

2004 NOORED KÄSIPALLITALENDID LAAGER
19-23.SEPTEMBER 2019 PÕLVAS

TIME	DAY 1	SEPTEMBER 19, 2019	B/G	PLACE	LECTOR	ORGANIZATION
		INDIVIDUAL ARRIVAL	ALL	MESIKÄPA HALL		
9:30		INTRODUCTION	ALL	MESIKÄPA HALL		
10:00-11:00	TRAINING	BASIC TECHNIQUE, DIFFERENT PASSES, INDIVIDUAL SHOOTING TECHIQUE (BALANCE, FORCE, POSITION OF HANDS-BODY-LEGS, DISTANCE OF DEFENCE ETC.)	BOYS	MESIKÄPA HALL	JOCHEN BEPPLER	IHF
10:00-11:00	LECTURE	WHAT IT MENAS TO BE AN ATHLETE? (EST)	GIRLS	AUDITORIUM	MERILI LUUK	EOK
11:00-11:30						
11:30-12:30	TRAINING	BASIC TECHNIQUE, DIFFERENT PASSES, INDIVIDUAL SHOOTING TECHIQUE (BALANCE, FORCE, POSITION OF HANDS-BODY-LEGS, DISTANCE OF DEFENCE ETC.)	GIRLS	MESIKÄPA HALL	JOCHEN BEPPLER	IHF
11:30-12:30	LECTURE	WHAT IT MENAS TO BE AN ATHLETE? (EST)	BOYS	AUDITORIUM	MERILI LUUK	EOK
12:30-13:00						
13:00-14:00	LUNCH		ALL			
14:00-15:00	TRAINING	DEFENDERS POSITION, IDIV. TECHIQUE AND COOPERATION, PRONCIPLES OF 6:0, 5:1 AND 3:2:1 DEFENCE	BOYS	MESIKÄPA HALL	JOCHEN BEPPLER	IHF
14:00-15:00	LECTURE	ATHLETES PUBLIC SPEAKING (EST)	GIRLS	AUDITORIUM	MERILI LUUK	EOK
15:00-15:30						
15:30-16:30	TRAINING	DEFENDERS POSITION, IDIV. TECHIQUE AND COOPERATION, PRONCIPLES OF 6:0, 5:1 AND 3:2:1 DEFENCE	GIRLS	MESIKÄPA HALL	JOCHEN BEPPLER	IHF
15:30-16:30	LECTURE	ATHLETES PUBLIC SPEAKING (EST)	BOYS	AUDITORIUM	MERILI LUUK	EOK
16:30-17:00						
16:30-18:00	LIGHT MEAL					
18:00-19:15	TRAINING	FYSICAL CONDITION TRAINING (PREPARATION OF THE BODY)	ALL	MESIKÄPA HALL	JOCHEN BEPPLER	IHF
19:15-19:30						
19:00-20:30	DINNER		ALL			
20:30		TRANSPORT TO ACCOMMODATION	ALL			
22:15	GOOD NIGHT!					
TIME	DAY 2	SEPTEMBER 20, 2019	B/G	PLACE	LECTOR	ORGANIZATION
		TRANSPORT TO ACTIVITIES				
9:00	BREAKFAST					
9:50	WARM UP				LIISA VEERLA	
10:00-13:00	TRAINING	TESTS (EST)	ALL	MESIKÄPA HALL	AIRA FERSCHER	FYSIOCENTRUM
13:00-14:00	LUNCH					
14:00-15:15	TRAINING	BASIC TECHNIQUE, DIFFERENT PASSES, INDIVIDUAL SHOOTING TECHIQUE (BALANCE, FORCE, POSITION OF HANDS-BODY-LEGS, DISTANCE OF DEFENCE ETC.)	GIRLS	MESIKÄPA HALL	CARLOS PRIETO MARTOS	EHF
14:00-15:15	LECTURE	ANALYSE THE TEST RESULTS (EST)	BOYS	AUDITORIUM	RAUNO KUUSEMETS	FYSIOCENTRUM
15:15-15:45						
15:45-17:00	TRAINING	BASIC TECHNIQUE, DIFFERENT PASSES, INDIVIDUAL SHOOTING TECHIQUE (BALANCE, FORCE, POSITION OF HANDS-BODY-LEGS, DISTANCE OF DEFENCE ETC.)	BOYS	MESIKÄPA HALL	CARLOS PRIETO MARTOS	EHF
15:45-17:00	LECTURE	ANALYSE THE TEST RESULTS (EST)	GIRLS	AUDITORIUM	LIISA VEERLA	FYSIOCENTRUM
17:00-18:00	LIGHT MEAL		ALL			
18:00-19:15	TRAINING	PHYSICAL TRAINING (DEVELOPMENT OF STRENGHT) EST	ALL	MESIKÄPA HALL	AIRA FERSCHER	FYSIOCENTRUM
19:15 -19:45					LIISA VEERLA	
19:00-20:30	DINNER					
20:30-21:15	LECTURE	INFORMATION EST	ALL	AUDITORIUM	PIRJE ORASSON	KÄSIPALLILIIT
21:20		TRANSPORT TO ACCOMMODATION				
22:15	GOOD NIGHT!					
