



# 2018 EHF "Rinck" Convention Master Coach and Licensing Course 1st module



**11 - 18 January 2018 in Porec / CRO**

## Thursday, 16th Jan. 2018

- |             |  |
|-------------|--|
| 09:00-09:45 | Tactical meaning: player for goal keeper<br>EHF Lecturer: <b>Wolfgang Pollany</b>  |
| 09:45-10:45 | Physical demands in elite team handball<br>EHF Lecturer: <b>Lars Bojsen Michalsik</b>  |
| 11:00-11:45 | Physical demands in elite team handball. Physiology and physical training principles: Aerobic training<br>EHF Lecturer: <b>Lars Bojsen Michalsik</b> |
| 14:00-15:15 | Defence tactic in small groups<br>EHF Lecturer: <b>Wolfgang Pollany</b>  |
| 15:45-17:00 | Physiology and physical training principles: Aerobic training<br>EHF Lecturer: <b>Lars Bojsen Michalsik</b>  |
| 18:15/20:30 | <b>2018 EURO MATCHES</b>   |

## Wednesday, 17th Jan. 2018

- |             |   |
|-------------|---|
| 09:00-10:15 | Formal (off-court) aerobic training<br>EHF Lecturer: <b>Lars Bojsen Michalsik</b>                   |
| 10:45-12:00 | The role and task of the wing players in handball nowadays<br>EHF Lecturer: <b>Wolfgang Pollany</b> |
| 14:00-15:15 | On-court aerobic training<br>EHF Lecturer: <b>Lars Bojsen Michalsik</b>                             |
| 15:45-17:00 | Cooperation of back court and line players<br>EHF Lecturer: <b>Wolfgang Pollany</b>                 |
| 17:30-18:30 | Evaluation of EURO matches<br>EHF Lecturer: <b>Peter Kovacs</b>                                     |

## Thursday, 18th Jan. 2018

- |             |   |
|-------------|---|
| 09:00-09:45 | Comprehensive EURO analysis<br>EHF Lecturer: <b>Peter Kovacs</b>  |
| 10:15-11:15 | Practical meaning of the use and application of the new rules and interpretation<br>EHF Lecturer: <b>Referee expert</b> |
| 11:15-12:00 | <b>CLOSING</b>  |

# Sport Hall Veli Joze, Porec

SCHEDULE	DATE / THEME / LECTURER
<b>Thursday, 11th Jan. 2018</b>	
14:00-14:30	<b>OPENING</b>
14:30-15:30	Coaching in Europe EHF Lecturer: <b>Peter Kovacs</b>
16:00-17:00	Attack conceptions of the teams scored the highest number of goals in the 2016 Men's EURO EHF Lecturer: <b>Marko Sibila</b>
17:00-18:00	Defence analysis of teams received the lowest number of goals in the 2016 Men's EURO EHF Lecturer: <b>Zoltan Marczinka</b>
<b>Friday, 12th Jan. 2018</b>	
09:00-10:15	Attack conceptions of the top 4 teams in the 2016 Men's EURO EHF Lecturer: <b>Marko Sibila</b>
10:45-12:00	Defence of the best teams against back court, wing and line players EHF Lecturer: <b>Zoltan Marczinka</b>
14:00-15:15	Offence tactics: transitions & crosses EHF Lecturer: <b>Marko Sibila</b>
15:45-17:00	Fast break and quick retreat of individual groups and teams EHF Lecturer: <b>Zoltan Marczinka</b>
18:15/20:30	<b>2018 EURO MATCHES</b>
<b>Saturday, 13th Jan. 2018</b>	
09:00-10:15	Practice of feints and their application during the games EHF Lecturer: <b>Marko Sibila</b>
10:45-12:00	Offence against open defence 3:2:1, 3:3, 4:2 EHF Lecturer: <b>Zoltan Marczinka</b>
14:00-15:15	Importance of training of rapid changes in the direction of movement in handball EHF Lecturer: <b>Marko Sibila</b>
15:45-17:00	Change of defence systems during an attack EHF Lecturer: <b>Zoltan Marczinka</b>
17:30-18:30	Joint Discussion for Master coach participants
<b>Sunday, 14th Jan. 2018</b>	
09:00-09:45	Successful Mentality EHF Lecturer: <b>Johan Ingi Gunnarsson</b>
10:15-11:15	Building confidence EHF Lecturer: <b>Johan Ingi Gunnarsson</b>
14:00-15:15	Saving of goalkeepers against long distance shots EHF Lecturer: <b>Michal Barda</b>
15:45-17:00	Comparison of the various goal keeper's saving techniques of men's and women's top teams EHF Lecturer: <b>Michal Barda</b>
18:15/20:30	<b>2018 EURO MATCHES</b>
<b>Monday, 15th Jan. 2018</b>	
08:45-09:00	Opening Licence Renewal Seminar
09:00-09:45	Cooperation between goalkeepers and defenders of the GER Men's and NOR Women's in the 2016 EUROS EHF Lecturer: <b>Michal Barda</b>
09:45-10:45	Current situation of numerical superiority in offence EHF Lecturer: <b>Peter Kovacs</b>
11:00-12:15	Saving of goalkeepers against short distance shots EHF Lecturer: <b>Michal Barda</b>
14:00-15:15	Numerical superiority: Principles and solutions EHF Lecturer: <b>Peter Kovacs</b>
15:45-17:00	Preparation for handball: Small games EHF Lecturer: <b>Wolfgang Pollany</b>
17:30-18:00	Comparison of the men's and women's EURO 2016 EHF Lecturer: <b>Peter Kovacs</b>