“RINCK” CONVENTION

SEMINAR

October 25th – October 27th, 2002 IN COPENHAGEN / DEN

DOCUMENTATION
INTRODUCTORY REMARKS

This documentation should give an overview of the 2002 EHF seminar within the ‘RINCK’ Convention, which was organized by European Handball Federation in co-operation with the DANSK HAANDBOLD FORBUND in Copenhagen / Brondby – House of Sport from October 25th – October 27th, 2002. Contributions were made by the representatives of all participating nations to the “RINCK” Convention seminar. The model course was led by T. van Linder / EHF MC.

In the documentation please find the following:

- Seminar documents
  - Programme
  - List of participants
  - Notes of the seminar
    - Annex 3 – 10
  - All documents of the presentations.
    - This documentation contains the overhead sheets presented by the lecturers during their presentations and speeches held in different languages. On reasons of authenticity we only use documents in the original language.

- The speeches held by the representatives of the signatory nations of the “RINCK” Convention as well as the representatives of BEL, CRO, ISL, LAT, SLO (the contributions will be listed in alphabetical order):
  AUT, BEL, CRO, CZE, DEN, FRA, GER, HUN, ISL, LAT, NOR, POL, POR, SLO, SWE

Thank you for your contributions within this seminar.

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POL: Bogdan ZAJACZKOWSKI
     Wojciech NOWINSKI
POR: Adelino CALADO
SLO: Marta BON
SWE: Lars EDWINSON
     Hans ÖSTLUND
EHF: Ton van Linder
     Doru Simion

Lectures were held by:

Ton Van Linder / EHF MC
Morten Arvidsson / DEN
Torben Winther / DEN
Steen Hjorth / DEN
Bernard Gallet / FRA
# 2002 ‘RINCK’ CONVENTION SEMINAR - COPENHAGEN

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<th>FED.</th>
<th>Name</th>
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<td>AUT</td>
<td>Helmut</td>
<td>KÖNIG</td>
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<td>EHF</td>
<td>Ton</td>
<td>VAN LINDER</td>
<td>EHF Methods Commission</td>
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### Lectures were held by:

- Ton Van Linder / EHF MC
- Steen Hjorth / DEN
- Morten Arvidsson / DEN
- Bernard Gallet / FRA
- Torben Winther / DEN
# Programme for Denmark

**by Allan Lund & Ton van Linder**

## October 25th 2002, Friday

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<tr>
<td>11:00 – 13:00</td>
<td>Arrival and check-in</td>
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<td>13:00 – 14:30</td>
<td>Lunch</td>
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| 14:30 – 15:00 | o Opening of seminar (Ton van Linder & President of MC/DEN)  
             | o Presentation and practical questions                                                      |
| 15:00 – 16:00 | Short summary of the RINCK Convention (Ton van Linder)                                      |
| 16:00 – 16:30 | Coffee break                                                                                |
| 16:30 – 17:30 | Overview of national activities based on the RINCK Convention                               |
| 17:30 – 19:00 | Presentation by Morten Arvidsson: “Coaching Multinational Women’s Team” (Lecturer-room)    |
| 19:30 – 21:00 | Dinner                                                                                      |
| 21:30 – 22:30 | Social activity in the sports hall for the participants                                     |

## October 26th 2002, Saturday

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tr>
<td>8:00 – 9:00</td>
<td>Breakfast</td>
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<tr>
<td>9:00 – 11:00</td>
<td>Foundation of the Danish Handball: 25 years Danish Mini-handball Jubilee / Theory and practice – Steen Hjorth</td>
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<tr>
<td>11:00 – 11:30</td>
<td>Coffee break</td>
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<tr>
<td>11:30 – 12:30</td>
<td>‘Annual Reports’ – Ton van Linder</td>
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<tr>
<td>13:00 – 14:30</td>
<td>Lunch</td>
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<tr>
<td>14:30 – 15:30</td>
<td>Mutual exchange of coaching material, educational experiences and lecturers (open discussion) – Ton van Linder</td>
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<td>‘Handball market’</td>
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<td>15:30 – 16:30</td>
<td>Development of handball talents – Torben Winther</td>
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<td>16:30 – 19:00</td>
<td>Watching, thinking and discussing about handball in connection with the previous item: match of Danish Women National Team live on TV</td>
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<tr>
<td>19:30 – 21:00</td>
<td>Dinner</td>
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<td>21:00 -</td>
<td>Free evening</td>
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## October 27th 2002, Sunday

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<tr>
<td>8:00 – 9:00</td>
<td>Breakfast</td>
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<tr>
<td>9:00 – 9:45</td>
<td>Information about Beach Handball – Ton van Linder</td>
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<tr>
<td>9:50 – 10:30</td>
<td>The future of the RINCK Convention – Ton van Linder</td>
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<tr>
<td>10:30 – 11:00</td>
<td>Coffee break</td>
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<td>11:00 – 11:30</td>
<td>Closing of seminar (Ton van Linder)</td>
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<td>11:30 -</td>
<td>Departure</td>
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Language: English  
Translation will be organized in language-groups by the present EHF representative and organizer
NOTES
of the 2nd ‘Rinck’ Convention Seminar
25 – 27.10.2002, Copenhagen – DEN

Venue: Copenhagen / Brondby – House of Sport
Date: 25 – 27 October 2002
Agenda: see enclosure
Participants: see enclosure
Language: English
Translation has been organized in language-groups.
Organization: excellent in all aspects (transport, accommodation, technical facilities, communication, inter-human relationship)

October 25th 2002, Friday

14:30 – 15:00 o Opening of seminar
   President of MC/DEN - Jan Barslev
   ‘RC’ Seminar Chairman - Ton van Linder
   Steen Hjorth – Organizer DHF
   • welcome the participants and invite them for an open – informal relationship
   • some little changes in the running programme are announced
   and practical information is given
   o Presentation and practical questions
     - ‘Who is who’: an introductory round for the participants to present themselves
15:00 – 16:00 Short summary of the ‘RINCK’ Convention (Ton van Linder)
   - see enclosure
   • history, background
   • trends
   • characteristics and principles of ‘RINCK’ Convention
   • implementation
16:00 – 16:30 Coffee break
16:30 – 17:30 Overview of national activities based on the ‘RINCK’ Convention
   • each participating nation has to opportunity to shortly define the guidelines and the cornerstones of its structure: see enclosure
   • AUT according to the Austrian law teaching and instruction may happen in two different ways:
     • general way of school in full day courses, parted in semesters
     • courses (in bloc) – there is a fixed minimum of lessons in all subjects added with corresponding courses
   - presents the future steps which will serve to implement the requested
level of education related to the European standard
- courses and instructions run by the State and the National Federation
- the acquisition of the top levels -4 and 5- following the existing national concept of education and practical experience respects and fulfils the EHF ‘RC’ requirements fully.

► CZE 5 levels, 1 – 3 organized on local level, the 4th level organized by National Federation and University;
- 5 – 6 courses organized every year in connection with an international tournament
- special regulations refer to the right procedure of getting the coaches’ licences
- a licence is valid only for 4 years; to get further validity special examination / seminar has to be passed
- once getting the highest degree / licence, it is an obligation to participate actively in the education of those who just begin

► FRA 2 different ways for obtaining the licences: Minister of Sport and Minister of National Education
- since 1999, new structure
- 3 levels: debutant, advanced / confirmed, expert
- status of National Trainer + required experience (see the EHF ‘RC’ requirements & criteria) = Master Coach
- the most important thing: the recognition of the level of the training quality
- a particular philosophy used in building up the structure, based mainly on the real daily needs and not on a ‘regular production’ of Master Coach
- 9 jobs have been defined for the French handball activities and the education has been structured accordingly
- courses / education stages are organised yearly in connection with the different needs of the handball ‘territory’

► GER tries to continuously improve the German system
- is quite difficult to find the most suitable way for selecting those persons who fulfil the EHF Master Coach requirements within a huge number of trainers working at the top level
2001: due to the internal organizational and administrative situation no activity has been performed
- question: which kind of European level could be raised / assimilated with the German system of licences?

► DEN 3 levels
► new concept ‘The Attractive Handball Club’ – possibility for everybody to play handball – no matter if it is for fun or ‘serious’; the clubs must also offer ‘social activities’ and ‘alternative activities’
The Danish philosophy consists of four main principles:
- handball for children – ‘Sport for all in the local handball club’
- handball for youth and adults – organised as non competitive sport and as a goal-oriented competition sport
- to respect every individual player as human being
- to develop every player and his/her potential to benefit the team
- for 5 – 12 years old
- for 13 – 18 years old + adults: basic level
- for elite teams: 1st and 2nd league
- elite courses level 1 and 2 (corresponding to the 3rd ‘RC’ level,
respectively to the 4\textsuperscript{th}) or
- 10 months course at the Trainerschool – DEN = end of the official elite coach education
- a great challenge for Danish handball for the coming years is to motivate as many children as possible to continue playing handball

\textbf{BEL}
- very positive to adhere to ‘RC’
- administrative problems which might be solved internally (because of the regional organization: 3 regions)
- 3 levels

\textbf{LAT}
- for the first three ‘RC’ levels there would be no problem
- big needs of international contacts, international activities, exchange of experience
- since 1997 it has been improved a lot by organizing education courses on regional and national level
- ready to adhere to ‘RC’

\textbf{HUN}
- exposes the strategy of the Hungarian education of handball coaches
  - a pyramid system has been built up following the EHF requirements – 5 levels
  - ‘global – partial’ / ‘vertical – horizontal’ / ‘concentric’ and ‘successive’ methods are used in teaching
  - an International Coach Training Centre (ICTC) has been created and Hungarian Handball Federation supports and assists its activity ICTC has been founded / main task and target:
    \begin{itemize}
    \item \textbf{to organise}
    \item \textbf{to promote}
    \item \textbf{to develop}
    \end{itemize}
  - the training of coaches from Hungary and abroad – courses with a final examination
  - starting on July 1\textsuperscript{st}, 2004, by a decision of Hungarian Ministry of Sport, only those coaches who pass the University courses (1200 hrs.) and examination will be allowed to practice.

\textbf{POL}
- 4 levels
  - the Polish handball system has mainly two ways for forming and educating those who are interested on obtaining the trainer degrees
  - Physical Education Academies + Polish Handball Federation and Regional Handball Associations are in charge to lead the education
  - yearly, three days seminars / courses / conferences are organized for each level: systematic endeavours have been done in order to achieve the ‘RC’ requested level
  - specialised training courses have been planned for level 1, 2, 3, 4

\textbf{POR}
- 4 levels
  - the education responsibility belongs to the Portuguese Federation and to University
  - between each level one year of practising is obligatory, followed by the National Federation’s approval
  - from this year a mentor / an experienced supervising coach for the practising stage is used
  - according with the Portuguese Sport law, from the next year for all sport disciplines, the coaches should pass 4 levels

\textbf{CRO}
- a strong co-operation between Croatian Handball Federation, Croatian Faculty of Kinesiology and Croatian Olympic Committee
  - aim: 600 licensed trainers for the next 3 – 5 years
    \begin{itemize}
    \item - a letter of intention to adhere to the ‘RINCK’ Convention has been sent to the EHF MC
- the exact number of hours of education belonging to each level of studying (i.e. Licence D, C, B, A) correspond to the ‘RC’ requirements
- the different fields of science in relation to the different levels are very clear defined
- the proportion of the sport sciences in percentage/number of hours corresponds to the ‘RC’ requirements as well
- also areas of competence reflected on the licences level
- CRO mentions that actually are registered 500 coaches, and only 20 % - 25 % among them address to the top level; the National Federation shows a high interest in improving the education and the instruction of the handball coaches

**NOR**  
the National Federation is responsible for all handball activities, including the education of coaches  
- 4 levels, the first three organised locally by regional federations  
- the 4th level: 675 hrs.: organised by National Federation in collaboration with the Norwegian University of Sports  
- there is a joint-agreement with the Norwegian Ministry of Education, level 4 being assimilated with bachelor or master  
- further steps: to improve the first three levels following the EHF ‘RC’ requirements – especially level 1 and 2  
- main goal: better handball with all its components

**RUS**  
temporary communication problem  
► apologising letter for non active cooperation of informing in time about the National activity in the field of coaches’ education  
► various categories of coaches’ seminars have been organised  
► it seems that the main communication problem is the knowledge of foreign languages

**SWE**  
5 levels  
- since season ’96 / ’97 a more suitable organization has been built up  
- basic education belongs to the districts  
- the Swedish Federation is responsible for the higher and the more specialized education  
- basically the philosophy of the Swedish education could be concretised in 4 principles  
  • the goal  
  • concretisation of the goal  
  • method  
  • evaluation  
- the 5th level which addresses to EHF Master Coach is still under construction

**ISL**  
only one league for men and women with 20 clubs  
- levels 1, 2, 3 are quite well comparing with the ‘RC’ standard  
- works hard to improve levels 4 and 5

**SLO**  
very close to the ‘RC’ requirements  
- 5 levels, licences system  
- the education is coordinated by the Slovenian Federation and the Faculty of Sport University  
- special facilities for experienced and successful handball players  
- requests an explanation about a common definition of the 1st level, which has been called in different ways; beginner, initiator, instructor, children’s animator

**van Linder**  
tries to summarize:  
- firstly points out the difference between the activity of the Technical
Commission – Methods Commission in IHF respectively in EHF: International Coach Training Centre – ‘Rinck’ Convention / there is no formal link between the ICTC and ‘RC’
- secondly it is obviously still a difference in the way handball nations using names (see different names for the 1st level), procedure and education structure (diplomas, licences, labels, levels, etc.), way of appreciation (examination, concrete results, test and approval of National Federation, etc.)
- for the very moment, ‘RC’ is mainly focusing on the 4th and 5th level – the top levels, trying to avoid an ‘inflation’ of Master Coaches
- in order to get more unity in education it would be possible for the future to target the lowest levels
- aim for the next two years: exchange of experience / courses for coaches practising on top level – Master Coaches

17:30 – 19:00  Morten Arvidsson:  
- Coaching Multinational Women’s Team
- see enclosure  
- introduced by Allan Lund
- member of the Methods Commission – DEN
- product of the Danish Coaches Educational system
- has been coach in DEN, GER, NOR, SWE
- head coach of RANDERS HK – DEN
- since 1992, follows the European Championships as radio commentator
  ▶ a very interesting presentation based mainly on some principles:
    - ‘Bridge – Builders’
    - ‘Master and Student’
    - ‘Nothing is the right thing – many things can be right’
    - ‘Education is a cornerstone in daily process – handball makes no exception’
  ▶ a quite new way to built up a team (multinational)
    - does the foreign player know what does it cost to be and to remain number one in team?
  ▶ a specific and different philosophy of thinking handball
    - guideline: in the modern time sport is one of the very few remaining things which can still put people together for a common purpose

19:30 – 21:00  
Dinner

21:30 – 22:30  
Social activity in the sports hall for the participants
  ▶ high score board, mini-golf and softly-javelin throw
  ▶ very funny and attractive, competing in little groups by counting the points gained at each ‘playing’ station

October 26th 2002, Saturday

9:00 – 10:00  ‘Annual Reports’ – Ton van Linder
  ▶ a short summary on the previous day
  ▶ progress and success are never ending
  ▶ about ‘RC’ has to be seen in terms of a journey
  ▶ special remarks about the activity in FFHB which benefits of a constant and consistent support of the state

10:15 – 11:40  Mutual exchange of coaching material, educational experiences and
lecturers (open discussions) – mediator Ton van Linder
► a handball market has been organised
► based on the exposed materials and the previous information provided
a very efficient exchange of specific information took place
► special attention to the education procedure and to the contents
concerned
► discussions upon future development of handball

10:30 – 10:45 Coffee break
11:45 – 13:00 Torben Winther

- see enclosure
- introduced by Allan Lund
- member of the Methods Commission – DEN
- product of the Danish Coaches Educational system
- head coach of the Danish National Men’s Team
- 1982 – 2000 has been coaching top teams in DEN

► exposes system of selection of the young handball talents in DEN for
the national teams
► 140,000 handball players in DEN: among them 80,000 youngsters
► National Youth tournaments are played in East of Denmark (5 regions)
and in West of Denmark (only 1 region)
► the selection of the players is followed by a ‘Talent training’ – 70 / 75
players: every year 20 new players are coming
- the action of selecting youngsters is based on the 'needs' of a handball
player:
  • growth
  • mobility
  • psych motive
  • technical skills
  • learning training abilities
  • social and collective understanding
- three steps are necessary to reach a high level:
  • mini, boys and girls
  • youth
  • junior
- to every step / level address specific contents of the educational
process
- the basic ‘talent-training’ contents:
  • technical training
  • physical training
  • goal-keeper training
  • theory
  • tactical training
► the ‘green light’ of the whole activity refers to a basic principle of the
Danish philosophy: ‘never forget that also the handball player is a human
being’
► special situation in Denmark comparing with other handball nations:
‘Team Denmark’ (National Sport Association) offers support for the elite
sports under the obligation of the sport federations concerned to take
care about the social integration of the athletes after finishing their competitors’ career.

13:00 – 14:30
14:30 – 16:00 25 years Danish Mini-handball Jubilee – Gladsaxe Sports Hall / practice
- Steen Hjorth – theory
- see enclosure

► in Denmark mini-handball is more a philosophy than a game
► it is considered as a kind of education in sports for the youngsters
► neither tactic, nor winning is of great importance
► fairness and learning to act in a group are the main targets
► the role of the coach is only to supervise and to help the competitors when it is absolutely necessary
► in spite of the fact that the Danish theory has been accepted and positively appreciated, after seeing live on playing fields how the ’practice’ (the matches) looks like the reaction of the ‘RC’ Seminar is mostly negative
► the main criticism: the activity itself is too static, loosing the spirit of natural movement of the children
► the explanation: what it has been seen represents only a little part of the puzzle which normally composes the Danish Mini-handball Festival

16:30 – 19:00
Watching together
Thinking upon
Discussing about: match of Danish Women National Team – TV live

19:30 – 21:00
Dinner

21:00 - Free evening

October 27th 2002, Sunday

8:00 – 9:00
9:00 – 9:45 Information about Beach Handball – Ton van Linder

Motto
‘Don’t think we can solve the problems of coaching and the education of modern young players in beach handball with the solutions of traditional handball !’

