



# MEN'S EHF EURO 2014

## 2016 EHF Top Coaches' and EHF License Renewal Seminar

14 - 17 January 2016 in Krakow / POL



EUROPEAN HANDBALL  
FEDERATION



EHF Competence  
Academy & Network



## Host City - Krakow, Poland

Kraków is also known as Cracow, or Krakow and it's one of the oldest cities in Poland. First information about this city dates back to at least six hundred years after the birth of Christ. A myth says that it was built on the cave of a dragon, which was slain by a legendary King Krak. However, the first official mention of the name was in 966 by a Jewish merchant from Spain, who described it as an important centre of trade in Slavonic Europe. Apart from that, Krakow was also the capital of Poland from 1038 to 1569 and from 1569 to 1596 (Polish-Lithuanian Commonwealth). This long history has made it one of the leading hubs of Polish academic, cultural, and economic life.

In 1241, the city was almost entirely destroyed by Tatars and it was rebuilt to a design that remains unchanged to the present day. After that, in the 16th century Krakow's has his golden age and had become a centre of science and art. Unfortunately, in 1609, King Zygmunt III officially moved the capital to the Warsaw. Kraków is not only a historical and visual gem, it's the second largest city in Poland and it has a population of circa 1.4 million (including surrounding communities). This exceptional town is situated in the southern region of Poland, both banks of the city are covered by Vistula river and the view is breathtaking.

The main part of the city which is worth to seeing is the Wawel Castel hill, Jewish district called "Kazimierz", the district of Nowa Huta and the historic Old Town. Nowadays it's officially situated in Stare Miasto. Even though the words Stare Miasto means 'old town', it should not be confused with the historic old town of Krakow itself, as the medieval old town is only a small central part of this district. It's worth to mention that Krakow is one the most popular tourist destination in Poland. Krakow's historic centre, covering the Old Town and Wawel was entered on the UNESCO list of World Heritage Sites in 1978. The heritage of the Jewish culture in Kazimierz is really worth to seeing. For Example, the synagogue of Remuh was built in 1557 and it creates an atmosphere with its old walls and ancient vestments. Nearby, there is a cemetery created in 1511 and has been recently restored. The atmosphere is very melancholic there and this place deserves to be visited. Nowa Huta is worth visiting too. It was built during the Communist Era, and was designated for the people working in the huge steelworks (5 times larger than the Old Town of Krakow). The architecture of this area is typical for socialism - huge buildings surround by green parks, but nowadays it is poor, and you can find there the real uneasiness of those times.

Travellers who visit Krakow often want to see The "Wieliczka" Salt Mine which is one of the most valuable monuments of material and spiritual culture in Poland. It is also a world class monument, UNESCO listed the Mine as a World Cultural and Natural Heritage site. Each year it is visited by more than one million tourists from all over the world. Today, the "Wieliczka" Salt Mine combines many centuries of tradition and modernity, the history of several hundred years and an underground metropolis with extensive infrastructure. More information about Krakow at [www.visitmalopolska.pl](http://www.visitmalopolska.pl)





# EHF Methods Commission

Education, Further Education and Training are part of the core activities of the EHF Methods Commission (MC). With the aim to inspire handball coaches all over Europe and to exchange knowledge, experience and new ideas, the EHF has been organising various coaching courses since 1996:

## Youth Coaches' Courses

- 1998: Partille / SWE
- 1999: Estoril / POR  
Rotenburg / GER
- 2001: Luxembourg / LUX
- 2002: Gdansk / POL
- 2003: Presov / SVK
- 2004: Zlin / CZE
- 2005: Vienna / AUT
- 2007: Izmir / TUR
- 2009: Győr / HUN
- 2010: Bratislava / SVK
- 2011: Brno / CZE
- 2012: Hard / AUT
- 2013: Gdansk / POL
- 2014: Gdansk / POL
- 2014: Young Coaches Workshop  
Linz / AUT

## Top Coaches' Seminars

- 1996: Paris Bercy / FRA
- 1998: Bressanone / ITA
- 2000: Zagreb / CRO
- 2004: Ljubljana / SLO
- 2006: Zurich / SUI
- 2008: Skopje / MKD
- 2010: Vienna / AUT
- 2012: Belgrade / SRB

