



The IHF Virtual Academy presents

## The First IHF Online Symposium 2020

for **coaches** and **referees** worldwide!

The IHF Virtual Academy is a new and innovative element for the worldwide education of important multipliers, coaches, referees, delegates and PE teachers.

To kick off the new online learning platform, the IHF Virtual Academy presents the first IHF Online Symposium for coaches and referees all across the world. From 26 June 2020 to 25 July 2020, top coaches and IHF top lecturers will give a total of 20 live seminars with presentations on various current topics, many of which are interesting for both coaches and referees.





## **Open live seminars**

Handball enthusiasts from all over the world can participate in **open live seminars**. All you need to take part is a high-quality internet connection.

## **Registration**

In order to be able to participate in a live seminar, you are required to register at the IHF Education Centre

(<http://ihfeducation.ihf.info/Registration?returnurl=%2f>).

Click [here](#) for detailed information about the IHF Online Symposium as well as other topics.

## **Languages**

The primary language of all seminars is English.

Simultaneous translations will be offered for the following languages:

Spanish – French – Arabic

## **Time**

Kindly note that the seminars have been scheduled in order to enable as many users from all around the world as possible to participate. All times specified are in Central European Summer Time.

## **Chat**

Via the chat function, users can ask the lecturers questions.

Further, the moderator may also accumulate and summarise questions and pass them on to the lecturer.



Friday,  
June 26, 2020



13.00 a.m. – 14.30 p.m. CEST  
(Central European Summer Time)

*Jochen Beppler, IHF Analyst*

### Learn to create spaces in an attack

Preparatory offensive actions that open up spaces for targeted attempts at goal play an important role in today's handball.

In his presentation, Jochen Beppler, head national coach for the younger age categories of the German Handball Federation and member of the IHF Analysis Team explains how players can learn to systematically create space in attack, including:

- The importance of space and the relation to other sports games
- Which spaces are most promising in handball (rates, statistics)?
- How to create attempts at goal in these spaces?
- How to create these spaces (by tactical means)?
- Practical examples from training sessions

15.00 p.m. – 16.30 p.m. CEST

*Ramon Gallego, Chairman IHF PRC*

### Progressive Line - Rules 8:3 and 8:4. Guidelines and criteria of the PRC

How to use yellow cards and direct two minutes in modern handball, how to impose appropriate punishments from the very beginning of the match? There cannot be different interpretations around the world, the IHF line is the only one that shall apply.

The decision-making criteria written in the Rule Book are mandatory to follow.

Problems in pivot and wing zones will also be discussed with the help of various videos.



**Saturday,  
June 27, 2020**



**13.00 a.m. – 14.30 p.m. CEST**

*Ángel Sabroso, Oscar Raluy, IHF referees from ESP,  
Matija Gubica, Boris Milosevic, IHF referees from CRO*

### **Tasks, positions and movements around the pivot zone and other situations**

Ángel Sabroso and Oscar Raluy (ESP) have been IHF Referees since 2006 and officiated, for example, the final of the men's Olympic handball tournament 2016 in Rio. Matija Gubica and Boris Milosevic (CRO) are also very experienced and have been IHF Referees since 2006 as well. They officiated the final of the 2019 Men's World Championship in GER/DEN, among others. Both referee pairs have great experience that they want to share through the following presentation, in which they will talk about their principles:

The pivot zone must be under the control of the referees at any time because there is permanent contact between players of both teams.

In order to take the best decision, it is important for the referees to be in the best position. Also, movements are important in order to avoid collisions and to be ready for fast breaks.

**15.00 p.m. – 16.30 p.m. CEST**

*Mats Olsson, IHF CCM Member*

### **Goalkeeper Coach Education – Basic concepts in a different way**

During his active career, Mats Olsson was one of the world's best goalkeepers of the 1990's: with the Swedish national team he reached the Olympic handball finals in 1992 and 1996 and won the 1990 World Championship. With the Spanish club TEKA Santander, he did not only win the Spanish championship twice, but also won the Champions League in 1994. Mats Olsson has for a long time been the successful goalkeeper coach of the Norwegian women's national team as well as the Swedish men's national team.