Main idea
‘We are a product of our time !’
- the best marketing instrument is a high technical level
  ► practically: to be creative and spectacular in offence and strict fair – play in defence
- customers in handball (for top product) are divided in two parts:
  ► external customers: spectators, media, sponsors
  ► internal customers:
    - players
    - coaches
    - referees
    - delegates
- it seems reasonable to speak about and to respect the principles (i.e. fair-play), instead to place the rules of the game
in a central place

► it can be recognized in the new product of Beach Handball the trends of modern time:
  - globalisation = international co-operation
  - commercialisation
  - professionally involvement
  - living environment and ‘mother’ nature
  - recognition of independence and self responsibility of the individual person:
    - body management
    - impression making
    - excitement
    - performance
    - event orientation

► Beach Handball as a leisure activity and a team sport should be
  - fast and attractive
  - simple – easy to play
  - easy to be understood
  - exciting
  - remarkable and dramatic acting
  - spectacular
  - entertainment

► the main principle / the ‘mutual golden rule’ = fair – play!
  - respecting
    - health
    - body
    - spirit

► ‘fair-play’ = the intention of the player is more important than his current action

► items / situations / problems which have been seen and discussed:
  - are the players orientated? – empowerment of players
  - are we task orientated? – creativity and co-operation
  - Beach Handball characteristics and the consequences for rules and rule development?
  - golden goal = shoot – out!
  - how we can define what is spectacular and creative, in order to find a common line to be followed by referees, coaches and players as well?
  - how can the philosophy of Beach Handball be managed and the performance of the referees concerning the spirit of the new product?
  - how much space should be available for creativity and development of tactical actions?
  - Beach Handball has nothing to do with normal indoor handball, there is (or should be, at least) another philosophy, another spirit, other trends, etc.
  - to enlarge the substitution area in order for the continuous change of players to be possible.

9:50 – 10:30 The future of the RINCK Convention – Ton van Linder

► evaluation:
- The first signatories (CZE, DEN, FRA, HUN, GER, RUS)
  - FRA has developed the consequences (structure, philosophy, contents, implementation, etc.) in the best way till now
  - CZE and HUN on the 2nd row
  - DEN is working hard to realize it
  - GER is positive, RUS is passive
  - obviously it can be observed that the rate of progress has different grades in the concerned nations

► the second group has different stages of development too
► a part of signatories and also interested federations have many remarks and questions
► what concerns the criteria (Master Coach) the situation is very clear: the criteria exist, have been accepted and changes or more discussions about are no realistic
► but it is true, that the differences of several systems of education make the work even difficult
► generally speaking the scientific and professional level have improved
► the information about structure of coaches education and coaching philosophy were prepared excellently and discussions about this item should be finished
► the items of the lecturers were extremely interesting, but not always in the areas of the EHF Master Coach philosophy
► for the next seminar little groups should be organised based on similarity of aspirations, strategy, philosophy, possibilities, etc. in order to better facilitate the communication and the exchange of information
► main question which were raised: what should be the strategy, contents, items, tasks, way of working in 2004?
► new ideas, visions, projects, proposals are heartily welcomed – to be sent to the EHF Office

10:30 – 10:45 Coffee break
10:45 – 11:00 French Mini-handball project: « Les grandes stades »
Presentation: Bernard Gallet

► basic idea / motto: ‘respect of life through sport’
► a project based on a consistent support of the European Community and on a solid experience gained since 1999 / Paris
  2002: 10 competition places / 300 playing fields - 30 stadiums
  • 16.500 children taken part
  • 700 young referees coming from schools / 1,300 volunteers
  • French handball stars animating the competition
  • a good media coverage
  • special equipment (plastic material) easy to transport and to be installed
► to be realized it needs the participation of minimum 5 European countries
► period May – June 2004 (approx. 15.05. – 20.06.2004)
11:00 – 11:30

► age: 9 – 12 years
► according with the future applicants / participants, three geographical regions could be organised:
  - South of France: ESP, POR, ITA
  - East of France: GER, SUI, AUT, BEL
  - West of France: other countries

Closing of seminar
► the informal atmosphere was excellent: discussions and exchange of opinions were in a better way than ever before
► the style of working was not to defend the own ‘secrets’, on contrary very open and proving the collective responsibility for the handball product
► the organization / hospitality was excellent
► König / AUT: - express his satisfaction of taking part to a high quality seminar
  - thanks to van Linder for managing and moderating
  - thanks to Danish Federation for the level of organization
► Hjorth / DEN – organization: was very honoured to host the event ready for further co-operation
► next ‘RC’ Seminar – 2004: concrete offers / proposals to be sent to the EHF Office
► a complete list of the participants with all necessary information will follow the course documentation
► the documentation of the ‘RC’ Seminar (Annex 1 – 10) will follow and all the participants (National Federations as well) will receive it end of November 2002

► van Linder thanks to everybody for the active participation and constructive contribution and closes the meeting officially.

Evaluation by the participants / inputs:

➤ good points
  - excellent idea to organize the 2nd seminar in DEN; good organization, good quality and good lecturers; it was a perfect experience.
  - the exchange of experiences between federations with a very strong education system and those who are starting to build up an education system.
  - the presentations of Torben and Morten were very engaging.
  - very interesting to be informed about the way other federations organize their education.
  - to meet each other in a way like this was perfect and very good to us.
  - the lecture of Torben was very interesting.
  - really good organization. The seminar serves perfect the main goal
of the Rinck Convention.
- market was very good, food excellent, summarizing “very good”.
- good lecturers and a nice presentation of education programs.
- the seminar was very useful and successful.
- very good organization.
- the idea of a “market” was great; the interactive discussions were very valuable to all people concerned; there was an intensive exchange of ideas.
- meeting with so many different countries, positive atmosphere; handball market was good idea.
- the interest in referees’ education and looking at handball as a product.
- it is positive to learn from other countries and to meet and make friends from other handball nations.
- all participating federations prepared and presented very serious; every federation took really part.
- positive that the convention deals with all levels which shows the connection between children’s education and top level.
- sincerely thanks to the DHF for the way they made our stay comfortable.
- the market and the exchange of the educational systems were pretty nice and a valuable idea.
- the possibility to exchange all information about education with the others on the “market”; everybody had the possibility to look for interesting things to all other participants.

► points to be improved
- the first day’s “session” from the different federations was a little bit surprising and too long; more and better information came back during the second day.
- on Friday the theoretical and practical program was not in balance; the program on Saturday was too short; it should be more days and hours.
- there is still doubt about the validity of the “EHF Master certificates” in EU-countries; what will be the situation with the new member states?
- some federations signed the convention, but they still worked it out (e.g. hours related to the levels) in their own way.
- there are no clear definitions of “children education”, “low level”, “beginners” etc., so we agree with the idea of the “Rinck Convention”, but it has to be more “grown up” on each level (the criteria and the standards have to be better defined).
- the social activity was not enough.
- the presentations of Friday had to be integrated in the market too; doing so there is even more time to discuss. (tip for future.)
- the official program of Saturday was too short.
- so many enthusiastic people together; use them more, if they are together.
- next time ask experienced top players what the trainers need to learn.
- some confusion how to fulfill the convention.
- how do we make the visions come true?
- talking mostly in frames, not about the contents “in the frames”.
- more time to work in (formal) groups to discuss suggestions about the future, not just in social activity.
- the convention meetings can improve by less meeting in plenary and more smaller working group sessions.
- I would like to see more from the mini-festival (other activities) to see the kid “in action”.
- suggestion: the name cards given during arrival were too small and too tinny written to fulfill the function.
- more time could have been taken on subjects related specifically to ‘Master Coach’ rather than areas surrounding Danish handball and its philosophy.
- we have to spend more time debating how to position the Master Coach program and its evolution.
- “where we are going together in the next years? To us this kind of meetings are the place to exchange and share our ideas, resources and knowledge about handball and its evolution in the future.

  e.g. An introduction like we had the last day about “the product handball” and after discussions in smaller groups how to deal with this, coming to a collective conclusion/advice about the direction of our sport in the future.

Vienna, October 28th / November 5th, 2002
for Notes: Doru Simion
enclosure: Annex 1 – 10
copies: ExeC, MC, signatory nations, participants
In Austria the training of coaches and instructors for all kinds of sport out of schools is regulated by institutions established by the state. There are four Federal Institutes for Physical Education (Vienna, Linz, Graz, Innsbruck) responsible for the training of sport instructors working on the basis of 37 different curricula aiming at different kinds of sport instructors (enclosure). The basis for their work is a Federal Law for the Training of Sport Instructors.

For all courses general teaching objectives, table of lessons, general regulations and didactics, curriculii, educational and teaching tasks of all subjects, as well as portion of subject-matter into different steps of training are fixed by decree of the responsible Federal Minister of Education and Culture.

According to the law teaching and instruction may happen in two different ways:
1. General way of school in full day courses, parted in semesters.
2. Courses (en bloc). There is a fixed minimum of lessons in all subjects added with correspondence courses.

The following tabulation shows the usual way in nearly all kinds of sport to become a coach with diploma:

<table>
<thead>
<tr>
<th>Preliminary instruction on the level of the sports associations (Training Supervisor, 1-2 weeks)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Qualifying examination for Step One of the Federal Instruction</td>
</tr>
<tr>
<td>Instructor`s training (1 semester, 150-227,5 lessons)</td>
</tr>
<tr>
<td>Compulsory practical training</td>
</tr>
<tr>
<td>Qualifying examination for Coaches` Education</td>
</tr>
<tr>
<td>Coaches Education (3 semesters, 327,5 - 425 lessons)</td>
</tr>
<tr>
<td>Compulsory practical training for one year`s cycle</td>
</tr>
<tr>
<td>Final examination before government`s commission</td>
</tr>
<tr>
<td>3 years of practical work in the field of performance sport</td>
</tr>
<tr>
<td>Educational training to become a coach with diploma (4 semesters, 175 - 200 lessons)</td>
</tr>
<tr>
<td>Final examination (thesis and theoretical examinations)</td>
</tr>
</tbody>
</table>
In addition there are several training courses for Leisure-Time Sport, Fitnes Movement, and Mass Sport.

Expenditure for running the courses is provided by the Republic of Austria. Travelling and board fees are paid by the participants.

Courses and instructions in Austria run by the state:

Preliminary instruction by sport associations, courses run by counties (f.e. training supervisor).

Qualifying examination

<table>
<thead>
<tr>
<th>instructors</th>
<th>coaches</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. sem.</td>
<td>2.sem.</td>
</tr>
<tr>
<td>gen.instructors</td>
<td></td>
</tr>
<tr>
<td>skiing instructors</td>
<td></td>
</tr>
<tr>
<td>coaches</td>
<td></td>
</tr>
<tr>
<td>riding instructor</td>
<td></td>
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<tr>
<td>instructor for voltigieren</td>
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<tr>
<td>team and waggon instructor</td>
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<td></td>
<td></td>
</tr>
</tbody>
</table>

final examination before a state commission

Those having passed an instruction of at least three semesters also gain an additional diploma.

bei Gl-COACHiA
## OVERVIEW OF THE AUSTRIAN COACHES’ INSTRUCTION SCHEME

<table>
<thead>
<tr>
<th>Level</th>
<th>Referred to as:</th>
<th>Hours of instruction</th>
<th>Specific Handball</th>
<th>Theory</th>
<th>Practice</th>
<th>Handled by:</th>
</tr>
</thead>
<tbody>
<tr>
<td>V</td>
<td>Dipl. Trainer 4th Semester</td>
<td>200</td>
<td>170</td>
<td>40%</td>
<td>60%</td>
<td></td>
</tr>
<tr>
<td>IVb</td>
<td>Trainer Special 3rd Semester</td>
<td>172</td>
<td>162</td>
<td>40%</td>
<td>60%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Trainer 2nd Semester</td>
<td>125</td>
<td>35</td>
<td>70%</td>
<td>30%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Trainer 1st Semester</td>
<td>117</td>
<td>22</td>
<td>70%</td>
<td>30%</td>
<td></td>
</tr>
<tr>
<td>IVa</td>
<td>Lehrwart</td>
<td>220</td>
<td>62</td>
<td>50%</td>
<td>50%</td>
<td></td>
</tr>
<tr>
<td>III</td>
<td>ÖHB C-Trainer</td>
<td>45</td>
<td>45%</td>
<td>35%</td>
<td>65%</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Project:</strong> Concept be handed in by November 30. The number of hours is to be extended to 150.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>II</td>
<td>Mini-Handball/Beach Handball</td>
<td>45</td>
<td>45</td>
<td>25%</td>
<td>35%</td>
<td></td>
</tr>
<tr>
<td>I</td>
<td>Play with children. Age group: 5-7/8</td>
<td>45</td>
<td>Special stress on “Get to know the ball”</td>
<td>30%</td>
<td>70%</td>
<td></td>
</tr>
</tbody>
</table>

Handled by the state/federal authorities at the universities supported by instructors of the universities themselves or by instructors of the Austrian Handball federation. Is to be developed and implemented.
## Overview of the Austrian Coaches' Instruction Scheme

<table>
<thead>
<tr>
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<th>Referred to as:</th>
<th>Theory</th>
<th>Practice</th>
<th>Handled by:</th>
</tr>
</thead>
<tbody>
<tr>
<td>V</td>
<td>Dipl. Trainer 4th Semester</td>
<td>40%</td>
<td>60%</td>
<td>Handled by the state/federal authorities at the universities supported by instructors of the Austrian Handball federation</td>
</tr>
<tr>
<td>IVb</td>
<td>Trainer Special 3rd Semester</td>
<td>40%</td>
<td>60%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Trainer 2nd Semester</td>
<td>70%</td>
<td>30%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Trainer 1st Semester</td>
<td>70%</td>
<td>30%</td>
<td></td>
</tr>
<tr>
<td>IVa</td>
<td>Lehrwart</td>
<td>50%</td>
<td>50%</td>
<td></td>
</tr>
<tr>
<td>III</td>
<td>ÖHB C-Trainer</td>
<td>35%</td>
<td>65%</td>
<td>Handled by instructors of the Austrian Handball federation, is to be developed and implemented.</td>
</tr>
<tr>
<td>II</td>
<td>Mini-Handball/Beach Handball/Streethandball</td>
<td>25%</td>
<td>35%</td>
<td></td>
</tr>
<tr>
<td>I</td>
<td>Play with children. Age group: 5-7/8</td>
<td>30%</td>
<td>70%</td>
<td></td>
</tr>
</tbody>
</table>
Handball education in BELGIUM (Flanders)
INDEX

1. Belgian situation
2. The Flemish trainer school
   A. What is the Flemish trainers school?
   B. What is the job of the Flemish trainers school?
   C. Education structure
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         • Level 2
         • Level 3
      II. Course subjects
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            o Common
            o Specific
         • Level 2
            o Common
            o Specific
         • Level 3
            o Common
            o Specific
      III. Conditions
         • Level 1
         • Level 2
         • Level 3
      D. Who does what?
      E. Recognition
      F. Brochure
1. BELGIAN SITUATION

**Organization chart:**
Belgium is a federal state. It is divided into two districts (The Flemish and the Walloon district). These districts have their respective competences. Belgium is also divided into three communities. The Flemish, the French and the German-speaking community), with also their own competences.
Whenever we are speaking about education, trainers courses, etc., it is a competence for the communities, so we are obliged to organize courses in Flemish, French (and German).

Each community has a minister of sport who is directly linked to a government institution.
In our case, the Flemish one, this organization is called BLOSO.

They provide all recognized sport federations with government subsidies.
BLOSO is also the organization who has a Trainers school. This trainers school is divided into units per sport!
It’s this trainers school which is responsible for the education of trainers in Flanders.
2. The Flemish trainers school: (FTS)

A. What is the Flemish trainers school?
   o It's a collaboration between BLOSO, University and colleges of higher education with a formation of physical Education, and the Flemish sport federation.

B. What is the job of the Flemish trainers school?
   o They look after the sports education in Flanders.

C. Education structure
   o Level 1: Initiate
   o Level 2: Trainer B or/and instructor (for sports like sailing, skiing..)
   o Level 3: Trainer A

   I. Function profile
      • Level 1: Initiate
        Goals: The initiator coaches, guides beginning handball players (Youth and adults) with basic necessary motorical skills as well as with specific handball movement skills. He does that in a methodological, systematic and independent way.
        The initiator applies adjusted manners. The didactical and methodological approach takes the living environment, the motivation and elementary health aspects into consideration.
        The initiator cooperates within a larger education program that is invented and coordinated by someone with a higher education.

      • Level 2: Instructor (NOT for handball)

      • Level 2: Trainer B
        Goals: The B trainer trains and/or makes young or older players complete, the development characteristics of the target group and the learning line of the specific sport taking into mind.
        The B trainer is able to elaborate a year plan and can work it out into clearly defined objectives. He also creates the frame which the initiator has to work in.
        The B trainer is educated to teach/coach youth as well as adults. He takes care of an adapted training construction in function of the individual development characteristics of
the target group, on psychomotor, social, affective and cognitive level.
He must have knowledge of basic tactics!

- Level 3 : Trainer A
  Goals : The A trainer must be able to train all levels, which includes also top level.
The A trainer gives technical and tactical education. He works with trainings schedules and year plans.
The A trainer has theoretical knowledge to understand scientific explanations of training effects.
The level of coaching/training is performance orientated.
The attention for youth is still present. On this level, he wants to work together with other trainers, support, coordinate and control them.
At least, he is conscious of the impact of a good relation with the press, supporters, sponsors and the club board.