TIME	DAY 3	SEPTEMBER 21, 2019	B/G	PLACE	LECTOR	ORGANIZATION
		TRANSPORT TO ACTIVITIES				
9:00	BREAKFAST					
9:50	WARM UP					
10:00-11:00	TRAINING	DEFENDERS POSITION, IDIV. TECHIQUE AND COOPERATION, PRONCIPLES OF 6:0, 5:1 AND 3:2:1 DEFENCE EST	BOYS	MESIKÄPA HALL	KALMER MUSTING	KÄSIPALLILIIT
10:00-11:00	LECTURE	NUTRITION, HYGIENE, SLEEP, RESTING	GIRLS	AUDITORIUM	TAIMI AINJÄRV	ERATREENER.EE
11:00-11:30						
11:30-12:30	TRAINING	DEFENDERS POSITION, IDIV. TECHIQUE AND COOPERATION, PRONCIPLES OF 6:0, 5:1 AND 3:2:1 DEFENCE	GIRLS	MESIKÄPA HALL	KAUPO LIIVA	KÄSIPALLILIIT
11:30-12:30	LECTURE	NUTRITION, HYGIENE, SLEEP, RESTING	BOYS	AUDITORIUM	TAIMI AINJÄRV	ERATREENER.EE
13:00-14:00	LUNCH					
14:00-15:00	TRAINING	GOALKEEPERS TRAINING	BOYS	MESIKÄPA HALL	JANNE EKMANN	KÄSIPALLILIIT
14:00-15:00	LECTURE	SPORT AS CAREER	GIRLS	AUDITORIUM	TAIMI AINJÄRV	ERATREENER.EE
15:00-15:30						
15:30-16:30	TRAINING	GOALKEEPERS TRAINING	GIRLS	MESIKÄPA HALL	JANNE EKMANN	KÄSIPALLILIIT
15:30-16:30	LECTURE	SPORT AS CAREER	BOYS	AUDITORIUM	TAIMI AINJÄRV	ERATREENER.EE
16:30-17:00						
16:30-18:00	LIGHT MEAL					
18:00-19:15	TRAINING	PHYSICAL TRAINING, INJURI PREVENTION, RECOVERY PROCCESSES, MOVMENT CAPASITY	B/G	MESIKÄPA HALL	MARTIN NOODLA	KÄSIPALLILIIT
19:15-19:30						
19:00-20:30	DINNER					
20:30-21:00	TEAM BUILDING	TEAM BUILDING EVENT	ALL	AUDITORIUM	PRIIIT ALLIKIVI	KÄSIPALLILIIT
21:15		TRANSPORT TO ACCOMMODATION	ALL			
22:15	GOOD NIGHT!					
TIME	DAY 4	SEPTEMBER 22, 2019	B/G	PLACE	LECTOR	ORGANIZATION
		TRANSPORT TO ACTIVITIES				
9:00	BREAKFAST					
9:50	WARM UP					
10:00-11:00	TRAINING	NATIONAL TEAM HEAD COACH TRAINING	GIRLS	MESIKÄPA HALL	ELLA KUNGURTSEVA	KÄSIPALLILIIT
10:00-11:00	LECTURE	NATIONAL TEAM HEAD COACH SEMINAR	BOYS	AUDITORIUM	KALMER MUSTING	KÄSIPALLILIIT
11:00-11:30						
11:30-12:30	TRAINING	NATIONAL TEAM HEAD COACH TRAINING	BOYS	MESIKÄPA HALL	KALMER MUSTING	KÄSIPALLILIIT
11:30-12:30	LECTURE	NATIONAL TEAM HEAD COACH SEMINAR	GIRL	AUDITORIUM	ELLA KUNGURTSEVA	KÄSIPALLILIIT
12:30-12:45						
13:00-14:00	LUNCH					
14:00-15:15	HANDBALL MATCH	GIRLS MATCH	GIRLS	MESIKÄPA HALL		
15:15-16:30	HANDBALL MATCH	BOYS MATCH	BOYS	MESIKÄPA HALL		
16:00-18:00	LIGHT MEAL					
17:00-17:15	CLOSING	CLOSING	ALL			
		INDIVIDUAL DEPARTURE	ALL			