The focus of his presentation: A quick and global introduction to the goalkeeper position, a different approach from the traditional way about to how to develop goalkeepers.

Friday,  
July 3, 2020



**13.00 a.m. – 14.30 p.m. CEST**

*Mads Hansen, Martin Gjeding, IHF referees from DEN*  
**Whistling before six passes. Direct passive play**

As IHF top referees, Mads Hansen and Martin Gjeding (DEN) have officiated many important international matches in their careers, e.g., the final of the 2017 Men's World Championship in France, the semi-final at Rio 2016 as well as various final matches of the EHF Champions League. In their presentation, they will share their comprehensive knowledge on passive play:

The decision-making criteria to be used after showing the fore-warning signal are specified in the Clarifications to the Rules of the Game, and, of course, it is not mandatory to wait until six passes have been played.

Also, it is possible to decide on direct passive play without prior signal.

**15.00 p.m. – 16.30 p.m. CEST**

*Jorge Duenas, IHF CCM Member*  
**Tactics and defensive strategies**

During his time as coach of the Spanish women's national team, Jorge Duenas won four medals at major international tournaments. His greatest achievement was winning the bronze medal at the 2012 Olympic Games in London.

Jorge Duenas is a member of the IHF CCM and currently coaches the women's national team of Brazil.

In an article on the basics of handball, Jorge Duenas explains the fundamental criteria for a modern defender. His basic message: Defending is more than just marking!

The permanent adaptation of the defender is a crucial prerequisite.

Four elements of marking in one-on-one situations:

- Position
- Distance
- Situation
- Orientation

Typical mistakes in basic defensive positioning in one-on-one situations.

Saturday,  
July 4, 2020



**13.00 a.m. – 14.30 p.m. CEST**

*Paul Landure, IHF CCM Member*

**Coaching a flexible defence is a necessity to succeed at the highest level**

Paul Landure has been responsible for coach education at the French Handball Federation as well as IHF CCM Member for many years. In his presentation, he will be talking about the following topics:

During the last period of competition, we observed a significant evolution of the game's strategies in the defensive area. More and more teams defend actively or even switch their defensive formations in decisive or critical match situations. This is an important trend in international handball for both men and women. The team and the players, also in youth teams, must know and master the individual and collective tactical intentions in defence. Collective defensive intelligence is a smart mix of qualities combined within the team.

**15.00 p.m. – 16.30 p.m. CEST**

*Bjarne Jensen, PRC member*

**Passive play in handball today**

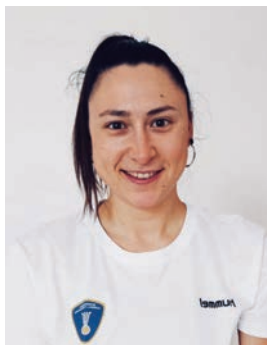
The former IHF Top Referee Bjarne Munk Jensen (DEN) has been a member of the IHF PRC since 2009 and is currently also the Chairman of the Danish Referee Committee.

Both IHF Commissions have been working together in recent years to help the IHF referees to better use the passive play rule and to improve their understanding of tactical situations during a match, always bearing in mind that an attack begins at the moment the opposing team has scored a goal or when a team executes the goalkeeper throw.

Bjarne Jensen uses various videos to explain typical problems in deciding passive play from a coach's and referee's perspective.



Friday,  
July 10, 2020



**13.00 a.m. – 14.30 p.m. CEST**

***Jochen Beppler, David Gröger (German Handball Federation):  
Re-start of preparation in special situation (Corona crisis)***

In the past weeks, Jochen Beppler, head national coach for the younger age categories of the German Handball Federation and member of the IHF Analysis Team and David Gröger, athletic coach of the German Handball Federation, have been working on specific training recommendations for the clubs of the German Handball-Bundesliga and the YAC performance centres for the re-start after the corona crisis:

Returning to play after the corona lockdown is not just about starting to practice!

It is about reducing risks of injuries for the players because of the missing specific characteristics of handball practice.

Besides some specific information of a "double worst case scenario" we also want to show ways and suggestions on how returning to play can be successful.