II. Course subjects
  o Level 1 : Initiation
    ▪ Common (16 hours)
      • Situation of the course 1 h
      • Didactics 7 h
      • Safe sporting : Precautionary part 4 h
      • Safe sporting : Curative part 4 h
    ▪ Specific (34 hours)
      | Theory | Practice |
      |--------|----------|
      | Methodology en didactics 2 h 7 h |
      | Technical and tactical elements 4 h 16 h |
      | Goalkeeper 1 h 4 h |
    TOTAL  7 h 27 h

  o Level 2 : Trainer B
    ▪ Common (35 hours)
      ▪ Theory of evolution 6 h
      ▪ Motorical theory 6 h
      ▪ Physiology and sport physiology 8 h
      ▪ Methodology of training 10 h
      ▪ Sports psychology and coaching 5 h
    ▪ Specific (72 hours)
      | Theory | Practice |
      |--------|----------|
      | Psychology and coaching 8 h 8 h |
      | Theory of training and conditional preparation 6 h 10 h |
      | Technical and tactical parts |
      • Attack 1/1 1 h 3 h
      • Attack 2/2 1 h 3 h
      • Attack-decision training 1 h 3 h
      • Collective attack 1 h 3 h
      • Counterattack 1 h 3 h
- Defense 3-2-1 1h 3h
- Defense 5-1 1h 3h
- Defense 6-0 1h 3h
- Defense individual 1h 3h
- Goalkeeper 1h 3h

Total 24h 48h
Practice and observation 10 h

- Level 3 : Trainer A

  - Common (22 hours)
    - Sport Law 4h
    - Sport Policy and structure 2h
    - Special aspects of competition sports
      - Evaluation of the performance capacity 2h
      - Nutrition 2h
      - Ethics and fair play 2h
      - Special aspects of sport physiology and
    Theory of training 6h
    - Biomechanics (common) 4h

  - Specific ( 95 hours)

    | Theory | Practice |
    |--------|---------|
    | Coaching | 10 h | 15h |
    | Analyzing and discussing the game | 6h | 10h |
    | Physical training and year plans | 12h | 6h |
    | Tactics | 16h | 26h |
    | Organization-planning-communication | 10h |

Total 54h 41h
Extra : Practice and thesis

III. Conditions

Level 1 :
- Become at least 17 years old in the year the course begins
- At least 2 years of competition experience. If not, succeeding in a test.
- Pay the course fee

Level 2 :
- Become at least 19 years old in the year the course begins
- Have the degree of initiator or an equation.
- Pay the course fee

Level 3 :
- Become at least 24 years old in the year the course begins
- Have the degree of B trainer or an equation.
- Pay the course fee

D. Who does what?

  - Duty of the persons involved :
    - President (DSKO)
    - Responsible per course
    - Teachers
What can you expect as a student?
- Text courses, good education, assignments, stage, observations, facilities,…

What do we expect from the students?
- Co-operation, 80% of presence, notifying absence or injury, accuracy,

E. Recognition
Value of the degree of the Flemish trainers school
- Competence to guide sports on their own level
- Payment
- Quality recognition (project of internal quality guardians)
- Local subsidy

Appreciation on the field
- License of the federation
- Being put in the data base of federation and FTS
- Possible repayment education (clubs,...)
- Opportunities,…

Commitment
- Responsibility towards yourself
  - Characterize
  - Incentives
  - Take care of insurance
  - Maintain personal skills
  - Actualize

F. BROCHURE
BASIC INFORMATION ABOUT THE DEVELOPMENT OF HANDBALL AND COACH TRAINING IN THE REPUBLIC OF CROATIA
1) Review of the History of Handball in Croatia

The beginnings of handball in Croatia go back to 1932 when handball matches began being organized between secondary schools in Zagreb. After being popular with Zagreb secondary school pupils, handball was played in Bjelovar and Varaždin.

The foundation of the Croatian Handball Federation on 19 December 1948 initiated the systematic education of the youth, sports officials and referees. A large number of handball instructors went to the other parts of Croatia that were not familiar with handball. In 1948 the Sports Personnel Commission began operating within the Croatian Handball Federation and can be considered a forerunner of the Coaching Association. Mr Krešimir Pavlin, a teacher of physical education, was elected Chairman of the Commission. The development of the current handball, that was at the time called “indoor handball”, had started in Zagreb on 12 February 1950 when the first match was played in a sports hall.

In 1958 “outdoor handball” stopped being played and began systematic organization of the indoor handball national leagues.

2) History and Development of Coach Training in Croatia

As we have already mentioned above, the organized training of handball coaches began in 1948 by the arrival of handball instructors to the areas uninformed about handball and they began training the players, coaches and referees. The following year the instructors provided the training in the neighbouring countries (Macedonia, Slovenia, Montenegro).

The instructors who taught on the field had been trained at the courses organized by the Croatian Handball Federation. The arrival of international instructors from Germany, Bernhard Kemp and Siegried Perrey to Belgrade in 1953 and 1954, where the course for all handball instructors on the territory of Yugoslavia was held, marks a more scientific approach to coach training. It should be pointed out that until 1958 the attention was paid only to “outdoor handball” but nevertheless we consider important to emphasize a long tradition of coach training, regardless of the size of handball court and the number of players.

In the period from 1948 to 1952 two hundred and forty instructors and three coaches could train handball.

In 1958 the so called “Yugoslav Handball School”, organized regularly in Croatia, began operating while a small number of similar schools was organized in Slovenia, Serbia and Montenegro.
In 1959 the College of Physical Education in Zagreb, where handball coaches are trained, began operating. In 1973 the College of Physical Education changed its name into the Faculty of Physical Education. In 2001 the Faculty of Physical Education was modified into the Faculty of Kinesiology. In 1975 the training of those who work in sport is stipulated by the state that has rigorously defined the levels of coach training. For the first time the coaches are divided into three groups: coach, senior coach and graduate coach depending on the training level.

The foundation conference of the Coaching Association of the Croatian Handball Federation, attended by one hundred and forty six coaches from Croatia, was held in Poreč on 21 January 1976. The First Handball School was also held in Poreč at the same time. The Association enactments and statutes were adopted, the presidency was elected and the activity programme was adopted at the conference. Following 1976, the Coaching Association organized handball schools in the beginning of each year. A large number of handball coaches and lecturers attended them. Following 1990, the term handball school is modified into the coaching seminar of the Croatian Handball Federation. In January 2003 27th Coaching Seminar will be organized.

3) Structure of Coach Training in Croatia

After a review, we shall present the current coach training in Croatia in association with the Croatian Handball Federation, the Faculty of Kinesiology in Zagreb and the Croatian Olympic Committee.

3.1 Handball Coach Training at the Faculty of Kinesiology in Zagreb

The Faculty of Kinesiology in Zagreb provides doctoral study, post-graduate study, undergraduate study (four-year college and two-year college) for handball coaches.

- Doctoral study lasts two terms and it is organized on a tutorial basis.
- Post-graduate study - kinesiology-handball lasts four terms on a tutorial basis.
- Undergraduate study /four-year and two-year college/ lasts eight terms. During a four-year study, the first-year and second-year students take general courses. After the sixth term, they take specialized courses, in this case, related to handball. During a four-year study, they complete
thirty-three courses while their specialization consists of four courses, three hundred and sixty hours in total (lectures and practical work). At the end of their studies, they become teachers of physical education and graduate handball coaches.

- The Coaching College, operating within the Open University, lasts five terms. The studies consist of fourteen general courses and twelve specialized ones related to handball. At the end of the studies, the students become senior handball coaches.
- From 1962 to 1991 the Faculty of Kinesiology organized a course for handball coaches. However, the Ministry of Education decided that the course comes within the competence of the Croatian Olympic Committee which organizes it in collaboration with the Croatian Handball Federation.

3.2 Handball Coach Training Organized by the Croatian Olympic Committee

Since 1991 the Croatian Olympic Committee, in collaboration with the Croatian Handball Federation, has organized the course for handball coaches, lasting two terms or a year. The course is held in Pula twice a year, fourteen days in each term. The course is composed of eight general courses, three specialized ones and practical teacher training. When the course takers pass all the exams, they get a diploma of handball coach.
Table 1. Review of coach training system in Croatia

- PGS
- Faculty of Kinesiology - Four-year college
- Faculty of Kinesiology - Open University - two-year college
- Course organized by the Croatian Olympic Committee and the Croatian Handball Federation
4. General Provisions of the Coaching Association Regulations about the Ranking of Coaches with Regard to Their Level of Training

The Coaching Association of the Croatian Handball Federation elaborated its regulations that define the types of licences that may be issued to coaches depending on the level of their training. The licences are classified as follows:

**MASTER LICENCE** - is granted to coaches who hold a doctor's degree or to those who hold a master's degree in kinesiology - handball.

**LICENCE A** - is granted to the coaches who graduated from the Faculty of Kinesiology and specialized in handball and to those who have a diploma of senior handball coach.

**LICENCE B** - is granted to the coaches who graduated from the Faculty of Kinesiology, but have not specialized in handball and to those who have a diploma of senior coaches, but not for handball.

**LICENCE C** - is granted to the coaches who got their diploma after the completed course of the Croatian Olympic Committee and the Croatian Handball Federation.

**LICENCE D** - is granted to the coaches, who train handball but do not have necessary qualifications, for a period of one year. During this period they must attend a course, otherwise the licence will be cancelled. The coaches who attend the course get a licence D until they complete their training.
Table 2. Ranking of coaching licences

M.L

«A»

«B»

«C»

«D»
5. Guidelines for Coach Training in Croatia

The Coaching Association is aware that Croatia as a small country where sport is not market-oriented cannot provide maximal conditions for the work and progress of coaches. Due to a bad financial situation in clubs, a large number of coaches go abroad where there are better working conditions. Given the large number of licensed coaches (four hundred and eighty) who work in Croatian clubs, our priority is to upgrade the level of coach training. Due to insufficient funds the coaches tend to neglect their training although the majority of them is interested in further training through regional courses and classes in one place.

We are also aware of the fact that a large number of unqualified coaches, former players, work with the youngest. However, things are not as bad as they seem because many young, handball players got the licences after having completed specialized training. The interest for the courses organized by the Croatian Olympic Committee and College of Coaching in Zagreb is on the increase.

The Association's aims in the next year:

1) to support the intention of the Faculty of Kinesiology to introduce a training course for the coaches working with young age groups at the Coaching College;

2) to upgrade the level of coach training, especially for the coaches working with young age groups;

3) to present its position to the Executive Board of the Croatian Handball Federation that only the coaches having the highest licence may train national selections;

4) to promote handball through school competitions and popularize mini handball in schools and clubs;

5) to popularize beach handball during summer and include it in the Croatian tourist programmes;

6) to involve as many Croatian coaches as possible in the European coach training system;
7) to enhance the cooperation with other European federations and their coaching associations by exchanging experiences, books and providing technical assistance.

6. Projects and New Ideas in the Croatian Handball Federation

This year the Camp Development Project into which all regional and county centres and clubs have been involved was presented at national level. The aim of this project is to popularize handball, to provide more young handball players on the field and to get an insight into the quality of activity throughout Croatia.

This year the regional coaching seminars, consisting of demonstrations on the field in groups and lectures about new trends in handball, were launched. Such seminars are primarily attended by the coaches working with young age groups. Early last year we began building up a library for coaches by buying professional literature and collaborating with the Faculty of Kinesiology that has donated us many technical books. The purpose of the library is to provide access to the coaches, who are members of the Coaching Association, to professional literature and enable them to gain new knowledge. We have also set up a video library by collecting educational, promotional and documentary video cassettes associated with handball. Several other initiatives are in store, but their realisation will take some time due to financial difficulties.
Tschechische Handball Föderation

A. Die Struktur der Trainerausbildung im Tschechien

„Übungsleiter“ (= Stufe I)
- die Lehrkurse sind gelegentlich von verschiedenen Ausbildungsinstitutionen organisiert (Schulsportasotiation, „Sokol“ usw.)

Die „C“ Trainerlizenz (= Stufe II)
- Die Lehrkurse sind von den regionalen Handballverbände organisiert
- Der Umfang: cca 2 verlängerte Wochenende und eine Konsultation mit der Endprüfung
- Der Abschluß: die Prüfung (schriftlich und mündlich)
  ↓
  2 Jahre Trainerpraxis
  ↓

Die „B“ Trainerlizenz (= Stufe III)
- Der Lehrkurs ist vom Tschechischen Handball Verband (die Kommission für Metodik) organisiert
- Der Umfang: 2 mal 1 Woche Lehrgang und dazu eine Endkonsultation mit der Endprüfung, „Mustertrainingseinheit Presentation“ und die Bewertung der schriftlichen Trainerarbeit
- Der Abschluß: die schriftliche Trainerarbeit, die Prüfung (schriftlich und mündlich)
  ↓
  2 Jahre Trainerpraxis
  ↓

Die „A“ Trainerlizenz (= Stufe IV)
- spezieller Lehrkurs ist von der Fakultät für Körperkultur und Sport der Karlsuniversität in Prag für Tschechischen Handball Verband organisiert
- Der Umfang: insgesamt 2 Jahre, jedes Jahr 10 mal 4-tägige Konsultation (6 Unterrichtsstunden Handball, der Rest bilden weitere Wissenschaftsbereiche), dazu jedes Jahr 1 mal 5 Tage des Lehrgangs
- Der Abschluß: die schriftliche Trainerarbeit, die mehrfache Prüfung (mündlich) - vor von der Fakultät bestimmte Kommission

Der diplomierte Trainer (= EHF Master Coach)
- ordentliche Studium der Fakultät für Körperkultur und Sport der Karlsuniversität in Prag, Lehrfach Handballspezialisierung - insgesamt 4 oder 5 Jahre (8,bzw. 10 Semestr)
- Der Umfang: eigene Lehrfach Handballspezialisierung beträgt 4 Semestr (4 Unterrichtsstunden pro Woche) Theorie und Praxis des Handballspieles, dazu noch eine
Woche Lehrgang
- Der Abschluß: die Diplomarbeit, die mehrfache Staatsprüfung (mündlich) - vor von der Fakultät bestimmte Kommission

B. Tschechische Trainer(Ausbildung) „Philosophy“
- die Ausbildung muß die ganze Breite der möglichen Trainertätigkeit fassen, d.h. nicht die Jugendtrainer, Frauentrainer usw. zu unterscheiden
- der Trainer höherer Lizenz soll fähig sein sich an der Ausbildung der niedrigeren Lizenz aktiv teilzunehmen
- die Lizenz hat beschränkte Gültigkeit (4 Jahre). Für die Verlängerung ist es nötig sich an den bestimmten Trainerseminaren teilzunehmen

C. „Neue Trends“
- für jede Leistungstufe ist entsprechende Lizenz vorgeschrieben (z.B. in 1. Liga dürfen nur diplomierte Trainer oder die Trainer mit „A“ Lizenz wirken ). Die Klubs, die diese Bedingung nicht erfüllen, zahlen höheres Teilnahmegebühr für die Saison, genauso ist der Club bestraft, wenn der vom Club gemeldete Trainer nicht beim Spiel am Bank ist (gilt nur für die höchste Ebene)
- es ist nicht möglich die Auswahlteams oder spezielle Handballklassen und Jugendtrainingzentren ohne entsprechende Lizenz ( diplomierte Trainer oder „A“Lizenz) zu trainieren
- die tschechische Handballföderation bereitet die Eröffnung der metodischen Teilen auf www-Seiten (in der Zukunft siehe www.chf.cz, Link „Metodika“)
## DANISH HANDBALL ASSOCIATION
### Education of coaches

### Courses for coaches working with players 5 - 12 years of age.

<table>
<thead>
<tr>
<th>Course:</th>
<th>Participants:</th>
<th>Subjects:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Minicourse I</td>
<td>Coaches working with players 5 to 8 years. Participants <strong>must</strong> be 15 years of age.</td>
<td>Subjects about minihandball</td>
</tr>
<tr>
<td>9 lessons</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Minicourse II</td>
<td>see above</td>
<td>see above</td>
</tr>
<tr>
<td>9 lessons</td>
<td>Participants must have attended Mini Course I</td>
<td></td>
</tr>
<tr>
<td>Childrens Course I</td>
<td>For coaches working with players 9 to 12 years. Participants <strong>must</strong> be 16 years of age.</td>
<td>Planing</td>
</tr>
<tr>
<td>20 lessons</td>
<td></td>
<td>Tec/tac. training</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Physical training</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Psychology</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Etichs</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Childrens Course II</td>
<td>See above</td>
<td>Lessonplan – longtime planning - my coaching situation - practical</td>
</tr>
<tr>
<td>20 lessons</td>
<td>Participants must have attended Childrens Course I</td>
<td>Attack, goalkeeper, jumptraining for children</td>
</tr>
<tr>
<td></td>
<td>Diploma</td>
<td>What is physical training, the development of children</td>
</tr>
<tr>
<td></td>
<td></td>
<td>The physical, mental and social development of children</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Why are you a coach ? What do you want to obtain ?</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Rules</td>
</tr>
</tbody>
</table>

### Courses for coaches working with youth and adults players.

---
<table>
<thead>
<tr>
<th>Course: Coaching Course I</th>
<th>Participants: For coaches working with players 13 to 18 years. Participants must be 17 years of age.</th>
<th>Subjects: Planing Coaching Tec/tac. training Physical training Psychology Etichs Rules</th>
<th>Teaching principals Motivation Tactical games, passes, shots, bouncing, feints, goalkeeper. Warming up The intelectual and social development of children and youth. Why are you coach? Referee-course I</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coaching Course II</td>
<td>For coaches working with players 13 to 18 years and coaches working with adult teams (basic-level)</td>
<td>Planing Coaching Tec/tac. training Physical training Psychology Etichs Rules</td>
<td>Planing in pratice The coach - an octopus Defense, basic play, fastbreaks, tactical games, shots and passes, screens, goalkeeper Basic fitness, muscle training, elderly players Setting aims - a tool! Ambitions of the coach Referee-course I</td>
</tr>
<tr>
<td>Coaching Course III</td>
<td>For coaches working with players 13 to 18 years and coaches working with adult teams (basic-level) Players with min. 7 years experience of playing can ask for dispensation. After the course the participants can participate on Elite Course, level I Diploma after Coaching Course III</td>
<td>Planing Coaching Tec/tac. training Physical training Psychology Rules</td>
<td>Analysis Handball and education Defense, how to fall, goalkeeper training of girls/women, first aid conflicts, crisis and development, mental aspects by training girls/women Referee-course II</td>
</tr>
<tr>
<td>Course:</td>
<td>Participants:</td>
<td>Subjects:</td>
<td></td>
</tr>
<tr>
<td>-----------------------</td>
<td>-------------------------------------------------------------------------------</td>
<td>---------------------------------------------------------------------------</td>
<td></td>
</tr>
</tbody>
</table>
| **Elite Course, level I**  
5 x 30 lessons = EHF, level 3 | Coaches who has passed Coaching Course III. 
Players with many years of playing experience at high level but without teaching experience - or coaches with min. 2 years training experience on a semi-elite level can ask for dispensation. | 1. Offence – tec/tac. training  
2. Defence – tec/tac. training and Planning  
3. Physical training  
4. Psychology, Pedagogy – and Goalkeeper-training  
5. Team Management and rules |
| **Test**               | Coaches who has passed Elite Course, level I. | 1. Attend training  
2. Test |
| **Elite Course, Level II**  
55 lessons = EHF, level 4 | Coaches who has passed the test succesfully  
Evaluation after the course  
Diploma | Planing  
Coaching  
Tec/tac. training  
Psychology  
Physical training | Analysis, practical, planning  
Before the course the parti-cipants make a longtermplan for a eliteteam.  
Coaching and communication, video, the coach and conflicts  
The course are organized as a trainingcamp with training and matches.  
Before the course the participants make a plan of the Physical training of a eliteteam. |
<table>
<thead>
<tr>
<th>Course:</th>
<th>Participants:</th>
<th>Subjects:</th>
</tr>
</thead>
</table>
| EHF MASTER COACH             | Coaches who has passed Elite Courses, level I & II succesfully. - and at least 10 years of experience (at least 3 years on highest national level) - and being older than 27 years | Playing- and coachingphilosophy  
Tec./tac. development in handball  
Handball in international perspective  
Anatomy, biomechanics, planing physical training on elite level, testing  
Psychology themes  
Management  
Coaching  
Relevant themes |
| 200 lessons                  | Organized over 2 years as 3 x 30 lessons and 14 x 4 lessons + participating in EM/VM and an international handball course.  
2 written reports |                                                                                               |
Coaches-courses of Danish Handball Association.

