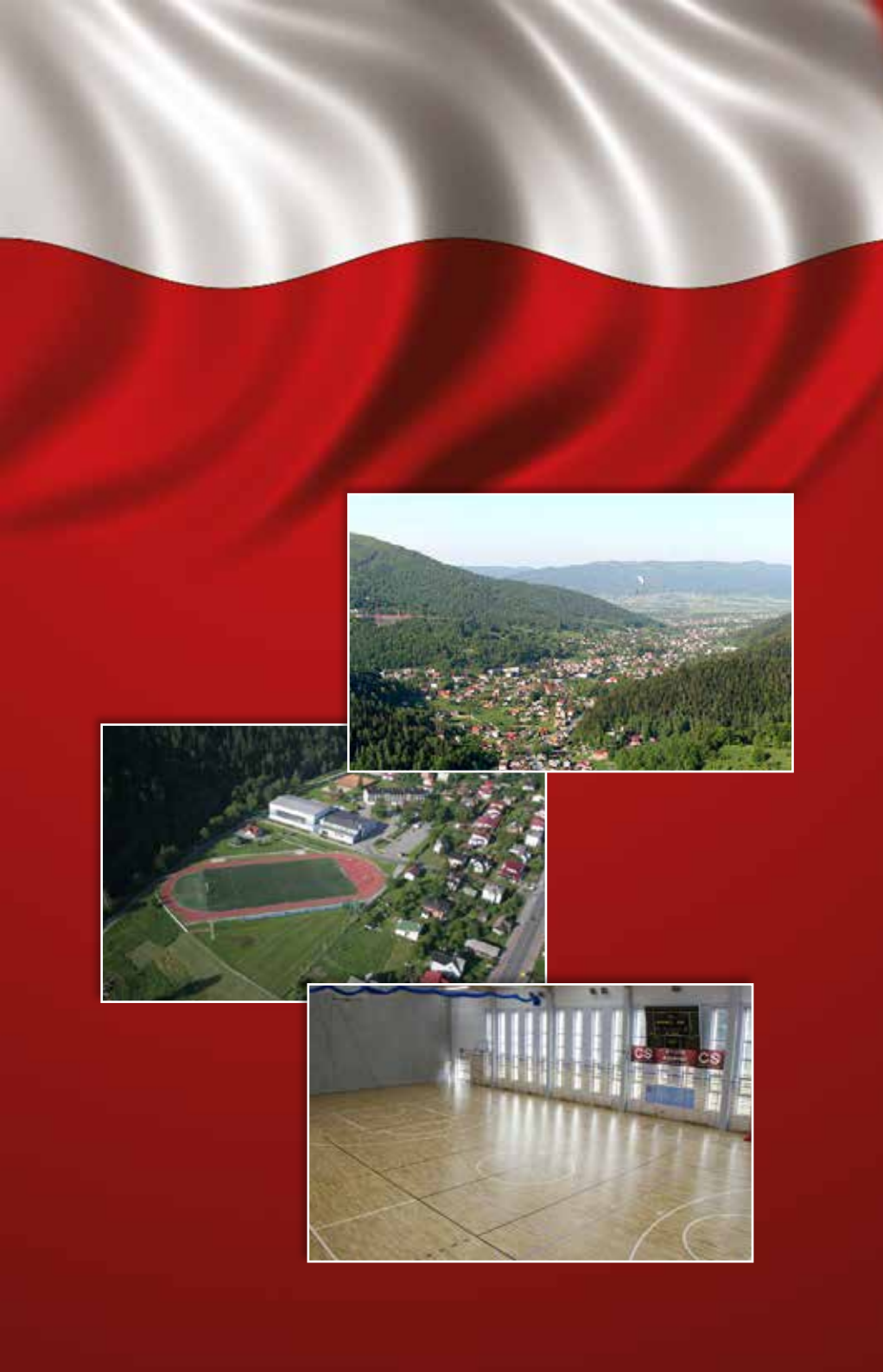




2018 EHF Young Coaches Workshop

3 - 8 June 2018, in Szczyrk / Poland





Hosting City- Szczyrk, Poland

Szczyrk is a town in the Beskid Slaski mountains of southern Poland, situated in the valley of the Zylica river. It is one of the most popular skiing destinations in the country. With more than 60 km of well-kept ski routes serviced by 30 ski-lifts, it offers conditions for skiing which are comparable to the leading European resorts. Within the town borders lies Mt Skrzyczne (1257 m), the highest peak of the Silesian Beskidy range and which is considered to be second only to Kasprowy Wierch in the Tatra Mountains as a skier's mountain.

