

SEMINAR FOR HANDBALL COACHES

The main topic: women's handball, age category 16-18 years

Lecturer: dr.sc. Lidija Bojić-Ćaćić, PhD, Croatia

Time: September 15-16, 2018

Venue: The seminar will be in Kehra. Theoretical part: Kehra Secondary School. Practical part: Kehra Sports hall.

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/mZp7qtJ7H5qdSf8d2> until 03.09.2018.

Seminar programme:

September 15, 2018 (Saturday)

09:30 coffee table ready

10:00 -11:30 1 part theory ->90 minutes presentation HANDBALL COACH'S-COMMUNICATION SKILLS

11:30 -11:45 coffee break

11:45-13:15 1 part practical training -> 90 minutes presentation DIFFERENT APPROACHES TO TRAINING OF PLAYERS OF DIFFERENT AGE AND ITS INDIVIDUALIZATION

13:15-14:15 lunch

14:15-15:45 2 part theory -> 90 minutes presentation PERIODIZATION OF TRAINING FOR PLAYERS 16-18 YEARS OF AGE: MICROCYCLES ACROSS DIFFERENT PHASES OF PREPARATION

15:45-16:00 coffee break

16:00-17:30 2 part practical training -> 90 minutes presentation PRESENTATION OF AN AEROBIC AND ANAEROBIC CAPABILITIES DEVELOPMENTAL TRAINING FOR PLAYERS 16-18 YEARS OF AGE AND THE USE OF DIFFERENT LOADS FOR THE DEVELOPMENT OF PLAYERS' PASSING TECHNIQUE AND GROSS MOVEMENTS SKILLS (AGILITY)

September 16, 2018 (Sunday)

09:30 Coffee table ready

10:00-11:30 3 part theory -> 90 minutes presentation PLAYER SELECTION AND EARLY SPECIALISATION FOR HIGH PERFORMANCE HANDBALL: ADVANTAGES AND PITFALL

11:30-11:45 coffee break

11:45-13:15 3 part practical training -> 90 minutes presentation PRESENTATION OF A VERSATILE HANDBALL TRAINING SESSION

13:15 conclusion and certificates

We are looking for the answers for the following topics:

- 1) How to develop the youth handball age category 16-18 years;
- 2) How to plan their trainings, how often, what kind of trainings; how to develop handball skills for them?;
- 3) tactical and mental and physical development of the players; do we need all these areas the special coaches?;
- 4) modern handball fast and fit, how to make this kind of trainings to prepare the player on this age category, how many fitness training and how many handball training in one week, the preseason preparation and etc.