



# 2019 EHF Young Coaches Workshop

10 – 14 June 2019, in Siófok / Hungary



## Hosting City - Siófok, Hungary

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In the summer season the city of Siófok becomes one of the most popular holiday destinations in Hungary. The small city located on the southern side of the Lake Balaton is a very sparkling place indeed in this part of the year.

### Venue

The practical exercises of the Young Coaches Workshop will be presented in Siófok KC Sport Centre hall, home of SKC Handball Siófok. The training hall will meet all our needs and is walking distance to the accommodation "Kiss Szilard Sport Hotel"

The sport hotel was established in 2016 in order to provide our most talented youth players aged between 14 and 18 with accommodation throughout the season. The facility has 23 twin (2 bedded) rooms which are all equipped with flat screen TV, air conditioning, refrigerator, separate bathroom, separate toilet, and hall.

Source: <http://siofokkc.hu/en/home>





## EHF Methods Commission

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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 6<sup>th</sup> 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 SKC Handball Siófok 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. J. Boss / GER – EHF Scientific Network Member will provide feedback on performance, soft skills and communication with the team.

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

**Jerzy Eliasz** / Chairman MC

**Marta Bon** / Methods and Coaching

**Peter Kovács** / Education and Training

**Klaus Feldmann** / Youth, School and Non-competitive Sports

**Pedro Sequeira** / Development



## **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

#### European Handball Federation

Contact: *Nicole Rabenseifner*

Hoffingergasse 18

1120 Vienna

Austria

Tel: +43 1 80 151 156

rabenseifner@eurohandball.com

### ACCOMMODATION

#### Kiss Szilárd Sporthotel

Sportszálló

Déli út 1.

8600 Siófok

HUNGARY

Tel: + 36 30-428-1872

email: [kollegium@siofokkc.hu](mailto:kollegium@siofokkc.hu)

Web: <http://siofokkc.hu/>

### VENUE

#### Kiss Szilárd Sporthalle

Sportcsarnok

Szekrényessy út 1+

8600 Siófok

HUNGARY

Web: <http://siofokkc.hu/>



## Course Basics

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- Course fee:** € 600 (will be covered by the EHF). Course fee includes course participation, documents, facilities, accommodation in double rooms, full board, additional activities.
- Travel:** Flight and travel costs will be covered by the participant's national federation (recommended arrival airport is Budapest) – 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 four EHF Young Coaches Workshops cannot register again!

All interested participants should be aware of the intense schedule of the workshop which was created to provide the best service and knowledge exchange possible!

Car pick-up from / to the Budapest 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):

Budapest Liszt Ferenc airport / HUN - Siófok € 50

Siófok - Budapest Liszt Ferenc airport / HUN € 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: 15.05.2019**