Szczyrk is an entirely tourism oriented town with a variety of fine hotels, apartments and other places to stay.

The city has a few historical sights, like the 18th century wooden St Jacob's church in the very centre of the town. Apart from the church, visitors can view several surviving pre-Second World War villas.

The chairlift ranks among the major attractions of Szczyrk, as much use for tourists as for the skiers. During the almost 30-minute ride to the top you can admire the astonishing panorama of the Silesian Beskidy Mountains.

Visitors may enjoy hiking, cycling, climbing, paragliding and all kinds of sport activities. The breath-taking views are included.

COS Szczyrk- Olympic Training Centre

The venue is one of the most important sport centres in Poland. Szczyrk hosts athletes from many disciplines.

In the sport centre we can find all kinds of sport courts, halls, swimming pool, gym, fitness studio, sauna, etc.

Sources: <http://szczyrk.cos.pl/> ; https://pl.wikipedia.org/wiki/Plik:Szczyrk_z_lotu_ptaka.jpg ; http://www.staypoland.com/about_szczyrk.htm; <http://www.szczyrk.pl/2012-01-09-13-46-57/atracje-turystyczne>





EHF Methods Commission

Development, Education, Further Education and Training are part of the core activities of the EHF Methods Commission (MC). Numerous courses and seminars for young coaches, top coaches, young referees, delegates, referees and club managers were organised by the EHF since its foundation. This year the EHF Methods Commission decided to organise its fifth Young Coaches Workshop.

This seminar is addressed to a small number of young coaches with both basic education and experience in coaching. They will be asked before the event to prepare one practical session and present it during the workshop with the demonstration teams consisting of Polish YAC National teams players. During the workshop the participants will be asked to provide a second practical session.

The EHF Lecturers: P. Kovács / HUN - EHF MC Member and initiator of this workshop and M. Petronijevic / SRB – EHF Lecturer, will evaluate these training sessions in content and realisation. B. Jelicic / CRO - coach of teams and people in high-performance situations in sports will provide feedback on performance, soft skills and communication with the team.

We are looking forward to meeting you in Szczyrk. The MC remains with best regards,

Jerzy Eliaz / Chairman MC

Sjors Röttger / Methods and Coaching

Peter Kovacs / Education and Training

Klaus Feldmann / Youth, School and Non-competitive Sports

Pedro Sequeira / Development

Marta Bon / Member



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.

EHF Women's Handball Board (WHB) Supporting Measures

In our efforts to develop the area of women's handball in Europe, the EHF Women's Handball Board are very interested in initiating opportunities for women involved in Handball, in order to expand their knowledge and expertise and to increase the number of competent women in key positions; our ultimate aim being to support and strengthen women's handball and to promote female leadership.

Therefore, one of the WHB's main objectives is to recruit and encourage the current elite female players to remain in handball at the end their playing career, through specifically tailored educational opportunities, aimed at enhancing their skills for the roles such as coaches, delegates, referees and sports managers. These role models would inspire the future generations of handball players, to take up and remain within our sport because of the potential career pathways created.





Contact Information

ORGANISER

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ACCOMMODATION & VENUE

Hotel "Harnas", COS Szczyrk

Sport Hall and Conference Room

ul. Plazowa 843 – 370, Szczyrk

Poland

Tel: +48 33 817 84 41

Email: hotel@cos.pl

Web: www.szczyrk.cos.pl/hotel/



Course Basics

- Course fee:** € 600 (will be covered by the EHF). Course fee includes course participation, documents, facilities, accommodation, full board, additional activities.
- Travel:** Flight and travel costs will be covered by the participant's national federation (recommended arrival airport is Katowice) – further transport is needed.
- Board and lodging:** The costs for board and lodging will be paid by the EHF.
The travel to / from the home airport of the participants as well as costs for VISA, etc. have to be organised and paid by the participants / respectively by their national federations.
- Course language:** English
- Target group:** 7 male and 7 female coaches no older than 33 years, with **good English language skills** and basic experience in Handball coaching. Only one participant (either male or female) can register per National Federation. Participants of the previous three EHF Young Coaches Workshops cannot register again!

