

Programme: 2009 EHF Youth Coaches' Course



Monday, 17 August 2009			
	Check of conference room and sport hall facilities	Conference Room + Sport Hall	EHF
Wednesday, 19 August 2009			
Afternoon	Indiv. Arrival / Check-In / Accreditation		
17.00 - 18.30h	Leaders' meeting - course organisation		EHF, MKSZ
19.00h	Dinner		
Thursday, 20 August 2009			
08.00 - 09.00h	Arrival, Accreditation		
09.00 - 09.30h	Opening	Conference Room	EHF, MKSZ
09.30 - 10.15h	Speed in attack + technical skills in ball handling	Conference Room	B. Macovei
10.15 - 10.30	Break		
10.30 - 11.15h	Proprio-receptive work	Conference Room	Reiterer
11.15 - 11.30h	Coffee break		
11.30 - 12.15h	Injury prevention focusing on lower extremities	Conference Room	Henke, Luig
12.30h	Lunch	Hotel	
13.30	Departure to Sport Hall		
14.00 - 15.15h	Injury prevention focusing on lower extremities	Sport Hall	Henke, Luig
15.15 - 15.45h	Coffee break		
15.45 - 17.00h	Sensorimotoric: The local muscle system for injury prevention and for performance development.	Sport Hall	Reiterer
17.00 - 17.30h	Working session in language groups: Summary and evaluation of Day 1	Sport Hall	
20.00h	"Get together party"	Hotel	
Friday, 21 August 2009			
08.30	Departure to Sport Hall		
09.00 - 10.15h	Speed in attack + technical skills in ball handling	Sport Hall	B. Macovei
10.15 - 10.45h	Coffee break		
10.45 - 12.00h	Fast break and turn over play	Sport Hall	P. Kovacs
12.00 - 12.30	Working session in language groups: Summary and evaluation of Day 2	Sport Hall	
12.30h	Lunch	Hotel	
15.00h	Departure to ECh Sport Hall		
16.00 & 18.15h	ECh semi-finals	ECh Sport Hall	
20.00h	Dinner		
Saturday, 22 August 2009			
08.30	Departure to Sport Hall		
09.00 - 10.00h	Station set training focused on legwork	Sport Hall	T. Neukum
10.00 - 10.30h	Coffee break		
10.30 - 11.30h	Drills for goalkeepers	Sport Hall	P. Kovacs
12.00h	Lunch	Hotel	
13.00 - 14.00h	Referee guidelines during the ECh	Hotel	S. Andorka
14.00h	Departure to Sport Hall		
14.00 - 15.15h	Legwork in Offence (Indiv. technical movement)	Sport Hall	P. Kovacs
15.15 - 15.30h	Coffee break		
15.30 - 16.45h	Legwork in Defence (Indiv. technical movement)	Sport Hall	T. Neukum
17.00 - 17.30h	Working session in language groups: Summary and evaluation of Day 3	Sport Hall	
19.00h	Dinner	Hotel	
Evening	Győr at night (indiv.)		
Sunday, 23 August 2009			
09.00 - 10.15	Comprehensive ECh analysis	Conference Room	T. Neukum
10.15 - 10.30	Discussion	Conference Room	All
10.30 - 10.45h	Coffee break		
10.45 - 11.00h	Seminar summary / conclusion	Conference Room	EHF
11.00 - 11.15h	Closing	Conference Room	EHF + MKSZ
12.15h	Lunch	Hotel	
13.30h	Departure to ECh Sport Hall		
14.30 & 17.00	ECh finals	ECh Sport Hall	
19.00	Dinner		
Evening	Individual departure		
Monday, 24 August 2009			
	Individual departure		