***47th CENTRAL SEMINAR FOR CHF COACHES***

***EHF PRO LICENCE RENEWAL***

***Poreč, Croatia, 17th to 19th May 2024***

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|  | **Sports Hall Žatika, Poreč** |
| SCHEDULE | DATE / TOPICS / LECTURERS |
|  | **Friday, 17th May 2024** |
| 8:50 | SEMINAR OPENING CEREMONY |
| 9:00−9:45 | Benefits of the club connection to the XPS Network platform  Lecturer: Jure Šterbucl |
| 10-11 | Basic training principles in mini handball  Lecturers: Krešimir Pažin and Davor Turković |
| 11:15−12:30 | Methods of individual and group exercises for the development of players to play a proactive defence  Lecturer: Željko Čagalj |
| 12:45-14 | Play creation using the elements of group attack tactics – leading away and crosses  Lecturer: Nenad Zvonarek |
|  | **Saturday, 18th May 2023** |
| 9:00−10:150 | Methods of the 6:0 defence training  Lecturer: Vlado Šola, EHF Expert |
| 10:30−11:45 | Demonstration of developmental exercises for play in attack  Lecturer: Dagur Sigurdsson |
| 12:00−13:15 | Demonstration of defence training methods with the elements of anticipation and transition  Lecturer: Ivica Obrvan |
|  | **Sunday, 19th May 2024** |
| 8:30−09:45 | Methods of the fastbreak, counterattack, and quick throw-off training from the Norwegian point of view  Lecturer: Luka Panza |
| 10:00-11:15 | A long-term strength and condition development of young handball players  Lecturer: Prof. Luka Milanović, Ph.D. |
| 11:30−12:45 | Short-lasting attack development in handball  Lecturer: Dragan Đukić, EHF Expert |
| 12:45 | SEMINAR CLOSING |

Seminar Manager

Lidija Bojić-Ćaćić, Ph.D.