Courses for coaches for players 5-12 years

- Minicourse 1
- Minicourse 2
- Childrens Course 1
- Childrens Course 2
- Local inspiration-courses

Courses for coaches for players 13-18 years and coaches for adults teams (basic level)

- Coaching Course 1
- Coaching Course 2
- Coaching Course 3
- Local inspiration-courses

Courses for coaches for elite-teams

- Elite Course, level 1
- Elite Course, Test
- Elite Course, Level 2
- or
- a 10 mouths course on the Trainerschool of Denmark
- End of official elite-coach education
- Supplementary course
- EHF Master Coach
Talenttraining
Handball players in Denmark
Total: 140,000 members

![Bar chart showing the number of boys and girls playing handball in Denmark from 1982-83 to 1992-93.](chart.png)
National youth tournament

DHF East
- BHF
- LFHF
- FHF
- SHF
- KHF

DHF West
- JHF
Selection of players
District association’s Cup

Talent training
70-75 players
20 new players every year

BHF
16 players
LFHF
16 players
FHF
16 players
SHF
16 players
KHF
16 players
JHF1
16 players
JHF2
16 players
Talentselection

- Needs for a handballplayer
  - Growth
  - Mobility
  - Motoric/technique
  - Learning-/trainings-ability
  - Social and collective understanding
Three steps to reach high level

1: Mini, boys and girls
   - Funny, full of energy and individual training
   - Basic training
   - 1 against 1, 1 against 2, 2 against 3 and not more than 3 against 4

2: Youth
   - Basic training
   - Understanding for team cooperation
   - Simple systems

3: Junior
   - Basic training
   - Advanced playing systems
   - Defined roles in the team
Leaque National Team
A coach
A keepertrainer, A physical-trainer
22 players

Junior National Team
J coach
J ass. coach, J keepertrainer, A physical-trainer
22 players (83-82)

Youth National Team
Y coach
Y ass. coach, J keepertrainer, A physical-trainer
22 players (85-84)

Boys National team
B coach
B ass, coach
22 players (86)

Men’s National Team
A coach (Sporting Responsible )
A ass.coach ,A keepertrainer A physical-trainer
22 players

Regional training centers
9 trainers
65-90 players
(83-82)

Talent group east
3 trainers, 1 keepertrainer, A physical-triner
25 players
(86-83)

Talent group south
3 trainers, 1 keepertrainer, A physical trainer
25 players
(86-83)

Talent group north
3 trainers, 1 keepertrainer, A physical-trainer
25 players
(86-83)
Danish Handball Association
Talenttraining

• 2 Wednesdays: 4 x 2 hours
• 4 weekend camp: 4 x 8 hours
• 1 summer camp: 5 days x 6 hours
Team Denmark training
(Junior National Team)

- ECh i Polen (august)
- 8 x 2-day’s camps
- 3 x 4-NT to prepare qual. for WCh (jan, mar., april)
- Qualification for WC (april)

- 3 x 5 day’s camps to prepare WCh (june, july, august)
- 4-6 NM in connection with the camps to prepare WCh
- Physical tests (februar)
Basic talent training contents

- Technical training
- Physical training
- Goalkeeper training
- Theory
- Tactical training
Basic skills

• Technique
  - Attack
    • Throw, catch and run
    • Shoot, block
  - Defence
    • Move, steal
    • Tackle, block
Motoric learning

• To reach the highest level:
  
  - Baseball: 800,000 throws
  
  - Basketball: 600,000 lay ups
  
  - Handball: 600,000 shots
    • 4 x 100 shots pr. week = 30 years
    • 6 x 100 shots pr. week = 20 years
    • 12 x 100 shots pr. week = 10 years
Basic passes, lifted arm
Passes from 9 meter
Back's pass to wing
Wings crossing and pass on 9 meter
Basic skills

• Physical
  - Coordination
  - Movements
  - Balance
  - Power
Walking
Crawling and running
Balance og coordination
Rolling and jumping
Goal keeper training
(Antony Perecki)

- Coordination
- Technique
- Movements
- Tactics
Steptraining (Bert Bouer)

- Coordination
- Balance
- Feints
Steptraining
Sprinttraining (Ashley Tootle)

- Technique
- Balance
- Coordination
- Dynamic
Sprinttraining
Weight training - basic program  
(Folke Liwendahl)

- Plyometrics 5*4
- Power clean 5*4
- Squats 8*3
- Bench press 8*3
- Arm curls 10+10*2
- Leg curls 12+12*2
- Opp. flies 12*2
- Sit ups 10*2
Squats
Power clean and jerk
Movements with lunges
Different movements and small jumps
Step ups
Lunges forward
“Have fun!”
The “GRANDS STADES”
A story started in Paris in 1999...
Growing up every year

2000

2001
In 2002 ... ... 10 places

...The 11 May in Metz
STADE SAINT SYMPHORIEN

...The 15 May in Lens
STADE FELIX BOLLAERT

...The 21 May in Montpellier
STADE DE LA MOSSON

...The 22 May in Lyon
STADE GERLAND

...The 22 May in Nantes
STADE DE LA BEAUJOIRE

...The 29 May in Lorient
STADE DU MOUSTOIR

...The 1ER June in Nîmes
STADE DES COSTIERES

...The 18 June in Antibes
STADE DU FORT CARRE

...The 19 June in Marseille
STADE VELODROME

...The 19 June in Bordeaux
STADE CHABAN DELMAS
300 fields rised ...
16 500 children ... 

Coming from primary school and clubs
700 young referees coming from school
1300 benevolents
Many stars ...
A good média coverage...
A special équipement
One subject for every stadium
And for 2004 ...

an invitation for Europeans
### Auszug aus der Ausbildungsordnung im DEUTSCHEN HANDBALL-BUND

Die Ausbildungserlaubnis im Bereich des Deutschen Handball-Bundes wird als Trainer-Lizenz erworben. In der dreistufigen Ausbildungsstruktur werden entsprechende Profilbildungen unterschieden:

<table>
<thead>
<tr>
<th>Lizenz</th>
<th>Profil</th>
<th>Ausbildungsträger</th>
<th>Ausbildungsdauer</th>
<th>Zulassungsvoraussetzungen:</th>
<th>Liga</th>
</tr>
</thead>
</table>
| 1. Lizenzstufe: | C-Trainer Handball (ehrenamtlich) | ⇒ Jugendtrainer im Grundlagentraining  
⇒ Vereinstrainer im unteren Leistungsbereich | Der DHB delegiert diese Ausbildungsmaßnahmen an seine Landesverbände. Diese führen die Ausbildungsstufen verantwortlich durch. | 120 UE* | 2. Bundesliga Frauen |
| 2. Lizenzstufe: | B-Trainer Handball (nebenberuflich) | ⇒ Jugendtrainer im Aufbautraining  
⇒ Vereinstrainer im mittleren Leistungsbereich | Verantwortlich für die Ausbildung der B-Trainer ist gemäß den DSB-Rahmenrichtlinien der DHB. Er hat diese Aufgabe an seine Landesverbände delegiert. | 60 UE | 1. Bundesliga Frauen  
2. Bundesliga Männer |
| 3. Lizenzstufe: | A-Trainer Handball (neben-/ hauptberuflich) | ⇒ Jugendtrainer im Leistungstraining/Talentförderung  
⇒ Vereinstrainer im höheren Leistungsbereich | Verantwortlich für die A-Trainer-Ausbildung ist der DHB. | 160 UE | 1. Bundesliga Männer  
1. Bundesliga Frauen  
2. Bundesliga Männer |

*) Unterrichtseinheiten
C - Trainer - Fortbildung

Die C-Trainer-Ausbildung vermittelt Trainern Grundkenntnisse vor allem in Bezug zu ihrer konkreten alltäglichen Trainings- und Betreuungsarbeit. Zudem konzentriert sie sich überwiegend auf das Profil „Jugendtrainer im Grundlagentraining.“


Darüber hinaus sind noch folgende Themenbereiche zu nennen:

- DHB-Rahmentrainingskonzeption
- Einsatz von Lehrmaterialien
- Weiterführende Themenbereiche (Trainingsplanung und -steuerung)
  u. a. für Interessenten an einer B-Trainer-Ausbildung (Aufbaukurse!)

B - Trainer Fortbildung

Zunächst ist festzuhalten, daß zwischen der C- und B-Trainer-Ausbildung aus inhaltlicher Sicht ein enger Zusammenhang besteht.


In der Themenstruktur der B-Trainer-Fortbildung ergeben sich daher zwei grundsätzliche Konsequenzen:

1. Fortbildung in Bezug zum konkreten Tätigkeitsprofil des B-Trainers sowie in Ergänzung zur B-Trainer-Ausbildungs-Konzeption.


Abb. 13
Themenschwerpunkte sind u. a.:

→ Coaching / Coaching-Strategien (Sozialkompetenz)
→ DHB-Rahmentrainingskonzeption
→ Trainingsplanung und -steuerung in **verschiedenen** Zielgruppen / Tätigkeitsbereichen
→ Spielanalyse, -vorbereitung, -nachbereitung
→ Talentsuche und -entwicklung
→ Gestaltung von **Rahmenbedingungen** des Leistungstrainings
Auszug aus dem DHB-Gesamt-Ausbildungsplan

**A - Trainer - Fortbildung**

Aufgrund der recht unterschiedlichen Tätigkeitsfelder von A-Trainern sind Fortbildungsangebote grundsätzlich **zielgruppenspezifisch** zu gestalten.

Allgemeine Themenschwerpunkte sind u. a.:

- Allgemeine Entwicklungstendenzen in der internationalen und nationalen Spielauffassung
- nationaler- und internationaler Erfahrungsaustausch
- Weiterbildung u. a. in den Bereichen
  - neue Erkenntnisse im Bereich der Trainings- und Wettkampfsteuerung
  - Führungspychologie
- Rahmenbedingungen des Leistungs- und Hochleistungstrainings sowie der Talentförderung
- Weiterentwicklung der DHB-Rahmentrainingskonzeptionen
PROJECTS FOR THE COACHES’ EDUCATION IN HUNGARY

Within the frame of co-operation between ICTC – Hungary and Physical Education and Sport Science Department of Semmelweis Medical University we are going to open some new forms of coaches’ education. We take care of handball coaches, who achieved excellent results in the European Cup Tournaments, or in the Hungarian National Championships. By the appointment of the Hungarian Handball Federation they will get the opportunity to obtain certificate of specialised handball coach in a shorter period of education, with a very intensive training.

Lajos Mocsai
EHF Master Coach
Teacher of Physical Education

Péter Sándor
Director of ICTC
Hungary
Overview about the National structure of the coaches’ education

The model of the Hungarian Handball Coach Training

EUROPEAN MASTER COACH
(international professional training)
120-140 Lessons
HUPE - ICTC

PROFESSIONAL HANDBALL COACH
(state higher regular education)
360-380 Lessons
HUPE

Specialized coach correspondence course
4 years,
P.E. teacher
Post-graduate education
2 years,

HHF – ICTC HANDBALL COACH
(correspondence course)
240 lessons - 2 years
ICTC - HUPE

HANDBALL COACH
(state secondary education)
220-240 Lessons
HUPE

HANDBALL TRAINING MANAGER
(professional education at training course level) 60 Lessons
ICTC – HUPE
PRESENTATION OF THE HANDBALL COACHING PHILOSOPHY IN HUNGARY

1. The Hungarian Handball Sport belongs to the international elite for a long time. Both male and female National Teams as well as the Hungarian Club Teams have achieved excellent results.

2. The situation of the player’s replacement in Hungary. The children taking part in handball competitions are selected through of a nation-wide talent scouting. Only those teams are authorised to take part in the 1st and the 2nd division of the Hungarian National Championships, which also have their adolescent and youth teams taking part in handball competitions.

    The basic areas:

    - School teams – basic training
    - Specialised classes for handball talents
    - Specialised sport schools – programme for youth handball
    - Co-operation between club-teams and school – advanced training and competitions

3. Education material

    - Elementary school programme for physical education and handball
    - Special plan for sport-schools
    - Age-group training programme for handball /6-18 years/
    - Programme for talent selection centers /Test-controlling/
    - Preparation plan for the senior and junior National Teams
    - Results and evaluation of performance controlling centers / Medical and game-situated test/
4. Philosophy of the coaches’ education

The importance of the proper preparation of handball players in the physical conditioning – force, endurance, quickness.
Specific training on a high level of all component of the handball movement.
Adequate use of basic principles in the teaching of the technical elements and in the development of co-ordinate skills. These are the “global-partial” and the “vertical-horizontal” methods. In the technical formation of players we use the “concentric” and the “successive” method, from basic handball to the competitive level.
The main goal of our player education is to be open minded, skillful and individually strong. Being able to integrate with the team tactics too.
The players must have the potential to implement in their play all the components of game-situated handball – by the alternative and improvisative tactical formation.
All the attacking structures utilised by the Hungarian teams refer to the tactical knowledge of Hungarian handball – school, as well as the position play, changing of positions, changing of position play, mixed play and changing of playing systems.
REPORT
OF THE
Hungarian Handball Federation
INTERNATIONAL COACH TRAINING CENTER
2002.

BUDAPEST
2002
**Founder of the institute:** The Presidium of the Hungarian Handball Federation (HHF)

**Year of foundation:** 2000

**Abbreviated name of the institute:** NEK

**English name of the institute:** HUNGARIAN HANDBALL FEDERATION
INTERNATIONAL COACH TRAINING CENTER (ICTC)

**Head Office:** 1146 Budapest, Cházár András utca 5.
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Professional coach, teacher of Physical Education

Organising manager
Kiss András
Graduate sport organiser

Financial manager
Gazsóné Bécsi Érika

Manager assistant
Soltész Edit

**INSTITUTIONS:**

**Our theoretical Center:**

ICTC/NEK: H-1146 Budapest, Cházár András u. 5., where we dispose of classrooms which meet all kinds of needs.
Faculty of Physical Education and Sport Science HUPE at H-1123 Budapest, Alkotás u. 44.
Institutions of MIOK at H-1139 Budapest, Hajdú u. 18-24.

**Our practical workshops:**

The buildings of MIOK at H-1139 Budapest, Hajdú u. 18-24.
The buildings of the Hungarian University of Physical Education and Sport Science at H-1123 Budapest, Alkotás u. 44.
In addition to the above, at our on-the-spot courses an infrastructure of the highest level is available by the training organisation.
1. Introducing the International Coach Training Center

As a result of the "RINCK" Convention, the Hungarian Handball Federation founded its **International Coach Training Center (ICTC)** with the task to organise, promote and develop the training of coaches in Hungary. The Training Center collaborates with the IHF, EHF and with the Faculty of Physical Education and Sport Sciences at Semmelweis University.

The Hungarian Handball Federation established the **Accreditation and Examination Committee** to control the issuing of licenses to handball coaches at all levels.

The committee approves the certificates of the different training courses

The members of the committee are:

András Benedek, Dr.
István Kiss, Dr.
Károly Vass, Mr.

At the Training Center we offer all coaches, both from Hungary and abroad, the possibility to inservice at their level. We have courses that range from the absolute beginner to the very advanced Master Coach.

Furthermore, it is also possible to borrow and/or buy from an extensive range of the latest books on handball, magazines, lecture notes, educational videos as well as videos of lectures and international and local games. There are also facilities of copying and editing audio and visual material.
2. Training courses held by ICTC

Course of Handball Practice Manager

(Qualification acquired within the framework of the training course organised by ICTC)

Aim of the course:
Transmission of basic knowledge necessary for teaching and practising handball, fulfilling the need for qualified coaches.
The participants who pass the final examination, receive the certificate of HANDBALL PRACTICE MANAGER issued by the Hungarian Handball Federation, International Coach Training Center.

International Course of Handball Training Manager

Aim of the course: Preparing participants with playing experience to fulfil independent coaching tasks, fulfilling the need for qualified coaches.
The participants who pass the final examination successfully, receive a diploma of HANDBALL TRAINING MANAGER issued by the Hungarian Handball Federation, International Coach Training Center, and Semmelweis University, Faculty of Physical Education and Sport Science.

International Course of Extension Training of Handball Coaches

Aim of the course
Training handball experts with general basic knowledge of training, instructing, and special knowledge related to handball, who are able to accomplish successful coaching activity at the top level.

Final examination
Complex examination based on questions previously distributed.
The participants, who pass the final examination successfully, receive a certificate issued by the Hungarian Handball Federation, International Coach Training Center, and Semmelweiss University, Faculty of Physical Education and Sport Science.

Course of Hungarian Handball Training Manager

(Qualification acquired within the framework of the training course organised by ICTC)

Aim of the course:
Preparing participants with education experience to fulfil coaching tasks of adult and second division teams of medium level, fulfilling the need for qualified coaches.
The participants, who pass the final examination, receive the certificate of HANDBALL TRAINING MANAGER issued by the Hungarian Handball Federation, International Coach Training Center.

3. EHF Master Coach Course

First and foremost we would like to thank the EHF, for accepting all the coaches nominated by the Hungarian Handball Federation.

EUROPEAN HANDBALL MASTER COACHES OF HUNGARY:

Lajos Mocsai
Péter Kovács
László Kovács
András Németh
Gyula Zsiga
János Hajdu
László Skalicziki

Aim of the course:
Creating the personal conditions of education, that can lead to proficiency success of handball at the highest Hungarian and international level.
Training coaches who, by having a large scale of professional and general knowledge are able to accomplish successful coaching activity at international level.
The participants, who pass the final examination, receive the certificate of EUROPEAN HANDBALL MASTER COACH.
4. Summary

Since its establishment, ICTC – Hungary has issued certificates for handball coaches, as follows:

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Handball Practice Manager</td>
<td>16</td>
<td>28</td>
</tr>
<tr>
<td>Handball Training Manager</td>
<td>12</td>
<td>31</td>
</tr>
<tr>
<td>International courses</td>
<td>7</td>
<td></td>
</tr>
<tr>
<td>EHF Master Coach</td>
<td>7</td>
<td></td>
</tr>
</tbody>
</table>

Within the aforementioned courses:

- The theoretical training consisted of lectures on the techniques and tactics of playing handball, methodology, sports pedagogy, sports psychology, health and sports management.

- The practical lessons covered the technique and tactics of handball, gymnastics knowledge, the methodology of training.