**15.00 p.m. – 16.30 p.m. CEST**

***Dani Ariño und Sergi Cedrún IHF Fitness Coaches,  
Maria Muller-Thyssen, IHF Physiotherapist,  
Ari Magriñá, IHF Sports Nutritionist,  
Lucia Rodriguez, Psychologist and Mental Coach***

- 1 IHF Referees: How to deal with confinement and going back to competition**
- 2 Different times, different practices: the whole world is changing, learn how to adapt to the new reality.**

In their role as fitness coaches of the IHF, Dani Ariño and Sergi Cedrún (ESP) develop the training plans for the entire year for each IHF referee. Together with their team, they will present various aspects of the specific preparation for referees after the corona crisis:

An online seminar specially developed by the IHF Team FITGOOD PRO to help referees to overcome confinement during this global crisis and tips to whistle again with your best performance:



Saturday,  
July 11, 2020



- Training during confinement. Dani Ariño, IHF Fitness Coach
- Physiotherapy: Avoid injuries. Maria Muller-Thyssen, IHF Physiotherapist
- How to eat during lockdown and back to whistling. Ari Magriñá, IHF Sports Nutritionist. Lecturer: Sergi Cedrún.
- Mental Coaching: Resilience and back to referee life. Lucia Rodriguez, Psychologist and Mental Coach. Lecturer: Sergi Cedrún.

**13.00 a.m. – 14.30 p.m. CEST**

*Julie and Charlotte Bonaventura, IHF referees from FRA, Ignacio Garcia Serradilla, Andreu Marin, IHF referees from ESP*

**High rhythm and speed in modern handball, no interruptions. FLOW**

Julie and Charlotte Bonaventura (FRA) have been IHF Referees since 2008 and are one of the most successful and well-known female referee pairs. They officiated, for example, the final of the Olympic handball tournament in London 2012 and the final of the 2019 Women's World Championship in Japan.

Ignacio Garcia Serradilla and Andreu Marin have been IHF Referees since 2009 and, among others, officiated the final of the 2013 Women's World Championship in Brazil.

In their presentation, they will talk about the following topics:

All handball actors are responsible to show the most attractive image of our sport. High speed and rhythm and as little interruptions as possible during the entire match are the key to this target. The referees must consider this idea in order to enable a greater continuity of the game.

Historically the changes in the rules have been in favour of a faster game (Injured Player Rule is the latest example) and also the PRC criteria (no yellow cards after goals, following the suggestions of top coaches).







**15.00 p.m. – 16.30 p.m. CEST**

*Arthur Yapo, responsible for physical preparation of the men's professional team of Paris Saint-Germain.*

**Re-start of preparation in a special situation (Corona crisis)**

In his presentation, Arthur Yapo will provide insights in the current preparation of the French top team Paris Saint-Germain. Using videos from the training with the professional players of PSG, he will explain the special actions and main focal points of training for the training period of June/July 2020 (four weeks). Individual aspects he will cover include:

- medical diagnostics at the beginning with special protocol for pro players and the main individual contents
- indoor and outdoor preparation with specific rules: content, exercises, (distances, etc.)
- material...
- which prevention...
- what advice during July (official holiday period) and what kind of comeback situation at the beginning of the preparation (end of July).

Friday,  
July 17, 2020



13.00 a.m. – 14.30 p.m. CEST

*Ramon Gallego, Chairman IHF PRC, Dietrich Späte, Chairman IHF CCM*

### **Provocations and overreactions in modern handball.**

#### **A very negative tendency**

The IHF has detected an increase in these unsportsmanlike behaviours all around the world and in all top competitions in recent years, making the work of the referees more difficult.

How is the IHF working with the referees to take strong decisions from the very beginning of the match?

15.00 p.m. – 16.30 p.m. CEST

*Oh Seong Ok, head coach of South Korea's women's youth national team and IHF Analyst*

### **Training of feints in one-on-one situations**

In her time as centre back of the South Korean women's national team, Oh Seong Ok won the 1995 world championship as well as the gold medal at the 1992 Olympic Games in Barcelona. Today, she is the national coach of South Korea's youth team with which she achieved the bronze medal at the 2018 women's youth world championship.

