

SEMINAR FOR HANDBALL COACHES

The main topic: youth handball, 12-15 years' players' development

Lecturer: EHF lecturer Carlos Alberto Ferrão Garcia from Portugal

Time: February 09-10, 2019

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/j89w2GnwPo20NIBF3>

Seminar programme:

February 9, 2019 (Saturday)

09:30 coffee table ready

10:00 -11:30 1 part theory ->90 minutes presentation

1. Presentation, Handball, Education and Handball today

11:30 -11:45 coffee break

11:45-13:15 1 part practical training -> 90 minutes presentation

1. Practical: 1 lesson/training for young ages 12/15

13:15-14:15 lunch

14:15-15:45 2 part theory -> 90 minutes presentation

2. Handball first level, organization in Club

15:45-16:00 coffee break

16:00-17:30 2 part practical training -> 90 minutes presentation

2. Practical: Catch/keeping the Ball, Defense

February 10, 2019 (Sunday)

09:30 Coffee table ready

10:00-11:30 3 part theory -> 90 minutes presentation

3. Handball and the future, physical training.

11:30-11:45 coffee breaks

11:45-13:15 3 part practical training -> 90 minutes presentation

3. Practical: Wing and Pivot

13:15 conclusion and certificates

We are looking for the answers for the following topics:

1. How to develop the youth handball age category 12-15 years?
2. Physical, tactical and technical preparation of the players of this age category?
3. How to plan their trainings, how often, what kind of trainings and when in week and monthly and yearly?
4. How and when (in which age category) will be the transition players from fun handball to the achievement sport?
5. How and with what will be the progress to go to the achievement sport?
6. Boys and girls teenager period, what kind of possibilities we will have (what kind of abilities we should develop more in this period and how to develop them)?
7. Coming out from the teenager age, what kind of challenges we are facing in handball?