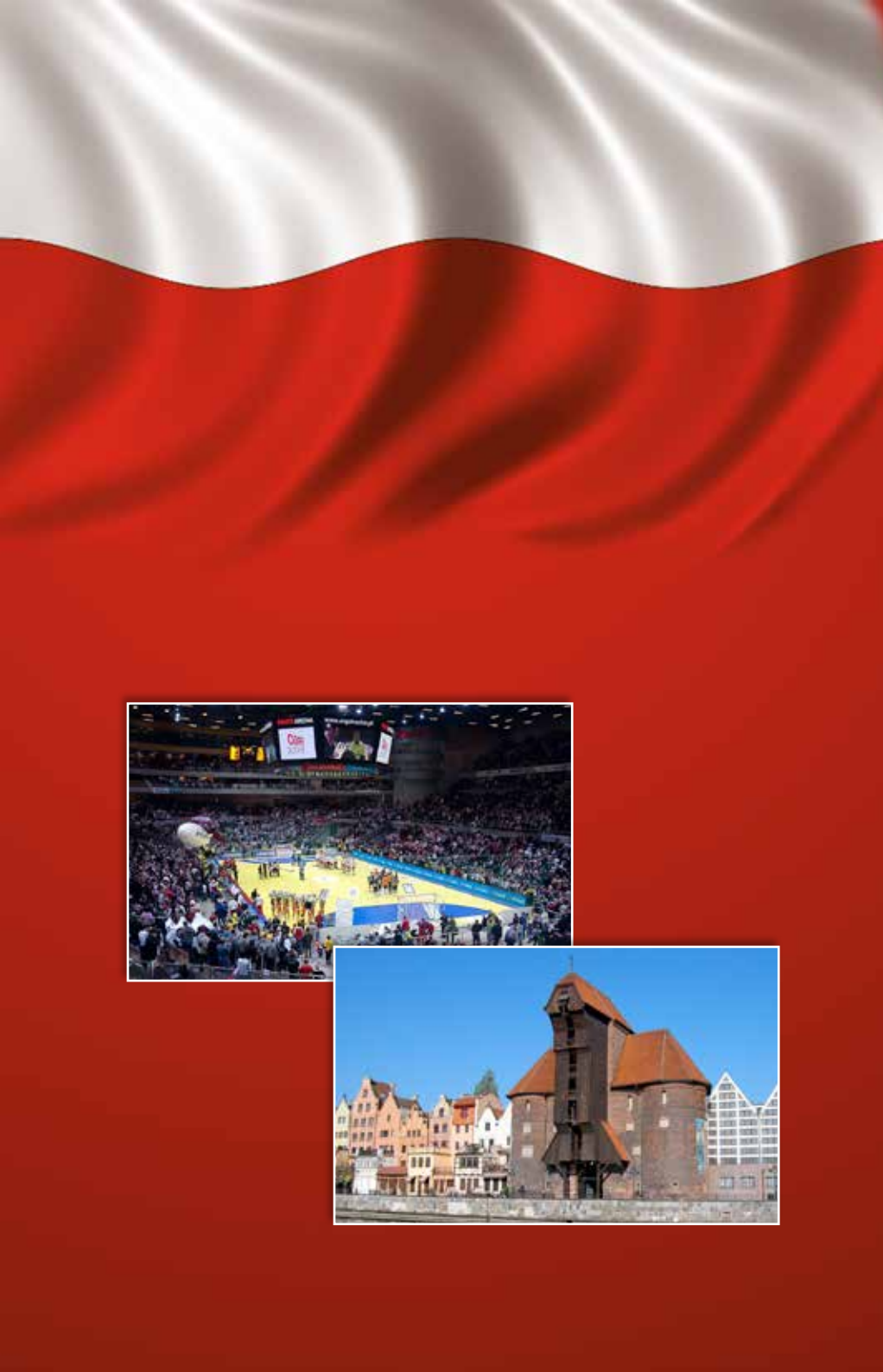




2013 EHF Youth Coaches' Course

18th – 21st August 2013 in Gdansk, Poland





Hosting City - Gdansk, Poland

The city has rich sport traditions. In Gdansk in 2002 took place the Men's Junior European Handball Championship. In 2012, Gdansk was selected by UEFA as host venue of the UEFA EURO2012. From upcoming sport events, the Women's 17 European Championship 2013 and 2016 EHF Men's EURO will be also held in Gdansk.

