts are available from the presentations of Zurich, Skopje and the regional delegates courses and some more.

Wolfgang Pollany / EHF MC, 2010-02-23