- The training and education was realised by the Head Coaches of Hungarian National Teams, Professional Managers, European Cup-winner team coaches, coaches of champion teams, teachers of the Physical Education and Sport Science Department of Semmelweis Medical University and other internationally renowned experts.

- The final examination consisted of an oral and a practical section.
5. Projects for future activity of ICTC – Hungary

- We are planning to organise international coach seminars or symposiums, with the aim of outlining the recent training methods and technical elements in handball.

- Within the frame of co-operation between ICTC – Hungary and Physical Education and Sport Science Department of Semmelweis Medical University we are going to open some new forms of coaches’ education. We take care of handball coaches, who achieved excellent results in the European Cup Tournaments, or in the Hungarian National Championships. By the appointment of the Hungarian Handball Federation they will get the opportunity to obtain certificate of specialised handball coach in a shorter period of education, with a very intensive training.

- We also have a plan to found a specified library with the collection of books, video, booklets, manuals and other materials, which can be useful for handball coaches, and all the other people related with handball. (Players, officials, referees, etc.)

For further information, please call us at our Head Office.

25th October 2002. Budapest

Andras Benedek, Dr
President of HHF

Péter Sándor
Director of ICTC
LATVIAN HANDBALL FEDERATION

Information about handball coaches education and certification system in Latvia.

Preamble

Latvia are small country - we have approximately 2,5 million people (850 thousand of them in the capital city - Riga).
Sports games are very popular in Latvia. Rank of the games is following:
- Basketball
- Ice hockey
- Football
- Handball and volleyball (approximately one level).

We have 34 dubs and 1282 registered handball players at the same time, approximately 180 schoolteachers, which are occupied with handball (and another kinds of sports also) in schools and only 52 handball coaches in the dubs and sport schools (35 of them finished Sport Pedagogical Academy).

Certification system

In Latvia now only start worked with this system.
At 1997 Sports Department organized first seminar “Model of further education and certification for Sports specialists”.
At 1998 -1999 we started with further education in two levels
- Regional level
- National level.

At 2000 we started with seminars and courses for coaches and schoolteachers without special sports education knowledge's in the suitable kind of sports, and also with courses for approximately 70 club teams coaches in several kinds of sports.

We have 3 kinds of certificates:
- A - national and international level
- B - dub teams coaches in the National championship of 1\textsuperscript{st} and 2\textsuperscript{nd} division
- C - small dubs coaches (dubs don't participate in official championship) and schoolteachers.
In all of these levels we have 3 categories (for example, TA-1, TA-2 and TA-3 etc.). Every 4 years are necessary recertification and additional courses (60 hours).

**Education system**

Our education system are similar with “Rink Convention” program for I, II, III levels:
- **Sports sciences**
  - Anatomy,
  - Biomechanics,
  - Physiology,
  - Psychology,
  - Sports sociology,
  - General theory of training
  - etc.
- **Special sciences**
  - Specific handball training,
  - Technical and tactical preparation,
  - Coaching
  - etc.

**Our problems**

- Not good economical situation for schoolteachers and coaches and they have not possibilities to take part in European level seminars and courses (5 from our country coaches take part in the youth coaches seminar in Gdansk - Poland, August, 2002, but, for example, very interesting coaches courses in Hungary, November, 2002 are very expensive for us);
- We have not professional handball teams;
- We have small number of youth and junior teams in the all age groups of national championship (we have 8 age groups);
- Not high level of national championship;
- Some small language problems (for older coaches).

**Conclusion**

Our country will go to European Unity. We must go step by step to better economical situation; it will be better for sport. We will be ready to sign "Rink Convention" with the next country group.
Latvian Handball Coaching philosophy

We are a product of the old Soviet Union system in sport and in handball as well. More than 20 years it has been an autocratic system and in the old Soviet Union, the autocratic coaching style was very popular.

But now we are step by step changing this old Soviet model and going the democratic way. Our opinion is that Latvian coaches have a good attitude to players and it is double-sided. Latvian handball goes to a technical playing way, with a good physical condition, good understanding of the playing situation on the court, and fast handball.

We think that it is free handball (not without schemes at all but not with only preliminary preparing schemes).

We think that our coaches must be good partners for players; they must be good specialists of communication (good attitude to other coaches, partners, and officials, to referees of course).

Not comment players mistakes, not comment referees job.

Small projects for future in Latvian Handball

Our national youth and junior teams participation in all age categories in Europe and World Championships.

Our dub teams participation within the Europe Cup (3 or 4 Men’s teams and 1 or 2 Women’s team).

Handball Day for youth teams organization at summer (from 2003).

We start to organize Public support fund for 5 sports games (basketball, ice hockey, football, volleyball, and handball) from 2003 for special support to youth sports games.
HANDBALL-EDUCATION 3 DIRECTIONS

- Children
- Teenagers and adults
- Referees
HANDBALL-EDUCATION - Levels

Coaching teenagers and adults

Level I (20 h)
5 modules of 4 hours

Level II (60 h)
15 modules of 4 hours

Level III (80 h)
20 modules of 4 hours

Level IV
Weekendseminars
675 hours (incl. practice)

Level V
Selected subjects
EHF mastercoach

Level I, Level II and Level III are locally organized.

Level IV and Level V are organized by the federation in cooperation with The Norwegian University of Sports
# HANDBALL-EDUCATION - Specifications

<table>
<thead>
<tr>
<th>LEVEL</th>
<th>Federation Courses</th>
<th>Contents</th>
</tr>
</thead>
<tbody>
<tr>
<td>I</td>
<td>20 hours - 5 x 4 hrs. modules</td>
<td>Basic components</td>
</tr>
<tr>
<td></td>
<td>Practice approx. 80% - Theory approx. 20%</td>
<td>Basic Handball Exercises, Basic Technical Training</td>
</tr>
<tr>
<td></td>
<td>No examination</td>
<td></td>
</tr>
<tr>
<td>II</td>
<td>60 hours - 15 x 4 hrs. modules</td>
<td>Basic components</td>
</tr>
<tr>
<td></td>
<td>Practice approx. 80% - Theory approx. 20%</td>
<td>Training Planning, Anatomy and Physiology, Physical Training, Basic Tactical and Technical Training</td>
</tr>
<tr>
<td></td>
<td>Examination</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Coaching</td>
<td></td>
</tr>
<tr>
<td>III</td>
<td>80 hours - 20 x 4 hrs. modules</td>
<td>More specific handball</td>
</tr>
<tr>
<td></td>
<td>Practice approx. 60% - Theory approx. 40%</td>
<td>Coaching, Managements, Training Planning</td>
</tr>
<tr>
<td></td>
<td>Examination</td>
<td>Anatomy and Physiology, Physical and Mental Training</td>
</tr>
<tr>
<td></td>
<td>Coaching</td>
<td>Tactical and Technical Training</td>
</tr>
<tr>
<td>IV</td>
<td>650 –750 hrs.- incl. lectures / workshops, a logbook confirming the coaching, in depth project, studies (about 2000 pages curriculum)</td>
<td>Top handball</td>
</tr>
<tr>
<td></td>
<td>Practice approx. 20% - Theory approx. 80%</td>
<td>The coaches need to apply for participating the Level IV education. The education lasts for 1 ½ year.</td>
</tr>
<tr>
<td></td>
<td>Coaching</td>
<td>- Training Planning, - General Theory of Training, - Specific Handball Training, - Tactical / Technical Training,</td>
</tr>
<tr>
<td></td>
<td>Examination (written and oral)</td>
<td>- Coaching, - Anatomy and Physiology, - Biomechanics, - Sociology, - Organisation, - Measurements and Evaluations</td>
</tr>
<tr>
<td>V</td>
<td>675 hrs. incl lectures, workshops, projects, practice</td>
<td>Top handball</td>
</tr>
<tr>
<td></td>
<td>Minimum age, 30 years (Mastercoach)</td>
<td>- Anatomy and biomechanics, - Physiology and Psychology,</td>
</tr>
<tr>
<td></td>
<td>Minimum years of practice, 10 years (Mastercoach)</td>
<td>- Management, - Specific Handball Training, - Tactical Training</td>
</tr>
</tbody>
</table>
## HANDBALL-EDUCATION - Topics

<table>
<thead>
<tr>
<th></th>
<th>Technical training</th>
<th>Physical and mental training</th>
<th>Tactical Training</th>
<th>The Match</th>
<th>Management and planning</th>
<th>Related topics</th>
<th>Total numbers of lessons</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>LEVEL I</strong></td>
<td>4 + 12</td>
<td>1 + 3</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>5 + 15 = 20 h</td>
</tr>
<tr>
<td><strong>LEVEL II</strong></td>
<td>8 + 16</td>
<td>4 + 4</td>
<td>2 + 2</td>
<td>8 + 12</td>
<td>4 + 4</td>
<td></td>
<td>26 + 34 = 60 h</td>
</tr>
<tr>
<td><strong>LEVEL III</strong></td>
<td>2 + 2</td>
<td>8 + 4</td>
<td>10 + 30</td>
<td>6 + 2</td>
<td>6 + 2</td>
<td></td>
<td>38 + 42 = 80 h</td>
</tr>
<tr>
<td><strong>LEVEL IV</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>500 + 175 = 675 h</td>
</tr>
<tr>
<td><strong>LEVEL V</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>500 + 175 = 675 h</td>
</tr>
</tbody>
</table>
HANDBALL-EDUCATION - Level I

- Universal ball practice
- Basic coordinative skills
- Technical training – The throw
- Handball in small groups
- Different techniques in handball

Authorization: Participated in all 5 modules
# HANDBALL-EDUCATION - Level II

- Attacking techniques
- Defending techniques
- Goalkeeper techniques
- Physical training
- Basic management
- Basic planning
- Handball – The match
- Technical training - structure

- Trick- and dribble techniques
- Different shot techniques
- Teaching the playing rules
- Coaching
- Trainers Tool (PC-program)
- All round activities
- Training to prevent injuries

Authorization: Written home exam

The Norwegian Handball Federation
HANDBALL-EDUCATION - Level III

- Attack play
- 3:2:1
- 6:0
- Planning
- Position determined shots
- Training of strength
- Counterattack
- Phase IV play
- Phase IV play
- Phase IV play

- Endurance training
- Tactical training
- Play and counter play
- Individual tactic
- Playing rules
- Coaching
- Match analysis
- Mental training
- Injuries and first aid
- DVE (PC program)

Authorization: Written home exam and practical/methodical test

The Norwegian Handball Federation
HANDBALL-EDUCATION - Philosophy

In general
- Fair play
- Participation
- Individual skills
- Creativity
- Homo Ludens
- Social and individual values
- Frankness

Educational
- Practical approach
- Involvement
- Dialogue
- Operative
- Context

The Norwegian Handball Federation
HANDBALL-EDUCATION - Trends and projects

- New model for national youth and junior teams
- Extensive use of team organisation
- Beach handball
- Methodology
- Technology
- Joint venture agreement with the Norwegian University of Sports
- Joint venture agreement with The Norwegian Olympic Committee
In my opinion the success as a coach depend more on the coaching philosophy than on any other factor. By philosophy I mean the beliefs or principles that guide the actions I take. It is foundation on which all my knowledge about sport science, sport management, techniques and tactics will be built. Generally there are two most important decisions I make as a coach:
- the objectives I will seek to attain when coaching;
- the coaching style I will use to achieve my objectives.
These decisions will form two vital parts of my coaching philosophy and, to some extent, will determine how much success me and my athletes will have.
The immediate short-term objective of any contest is to win, but striving to win within the rules of the game should be the objective of every athlete and coach. Winning is not everything, but striving to win is – this statement most accurately reflects my coaching philosophy. Every decision I make and every behaviour I display is based first on what I judge is best for the athletes and second on what may improve the team’s chances of winning (the rule is quite simple: athletes first, winning second).
There are three main attributes of successful coaching:
- knowledge of the sport /rules, techniques, tactics, applied sport physiology, motor abilities level, etc./.
- motivation
- empathy /ability to readily understand the thoughts, feelings and emotions of the athletes and to convey my sensitivity to them/.

The structure and the process of preparing the team is about to make the team achieve as great success as it is possible. These processes are determined by the time. Time also plays an important role in building the team, changing the conception of play and creating a real value of the team. The period of time, during which the work would be continued, must contain other aspects as well. Some of them might be very important, for example: change of the game rules, which might provoke a change in team tactics. Moreover, in fact that the physical preparation of the players is at the same level now, the selection of players should be made from the players which have a strong psychological attribute. In the process of building the team, special attention should be paid to the usage of psychological abilities of players and to their interpersonal relationships. The main way to achieve that target is to have often conversations and discussions (cooperative coaching style), which are supposed to provide realization of maintained targets, make players responsible for these targets and lift the level of players aspiration. The other factor, which has an influence on the team relationships, is individual talk with the star player who should co-operate with the rest of the team.

Two years ago PHF accepted the schedule of the games, which is applied in most of European countries (National Federations). It allows our teams for more frequent international games with the leading teams of the world.
The PHF conducts training in Special Sport Schools for youth aged 14-19 which has affected in sport results during European Juniors Championships 2002 (Polish team won this title).
Actually the special physical fitness training program for handball players is being worked out in PHF, which allows for increase of chosen motor abilities (strength, power, endurance).
PROGRAMME OF STAFF TRAINING IN HANDBALL
(IN FORCE FROM JULY 1, 2001)

I. The Programme of Staff Training in Handball was built basing on the following legal acts:
   2. Ordinance of the Minister of National Education of June 26, 2001, relating to the qualifications, degrees and professional titles in the field of physical culture.
   3. Resolution no. 32 of the Board of the Polish Handball Federation of May 25, 2000 relating to the issue of licenses to persons working as handball training staff with handball teams.

II. The professional titles authorising to carry out an activity in the field of education/instruction relating to handball are:
   1. Handball instructor;
   2. Second class trainer;
   3. First class trainer;
   4. Master class trainer.

III. Criteria for obtaining a professional title authorising for working in the field of handball:
   1. Handball instructor:
      a. completion of higher studies (Physical Education Academy) in Physical Education in the field of Handball. The passing of the final exam at the end of the specialised courses carried out in a minimum number of 60 hours.
      or
      b. the completion of a specialised handball instructor course in a size of minimum 150 hours.

   2. A Second class trainer may be a person who:
      a. completed higher studies (Physical Education Academy) in Physical Education specialising in the Training. The hour size of handball specialisation: 220 - 250 hours.
      or
      b. - has been in possession of the handball instructor title for minimum two years or was a master class player;
         - completed trainer post-graduate studies or a specialised course for the Second class trainer degree of a minimum number of 300 hours.

   3. A First class trainer may be a person who:
a. - has at least a high school (secondary education) diploma;
- has been working for at least three years as Second class trainer with the relevant title;
- has documented achievements in relating to his / her work in the field of training;
- completed a specialised course for the First class trainer degree of a minimum number of 40 hours.

4. **A Master class trainer may be a person who:**
a. - has at least a higher education diploma;
- has been working for at least five years as First class trainer with the relevant title;
- has documented achievements in relating to his / her work in the field of training;
- completed a specialised course for the Master class trainer degree of a minimum number of 60 hours.

IV. Organisations authorised to carry out courses, of which the completion makes it possible to obtain trainer’s authorities:
1. Physical Education Academies and other entities dealing with the education of teachers, which carry out an education programme in the special field of Physical Education (Handball instructor and Second class trainer);
2. Polish Handball Federation and Regional Handball Associations in co-operation with the Main Sports Centre / “Centralny Ośrodek Sportu” (Handball instructor, First class trainer, Master class trainer);
3. Other organisations, after approval of the programme by the Polish Handball Federation and registration in the Ministry of Education.

V. Principles of recruitment and carrying-out of trainer courses:
1. Dates:
   a. Handball instructor and Second class trainer – depending on needs and applications / enrolments. Physical Education Academies, every year within the framework of their higher studies programme.
   b. First class trainer – one time per year;
   c. Master class trainer – two times per year.
2. Organisations authorised to carry out courses submit, with a three-week notice before the beginning of a course, an application for the programme’s approval and the list of lecturers, along with their qualifications.
3. In order to participate in a course, the interested persons are required to submit documents stating:
   a. the level of their general education;
   b. the degree of authority in the field of handball;
   c. the employer’s opinion;
   d. the opinion of the Polish Handball Federation – courses for the Second class trainer degree and the Master class trainer degree;
   e. the course of working career and achievements in the educational work in the field of handball;
   f. Sporting class level – for players;
   g. Evidence of effecting the payment of the course fee.
4. Referring to every trainer degree, in order to complete the course, the participant is required to successfully pass the final exam before the Examining commission including, apart from the Course Responsible and the lecturers, a representative of the Polish Handball Federation.

The final result is made up of:
   a. final exam result;
   b. practical exam result – carrying out of training tasks;
   c. evaluation result of a written labour on a subject determined by the lecturers.

5. The obtaining of the diploma is subjected to the condition of sending, by the course organiser, an application evidencing the completion of the course, along with the following documents:
   a. report on the course;
   b. final exam minutes (protocol);
   c. list of participants – graduates;
   d. application on the issue of a document stating the obtaining of the relevant trainer title.

VI. Framework training programme.

1. The Framework training programme below refers to the basic course for the degree of handball instructor (150 hours) and the Second class trainer (300 hours).

2. The training course is carried out in the form of:
   - lectures and seminars – 40%;
   - practical tasks – 60%
     including: trainer’s apprenticeship in a sports club.

3. Aims and tasks:
   a. practical and theoretical preparation for independent work with handball teams;
   b. mastering of the technical and tactical skills in the field of handball;
   c. skills relating to the organisation of matches and referee skills.

4. Elements deciding on the completion of the course and the final result:
   a. attendance (minimum 80%) and active participation in the course;
   b. passing the practical tests connected with the technique of the game;
   c. evaluation result of the trainer’s apprenticeship in a sports club;
   d. result of the written labour in the field of the training theory;
   e. result of the final exam relating to the rules of the game;
   f. final exam result.

5. Subjects and scope of material to be performed during the course:

<table>
<thead>
<tr>
<th>No.</th>
<th>Subjects</th>
<th>Handball instructor</th>
<th>Second class trainer</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Organisation of physical culture and sports:</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>- World Sport Organisations;</td>
<td>2</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td>- World-wide structure of handball;</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>- Structure of handball in Poland;</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>- History of World and Polish handball.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2.</td>
<td>Rules and regulations:</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>- National regulations;</td>
<td>2</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td>- Statutes, Decisions and Resolutions of the</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Board of the Polish Handball Federation;</td>
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<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>- Anti-doping regulations.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

3. Rules of the game – referee tasks  
   |

4. Safety and hygiene of sport practising:  
   - first aid in emergency cases;  
   - periodical medical tests;  
   - players’ insurance.  

