




4th Module e-learning

PRESENTERS - LECTURERS HOURS OF COURSES AND TOPICS

DAY 5 ΚΥΡΙΑΚΗ 11 ΙΟΥΛΙΟΥ - SUNDAY 11TH JULY



EUROPEAN HANDBALL
FEDERATION

TIME	PRESENTER - LECTURER	THESES
14:00 START OF E-LEARNING PROGRAM – RINCK CONVENTION		
14:00 - 14:30	 PROF. MILIVOJ DOPSAJ FACULTY OF SPORTS AND PHYSICAL EDUCATION,, BELGRADE	“MUSCLE FORCE TESTING: BASIC APPLICATION AND THEORETICAL APPROACH OF PRACTICAL MUSCLE TESTING ASPECT IN HANDBALL”
14:40 - 15:10	 PROF. MILIVOJ DOPSAJ FACULTY OF SPORTS AND PHYSICAL EDUCATION,, BELGRADE	HANDBALL ATHLETES TESTING RESULTS AND PRACTICAL APPLICATION OF RESULTS IN TRAINING PROCESS
15:20 - 15:50	 DR DIMITRIS VLACHOPOULOS SENIOR LECTURER AT CHILDREN'S HEALTH AND EXERCISE RESEARCH CENTRE, UNIVERSITY OF EXETER, UK	“LONG TERM ATHLETE DEVELOPMENT OF HANDBALL RELATED SKILLS DURING GROWTH AND CHARACTERISTICS OF ELITE YOUNG HANDBALL ATHLETES”
16:00 - 16:30	 DR DIMITRIS VLACHOPOULOS SENIOR LECTURER AT CHILDREN'S HEALTH AND EXERCISE RESEARCH CENTRE, UNIVERSITY OF EXETER, UK	“ASSESSMENT TESTS OF PHYSICAL FITNESS IN ELITE YOUNG HANDBALL ATHLETES”
INTERMISSION 16:30 - 16:45		
16:45 - 17:15	 RAJKO MILOSEVIC GOALKEEPER COACH	“TRAINING IN A MINI-CYCLE IN PREPARATION FOR THE GAME TO BE PLAYED ON SATURDAY (WARM-UP, DEFENSE OF HIGH, LOW, SEMI-HIGH SHOTS, WITH EXERCISES OF SPEED JUMPING AND REFLEXES) (PART 1)”
17:25 - 17:55	 RAJKO MILOSEVIC GOALKEEPER COACH	“TRAINING IN A MINI-CYCLE IN PREPARATION FOR THE GAME TO BE PLAYED ON SATURDAY (WARM-UP, DEFENSE OF HIGH, LOW, SEMI-HIGH SHOTS, WITH EXERCISES OF SPEED JUMPING AND REFLEXES) (PART 2)”
17:55 - 18:25	 MICHAL BARDA CZECH COACHES ACADEMY, CZECH OLYMPIC COMMITTEE	“ ‘ THE GAME: COOPERATION OF GOALKEEPER AND DEFENSE”
18:30 - 19:00	 MICHAL BARDA CZECH COACHES ACADEMY, CZECH OLYMPIC COMMITTEE	“7:6 PLAY – NEW CONCEPTS OF GOALKEEPER PREPARATION AND PLAY”