

HANDBALL SEMINAR FOR WOMEN'S HANDBALL COACHES

European Handball Federation lecturer Mrs. Monique Tijsterman / Netherland

Time: September 2-3, 2017

Venue: The seminar will be in Viimsi
theoretical part – Viimsi Lavendel SPA conference room (Sõpruse tee 9, Haabneeme) and
practical part Viimsi Keskkool sports hall (Randvere tee 8, Haabneeme)

Language: Seminar will be in English.

Registration to participate: Please make the registration to participate in the seminar using following link <https://goo.gl/forms/vOkNeabUdhC7bToB2> until August 24, 2017

Information: Please bring your sports clothes together, to participate in the trainings!

Seminar programme:

September 2, 2017 (Saturday)

10:30 Coffee table ready

11:00-12:00 theory -> 60 minutes presentation Handball Academy

12:30-13:00 switch to the sports hall

13:00-14:30 practical training -> 90 minutes defence training

14:30-15:30 lunch (every participant will take care it by themselves)

15:00 Coffee table ready

15:30-16:30 theory -> 60 minutes presentation handball endurance

16:30-17:00 switch to the sports hall

17:00-18:30 practical training -> 90 minutes physical preparation

September 3, 2017 (Sunday)

10:00 Coffee table ready

10:30-11:30 theory -> 60 minutes presentation changes

11:30-12:00 switch to the sports hall

12:00-13:30 practical training -> 90 minutes cooperation between wing & back players

13:30 conclusion and certificates

Mrs. Monique Tijsterman was head Handbal Academy in the Netherlands from 2006 till 2012. She coached various national teams. For the last 2 years Monique was head coach of men's team OCI-LIONS and at this moment she is the head coach of the women's team Morrenhof Jansen/Dalfsen.