Car pick-up from / to the airport can be arranged by the organiser. Please note that it is possible that transportation could be combined and therefore a period of waiting for further participants can be expected. The costs per person and way are as follows (to be borne by the participant / national federation):

Katowice (Pyrzowice) airport - Szczyrk € 25

Katowice train station – Szczyrk €25

Szczyrk – Katowice (Pyrzowice) airport € 25

Szczyrk - Katowice train station € 25

Krakow (Balice) airport - Szczyrk € 50

Szczyrk – Krakow (Balice) airport € 50

Please mark your requirements on the registration form.

The participants have to provide a CV together with their registration. The CV should provide information about the handball career of the participants in general (as player, referee, etc.) and about their coaching experience (education, experience as coach, which club / gender / age / league, best performance / experience, strengths / weaknesses) in particular. The registration follows the “first come – first served” principle.

However female applicants should note that on the initiative of the Women's Handball Board (WHB) the EHF will support the female participants by covering their participation fee. Therefore the 7 female candidates will be selected by the WHB out of all the registrations received.

The registration is only valid if both the CV and the registration form (signed and stamped by the national federation) are provided directly by respective national federation within the given deadline! Only one participant (either male or female) can be registered per National Federation!

Registration deadline: 20.4.2018

Presenters



Peter Kovacs
HUN

*EHF Methods Commission Member
Education and Training Expert*



Milan Petronijevic
SRB

*EHF Lecturer
Member of the EHF Youth Forum*



Bojana Jelacic
CRO

*EHF Scientific Network Member
Mental Coach*



Carlos Prieto Martos
ESP

EHF Scientific Network Member



Florian Retter
AUT

Sport Scientist



Ryszard Jarzabek
POL

*Professor at the Sport University in Katowice
Handball Coach
Goalcha Expert*



Beata Kozlowska
EHF

*EHF Office Staff Member
Business Group Education/ Development*



Seminar Schedule

| | | | | | |
|---------------------------------|------------------|--|-----------------------------------|---|---|
| Sunday 3.6.18 | 12:00 - 12:30 | Indiv. Arrival / Check-In / Accreditation | Wednesday 6.6.18 | 08:30 - 10:00 | Body Language in Coaching: A Tool for Effective Communication |
| | 13:00 - 14:00 | Lunch | | 10:10 - 10:30 | Practical Exercise 1 |
| | 14:00 - 14:30 | Opening | | 10:35 - 10:55 | Practical Exercise 2 |
| | 14:30 - 15:15 | How to plan a training session | | 10:55 - 11:10 | Break |
| | 15:15 - 16:30 | Periodisation, training set-up, etc. Part 1. | | 11:10 - 11:30 | Practical Exercise 3 |
| | 16:30 - 16:45 | Break | | 11:35 - 12:55 | Practical Exercise 4 |
| | 16:45 - 18:45 | Periodisation, training set-up, etc. Part 2. | | 12:00 - 12:20 | Practical Exercise 5 |
| | 19:15 | Dinner | 12:30 - 13:30 | Lunch | |
| Monday 4.6.18 | 09:00 - 09:30 | Practical Exercise (Basics) | 13:30- 13:50 | Practical Exercise 6 | |
| | 09:35 - 10:05 | Practical Exercise (Basics) | 13:55 - 14:15 | Practical Exercise 7 | |
| | 10:15 - 12:15 | Practical Exercise/Periodisation, Training Set-up, etc. | 14:20 - 14:40 | Practical Exercise 8 | |
| | 12:15 - 13:00 | Lunch | 14:45 - 15:05 | Practical Exercise 9 | |
| | 13:00 - 13:20 | Practical Exercise 1 | 15:10 - 15:30 | Practical Exercise 10 | |
| | 13:25 - 13:45 | Practical Exercise 2 | 15:30 - 15:50 | Break | |
| | 13:50 - 14:10 | Practical Exercise 3 | 15:50 - 17:10 | Overall Feedback | |
