



46th

Central Seminar



COACHES
CROATIAN HANDBALL FEDERATION

POREČ FROM MAY 26 TO 28, 2023

www.uhrt.hr

Sports Hall Žatika, Poreč

Programme of the 46th Central Seminar for CHF Coaches and EHF PRO Licence Renewal

SCHEDULE

DATE / THEME / LECTURERS

Friday, 26th May 2023

9:15

SEMINAR OPENING CEREMONY

9:30-11:00

Situational shooting training – correcting goalkeeper's basic stance and positioning in relation to the location of shots taken

Lecturer: **Matija Bilušić**

11:15-12:45

Principles of anaerobic training in handball

Lecturer: **Lars Bojsen Michalsik**, EHF Expert

13:00-13:45

Contemporary technology in handball

Lecturers: **Dalibor Čvek** and **Antonio Obrvan**

Saturday, 27th May 2023

9:00-10:30

Anaerobic training in handball with the focus on speed and agility

Lecturer: **Lars Bojsen Michalsik**, EHF Expert

10:45-11:45

Presentation of the project Handball in Preschools – Vrtko

Lecturer: **Krešimir Pažin**, EHF Expert, **Vedran Vrus** and **Marina Tomac Rojčević**

12:00-13:30

Transition from attack to defence

Lecturer: **Dragan Adžić**

Sunday, 28th May 2023

8:30-9:45

Application of feints / deceptive moves against different defence formations

Lecturer: **Goran Mrđen**

10:00-11:15

Situational technical-tactical exercises of attack and fastbreak (counterattack) suitable for the development of young players

Lecturer: **Boris Dvoršek**

11:30-12:45

Defence system 6:0 and corrections of possible mistakes

Lecturer: **Goran Perkovic**

13:00-14:00

PANEL: Trends in the development of handball

Panelists: **Goran Perkovic**, **Nenad Šoštarić**, **Dragan Adžić**, **Boris Dvoršek**

14:00

SEMINAR CLOSING

Seminar Manager
Lidija Bojić-Čačić, Ph. D.