A thousand-year history, a location at the crossroads of important commercial and communication routes, an extensive port and mercantile traditions - all this makes Gdansk a meeting place of many cultures, nationalities and denominations.

The City of Gdansk looks forward to welcoming many guests.

Sights

Gdansk is a pearl of bourgeois architecture, boasting beautiful houses and a unique market. It is a world of cozy streets and historical churches. These are also perfectly preserved fortifications, ranked among the biggest in Europe, and interesting harbour architecture.

Gdansk is an active city for active people. The choice is wide: picturesque cycling and walking paths, kilometres of beaches and one of Poland's largest zoos.

Cuisine of Gdansk

Gdansk offers a wealth of international cooking with a long-standing tradition and first-rate seafood. Above all, there is a huge variety of cuisines, dishes and places where you can eat. You will find sophisticated cuisine from all the countries of Europe, exotic tastes from the Middle East and Asia and very original old Gdansk cuisine. Everyone, even the most demanding gourmand, will find something to satisfy his palate and wallet. And if you are a vegetarian there are entirely vegetarian bars or restaurants which offer vegetarian courses next to the meat courses.





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
2009: Győr / HUN
2010: Bratislava / SVK
2011: Brno / CZE
2012: Hard / AUT

Top Coaches' Seminars

1996: Paris Bercy / FRA
1998: Bressanone / ITA
2000: Zagreb / CRO
2004: Ljubljana / SLO
2006: Zurich / SUI
2008: Skopje / MKD
2010: Vienna / AUT
2012: Belgrade / SRB

Women's Coaches' Course

2000: St. Raphael / FRA

Open Master Coach Course

2012: Belgrade / SRB (1st module)
Hard / AUT (2nd module)
Belgrade / SRB (3rd module)

In the 2013 edition of the EHF Youth Coaches' Course in Gdansk / POL (with the target group of young female players), Youth Coaches from Europe and also from other continents are invited and heartily welcome to see the matches of the 2013 Women's 17 European Championship /POL. We really hope that the programme worked out by the MC and the EHF lecturers will be interesting for you. We look forward to meeting you in Gdansk.

The MC remains with the best regards,

EHF Methods Commission

Jerzy Eliaz / Chairman MC

Sjors Röttger / Methods and Coaching

Peter Kovacs / Education and Training

Juan Lorenzo Anton Garcia / Youth, School and Non-competitive Sports

Pedro Sequeira / Development

Nina Britt Husebø / Gender Representative



EHF / EHF Competence Academy & Network (EHF CAN)



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.



Contact Information

ORGANISER

European Handball Federation

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monikowski@zprp.org.pl

COURSE ACCOMMODATION

Nadmorski Hotel ****

Juliana Ejsmonda 2

81-409 Gdynia

POLAND

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hotel@nadmorski.pl

www.nadmorski.pl

COURSE VENUE

University of Physical Education and Sport in Gdansk

Contact: Marek Zabczynski

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80- 336 Gdansk

POLAND

Tel: +48 603 766 393

Fax: +48 58 554 17 92

marzab@awf.gda.pl

Sport Event



2013 Women's 17 European Championship

15th – 25th August 2013 in Poland

Friday 23th August 2013

Semi Finals / Gdansk

Sunday 25th August 2013

Bronze medal game & Final / Gdansk



Course Basics

Course fee:	€ 180
Tickets:	Included in the course fee
Course fee includes:	Course participation and documents. Course documentation on CD ROM / DVD (to be completed by EHF and sent out after the seminar).
Travel:	The participants have to organise their travel and to pay the travel expenses themselves
Course language:	English
Main lecturers:	Wojciech Nowinski / POL Monique Tijsterman / NED Martin Tuma / CZE
Main Topic:	Theoretical and practical aspects of youth womens's handball
Registration:	Zwiazek Piłki Recznej w Polsce (ZPRP) Fax: +48-22-892 90 11 E-mail: monikowski@zprp.org.pl
Registration deadline:	30.4.2013
Hotel price:	• Single room (breakfast included): € 90 per person/ day • Double room (breakfast included): € 75 per person/ day • Additional costs for full board (Lunch, Dinner, Coffee...): € 30 per person/ day
Payment mode:	Your registration will be confirmed by ZPRP. The course fee has to be paid with the registration, accommodation cost upon arrival. (See item "Hotel price")
Bank Account details:	DZ Bank Polska Address: Plac Pilsudskiego 3 00-078 Warszawa Bank Account: 40 1740 0006 0000 3000 0044 5700 SWIFT / BIC: GENOPLPW Note: 2013 EHF Youth Coaches' Course