5. Human Medicine, Anatomy and Physiology:  
   - prevention of injuries in sports;  
   - body construction and human physical development;  
   - physiology of physical effort.  

6. Psychology and Sociology:  
   - personality – features relating to the will / motivation;  
   - setting of aims;  
   - stress – theory and practice;  
   - training techniques in psychology;  
   - building and efficient conducting of a team.  

7. Sports theory:  
   - sporting education system;  
   - selection and elimination in sports;  
   - education of children and youth;  
   - training structure;  
   - training principles, methods, forms and means;  
   - training charges (workloads).  

8. Terminology and symbols used in handball  

9. Training – shaping of comprehensive dexterity:  
   - rapidity;  
   - force;  
   - stamina;  
   - movement co-ordination.  

10. Teaching and training - individual technique:  
    a. methodology of education and improvement of elements in the attack: passes and catching, throws, delusions, ball dribbling.  
    b. methodology of teaching and improvement of elements in the defence: moving in the defence, the blocking of throws, the interception of the ball. Improvement of the defence “one to one”.  

11. Teaching and training - Game tactics in the position attack:  
    a. Individual, group-related, and team-related solutions;  
    b. Teaching to play in the positioning 2:1:3 and 2:2:2;  
    c. Solutions against various particular variants of the defence.  

12. Teaching and training - Game tactics in the defence:  
    a. co-operation of neighbouring players against attack players playing without position changes;  
    b. co-operation of neighbouring players against attack players playing with position changes;
c. Methodology of defence teaching:
- “Man to Man”, 3:2:1, 3:3, 5:1 and 6:0 and “Combined defences” 5:0+1, 4:0+2.

13. Teaching and training - Fast attack phases:
   a. Fast attack phases;
   b. Improvement of co-operation skills in fast direct attack;
   c. Improvement of co-operation skills in fast indirect attack.

14. Tests used in handball:
   - tests of general dexterity;
   - tests of specific dexterity.

15. Preparation to matches. Conducting the team during the matches.


17. Technical means supporting the training activities and the matches.

18. Training apprenticeship in a sporting club.

19. Exams

Total number of hours

VII. The title of the first class trainer and the Master class trainer may be obtained when one fulfils the conditions listed in the item III – 3,4, after having attended and completed (passing the relevant exams) an improvement training course, carried out without interruption at a fixed place – one session: 5 – 7 days.

1. Aims and tasks of the course:
   a. Presentation of present tendencies in the field of sports theory;
   b. Presentation of present tendencies in the field of technique and tactics in handball;
   c. Enhancement of general knowledge in the field of psychology and physiology of physical effort;
   d. Presentation of new technical means for training support and matches’ observation.

2. Elements deciding on the completion of the course and the final result:
   a. Attendance (minimum 90%) and active participation in the course;
   b. Completion (and possibly passing the relevant exams) of the respective parts of the programme;
   c. Good evaluation result of the written labour on a subject determined with the lecturer;
   d. Final exam delivered before the Examining Commission.

3. Subjects and scope of material to be performed during the course:

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<th>No.</th>
<th>Subjects</th>
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<th>Master class trainer</th>
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<td>Medicine - Physiology:</td>
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<td>a. nutrition principles for sportsmen;</td>
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<td>- principles of co-operation in a group.</td>
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<td>a. planning and analysis of training charges (workloads);</td>
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<td>b. training structures in handball; proportions in the</td>
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<td><strong>Video analysis of game elements of leading World players and</strong></td>
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<td>b. modern tactical solutions in the attack and in the defence;</td>
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<td>c. analysis of the game elements of leading World teams</td>
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<td>basing on the observations of World and Europe Championships.</td>
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VIII. In order to conduct (coach) teams in championship matches, apart from the possession of one of the professional titles mentioned in item II, it is required to have a license, which is granted by the Polish Handball Federation for one championship season, and its prolongation is subjected to the following conditions:
1. Participation, at least one time per year, in a three-day trainers’ conference organised by the Federation;
2. Positive opinion on ethical and moral behaviour;

IX. The Polish Handball Federation organises additionally, every year, the following training & education conferences, in which the trainers applying for licenses for conducting the national championship teams, have to participate on a compulsory basis:
1. conference of trainers of the women’s national championship teams;
2. conference of trainers of the men’s national championship teams;
3. conference of trainers of the youth teams;
4. conference for teachers carrying out handball activities in primary schools.
These conferences last three days and are carried out in the form of lectures and practical courses in the total hour size of 24 hours.
The framework programme of these conferences includes:
- reports of trainers of the national teams on the central training activities;
- analysis of game elements of leading World teams;
- presentation of the examples of training activities relating to the game technique and game tactics;
- information on the newest scientific achievements;
- analysis of the last season of championships;
- planning of training activities and matches for the subsequent season.

**Polish Handball Federation**
PORTUGUESE STRUCTURE OF COACHES EDUCATION
LEVEL V - Master Coach

MIN. 10 YEARS

Level IV
High Level Coach

2 YEARS

Level III
National Coach

2 YEARS

Level II
Coach

2 YEARS

Level I
Monitor

2 YEARS

Age
# PORTUGUESE COACHING COURSES MODEL

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<tr>
<th>DESIGNATION</th>
<th>MONITOR</th>
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<th>NATIONAL COACH</th>
<th>HIGH LEVEL COACH</th>
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<td>TEAM LEADER / INITIATION</td>
<td>ORIENTATION</td>
<td>SPECIALIZATION</td>
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TRAINING RESPONSIBILITY: NATIONAL FEDERATION AND UNIVERSITY
# CURRICULAR STRUCTURE OF COACHING COURSES

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<th>CONTENTS</th>
<th>LEVEL I Monitor</th>
<th>LEVEL II Coach</th>
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| TOTALS                                                       | 390 H           | 650 H          | 850 H                    | 1370 H                    | 3260 H |

Hours
### SPECIFIQUE CONTENTS OF HANDBALL IN COACHING COURSES

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## COACHING COURSES

### HISTORY

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PORTUGUESE COACHES
(Courses since 1969 til 2002)

LEVEL IV  2003  25

LEVEL III  316

LEVEL II  656

LEVEL I  3845
Coaches' EDUCATION

IN HANDBALL

HANDBALL FEDERATION OF SLOVENIA (RZS)

and

Faculty of sport
University of Ljubljana
SISTEM IZOBRAŽEVANJA
ROKOMETNIH TRENERJEV
V SLOVENIJI

ROKOMETNA ZVEZA SLOVENIJE

IN

FAKULTETA ZA ŠPORT

GRADIVO PRIPRAVILA:
dr. Marko Šibila in dr. Marta Bon
<table>
<thead>
<tr>
<th>STOP -NJA</th>
<th>pogoji</th>
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**STOPNJA 1**
Usposabljanje traja 60 ur.

- Usposobiti slušatelje za delo z igralci in moštvi slabših kakovostnih kategorij, ki trenirajo manj pogosto in manj intenzivno, v prvem letu pod mentorstvom. Prav tako se slušatelji usposabijo tudi za temeljno delo (v začetku pod mentorstvom) z igralci mlajših starostnih kategorij (razvojne značilnosti otrok, procesi usmerjanja in izbora za rokomet nadarjenih otrok).

- Predmeti splošnega dela usposabljanja strokovnih delavcev za pridobitev naziva strokovni delavec 1. Usposabljanje odgovarja zahtevam 1. stopnje zahtevane usposobljenosti športnih delavcev v športu.

- Programi usposabljanja RZS so usklajeni z zahtevami in programi usposabljanja, ki jih nacionalnim zvezam predlaga Evropska rokometna zveza (Structure of Coaches' Education in the EHF (1997), EHF, Dunaj).


- Predvidevamo, da bo vsako leto vpisanih med 20 in 25 kandidatov.

[Vzgojno-izobraževalni smotri:](#)

Usposobiti slušatelje, da z rokometom kot enim od sredstev športne vzgoje, razvijajo pri otrocih ustrezne motorične sposobnosti in tehnično-taktična znanja, potrebna za skladen razvoj mladega organzma. Da pri otrocih s pomočjo rokometne igre oblikujejo in razvijajo pozitivne in ustvarjalne odnose, ki so nujni za uspešno sodelovanje v skupini. Usposobiti slušatelje, da so v grobi obliki, pri urah športne vzgoje ali pri rokometnem programu interesnih dejavnosti, sposobni odkriti za rokomet nadarjene dečke in deklice ter jih usmeriti v rokometne klube.

### III. Vsebina predmeta

**Temeljne informacije**
- značilnosti in pomen rokometa pri mlajših strostnih kategorijah
- zgodovina razvoja rokometa v svetu in pri nas
- organiziranost rokometa v svetu in pri nas
- prava (uradna) in prirejena pravila rokometne igre
- metode učenja in treniranja rokometa
- organizacijske metode in oblike vadbe
- tehnično-taktični elementi rokometne igre, ki jih morajo poznati in obvladati igralci za potrebe učinkovite igre v obrambi in napadu
- elementarne igre in igre s prirejenimi pravili, primerne za uvajanje začetnikov v rokometno igro
- mini rokomet v šoli
- temelji igre z osebno obrambo
- temelji igre v conski obrambni postavitvi 6:0
- osnovne značilnosti treninga v rokometu

Rokomet v okviru interesnih dejavnosti (ID) -
- organiziranost rokometnega krožka
- načrtovanje in evidentiranje procesa treniranja v ID
- vsebina in metodika treniranja rokometa v ID
- metode in merski instrumenti za ugotavljanje in spremljanje ravni razvitosti določenih sposobnosti, lastnosti in značilnosti, ki so pomembne za uspešno igranje rokometa

Študijska literatura

5. Rokomet – mednarodna pravila igre s komentarjem.
7. www. Eurohandball.com

V. Obveznosti študenta

- Pozitivno opravljena seminarska naloga v obliki pisne priprave in praktičnega nastopa.
- Praktični in teoretični izpit

Slušatelj, ki v okviru sprotnega preverjanja praktičnega znanja uspešno opravi vse preizkuse, s tem opravi praktični del izpita. Tisti, ki preizkusov med letom ne opravljajo ali jih ne opravijo uspešno, opravljajo praktični in teoretični izpit v okviru rednih izpitnih rokov in terminov.
VI. Kadrovski pogoji

Program izvajata habilitiran učitelj in asistenti ter uveljavljeni trenerji (trenerji državnih repreznatc) .

VII. Materialne razmere

- Dvorana z rokometnim igriščem (Slovan)
- 30–40 rokometnih žog 20–25 majic za označevanje igralcev
- Štirje ščitniki za vratarja
- Kolebnice za označevanje prirejenih ciljev v vratih
- Nekaj posebnih žog, prilagojenih otroškim starostnim kategorijam
STOPNJA 2

SPLOŠNI PODATKI

Ime programa

TRENER ROKOMETA

2. Usposobiti slušatelje za delo z igralci in moštvi slabših kakovostnih kategorij, ki trenirajo manj pogosto in manj intenzivno. Prav tako se slušatelji usposobijo tudi za temeljno delo (v začetku pod mentorstvom) z igralci mlajših starostnih kategorij (razvojne značilnosti otrok, procesi usmerjanja in izbora za rokomet nadarjenih otrok).


4. Predmeti splošnega dela usposabljanja strokovnih delavcev za pridobitev naziva strokovni delavec 2. Usposabljanje odgovarja zahtevam 2. stopnje zahtevane usposobljenosti športnih delavcev v športu.

5. Programi usposabljanja RZS so usklajeni z zahtevami in programi usposabljanja, ki jih nacionalnim zvezam predlaga Evropska rokometna zveza (Structure of Coaches' Education in the EHF (1997), EHF, Dunaj).


7. Izvajalci usposabljanja so strokovni sodelavci RZS in učitelji FŠ. Predavatelji so ustrezno habilitirani učitelji FŠ ob sodelovanju izkušenih in ustrezno izobraženih rokometnih trenerjev ter drugih strokovnjakov. Predavatelje potrdi Inštitut za šport Fakultete za šport in Rokometna zveza Slovenije.


PREDMETNIK

1. Predmeti, razdeljeni na teoretične in praktične ter število ur

Rokometne vsebine (110 ur)

Vsebinski sklopi predavanj 45 ur
Vsebinski sklopi vaj (in demonstracij)  

- osnovni individualni, skupinski in mošteni tehnično taktični elementi rokometne igre, ki jih morajo poznati in obvladati igralci za potrebe učinkovite igre v obrambi in napadu 33 ur  
- elementarne igre in igre s prirejenimi pravili, primerne za uvajanje začetnikov v rokometno igro 5 ur  
- mini rokomet 4 ure  
- rokometni vratar 3 ure  
- metode učenja in treniranja rokometa 6 ur  
- organizacijske metode in oblike vadbe 4 ure  
- osnovne značilnosti treninga v rokometu 2 ura  
- naprave in rekviziti za kondicijski trening 1 ura  
- modeli kondicijskih treningov 2 ura  
- ugotavljanje in spremljanje ravni razvitosti določenih sposobnosti, lastnosti in značilnosti, ki so pomembne za uspešno igranje rokometa 3 ura  
- tehnična opremljenost za strokovno delo 2 ura  

Splošne vsebine (35 ur)  

- Etika v športu 2 ur  
- Management v športu 2 ur  
- Osnove športne medicine 6 ur  
- Osnove psihologije športa 10 ur  
- Osnove teorije in metodike športnega treniranja 15 ur  

2. Predmeti v programu usposabljanja za naziv TRENER ROKOMETA so vertikalno povezani s programom usposabljanja za naziv VIŠJI TRENER ROKOMETA. Študentje Fakultete za šport pridobijo naziv, če diplomirajo z diplomo v kateri obdelajo rokometno vsebino in imajo ob tem najmanj 4 leta tekovalnih izkušenj v rokometu ter 1 leto športno pedagoških izkušenj v rokometu.
3. Študijska in izpitna literatura

- Razni avtorji: revija Šport - članki z rokometno tematiko, FŠ, Ljubljana; Handball training, Philippka-Verlag, Munster - od 1990 dalje: revija TRENER ROKOMET, od leta 1994 naprej, ZRTS, Ljubljana;.

POGOJI ZA VPIS
Polnoletnost, končana najmanj poklična 3 leta šola, 4 leta tekmovalnih izkušenj in ali 1 leto športno pedagoških izkušenj. Pogoj je tudi opravljen tečaj in izpit iz Prve pomoči. Za vse, ki tega izpita ne bodo imeli bo v času študija organiziran tečaj na Fakulteti za šport.

POGOJI ZA NAPREDOVANJE
Kandidati dobijo naziv takoj, ko opravijo vse obveznosti usposabljanja na tej stopnji. Z nadaljnjim usposabljanjem (3 stopnja) lahko pričnejo po 2. letih športno pedagoških izkušenj.

POGOJI ZA DOKONČANJE USPOSABLJANJA

UDELEŽBA: Tako pri praktični kot teoretični predelavi građiva je obvezna 80% udeležba.

VI. STROKOVNI DELAVEC 2: TRENER ROKOMET
STOPNJA 3

SPLOŠNI PODATKI

Ime programa

STROKOVNI DELAVEC 3: VIŠJI TRENER ROKOMETA

Usposabljanje traja 280 ur (4 semestri po 70 ur).

- Slušateljem podati znanja potrebna za treniranje rokometa na vseh ravneh, tudi na najvišji ravni (1. državne lige in državne reprezentance).
- Predmeti splošnega dela usposabljanja strokovnih delavcev za pridobitev naziva strokovni delavec 3. Usposabljanje odgovarja zahtevam 3. stopnje zahtevane usposobljenosti športnih delavcev v športu.
- Programi usposabljanja RZS so usklajeni z zahtevami in programi usposabljanja, ki jih nacionalnim zvezam predlaga Evropska rokometna zveza (Structure of Coaches' Education in the EHF (1997), EHF, Dunaj).
- Izvajalci usposabljanja so strokovni sodelavci RZS in učitelji FŠ. Predavatelji so ustrezno habilitirani učitelji FŠ ob sodelovanju izkušenih in ustrezno izobraženih rokometnih trenerjev ter drugih strokovnjakov. Predavatelje potrdi Inštitut za šport Fakultete za šport in Rokometna zveza Slovenije.
- Predvidevamo, da bo vsako drugo leto vpisanih med 25 in 30 kandidatov.