## Women's Coaches' Course

- 2000: St. Raphael / FRA

## Open Master Coach Course

- 2012: Belgrade / SRB (1<sup>st</sup> module)  
Hard / AUT (2<sup>nd</sup> module)  
Belgrade / SRB (3<sup>rd</sup> module)
- 2014: Silkeborg / DEN (1<sup>st</sup> module)  
Balatonfoldvar / HUN  
(2<sup>nd</sup> module)  
Gyor / HUN (3<sup>rd</sup> module)

The 2016 edition of the EHF Top Coaches' Seminar in Krakow / POL is also valid for the renewal of the EHF Pro Licence for 2016/17 (Validation period up to 2019). In addition the participants are welcome to see the matches of the 2016 Men's EURO in Krakow / POL. We really hope that the programme worked out by the MC and the EHF Lecturers will be interesting for you. We look forward to meeting you in Krakow.

The MC remains with the best regards,

## EHF Methods Commission

**Jerzy Eliasz** / Chairman MC

**Sjors Röttger** / Methods and Coaching

**Peter Kovacs** / Education and Training

**Juan Lorenzo Anton Garcia** / Youth, School and Non-competitive Sports

**Pedro Sequeira** / Development

**Nina Britt Husebø** / Gender Representative



## EHF / EHF Competence Academy & Network (EHF CAN)

The European Handball Federation (EHF) is the governing body of Handball in Europe! Its 51 Member Federations represent and stand for 51 different kinds of national and international handball know-how. Those individual national handball schools/philosophies shall be made use of by involving experts in order to contribute to the variety of handball education in Europe!

Handball know-how exchange and transfer in Europe shall be fostered as an EHF service for the EHF Member Federations by making use of national and international handball experts as well as external lecturers from sport science, medicine, other sports, economy (marketing, equipment suppliers) and media (press, TV, Internet).

The EHF Competence Academy & Network (EHF CAN) shall be established as an educational service centre for EHF Member Federations with the possibility of granting scholarships in order to minimize or delete financial burdens for them. The same holds good for internal EHF Office management training on the job.

The EHF “CAN” shall be established to develop and deliver sport specific educational and training programmes in order to ensure that coaches, officials, athletes and administrators from all over Europe (and the world) have access to the highest quality education relating to “handball know-how” and competence in e-learning, blended learning, interdisciplinary educational courses of various duration, summer schools or mainstream 2-4 semester courses within the European Education Credit Transfer System (ECTS framework).

The EHF “CAN” shall set-up Business Executive Education programmes for further educating and training sporting administrators, resort managers and event executives in the Handball Event Management Business, e.g. also in event-related courses. The EHF “CAN” shall contain a documentation centre including production of modern teaching aids and media as well as cooperation agreements with research & develop partners, suppliers, universities and testifying institutions.



## Contact Information

### ORGANISER

#### European Handball Federation

Contact: Peter Fröschl

Hoffingergasse 18

A -1120 Vienna

AUSTRIA

Tel: +43 1 80 151 151

Fax: +43 1 80 151 149

froeschl@eurohandball.com

### COORGANISER

#### Polish Handball Federation (ZPRP)

Contact: Marcin "Kuba" Farecki

Pulawska 300 Street

02-819 Warsaw

POLAND

Tel: +48 509 488 975

farecki@zprp.org.pl

### COURSE & SEMINAR HOTEL

#### Hotel "Justyna" Krakow

Contact: Justyna Dziadon

al. Jana Pawła II 70

31-571, Krakow

POLAND

Tel: +48 (12) 649 80 00

Fax: +48 (12) 643 02 22

hotel@hoteljustyna.pl

### COURSE & SEMINAR VENUES

#### Hotel "Justyna" Krakow

#### Academy of Physical Education in Krakow

al. Jana Pawła II 78

31-571, Krakow

POLAND

Contact person for organisational  
matters (course and seminar)

