



EUROPEAN HANDBALL  
FEDERATION

# 2017 EHF Young Coaches Workshop

6 – 11 June 2017, in *Szczyrk / Poland*



EHF Competence  
Academy & Network



## 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.





## 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 third Young Coaches Workshop.

This seminar is addressed to a small number of young coaches with both basic education and experience as coaches. They will be asked to prepare one practical session and present them 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 to be presented during the workshop.

The EHF Lecturers; P. Kovacs / 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 - coach of teams and people in high-performance situations in sports and business will provide feedback on performance, soft skills and communication with the team.

**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 Competence Academy & Network

EUROPEAN CUP CHAMPIONS  
MEN'S EHF CUP  
2009 VfL Gummersbach / GER  
2010 TBV Lemgo / GER  
2011 Frisch Auf Göppingen / GER  
2012 Frisch Auf Göppingen / GER  
2013 Rhein-Neckar Löwen / GER  
2014 Pick Szeged / HUN

EUROPEAN CUP CHAMPIONS  
WOMEN'S EHF CUP  
2009 S.D. Itxako / ESP  
2010 Randers HK A/S / DEN  
2011 FC Midtjylland Handball / DEN  
2012 Lyngby / DEN

## 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

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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

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### ORGANISER

#### European Handball Federation

Contact: Beata Kozłowska

Hoffingergasse 18

A -1120 Vienna

Austria

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Fax: +43 1 80 151 149

kozłowska@eurohandball.com

### 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/](http://www.szczyrk.cos.pl/hotel/)



## Course Basics

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- 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: 14.4.2017**

# Presenters

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**Peter Kovacs**  
HUN

*EHF Methods Commission Member  
Education and Training Expert*



**Milan Petronijevic**  
SRB

*EHF Lecturer  
Member of the EHF Youth Forum*



**Jürgen Boss**  
GER

*CEO projekt-dialog gmbh  
Coaching of teams and people  
in high-performance situations in  
sports and business*



**Andreas Vock**  
AUT

*EHF Scientific Network Member*



**Beata Kozłowska**  
EHF

*EHF Office Staff Member  
Business Group Education/  
Development*



# Seminar Schedule

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<b>Tuesday</b> <b>6.6.17</b>	12:00 - 12:30	Indiv. Arrival / Check-In / Accreditation
	13:00 - 14:00	Lunch
	14:00 - 14:30	Opening
	14.30 - 18.30	Periodisation, training set-up, etc.
	19.00	Dinner
<b>Wednesday</b> <b>7.6.17</b>	08:30 - 09:00	Practical Exercise (Basics)
	09:05 - 09:35	Practical Exercise (Basics)
	09:40 - 11:10	Practical Exercise
	11:10 - 12:15	Periodisation, training set-up, etc.
	12:15 - 13:00	Lunch
	13:00 - 13:30	Practical exercise 1
	13:35 - 14:05	Practical exercise 2
	14:10 - 14:40	Practical exercise 3
	14:45 - 15:10	Break
	15:15 - 15:45	Practical exercise 4
	15:50 - 16:20	Practical exercise 5
	16:25 - 16:55	Practical exercise 6
	17:00 - 17:30	Practical exercise 7
	17:35 - 18:05	Practical exercise 8
18:05 - 18:45	Overall Feedback	
19:00	Dinner	
<b>Thursday</b> <b>8.6.17</b>	08:30 - 10:00	Input and Exercises - Team development
	10:00 - 10:30	Practical exercise 9
	10:35 - 11:05	Practical exercise 10
	11:05 - 11:15	Break
	11:15 - 11:45	Practical exercise 11
	11:50 - 12:20	Practical exercise 12
	12:25 - 12:55	Practical exercise 13
	13:00 - 13:30	Practical exercise 14
	13:30 - 14:15	Lunch
	15:00	trip / afterwards free afternoon
		Individual preparation 2nd training session
	19:00	Dinner

<b>Friday</b> <b>9.6.17</b>	08:30 - 11:00	Emotion & Body Language
	11:00 - 11:30	Practical exercise 1
	11:35 - 12:05	Practical exercise 2
	12:05 - 13:00	Lunch
	13:00 - 13:30	Practical exercise 3
	13:35 - 14:05	Practical exercise 4
	14:10 - 14:40	Practical exercise 5
	14:50 - 15:50	Overall Feedback
	16:00 - 16:15	Practical exercise/goalkeeper
	19:00	Dinner

<b>Saturday</b> <b>10.6.17</b>	08:30 - 09:00	Practical exercise 6
	09:05 - 09:35	Practical exercise 7
	09:40 - 10:10	Practical exercise 8
	10:10 - 10:20	Break
	10:20 - 10:50	Practical exercise 9
	10:55 - 11:25	Practical exercise 10
	11:30 - 12:30	Overall Feedback and Closing
	12:00 - 13:15	Lunch
	13:15 - 14:30	Communication with the team
	14:35 - 17:00	Goalcha
18:00	Barbecue	

<b>Sunday</b> <b>11.6.17</b>	08:30 - 09:00	Practical exercise 11
	09:05 - 09:35	Practical exercise 12
	09:40 - 09:50	Break
	09:50 - 10:20	Practical exercise 13
	10:25 - 10:55	Practical exercise 14
	10:55 - 11:55	Overall Feedback and Closing
	12:00 - 13:00	Lunch
	13:00	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"/> 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 .....