PREDMETNIK

1. Predmeti, razdeljeni na teoretične in praktične ter število ur

Rokometne vsebine (195 ur):
Vsebinski sklopi predavanj

1.0. TEORIJA ROKOMETA

1.1. EHF - IHF - evropska in svetovna prvenstva klubov in reprezentanc 27 ur
1.2. RZS - pravilniki za profesionalne, polprofesionalne in amaterske igralce, registracije, prestopi, certifikati 4 ury
1.3. Pravila rokometne igre 4 ury
1.4. Model profesionalnega rokometnega klauba 4 ury
1.5. Model dela z reprezentančnimi selekcijami 5 ury
1.6. Informacijski sistemi v rokometu 2 ury
1.7. Menežerski in posredniški posli v rokometu 6 ury

2.0. TEORIJA IN METODIKA TRENIRANJA ROKOMETA

2.1. Modelne značilnosti vrhunskega rokometnega moštva, model igre vrhunskega rokometnega moštva (analiza igre najboljših rokometnih moštev) 8 ur
2.2. Upravljanje procesa treniranja v rokometu 3 ury
2.3. Merski postopki za ugotavljanje in spremljanje ravni razvitosti nekaterih, za rokomet, pomembnih osnovnih in specifičnih motoričnih ter fizioloških sposobnosti 4 ur
2.5. Načrtovanje in evidentiranje procesa treniranja vrhunskih moštev 4 ury
2.6. Periodizacija procesa treniranja in razvoja športne forme pri vrhunskih rokometarih 4 ury
2.7. Vrste priprav, vsebina, metode, sredstva in volumen treniranja po posameznih obdobjih 4 ury
2.8. Timsko delo pri treniranju rokometi (vloga in naloge prvega ter drugega trenerja, zdravnika, fizioterapevta, psihologa) 2 uri
2.9. Metode obnove zmogljivosti rokometara 3 ury
2.10. Možnosti uporabe računalnika pri strokovnem delu trenerja 5 ur

3.0. TEHNIKA IGRE ROKOMETA

3.1. Motorično učenje 4 ury
3.2. Biomehanična analiza tehnike igre 8 ury
3.3. Povezanost tehnike in taktike 2 ury

4.0. TAKTIKA IGRE ROKOMETA

4.1. Taktika igre in strategija 2 ury
4.2. Taktično mišljenje rokometarja 2 ury
4.3. Priprava taktike za tekmo, vodenje tekme 6 ury

5.0. KONDIČIJSKI TRENING

5.1 Struktura presnovnih procesov v organizmu rokometarja pri rokometnem treningu in rokometni igri 3 ury
5.2. Metode treniranja kondičijskih sposobnosti rokometarjev 5 ur
5.3. Naprave in rekviziti za kondičijski trening 1 ura
5.4. Modeli kondicijskih treningov 3 ure

6.0. IZRAZOSLOVJE 2 uri
6.1. Strokovni jezik v rokometu 2 uri

Vsebinski sklopi vaj (in demonstracij) 93 ur

1.0. Igra v napadu 44 ur
1.1. Igra v protinapadu
1.1.1. Individualni protinapad
1.1.1.1. Individualni protinapad, ko je žoga osvojena v tipični igralni situaciji 2 uri
1.1.1.2. Individualni protinapad, ko je žoga osvojena v netipični igralni situaciji 2 uri
1.1.2. Skupinski protinapad 4 ure
1.1.3. Mošteni (skupni) protinapad
1.1.3.1. Mošteni protinapad, ko je žoga osvojena v tipični igralni situaciji 6 ur
1.1.3.2. Mošteni protinapad, ko je žoga osvojena v netipični igralni situaciji 2 uri
1.1.4. Podaljšani protinapad 6 ur
1.2. Igra v napadu proti postavljeni conski ali kombinirani obrambni postavitvi
1.2.1. Igra proti "globokimi" conskim postavitvam - 3:2:1, 3:3, 4:2 6 ur
1.2.2. Igra proti conski obrambni postavitvi 6:0 in 5:1 6 ur
1.2.3. Igra proti kombinirani obrambni postavitvi 5+1 in 4+2 3 ure
1.2.4. Igra z igralcem ali dvema več ali manj v napadu proti conski ali kombinirani obrambni postavitvi 5 ur
1.2.5. Igra v napadu proti posamični obrambi 2 ur

2.0. Igra v obrambi 39 ur
2.1. Posamičen način branjenja 2 ur
2.2. Igra v postavljeni conski ali kombinirani obrambni postavitvi
2.2.1. Conske obrambne postavitve 3:2:1, 3:3, 4:2 8 ur
2.2.2. Conska obrambna postavitev 6:0 in 5:1 6 ur
2.2.3. Kombinirani način branjenja 5+1, 4+2 3 ure
2.2.4. Modifikacije (prilagoditve) conskih in kombiniranih obrambnih postavitev 3 ure
2.3. Vračanje v obrambo s prepričevanjem protinapada 4 ur
2.4. Igra v obrambi z enim ali dvema igralcema več ali manj 5 ur
2.5. Rokometni vratar
2.5.1 Tehnika in taktika branjenja strelov iz različnih napadalnih položajev in iz različnih oddaljenosti 6 ur
2.5.2 Tehnika in taktika branjenja glede na vratarjeve morfološke značilnosti in motorične sposobnosti 2 ur

3.0. Modeli treninga 6 ur
3.1. Modeli treninga vrhunskih moštev v različnih pripravljalnih in tekmovalnih obdobjih 6 ur

4.0 Vodenje tekme 3 ur
4.1. Organizacija in vodenje tekem moštev različnih starostnih in kakovostnih kategorij ter glede na spol 3 ur
Splošne vsebine: 85 ur

- Funkcionalna anatomija 10 ur
- Medicina športa 10 ur
- Psihologija športa 15 ur
- Športno treniranje 15 ur
- Fiziologija športa 10 ur
- Sociologija športa 10 ur
- Didaktika 10 ur
- Pravna zakonodaja na področju športa 5 ur

2. Predmeti v programu usposabljanja za naziv VIŠJI TRENER ROKOMETA so navzdol vertikalno povezani s programom usposabljanja za naziv TRENER ROKOMETA, navzgor pa s programom bodočega izobraževanja na Visoki strokovni šoli. Študentje Fakultete za šport pridobijo naziv, če se odločijo za smer Športno treniranje – ROKOMET, opravijo vse obveznosti v zvezi s tem programom in diplomirajo z diplomvo v kateri obdelajo rokometno vsebino. Ob morajo imeti najmanj 5 let tekmovalnih ter 2 leti športna pedagoških izkušenj v rokometu.

3. Študijska in izpitna literatura
- Razni avtorji: revija Šport - članki z rokometno tematiko, FŠ, Ljubljana; Handball training, Philippka- Verlag, Munster - od 1990 dalje: revija TRENER ROKOMET, od leta 1994 naprej, ZRTS, Ljubljana.;
- www. Strani z rokometno vsebino
III. POGOJI ZA VPIS

Diploma TRENER ROKOMETA, 2 leti športno pedagoških izkušenj v klubu. Igralci rokometa s posebnimi izkušnjami (npr. reprezentanti na velikih tekmovanjih (EP, SP, OI)) se lahko na program vpišejo neposredno.

IV. POGOJI ZA NAPREDOVANJE
Kandidati dobijo naziv takoj, ko opravijo vse obveznosti usposabljanja na tej stopnji. Z nadaljnjim usposabljanjem (4 stopnja) lahko pričnejo po 2. letih športno pedagoških izkušenj.

V. POGOJI ZA DOKONČANJE USPOSABLJANJA

UDELEŽBA: Tako pri praktični kot teoretični predelavi građiva je obvezna 80% udeležba.
HANDBALL FEDERATION OF SLOVENIA (RZS)

and

Faculty of sport

Programmes for the acquisition of the following certificates:

- Level 1:
- Level 2:
- Level 3:
- Level 4:
- Level 5:

Secretary General: Leopold KALIN
Faculty of Sports BRANCH TEAM
Marko Šibila, PhD
Marta Bon, PhD
## GENERAL INFORMATION

Figure: Slovenia handball federation: Coaches' EDUCATION IN HANDBALL

<table>
<thead>
<tr>
<th>level</th>
<th>Federation course</th>
<th>standards</th>
<th>Course duration/h</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Course Rzs¹ and Faculty of sport; Uni v LJ</td>
<td>age: min 16 year</td>
<td>60</td>
</tr>
<tr>
<td>2</td>
<td>Course Rzs² and Faculty of sport; Uni v LJ</td>
<td>age: min 18 year Certificate level 1 Or 10 years players experience</td>
<td>145</td>
</tr>
<tr>
<td>3</td>
<td>INSTITUTIONAL COURSE Course Rzs³ and Faculty of sport; Uni v LJ</td>
<td>age: min 18 year - HB coaching experience CERTIFICAT LEVEL 2</td>
<td>280</td>
</tr>
<tr>
<td>4</td>
<td>Handball highschool</td>
<td>age: min 18 year - HB coaching experience - CERTIFICAT LEVEL 3 - AFTER CERTIFICAT two years coaching ex.</td>
<td>600</td>
</tr>
<tr>
<td>5</td>
<td>EHF Master coach</td>
<td>University study General</td>
<td>1200 hr sport science + 1200 handball specialization (total 3240)</td>
</tr>
</tbody>
</table>

¹ Slovenia Handball federation (RZS)  
² Slovenia Handball federation (RZS)  
³ Slovenia Handball federation (RZS)
Level 2

Title of programme

HANDBALL COACH

9. Course participants will obtain the necessary skills to work with players and teams of lower categories who receive less frequent and intensive training. Course participants will also become qualified to perform basic training (initially under mentorship) for juvenile players (developmental characteristics in children, guidance and selection of talented children).

10. Course duration: 145 hours.

11. Subjects of the general education programme for professional staff for the acquisition of the Professional Staff 2 certificate. The education programme meets the level 2 competence requirements for personnel engaged in the area of sports.

12. RZS programmes comply with education requirements and programmes of the European Handball Federation as recommended to the national federations (Structure of Coaches' Education in the EHF (1997), EHF, Vienna).

13. This programme has been designed by Marko ŠIBILA, PhD, Assistant Professor, lecturer in handball at the Faculty of Sports in Ljubljana and the responsible person for education and training of professional staff of the RZS Professional Committee. The Institute of Sports and the Faculty of Sports’ teaching staff have also been involved in the development of the education programme.

14. The education programme activities will be conducted by the RZS professional staff and the Faculty of Sports’ teaching staff. The teaching staff includes university personnel of the Faculty of Sports with participation of experienced and qualified handball coaches and other experts. The teaching personnel is officially recognised by the Institute of Sports at the Faculty of Sports and the Handball Federation of Slovenia.

15. It is anticipated that 20 – 25 candidates will enrol on the programme each year.
CURRICULUM

2. Subjects, divided into theoretical and practical part of education programme, hours of education

*Handball-specific topics (110 hours)*

**Contents of lessons**

- Characteristics and significance of handball in handball societies 2 hours
- History of handball (international, national) 3 hours
- Handball organisations (international, national) 3 hours
- Official and adapted rules of handball game 6 hours
- Characteristics and structure of handball game 5 hours
- Planning of training and training records 5 hours
- Periodisation of training plan and attainment of physical condition in handball players 3 hours
- Team and individual programmes 4 hours
- Types of preparation, contents, methods, means and scope of training by individual periods 4 hours
- Importance of conditioning and relevant training methods for handball players 3 hours
- Specifics of condition training for athletes of various age, quality and sex categories 2 hours
- Methods of talent identification, monitoring of their development in the area of motor abilities, morphology and play 3 hours
- Specifics of juvenile players training and training of various sex categories 2 hours

**Contents of practical part and demonstrations**

- Basic individual, group and team technical-tactical elements of handball game that players should know and master for efficient defence and attack performance 33 hours
- Basic games and games with adapted rules, appropriate for beginners 5 hours
- Minihandball 4 hours
- Handball goalkeeper 3 hours
- Handball coaching and training methods 6 hours
- Organisation methods and forms of training 4 hours
- Basic features of handball training 2 hours
- Means and devices for conditioning 1 hour
- Conditioning models 2 hours
- Identification and monitoring of development level of specific abilities, characteristics and features necessary for successful handball performance 3 hours
Level of technical equipment for professional work 2 hours

General topics (35 hours)

- Ethics in sport 2 hours
- Management in sport 2 hours
- Fundamentals of sport medicine 6 hours
- Fundamentals of sport psychology 10 hours
- Fundamentals of theory and methodology of sport training 15 hours

3. Subjects covered within the education programme for the HANDBALL COACH certificate are vertically correlated with the education programme for the SENIOR HANDBALL COACH certificate. The Faculty of Sports’ students may obtain the certificate provided that their diploma work covers any handball topic, and that they have minimum 4 years of experiences in handball contests and 1 year of active coaching experiences.

4. Recommended study and exam literature
   - Various authors: Šport Magazine (Sport Magazine) - articles on handball-related themes, Faculty of Sports, Ljubljana; Handball training, Philippka-Verlag, Munster – since 1990: TRENER ROKOMET Magazine (Handball Coach Magazine), since 1994, ZRTS, Ljubljana.

ENROLMENT REQUIREMENTS
Minimum age: 18 years, minimum 3-year vocational school, 4 years of experiences in contests and 1 year of coaching experiences. The completion of First Aid Course and exam is mandatory. Candidates without relevant qualifications will have the possibility to attend the course organised by the Faculty of Sports.

ADVANCED EDUCATION REQUIREMENTS
Candidates will be awarded the certificate upon fulfilling all of the education obligations at this level. Candidates may continue with advanced forms of education (level 3) after 2 years of active coaching experiences.
REQUIREMENTS FOR COURSE COMPLETION

EXAMS: Course participants will be examined in handball-specific and general subjects. The handball exam is divided into theoretical and practical parts. The theoretical part of exam is comprised of an oral examination and a seminar assignment, where candidates describe a work plan for a specific team in a specific season. The practical part of exam involves evaluation of the candidate's technical and tactical expertise, as well as preparations for and conduct of training. Candidates are required to complete their studies within three years from course commencement and may take individual exams no more than three times.

ATTENDANCE: 80% attendance is required both for the practical and theoretical part of the course.
VII. PROFESSIONAL STAFF 2: HANDBALL COACH

Level 3

GENERAL INFORMATION

Title of programme

SENIOR HANDBALL COACH

Course participants will acquire the necessary skills to conduct handball training at all levels, including the top one (1st National League and National Team).

3. Course duration: 280 hours (4 semesters, 70 hours each).

4. Subjects of the general education programme for professional staff for the acquisition of the Professional Staff 3 certificate. The education programme meets the level 3 competence requirements for personnel engaged in the area of sports.

5. RZS programmes comply with education requirements and programmes of the European Handball Federation as recommended to the national federations (Structure of Coaches' Education in the EHF (1997), EHF, Vienna).

6. This programme has been designed by Marko ŠIBILA, PhD, Assistant Professor, lecturer in handball at the Faculty of Sports in Ljubljana and the responsible person for education and training of professional staff of the RZS Professional Committee. The Institute of Sports and the Faculty of Sports’ teaching staff have also been involved in the development of the education programme.

7. The education programme activities will be conducted by the RZS professional staff and the Faculty of Sports’ teaching staff. The teaching staff includes university personnel of the Faculty of Sports with participation of experienced and qualified handball coaches and other experts. The teaching personnel is officially recognised by the Institute of Sports at the Faculty of Sports and the Handball Federation of Slovenia.

8. It is anticipated that 25 – 30 candidates will enrol on the programme every other year.
CURRICULUM

4. Subjects, divided into theoretical and practical part of education programme, hours of education

**Handball-specific topics (195 hours):**

Contents of lessons

**1.0. THEORY OF HANDBALL**  
27 hours

1.1. EHF - IHF – European and World Championships of Club and National Teams  
2 hours

1.2. RZS – regulations for professional, semi-professional and amateur players, registration, transfers, certificates  
4 hours

1.3. Handball rules  
4 hours

1.4. Model of a professional handball club  
4 hours

1.5. Model of work with selected groups of the national team  
5 hours

1.6. Handball information systems  
2 hours

1.7. Managers and agents in handball  
6 hours

**2.0. THEORY AND METHODOLOGY OF HANDBALL TRAINING**  
37 hours

2.1. Model characteristics of top-level handball teams (game analysis of the best handball teams)  
8 hours

2.2. Management of handball training process  
3 hours

2.3. Measurement procedures for identification and monitoring of development level of basic and specific motor and physiological abilities  
4 hours

2.5. Planning and registration of top-level team training  
4 hours

2.9. Periodisation of training process and attainment of physical condition in top-level handball players  
4 hours

2.10. Types of preparations, contents, methods, means and scope of training by individual periods  
4 hours

2.11. Team work in handball training (role and tasks of head and second coach, physician, physiotherapist, psychologist)  
2 hours

2.9. Methods for restoring performance abilities of players  
3 hours

2.10. Computer applications in the professional work of the coach  
5 hours

**3.0. HANDBALL TECHNIQUE**  
14 hours

3.1. Motor learning  
4 hours

3.2. Biomechanical analysis of play technique  
8 hours

3.3. Correlation between technique and tactics  
2 hours

**4.0. HANDBALL TACTICS**  
10 hours
4.1. Play tactics and strategy  2 hours
4.2. Tactical reasoning of handball players  2 hours
4.3. Preparation of tactics for the match, leadership  6 hours

5.0. CONDITIONING  12 hours

5.1. Structure of metabolism of handball players during training and play  3 hours
5.2. Physical condition training  5 hours
5.3. Means and devices of conditioning training  1 hour
5.4. Models of conditioning training  3 hours

6.0. TERMINOLOGY  2 hours

6.1. Handball terminology  2 hours

Contents of exercises and demonstrations  93 hours

1.0. Attack  44 hours

1.1. Counterattack (fast break)

1.1.1. Individual counterattack

1.1.1.1. Individual counterattack, ball gained in typical situations  2 hours
1.1.1.2. Individual counterattack, ball gained in atypical (unusual) situations  2 hours

1.1.2. Group counterattack  4 hours
1.1.3. Team (joint) counterattack

1.1.3.1. Team counterattack, ball gained in typical situations  6 hours
1.1.3.2. Team counterattack, ball gained in atypical (unusual) situations  2 hours
1.1.4. Prolonged counterattack  6 hours

1.2. Attack against various defence formations

1.2.1. 3:2:1, 3:3, 4:2 “deep” defence  6 hours
1.2.2. 6:0 and 5:1 defence  6 hours
1.2.3. 5+1 and 4+2 combined defence  3 hours
1.2.4 Play with man advantage or disadvantage during attack against zone and combined defence formations  5 hours

1.2.5. Attack against individual defence  2 hours

2.0. Defence  39 hours

2.1. Individual defence mode  2 hours
2.2. Zone or combined defence formation

2.2.1. 3:2:1; 3:3, 4:2 zone defence  8 hours

2.2.2. 6:0 and 5:1 zone defence  6 hours
2.2.3. 5+1, 4+2 combined defence  3 hours
2.2.4. Modifications (adaptation) of zone and combined defence  3 hours
2.3. Resumption of defence to prevent counterattack  4 hours
2.4. Defence with man advantage or disadvantage  5 hours
2.5. Handball goalkeeper
2.5.1. Technique and tactics of goalkeeper’s defence with regard to various offensive positions and distances  6 hours
2.5.2. Technique and tactics of goalkeeper’s defence with regard to his morphological characteristics and motor abilities  2 hours

3.0. Training models  6 hours
3.1. Training models of top-level teams in various preparatory and contest periods  6 hours

4.0 Leadership  3 hours
4.1. Organisation and leadership in matches with participation of teams of various age, quality and sex categories  3 hours

General topics: 85 hours

- Functional anatomy  10 hours
- Sport medicine  10 hours
- Sport psychology  15 hours
- Sport training  15 hours
- Sport physiology  10 hours
- Sport sociology  10 hours
- Didactics  10 hours
- Sport law  5 hours

5. Subjects covered within the education programme for the SENIOR HANDBALL COACH certificate are correlated downwards with the education programme for the HANDBALL COACH certificate and upwards with the future education programme at College. The Faculty of Sports’ students may obtain the certificate provided that they enrol in Sport Training – HANDBALL study course and that their diploma work covers any handball topic. They should also have minimum 5 years of experiences in handball contests and 2 years of active coaching experiences.

6. Recommended study and exam literature
VI. ENROLMENT REQUIREMENTS
HANDBALL COACH diploma, 2 years of coaching experiences in a club. Handball players with specific experiences (for example, members of national teams participating in important contests (European Championship, World Championship, Olympic Games)) may enrol with no restrictions.

VII. ADVANCED EDUCATION REQUIREMENTS
Candidates will be awarded the certificate upon fulfilling all of the education obligations at this level. Candidates may continue with advanced forms of education (level 4) after 2 years of active coaching experiences.