# Presenters

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**Peter Kovacs**  
HUN

*EHF Methods Commission Member  
Education and Training Expert*



**Jürgen Boss**  
GER

*EHF Scientific Network Member  
Mental Coach*



**Stefan Zierhofer**  
AUT

*Sport Scientist*



**Milan Petronijevic**  
SRB

*EHF Lecturer  
Member of the EHF Youth Forum*



**Carlos Prieto Martos**  
ESP

*EHF Scientific Network Member*



**Nicole Rabenseifner**  
EHF

*EHF Office Staff Member  
Business Group Education/ Development*





# Seminar Schedule

<b>Monday, 10 June 2019</b>	12:00 - 12:30	Indiv. Arrival / Check-In / Accreditation	<b>Wednesday, 12 June 2019</b>	12:00 - 13:00	Lunch
	12:30 - 13:30	Lunch		13:00 - 13:20	Practical Exercise 13
	13:45	Departure to Hall		13:25 - 13:45	Practical Exercise 14
	14:00 - 14:30	Opening		13:45 - 14:00	Break
	14:30 - 15:15	How to plan a training session		14:00 - 15:00	Handling difficult and challenging situations as conflicts
	15:15 - 16:30	Periodisation, training set-up, etc. Part 1.		15:00 - 15:30	Overall Feedback
	16:30 - 16:45	Break		15:30 - 18:30	Trip
	16:45 - 17:45	Periodisation, training set-up, etc. Part 2.		19:00	Dinner
	17:45 - 18:00	Break			Individual preparation for the 2 <sup>nd</sup> training session
	18:00 - 19:00				
19:15	Dinner				
<b>Tuesday, 11 June 2019</b>	8:45	Departure to Hall	<b>Thursday, 13 June 2019</b>	8:45	Departure to Hall
	09:00 - 10:50	Practical Exercise/Periodisation, Training Set-up, etc.		09:00 - 10:00	Inputs out of the first season round
	10:50 - 11:00	Break		10:00 - 10:10	Break
	11:00 - 12:00	Emotion & Body Language		10:10 - 10:30	Practical Exercise 1
	12:00 - 13:00	Lunch		10:35 - 10:55	Practical Exercise 2
	13:00 - 13:30	Practical Exercise (Basics)		10:55 - 11:05	Break
	13:30 - 14:00	Practical Exercise (Basics)		11:05 - 11:25	Practical Exercise 3
	14:00 - 14:10	Break		11:30 - 11:50	Practical Exercise 4
	14:10 - 14:30	Practical Exercise 1		12:00 - 13:00	Lunch
	14:35 - 14:55	Practical Exercise 2		13:00 - 13:20	Practical Exercise 5
	15:00 - 15:20	Practical Exercise 3		13:25 - 13:45	Practical Exercise 6
	15:20 - 15:40	Break		13:50 - 14:10	Practical Exercise 7
	15:40 - 16:00	Practical Exercise 4		14:10 - 14:30	Break
	16:05 - 16:25	Practical Exercise 5		14:30 - 14:50	Practical Exercise 8
	16:30 - 16:50	Practical Exercise 6		14:55 - 15:15	Practical Exercise 9
	16:50 - 17:00	Break		15:15 - 15:25	Break
17:00 - 17:20	Practical Exercise 7	15:25 - 16:25	How to Build a Handball Community		
17:25 - 17:45	Practical Exercise 8	16:30 - 17:00	Overall Feedback		
17:50 - 18:30	Overall Feedback	18:30	Dinner / Barbeque		
19:00	Dinner				
<b>Wednesday, 12 June 2019</b>	8:45	Departure to Hall	<b>Friday, 14 June 2019</b>	8:45	Departure to Hall
	09:00 - 10:00	Communication with the team		09:00 - 10:00	How to Coach a Player Through Strong Values
	10:00 - 10:15	Break		10:10 - 10:30	Practical Exercise 10
	10:15 - 10:35	Practical Exercise 9		10:35 - 10:55	Practical Exercise 11
	10:40 - 11:00	Practical Exercise 10		10:55 - 11:00	Break
	11:00 - 11:10	Break		11:00 - 12:00	A Look from Inside: Player-Coach Relationship
	11:10 - 11:30	Practical Exercise 11		12:00 - 13:00	Lunch
	11:35 - 11:55	Practical Exercise 12		13:05 - 13:25	Practical Exercise 12
		13:30 - 13:50	Practical Exercise 13		
		13:55 - 14:15	Practical Exercise 14		
		14:15 - 15:30	Overall Feedback & Closing		
			Individual departure		

# 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"/> Budapest Liszt Ferenc airport / HUN – Siófok (€ 50,-) <input type="checkbox"/> Siófok - Budapest Liszt Ferenc airport / HUN – Siófok (€ 50,-)
Travel schedule <i>(Please inform us on your detailed travel schedule)</i>	<p>Arrival</p> <p>From:</p> <p>Arriving at (time):</p> <p>Flight No:</p> <p>Departure</p> <p>To:</p> <p>Departure at (time):</p> <p>Transport to airport (if needed) at (time):</p> <p>Flight No:</p>

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 .....

