



EUROPEAN HANDBALL  
FEDERATION

# 2016 EHF Young Coaches Workshop

12 – 16 June 2016, in Balatonboglár / Hungary





## Hosting City - Balatonföldvár, Hungary

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### Balatonboglár - Academy

This resort is situated at the mind point of the southern shore, and it is the terminal station for the popular Balaton swimming competitions, which starts at Revfulop on the opposite side.

Visitors may enjoy the local history collection at the Fischl House (12-14 Erzsebet Street); the first Hungarian church built of reinforced concrete in 1932; the round panorama view on Fortress Hill, as well as the fine arts exhibitions at Kapolna Hill and the open-air special events at the Kek (Blue) and Voros (Red) chapels.

### Balatonföldvár - Hotel

This section of the Balaton's shore between Zamárdi and Balatonszárszó is unique in that the water depth is the lowest here. Since the hill ridges running along here reach out as far as the edge of the lake, it is possible to see as much as 200 km of the shoreline. These natural characteristics offered the opportunity that turned Földvárpuszta into a bath resort. One of the unique features of the development of Balatonföldvár is that is happened in the reverse, since it was first a bath resort and only afterwards became a community.

*Sources: [www.balatonboglár.hu](http://www.balatonboglár.hu), [www.kirandulastervezo.hu](http://www.kirandulastervezo.hu),  
<http://www.cometohungary.com/balatonboglár.de.html>,  
<http://www.balatonfoldvar.info.hu/en/the-region/natural-features.html>*







## 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 second 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 students of the National Academy of Handball located in Balatonboglár. 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.

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

**Jerzy Eliasz** / Chairman MC

**Sjors Röttger** / Methods and Coaching

**Peter Kovacs** / Education and Training

**Juan Lorenzo Anton Garcia** / Youth, School and Non-competitive Sports

**Pedro Sequeira** / Development

**Nina Britt Husebø** / 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

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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: *Nicole Rabenseifner*

Hoffingergasse 18

A -1120 Vienna

Austria

Tel: +43 1 80 151 156

Fax: +43 1 80 151 149

[rabenseifner@eurohandball.com](mailto:rabenseifner@eurohandball.com)

### COURSE ACCOMMODATION

#### **Hotel Harom Hattyu** (*single rooms*)

Rákóczi Ferenc út 45.  
H-8623 Balatonföldvár  
Hungary

Email: [info@harmhattyu.hu](mailto:info@harmhattyu.hu)

Web: [www.harmhattyu.hu](http://www.harmhattyu.hu)

### COURSE VENUE

#### **National Academy of Handball**

Gaál Gaszton ut 58  
H 8630 Balatonboglar

(*distance from hotel to sport hall: 25 km*)



## Course Basics

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- Course fee:** € 600 (will be covered by the EHF). Course fee includes course participation, documents, transfers between the course hall and hotel, boat trip and visit to the Tscharada
- Travel:** Flight and travel costs will be covered by the participant's national federation (recommended arrival airport is Budapest) – further train 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 28 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 two 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):

- Budapest airport – Balatonföldvár € 30
- Vienna airport – Balatonföldvár € 40
- Balatonföldvár – Budapest airport € 30
- Balatonföldvár – Vienna airport € 40

*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: 10.4.2016**

# Presenters

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**Peter Kovacs**  
HUN  
EHF Methods Commission Member



**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  
Sport scientist



**Nicole Rabenseifner**  
EHF  
EHF Office Staff Member  
Business Group Education/  
Development





# Seminar Schedule

<b>Sunday</b> <b>12.6.16</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>Monday</b> <b>13.6.16</b>	08:00 - 08:30	Transport to Hall
	08:30 - 09:30	Practical Exercise (Basics)
	09:35 - 10:35	Practical Exercise (Basics)
	10:45 - 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 - 15:15	Practical Exercise 4
	15:15 - 15:30	Break
	15:30 - 16:00	Practical Exercise 5
	16:05 - 16:35	Practical Exercise 6
	16:40 - 17:10	Practical Exercise 7
	17:15 - 17:45	Practical Exercise 8
17:50 - 18:20	Practical Exercise 9	
18:20 - 19:00	Overall Feedback	
19:00	Departure to Hotel	
19:30	Dinner	
<b>Tuesday</b> <b>14.6.16</b>	08:00 - 08:30	Transport to Hall
	08:30 - 10:00	Input and Exercises - Team development
	10:00 - 10:30	Practical Exercise 10
	10:35 - 11:05	Practical Exercise 11
	11:05 - 11:15	Break
	11:15 - 11:45	Practical Exercise 12
	11:50 - 12:20	Practical Exercise 13
	12:25 - 12:55	Practical Exercise 14
	12:55 - 13:15	Overall Feedback
	13:00 - 14:00	Lunch
	14:00	Departure to Boat Trip / afterwards free afternoon
	16:30	Departure to hotel / or individual departure
		Individual preparation 2nd training session
	19:30	Dinner

<b>Wednesday</b> <b>15.6.16</b>	08:00 - 08:30	Transport to Hall
	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
	14:45 - 15:15	Practical Exercise 6
	15:15 - 15:30	Break
	15:30 - 16:00	Practical Exercise 7
	16:05 - 16:35	Practical Exercise 8
	16:35 - 17:35	Handling difficult and challenging situations as conflicts
	17:35 - 18:00	Overall Feedback
18:00	Departure to Hotel	
19:00	Departure to Tscharda	
<b>Thursday</b> <b>16.6.16</b>	08:00 - 08:30	Transport to Hall
	08:30 - 09:00	Practical Exercise 9
	09:05 - 09:35	Practical Exercise 10
	09:40 - 10:10	Practical Exercise 11
	10:10 - 10:20	Break
	10:20 - 10:50	Practical Exercise 12
	10:55 - 11:25	Practical Exercise 13
	11:30 - 12:00	Practical Exercise 14
	12:00 - 12:30	Overall Feedback and Closing
	12:30 - 13:45	Lunch
	13:45	Departure to Hotel



# 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 airport – Balatonföldvár (€ 30) <input type="checkbox"/> Vienna airport – Balatonföldvár (€ 40) <input type="checkbox"/> Balatonföldvár – Budapest airport (€ 30) <input type="checkbox"/> Balatonföldvár – Vienna airport (€ 40)
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 .....

