



# 4<sup>th</sup> Module e-learning

## PRESENTERS - LECTURERS HOURS OF COURSES AND TOPICS

DAY 1 ΤΕΤΑΡΤΗ 07 ΙΟΥΛΙΟΥ - WEDNESDAY 07<sup>TH</sup> JULY



EUROPEAN HANDBALL  
FEDERATION

TIME	PRESENTER - LECTURER	THESIS
14:00 START OF E-LEARNING PROGRAM – RINCK CONVENTION		
14:00 - 14:30	 <b>SLOBODAN ACIMOV</b> STRENGTH AND CONDITION TRAINER (PICK SZEGED)	POWER TRAINING AT HIGH LEVEL HANDBALL TEAMS
14:40 - 15:10	 <b>SLOBODAN ACIMOV</b> STRENGTH AND CONDITION TRAINER (PICK SZEGED)	STRENGTH TRAINING PERIODIZATION AT HIGH LEVEL HANDBALL TEAMS
15:20 - 15:50	 <b>TONI GERONA</b> EHF MASTER COACH	“INTRODUCTION AND GENERAL CONCEPTS”
16:00 - 16:30	 <b>TONI GERONA</b> EHF MASTER COACH	“DEFENSE IN 6X7”
INTERMISSION 16:30 - 16:45		
16:45 - 17:15	 <b>MONIQUE TIJSTERMAN</b> EHF LECTURER	WHAT AM I AS A COACH; VISION
17:25 - 17:55	 <b>MONIQUE TIJSTERMAN</b> EHF LECTURER	WHAT AM I AS A COACH; HOW TO TRAIN, WHAT TO TRAIN
17:55 - 18:25	 <b>NIKOS SFINGOS</b> PHD MSC, CEO SPORTSCOUT	“DIGITAL APPS AND INNOVATIVE TOOLS IN HANDBALL: EFFICIENTLY FACILITATING THE COACHING PROCESS”
18:30 - 19:00	 <b>NIKOS SFINGOS</b> PHD MSC, CEO SPORTSCOUT	“AN EXAMPLE OF ANNOTATION VIDEO ANALYSIS IN HANDBALL GAMES WITH SPORTSCOUT SOFTWARE”