| | 14:15 - 14:35 | Practical Exercise 4 | 17:15 - 18:45 | Leadership and Communication with the Team | |
| | 14:35 - 15:00 | Break | 19:00 | Dinner | |
| | 15:00 - 15:20 | Practical Exercise 5 | Thursday 7.6.18 | 08:30 - 08:50 | Practical Exercise 11 |
| | 15:25 - 15:45 | Practical Exercise 6 | | 08:55 - 09:15 | Practical Exercise 12 |
| | 15:50 - 16:10 | Practical Exercise 7 | | 09:20 - 09:40 | Practical Exercise 13 |
| | 16:15 - 16:35 | Practical Exercise 8 | | 09:45 - 10:05 | Practical Exercise 14 |
| | 16:40 - 17:00 | Practical Exercise 9 | | 10:05 - 10:20 | Break |
| 17:10 - 18:30 | Overall Feedback | 10:20 - 10:40 | | Practical Exercise 15 | |
| 19:00 | Dinner/Barbecue | 10:45 - 11:05 | | Practical Exercise 16 | |
| | | 11:05 -12:15 | | Overall Feedback | |
| | | 12:15 - 13:15 | | Lunch | |
| | | 13:15 - 14:30 | | How to Build a Handball Community | |
| | | 14:30 - 15:45 | | How to Coach a Player Through Strong Values | |
| | | 15:45 - 16:15 | | Break | |
| | | 16:15 - 18:30 | | Goalcha | |
| | | 19:00 | | Dinner | |
| Tuesday 5.6.18 | 08:30 - 08:50 | Practical Exercise 10 | Friday 8.6.18 | 09:00 - 10:00 | A Look from Inside: Player-Coach Relationship |
| | 08:55 - 09:15 | Practical Exercise 11 | | 10:05 - 11:05 | Handling Difficult and Challenging Situations as Conflicts |
| | 09:20 - 09:40 | Practical Exercise 12 | | 11:05 - 11:15 | Break |
| | 09:45 - 10:05 | Practical Exercise 13 | | 11:15 - 12:15 | Overall Feedback and Closing |
| | 10:10 - 10:30 | Practical Exercise 14 | | 12:15 - 13:00 | Lunch |
| | 10:30 - 10:45 | Break | | 13:00 | Individual departure |
| | 10:45 - 11:05 | Practical Exercise 15 | | | |
| | 11:10 - 11:30 | Practical Exercise 16 | | | |
| | 11:40 - 12:10 | Overall Feedback | | | |
| | 12:15 - 13:15 | Lunch | | | |
| | 13:30 | Trip to Zywiec | | | |
| | 17:15 - 18:15 | Team Cohesion - Input and Exercises Individual preparation for the 2nd training session | | | |
| | 19:15 | Dinner | | | |

Course Registration

| | |
|---------------------|---|
| Title | <input type="checkbox"/> Mrs / Ms <input type="checkbox"/> Mr |
| First name | |
| Surname | |
| Address | |
| Country | |
| Date of birth | |
| International phone | |
| Email address | |

| | |
|---|--|
| Car / bus transport needed? | <input type="checkbox"/> Katowice airport - Szczyrk (€25) <input type="checkbox"/> Krakow airport - Szczyrk (€50) <input type="checkbox"/> Katowice train station - Szczyrk (€25) <input type="checkbox"/> Szczyrk - Krakow airport (€50) <input type="checkbox"/> Szczyrk - Katowice airport (€25) <input type="checkbox"/> Szczyrk - Katowice train station (€25) |
| Travel schedule <i>(Please inform us on your detailed travel schedule)</i> | Arriving by <input type="checkbox"/> car / <input type="checkbox"/> train / <input type="checkbox"/> plane / <input type="checkbox"/> bus: From: To (station name): Arriving at (time): Flight No / Train No: Departing by <input type="checkbox"/> car / <input type="checkbox"/> train / <input type="checkbox"/> plane / <input type="checkbox"/> bus: From (station name): To: Departure at (time): Pick-up (if needed) at (time): Flight No / Train No: |

| | | | | | | |
|------------|-------|-----------------------------|----------------------------|----------------------------|-----------------------------|------------------------------|
| Shirt size | Women | <input type="checkbox"/> XS | <input type="checkbox"/> S | <input type="checkbox"/> M | <input type="checkbox"/> L | <input type="checkbox"/> XL |
| | Men | <input type="checkbox"/> S | <input type="checkbox"/> M | <input type="checkbox"/> L | <input type="checkbox"/> XL | <input type="checkbox"/> XXL |

Signature and stamp by national federation

Signature Date