Presenters



Jerzy Eliasz

POL

EHF Methods Commission Chairman
EHF Executive Committee Member



Wojciech Nowinski

POL

EHF Lecturer
Faculty Lecturer



Monique Tijsterman

NED

EHF Lecturer



Martin Tuma

CZE

EHF Lecturer
Master Coach
Faculty Teacher



Helmut Hörtsch

EHF

EHF Office Staff Member
EHF CAN Coordinator
Business Group Education/ Development



Beata Kozłowska

EHF

Course administration
Business Group Education/ Development





Seminar Schedule

Saturday 17.8.13	15.00 - 17.00	Indiv. Arrival / Check-In / Accreditation
	17.00 - 18.30	Leaders' meeting - course organisation
	19.00	Dinner
Sunday 18.8.13	08.00 - 09.00	Arrival, Accreditation
	09.00 - 09.30	Opening
	09.30 - 10.30	Women's (Youth) handball out of a clear handball vision (e.g. NED 'Oranje plan')
	10.30 - 11.00	Coffee Break
	11.00 - 12.00	Which (educational) steps / pedagogical tools shall be made during female youth training?
	12.30	Lunch
	14.00 - 15.15	Passes and shots in groups with tactical content
	15.30 - 16.45	Shot teams training and the goalkeeper training
	17.00 - 18.30	W17 ECh B1:B2
	19.00 - 20.30	W17 ECh B3:B4
20.30	Dinner	
Monday 19.8.13	09.00 - 10.15	Wing play- technical/ tactical exercises
	10.15 - 10.45	Coffee break
	10.45 - 12.00	Pivot play- technical/ tactical exercises
	12.30	Lunch
	14.00 - 15.15	Passes, shots and running (body) feinting
	15.15 - 15.45	Coffee break
	15.45 - 16.30	Physical training for young female goalkeepers
	16.45 - 18.00	Specific technical/ tactical training for young female goalkeepers
19.00	Dinner	
Tuesday 20.8.13	09.00 - 10.00	The philosophy of 6:0 and 5:1 defence system during the game
	10.00 - 10.15	Coffee break
	10.15 - 11.15	Coaching and Refereeing
	11.15 - 12:15	Attack with crosses and position changes
	12.30	Lunch
	14.00 - 15.15	Individual, group and team fast break and turn back
	15.30 - 16.45	Ball steals in defence- individual and group exercise
17.00 - 18.30	W17 ECh 2A:2B	
19.00 - 20.30	W17 ECh 1A:1B	
20.30	Dinner	
Wednesday 21.8.13	09.00 - 10.15	Group and team attack in man advantage
	10.15 - 10.45	Coffee break
	10.45 - 12.00	Group and team defence im man disadvantage
	12.15	Lunch
	13.30 - 14.30	European Championship- Analysis
	14.30 - 15.30	EHF Coaching Licensing System
	13.30 - 15.45	Coffee break
	15.45 - 16.30	Closing
	17.00 - 18.30	W17 ECh 2B:1A
	19.00 - 20.30	W17 ECh 1B:2A
20.30	Dinner	
Thursday 22.8.13		Individual departure

2013 EHF Youth Coaches' Course Registration

Name	
Address	
Country	
Name of your Club / Federation	
Description of your function	
International Phone	
International Fax	
E-mail address	

ACCOMMODATION INFO

Nadmorski Hotel **** (please complete as appropriate)

Single room* Double room* (* including breakfast)

SCHEDULE

Arrival Date Departure Date

Signature Date



Please fill-in and return to ZPRP by 30.4.2013

Fax: +48 22 892 90 11
e-mail: monikowski@zprp.org.pl

Booking: The inscription for the 2013 Youth Coaches' Course has to be done by fill in the registration form. By the receipt of the inscription the contract between the participant and the Polish Handball Federation is valid. Your entry will be confirmed in writing by the Polish Handball Federation. The Polish 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 beginning 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.

