



# 2008 EHF Top Coaches' Seminar

11<sup>th</sup> – 14<sup>th</sup> 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 3<sup>rd</sup> 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/EFB 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](http://www.macedoniahandball.com)



## Contact Information & Sport Event

### ORGANISER

#### European Handball Federation

Contact: Peter Fröschl

Hoffingergasse 18

A -1120 Vienna

AUSTRIA

Tel: +43 1 80 151 151

Fax: +43 1 80 151 149

froeschl@eurohandball.com

### CO-ORGANISER

#### Macedonian Handball Federation

Contacts: Mr. Dragan Nachevski

Mrs. Olgica Milenkovska

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+ 389 2 2464 000

Fax: + 389 2 2401 773

handball@macedoniahandball.com

www.macedoniahandball.com

### SEMINAR ACCOMMODATION & VENUE

#### Hotel Continental

Skopje, Republic of Macedonia  
bul."Aleksandar Makedonski" b.b.

Tel: +389 2 3116 599

+389 2 3133 333

Fax: +389 2 3222 221

info@contimak.com

www.contimak.com

Additional Hotel:

#### Hotel VIP

(2 min walk from the Hotel Continental)

str.163 no.117 (Kmjevo)

1000 Skopje Macedonia

Tel: +389 02 311 5045

Fax: +389 02 311 4658

wiptours@wiphotel.com.mk

www.wiphotel.com.mk



## EHF Women's European Championship 2008

2<sup>nd</sup> – 14<sup>th</sup> December 2008 in FYR Macedonia

Saturday, 13<sup>th</sup> December 2008

Semi finals

Sunday, 14<sup>th</sup> December 2008

Finals

## Course Basics

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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

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**Claude Onesta** / FRA

2005 WChs: 5th place  
2006 ECh: 1st place  
2007 WCh: 4th place  
2008 ECh: 3rd 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



**Peter Fröschl** / EHF

EHF Office Staff Member since 1997  
Business Units Methods  
Beach Handball, Masters Handball



**Helmut Hörtsch** / EHF

EHF Office Staff Member since 1993  
Business Group Education/Development  
Senior Manager EHF CAN

## Course Schedule

<b>Thursday</b> 11.12.08	08.00 - 09.00	Arrival, Accreditation	
	09.00 - 09.30	Opening, Course Information	
	09.30 - 10.15	Heritage of high speed Handball: observed trends during the last years in top Handball - theory	EHF delegate
	10.15 - 10.45	Fast transition from 3:2:1 defence to fast break and dynamic set attack - theory	Gino Strezovski
	10.45 - 11.15	Coffee break	
	11.15 - 11.45	Heritage of high speed Handball: focused on individual profiles - theory	Claude Onesta
	11.45 - 12.15	Different defences / different goalkeeper's roles - theory	Mats Olsson
	12.30	Lunch	
	14.00 - 15.30	Focused on individual profiles: pivot players - practical exercise	Claude Onesta
	15.30 - 16.00	Coffee break	
<b>Friday</b> 12.12.08	16.00 - 17.30	Goalkeeper's efficiency - practical exercise	Mats Olsson
	17.30 - 19.00	"Get together party"	
	09.00 - 10.15	Focused on individual profiles: wing players - practical exercise	Claude Onesta
	10.15 - 10.45	Coffee break	
	10.45 - 12.00	Cooperation goalkeeper / defence - practical exercise	Mats Olsson
	12.30	Lunch	
	14.00 - 15.15	The fast transfer from offence to defence - practical exercise	Claude Onesta
	15.15 - 15.45	Coffee break	
	15.45 - 17.00	Anticipative goalkeeper's saving - practical exercise	Mats Olsson
	18.00	Dinner	
<b>Saturday</b> 13.12.08	Evening	Skopje at night (indiv.)	
	09.00 - 10.15	Less speed - the way to success in the future? - practical exercise	Claude Onesta
	10.15 - 10.45	Coffee break	
	10.45 - 12.00	Top Handball and Fair Play - practical exercise	Mats Olsson
	12.30	Lunch	
	Afternoon	ECh semi-finals	
<b>Sunday</b> 14.12.08	Evening	Dinner	
	09.00 - 10.30	Individual performance of top players in 2015 (interactive discussion)	EHF member + EHF lecturers
	10.30 - 10.45	Coffee break	
	10.45 - 11.15	Seminar summary / conclusion	EHF
	11.15 - 11.45	Closing	EHF & MHF
	12.30	Lunch	
	Afternoon	ECh finals	
	Evening	Individual departure	
<b>Monday</b> 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 20<sup>th</sup> September 2008**

Fax: + 389 2 2401 773

e-mail: [handball@macedoniahandball.com](mailto: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.