VIII. REQUIREMENTS FOR COURSE COMPLETION
EXAMS: Course participants will be examined in handball-specific and general subjects. The handball exam is divided into theoretical and practical parts. The theoretical part of exam is comprised of an oral examination and two seminar assignments, the first one including a description of a work plan with training preparations for a specific season, and the second one exploring a topic-related problem area. The practical part of exam involves evaluation of the candidate's technical and tactical expertise, as well as preparations for and conduct of training. Candidates are required to complete their studies within three years from course commencement and may take individual exams no more than three times.

ATTENDANCE: 80% attendance is required both for the practical and theoretical part of the course.

VIII. PROFESSIONAL STAFF 3: SENIOR HANDBALL COACH
STOPNJA 4

- Šibila
**STOPNJA 5**

**SPLOŠNI PODATKI**

Ime programa

Star naziv programa: UNIVERZITETNI DIPLOMIRANI TRENER ROKOMETA

Usposabljanje traja: SKUPNO ŠTUDIJ 3240 UR (8 SEMESTROV)

- Slušateljem podatki znanja potrebna za treniranje rokometa na vseh ravneh, tudi na najvišji ravni (1. državne lige in državne reprezentance).
- Predmeti splošnega dela usposabljanja strokovnih delavcev za pridobitev naziva strokovni delavec 3. Usposabljanje odgovarja zahtevam 3. stopnje zahtevane usposobljenosti športnih delavcev v športu.
- Programi usposabljanja RZS so usklajeni z zahtevami in programi usposabljanja, ki jih nacionalnim zvezam predlaga Evropska rokometna zveza (Structure of Coaches' Education in the EHF (1997), EHF, Dunaj).
- Izvajalci usposabljanja so strokovni sodelavci RZS in učitelji FŠ. Predavatelji so ustrezno habilitirani učitelji FŠ ob sodelovanju izkušenih in ustrezno izobraženih rokometnih trenerjev ter drugih strokovnjakov. Predavatelje potrdi Inštitut za šport Fakultete za šport in Rokometna zveza Slovenije.
- Predvidevamo, da bo vsako drugo leto vpisanih med 25 in 30 kandidatov.

Splošni študij fakultete
**Predmetnik**

Določa *predmete in razdelitev ur* (le ta se lahko izvedbeno v posameznem študijskem letu malenkostno spreminja) v okviru posameznega predmeta in je osnova za delo vsakega vzgojno-izobraževalnega zavoda.

Vsak študent mora pred zagovorom diplome absolvirati vse predmete dodiplomskega študija, seveda v okviru smeri, ki jo je izbral.

Ker je predmetnik tisti del informacij, ki je za bodočega študenta najbolj zanimiv, ga poskušamo predstaviti kot vsoto ur, ki jo mora študent absolvirati v okviru predmetov posameznega letnika, kot poimensko predstavitev predmetov in porazdelitve ur itd.

Prvi vidik je groba razdelitev fonda ur po oblikah, ki ga predstavlja graf *Razmerje ur dodiplomskega študija*. V grafu so upoštevane vse pedagoške ure, ki jih bo deležen študent v času študija od 1. letnika do diplome, ki se vpiše v smer športno treniranje. Seveda razmerja ur za druge smeri niso bistveno drugačna.

Podatki v odstotkih prikazujejo število ur predavanj, seminarjev, vaj pri "teoretičnih" predmetih (npr. statistiki, sociologiji športa itd.) in delež števila ur praktičnih vaj pri tako imenovanih aplikativnih - "športnih" predmetih, ki potekajo predvsem (ne pa izključno) v športnih dvoranah, bazenih ali v naravi....

![Razmerje ur dodiplomskega študija](image)

Podatki v tem grafu bodo verjetno pomembni predvsem za tiste, ki napačno sklepajo, da je na Fakulteti za šport večina pedagoškega procesa namenjena izključno praktičnim športnim vsebinam....
Drugi graf - "Razdelitev ur po vsebinskih izhodiščih", ima za osnovo prav tako predmetnik, le da so tokrat prikazani podatki po predmetih, združenih glede na vsebino.

![Diagram Razdelitev ur po vsebinskih izhodiščih](image)

Predmeti celotnega dodiplomskega programa so razdeljeni v 7 skupin:

"športno-teoretični" so predmeti, katerih vsebina je tesno povezana s športom, nimajo pa praktičnih vaj (npr. uvod v antropološko kineziologijo ....),
kot "pedagoške" smo razvrstili vse predmete, katerih glavna naloga je "naučiti učiti",
"psihološko-sociološki" predmeti se ukvarjajo s preučevanjem človeka kot posameznika ali dela različnih skupnosti,
"medicinskih" predmetov verjetno ni treba posebej opredeliti in prav tako ne "statistično-matematičnih" ali "izbirnih" predmetov.

Pri tej predstavitvi smo torej želeli predvsem grobo strniti in razvrstiti vsebine posameznih predmetov. Vemo namreč, da nekому, ki ni strokovnjak na področju športnih ved, naziv predmeta npr. "biomehanika 1" ali "metodologija v kineziologiji" kaj malo pomeni.
Hkrati je takšna "kvalitativna" predstavitev predmetnika dragocen podatek za vse, ki želijo okvirno spoznati, kakšne vsebine jih čakajo med študijem in, ne nazadnje, kakšna znanja fakulteta pričakuje od bodočih študentov.

Za mnoge bo tudi lažje razumeti, zakaj so pri sprejemnem postopku upoštevane srednješolski uspeh in ocene...

<table>
<thead>
<tr>
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<th>PRED.:</th>
<th>SEM.:</th>
<th>VAJ:</th>
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Zbirnik ur posameznih letnikov in smeri:

### Predmetnik dodiplomskega študija

**Fakultete za šport**

#### 1. letnik:

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**smer Športno treniranje:**

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I. Obseg ur

Obseg: 250 ur  

− Predavanja 135 ur
− Demonstracije in vaje 60 ur
− Seminarji in raziskovalne vaje 45 ur
− Hospitacije in nastopi 40 ur
− Obvezna praksa 60 ur

<table>
<thead>
<tr>
<th>Preglednica 1: Struktura obsega neposrednega pedagoškega dela</th>
<th>Skupaj ure</th>
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<tr>
<td>Letnik Semester P S V Semester Letnik</td>
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<td>I. zimski 1 letni 2</td>
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<td>II. zimski 3 letni 4</td>
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<td>IV. zimski 7 letni 8</td>
<td>4.</td>
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<tr>
<td>Skupaj ure NPD na predmetu 210</td>
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</table>

II. Vzgojno-izobraževalni smotri

- seznamiti slušatelje s temeljnimi strokovnimi znanji in zakonitostmi, značilnimi za rokometno igro;
- usposobiti slušatelje za treniranje rokometov (različne vrste načrtovanja in programiranja, vođenja ter nadzorovanja procesa treniranja);
- usposobiti slušatelje za organizacijo in izvedbo meritev osnovnih in rokometnih motoričnih sposobnosti rokometalcev različnih starostnih in kakovostnih kategorij. Usposobiti slušatelje za organizacijo meritev morfoloških telesnih sposobnosti rokometalcev;
- naučiti slušatelje analizirati in vrednotiti morfološke in motorične parametre pri rokometalčkih različnih starostnih in kakovostnih kategorij;
- usposobiti slušatelje za analizo in vrednotenje znanstveno-raziskovalnih rezultatov;
usmerjati in razvijati študenta v samostojno in skupinsko ter raziskovalno delo.

III. Vsebina predmeta

a) Vsebinski sklopi (teme) predavanj

1. TEORIJA ROKOMETA (20 ur)
   • Organiziranost rokometa v svetu in pri nas
   • Sistemi tekmovanj
   • Značilnosti rokometne igre
   • Pravila rokometne igre
   • Vpliv pravil na razvoj rokometne igre
   • Odnosi trener - sodnik - igralec
   • Model rokometnega kluba
   • Sistem izobraževanja trenerjev
   • Informacijski sistem v rokometu
   • Proste teme (1–2 temi)

2. TEORIJA IN METODIKA TRENIRANJA ROKOMETA (40 ur)
   • Enačba specifikacije uspeha igranja v rokometu
   • Modelne značilnosti rokometnega moštva, model igre rokometnega moštva (analiza igre rokometnih moštev različnih starostnih in kakovostnih kategorij)
   • Model rokometaša (ekspertno modeliranje)
   • Model igre rokometaša (analiza igre posameznika na različnih igralnih mestih v različnih fazah igre)
   • Upravljanje procesa treniranja v rokometu
   • Metode iskanja nadarjenih za rokomet in spremljanja njihovega razvoja na motoričnem, morfološkem in igralskem področju
   • Merski postopki za ugotavljanje in spremljanje ravni razvitosti nekaterih, za rokomet, pomembnih osnovnih in specifičnih motoričnih sposobnosti
   • Načrtovanje in evidentiranje procesa treniranja
   • Periodizacija procesa treniranja in razvoja športne forme pri rokometaših
   • Mošteni in posamični programi
   • Vrste priprav, vsebina, metode, sredstva in volumen treniranja po posameznih obdobjih
   • Posebnosti pri delu z igralci mlajših starostnih kategorij in glede na spol
   • Timsko delo pri treniranju rokometa (vloga in naloge prvega ter drugega trenerja, zdravnika, fizioterapevta, psihologa)
   • Tekmovanja
   • Metode obnove zmogljivosti rokometašev
   • Tehnična opremljenost za strokovno delo
   • Možnosti uporabe računalnika pri strokovnem delu trenerja
   • Proste teme (2–3 temi)

3. TEHNIKA IGRE ROKOMETA (35 ur)
   • Definicija in pomen tehnike rokometne igre
   • Motorično učenje
   • Metodika učenja in izpopolnjevanja tehničnih elementov pri rokometu
   • Biomehanična analiza tehnike igre
   • Povezanost tehnike in taktike


• Proste teme (1–2 temi)

4. TAKTIKA IGRE ROKOMETA (25 ur)
• Definicija in pomen taktike igre v rokometu
• Taktika igre in strategija
• Taktično mišljenje rokometnika
• Razdelitev taktike igre v rokometu
• Metodika učenja in izpolnjevanja posamične, skupinske in skupne taktike
• Posebnosti v taktični pripravi glede na starostne kategorije in spol
• Priprava taktike za tekmo, vodenje tekme
• Zapisovanje in analiza igralnih dogajanj
• Proste teme (1–2 temi)

5. KONDIČIJSKI TRENING (12 ur)
• Zakaj kondičinski trening?
• Struktura presnovnih procesov v organizmu rokometnika pri rokometnem treningu in rokometni igri
• Posebnosti kondičijskega treninga pri igralcih različnih starostnih in kakovostnih kategorij ter glede na spol
• Metode treniranja kondičijskih sposobnosti rokometnikov
• Naprave in rekviziti za kondičijski trening
• Modeli kondičijskih treningov
• Proste teme (1–2 temi)

6. IZRAZOSLOVJE (3 ure)
• Strokovni jezik v rokometu
The Structure of the SHF Trainers Education
A new era started 1996-97

• a more suitable organization

• basic leader-education initiated in district

• SHF responsibility for the higher and more specialized education
Goal-oriented

• *The goal*
  ”after passing the education the participants shall have this knowledge..”

• *Concretization of the goal*
  ”Which means…..”

• *Method*
  ”In this way we can create learning…..”

• *Evaluation*
  ”Show what you have learnt…..”
Five levels

1. Basic education
   The Training Academy 1 (TTA1)
2. The Training Academy 2 (TTA2)
3. The Training Academy 3 (TTA3)
4. Higher education for Trainer (HET)
5. EHF Mastercoach
Basic-education

After completing the basic education, the participants will be able to lead, stimulate and educate children (6-12 years) and be fit to proceed to TTA 1 A 15 – hours weekend course
The Training Academy 1

After completing TTA1 the participant will be able to lead, stimulate and educate youths in the basic of handball over a 75 – hour course over three weekends.
The Training Academy 2

After completing TTA2 the participants will have the ability to lead, stimulate and develop their team’s in handball skills during practice and game.

A 75-hours course over three weekends
The Training Academy 3

After completing TTA3 the participants will possess good knowledge of leading, stimulating and developing handballsplayers to a professional standard- individuals as well as the team.
Academy 3 continue

They will have reach a stage where they can confidently overlook all handball activities within the club.

The participant will become a certified trainer

A 75-hour course
Higher education for Trainers -

After completing the HET the participants
*will possess good knowledge and ability to
develop handball players.
*deeper knowledge in technic/tactics,
sport psychology, methodology, coaching and
handball physiology.
*possibilities to a personal development

a 250-hours course over a year
4-5 meetings over weekends
EHF Mastercoach

This education is now under construction.
Subjects

• Handball and technics/tactics
• Physical theories and training
• Handball and sport injuries
• Rules and refereeing
• Management, coaching and planing
• Phychology
Questions?
Evaluation by the participants:

Good points:
- Excellent idea to organize the 2nd seminar in DEN. Good organization, good quality and good lecturers. It was a perfect experience.
- The exchange of experiences between federations with a very strong education system and those who are starting to build up an education system.
- The presentations of Torben and Morten were very engaging.
- Very interesting to be informed about the way other federations organize their education.
- To meet each other in a way like this was perfect and very good to us.
- The lecture of Torben was very interesting.
- Really good organization. The seminar serves perfect the main goal of the Rinck Convention.
- Market was very good, food excellent, summarizing “very good”.
- Good lecturers and a nice presentation of education programs.
- The seminar was very useful and successful.
- Very good organization.
- The idea of a “market” was great. The interactive discussions were very valuable to all people concerned. There was an intensive exchange of ideas.
- Meeting with so many different countries, positive atmosphere; Handball market was good idea.
- The interest in referee education and looking at handball as a product.
- It is positive to learn from other countries and to meet and make friends from other handball nations.
- All participating federations prepared and presented very serious. Every federation took really part.
- Positive that the convention deals with all levels which shows the connection between children’s education and top level.
- I would like to express my sincerely thanks to the DHF for the way they made our stay comfortable.
- The market and the exchange of the educational systems were pretty nice and a valuable idea.
- The possibility to exchange all information about education with the others on the “market”. Everybody had the possibility to look for interesting things to all other participants.

Points to be improved:
- The first day’s “seance” from the different federations was a little bit surprising and too long. Much and better information came back during the second day.
- On Friday the theoretical and practical program was not in balance. The program on Saturday was too short. We want more days and hours.
- There is still doubt about the validity of the “EHF Master certificates” in EU-countries. What will be the situation with the new member states?
- Some federations signed the convention, but they worked it out (e.g. hours related to the levels) in their own way.
- There are no clear definitions of “children education”, “low level”, “beginners” etc., so we agree with the idea of the “Rinck Convention”, but it has to be more “grown up” on each level. (The criteria and the standards have to be better defined.)
- The social activity was not enough.
- The presentations of Friday had to be integrated in the market too. Doing so there is even more time to discuss. (Tip for future.)
- The official program of Saturday was too short.
- So many enthusiastic people together. Use them more, if they are together.
- Next time ask experienced top players what the trainers need to learn.
- Some confusing how to fulfill the convention.
- How do we make the visions come true?
- Talking mostly in frames, not about the contents “in the frames”.
- More time to work in (formal) groups to discuss suggestions about the future, not just in social activity.
- The convention meetings can improve by less meeting in plenary and more smaller working group sessions.
- I would like to see more from the mini-festival (other activities) to see the kid “in action”.
- Suggestion: The name cards given during arrival were too small and too tinny written to fulfill the function.
- The real time focused on “Master coach” items was few. We had the impression we were there to discover the Danish handball.
- We have to spend more time debating how to position the Master Coach program and its evolution. “Where we are going together in the next years? To us this kind of meetings are the place to exchange and share our ideas, resources and knowledge about handball and its evolution in the future.
- E.g. An introduction like we had the last day about “the product handball” and after discussions in smaller groups how to deal with this, coming to a collective conclusion/advice about the direction of our sport in the future.
The “Rinck” Convention.

History. Period I. Preparation.

1994 The election of a separate Methods Commission, (M.C.) President Mr. Claude Rinck.

Result: A strategy to create facilities for all member federations by exchanging experiences and facilitate the mobility of professionals within the expanding open market. As part of this strategy the M.C. aimed to create a European-wide framework for coaches qualifications in handball.

1995 The M.C. took the initiative to invite a small “brainstorm-group” (April 1995 Madrid). This working group constructed a basic idea on a concept of the E.U.

Result: A concept of a philosophy, principles, Areas of competence and a basic structure of education (5 levels).

1996 A big working group described the levels I, II and III because these levels are the responsibility of the individual federations. (In almost every country the levels IV and V are the responsibility of the government)

Result: A proposal to: Age and experience specification, Minimum duration, Areas of competence, Different fields of science and subjects, all divided in the different levels.
Period II. Realisation.

1997  Brochure “Structure of Coaches’ Education in the E.H.F.”

Result: The traditional big handball countries had little interest for different reasons.
“New” handball federations in Europe (and Africa) used the structure as a guideline to develop coaches’ education in co-operation with universities and ministry in their country.
It seemed the structure had more or less an official status in these countries.

1998  In January 1998 6 countries of the UEFA (DEN, GER, ITA, NED, FRA, ESP) signed a convention about a structure of coaches’ education in football.
The E.H.F. promised the Congress to continue the strategy to create a European-wide structure.

Result: The M.C. created a “two-lines-strategy”.
- Supporting courses in young handball federations under the condition the federation will accept the proposed structure.
- Promoting a convention to an elite of a famous starting group of 6 big handball federations from all over Europe.

1999  Two meetings (April and September in Vienna) of a working-group of interested federations.
The E.H.F. informed the presidents of the big handball nations and asked them to review the draft of the working group.

Result: A draft of a convention on the mutual recognition of standards and certificates in the field of coaches’ education in handball in Europe.
Period III. Implementation.

2000 Official signing by the presidents of the handball federations of CZE, DEN, FRA, HUN, GER, and RUS during the Congress in Tel Aviv.

Result: A sport political decision to create and to implement a European wide convention of interested federations.

Model Course in POL.

Result: Exchange of ideas and discussion about several questions:
- How to implement it on the national level?
- Examinations and certificates.
- Profile of a EHF master coach.
- Continuous tasks and tasks for the future:
  Every year a national report and every 2 years a meeting.

2001 New signatories:
BUL, NOR, POL, SWE.
Renewed overview booklet.

2002 New signatories:
AUT, POR
CRO fulfilled all conditions,
EHF is looking for the first formal opportunity to sign the convention.

2nd EHF “Rinck Convention” Seminar
Participants of the signatories and other interest federations (BEL, ISL, LAT, SLO.)

2004 EHF ambition in 2002: 15 signatories without an offensive marketing strategy.

Ton van Linder EHF MC.
Ton van Linder EHF MC.