In her role as IHF analyst, she broke down offensive one-on-one actions in the matches of the 2019 Women's World Championship in Japan.

In her presentation, she explains different types of feints used in one-on-one situations in different positions and also provides insights in the typical, methodical training of feints in South Korea.

Saturday,  
July 18, 2020



13.00 a.m. – 14.30 p.m. CEST

*Patrice Canayer, head coach of Montpellier HB*

**Technical and tactical details not well adapted in some specific game situations**

Patrice Canayer has been head coach of Montpellier for 26 years and, for some years now, he has also filled the role of the club's general manager. Apart from winning the national championships and cup numerous times, he was also able to win the EHF Champions League in 2003 and 2018 with Montpellier. In his presentation, he will discuss the following topics:

In some situations, during the game, we can observe that the team chooses good tactical solutions but does not perform them successfully. Explanations are that the technical and tactical means are not chosen or executed well. In his presentation, Patrice Canayer will explain different tactical situations using clips from the French championship and games of the EHF Champions League.

Which kind of directions and contents in training sessions?

15.00 p.m. – 16.30 p.m CEST

*Per Morten Sodal, PRC Lecturer*

**Offensive Fouls. PRC and CCM criteria**

During his refereeing career, Per Morten (NOR) was IHF Elite Referee and has been IHF Delegate at all IHF events for a long time. In his presentation he will discuss the following:

There are different ideas around the world about what is necessary to consider an action as an attacker's foul. The IHF wants to clarify the PRC and CCM criteria we are working on with the IHF referees.



Friday,  
July 24, 2020



**13.00 a.m. – 14.30 p.m. CEST**

*Rafael Guijosa, IHF Lecturer*

**Reflections on collective defence – How to build a compact defensive system**

During his career, Rafael Guijosa was one of the world's best left wing players. With FC Barcelona he was able to win the EHF Champions League five times and was voted World Player of the Year in 1999.

After his job as national coach of Iran, Rafael Guijosa has been training Spanish first tier team Ademar León until recently.

In his presentation, he talks about how he has tactically and methodically developed an effective defence system in Ademar León. Key words: anticipation, deterrence, reaction, ambiguity; defensive zones; defending the back; individual action.

**15.00 p.m. – 16.30 p.m. CEST**

*Tono Huelin, PRC Lecturer, member of the IHF Rules Working Group*

**Empty goal. Last 30 seconds rules. PRC and CCM criteria**

During his career, Tono Huelin (ESP) has been IHF Elite Referee for 15 years and participated in the 2004 Olympic Games in Athens and the 2008 Olympics in Beijing. Today, the IHF-PRC Lecturer is a member of the IHF Rules Working Group.

Empty goal and the last 30 seconds are important situations in our sport, but players, coaches and referees don't always have the same ideas when they occur. The IHF wants to use this opportunity to clarify and explain what is written in the rules and in the latest PRC Guidelines 2018 and 2019.



Saturday,  
July 25, 2020



**13.00 a.m. – 14.30 p.m. CEST**

*Yerime Sylla, IHF Lecturer*

### **Playing seven against six – more than just positioning on the court**

Yerime Sylla, former coach of the Belgian men's national team and IHF CCM lecturer, explains main tendencies in terms of strategy, tactics and methodology of playing seven against six in attack.

His approach: A concept for playing seven against six cannot be limited to positioning players on the court.

In order to further develop the concept, the following four elements must be considered:

- Technical
- Tactical
- Mental
- Physical

**15.00 p.m. – 16.30 p.m. CEST**

*Ramon Gallego, Chairman IHF PRC / Dietrich Späte, Chairman IHF CCM*

### **Game and Rule Development – New ideas/proposals**

As a conclusion of the IHF Online Symposium, we will focus on how handball can be specifically refined in the next years.

Based on the experience and comprehensive analyses of international tournaments made in recent years and the meeting with the head coaches during the last Continental Championships, the IHF is ready to test a few new rules during the next season.

Additionally, an overview of different planned improvements in rule interpretation is given and the new project "Three new IHF Rule Books valid until 2022" is presented.

Both Chairmen are ready to discuss and to listen to other good proposals.



Subsequently:

Completion of the IHF online symposium