**prof. Michał Spieszny**

michal.spieszny@awf.krakow.pl

Tel: +48 604 061 876

## Sport Event



MEN'S EHF  
**EURO**  
**2016**  
POLAND

### 2016 Men's European Championship

15 – 31 January 2016 in Poland

Friday, 15 Jan. 2016

Preliminary round match in Krakow



## Course Basics

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Course Fee:	€ 500 includes single room and full board € 380 includes double room and full board
2016 EURO Ticket:	Included in the course fee
Course Fee includes:	Course participation and documents Course documentation in the internet ( <a href="http://activities.eurohandball.com">http://activities.eurohandball.com</a> ) Coffee breaks
Travel:	The participants have to organise their travel and to pay the travel expenses themselves.
Local transport:	Airport Krakow - Balice to Hotel "Justyna" Krakow: ca. €25 (one way)
Number of participants:	Maximum 70 (entries follow a "first come, first served" basis)
Course language:	English
Main lecturers:	Peter Kovacs / HUN / MC Member Marko Sibila / SLO Zoltan Marczinka / HUN
Registration:	Polish Handball Federation Pulawska 300 street 02-819, Warsaw, Poland <a href="mailto:farecki@zprp.org.pl">farecki@zprp.org.pl</a> <i>Your registration will be confirmed by ZPRP.</i>
Deadline:	30 November 2015
Payment mode:	After registration, ZPRP will send an invoice which must be paid by the deadline given. A deposit of €100 is required within 10 days after invoicing by ZPRP. The remaining costs should be paid 10 days prior to seminar – invoice will be sent by ZPRP.
Instruction for payment:	Account holder name: Związek Piłki Recznej w Polsce Bank name: PKO Bank Polski SA Address of the bank: 02-515, Warszawa, ul. Puławska 15 IBAN: 42 1020 1026 0000 1002 0245 0104 BIC / Swiftcode: BPKOPLPW Currency: EURO

# Presenters

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**Peter Kovacs**

HUN

EHF Methods Commission Member since 2012  
Professional handball coach



**Marko Sibila**

SLO

EHF Lecturer & Master Coach  
Head of Slovenian Handball Trainer Association since 1995  
Member of Union of University Handball Teacher



**Zoltan Marczinka**

HUN

EHF Lecturer & Master Coach  
Deputy Technical Director – Hungarian  
Handball Federation since 2007



**Peter Fröschl**

EHF

EHF Office Staff Member since 1997  
Business Units Methods and Beach Handball  
Senior Manager Beach Handball





## Course Schedule

<b>Thursday</b> <b>14.1.16</b>	09.00 – 11.00 Until 12:00 12.30 14.00 – 14.30 14.30 – 15.30 15.30 – 16.00 16.00 – 17.00 17.00 – 18.00 19.30	Leaders' meeting - course organization Individual Arrival / Check-In / Accreditation Lunch Opening Coaching in Europe Coffee Break Theory Theory Dinner
<b>Friday</b> <b>15.1.16</b>	08.00 - 09.00 09.00 – 10.15 10.15 – 10.45 10.45 – 12.00 12.30 14.00 - 15.15 15.15 - 15.45 15.45 - 17.00 18.00 / 20.30	Breakfast Man to man defence Coffee Break Regain the playing ball with regular tools Lunch Circuit training Coffee Break Cooperation between 2 and 3 defense players 2016 EURO matches Dinner
<b>Saturday</b> <b>16.1.16</b>	08.00 - 09.00 09.00 – 10.15 10.15 – 10.45 10.45 – 12.00 12.30 14.00 - 15.15 15.15 - 15.45 15.45 – 17.00 17.30 – 18.30 19.30	Breakfast Cooperation between 2 and 3 players in offence Coffee Break Substitution tactics Lunch International trends in offence Coffee Break Offence strategy of Barcelona Joint Discussion Dinner
<b>Sunday</b> <b>17.1.16</b>	08.00 - 09.00 09.00 – 09.45 09.45 - 10.15 10.15 – 11.15 11.15 – 12.00 12.30 Afternoon / evening	Breakfast The EHF Licensing System Coffee break Referee topic Closing Top Coaches' Seminar Lunch Departure





## 2016 EHF Top Coaches' and EHF Licensing Renewal Seminar

### Registration / Confirmation

Name	
Address	
Country	
Name of your Club / Federation	
Description of your function	
International Phone	
E-mail address	

### ACCOMMODATION INFO

**Hotel "Justyna" Krakow** (please complete as appropriate)

Single room  Double room

Number of nights ..... Price per night € ..... Total amount € .....

### SCHEDULE

Arrival Date ..... Departure Date .....

Signature ..... Date .....

**Please return to EHF by 30 November 2016**

e-mail: [froeschl@eurohandball.com](mailto:froeschl@eurohandball.com)

**Booking:** The inscription for the 2016 EHF Top Coaches' and EHF Licensing Renewal Seminar has to be done by fill in the registration form. By the receipt of the inscription the contract between the participant and the EHF is valid. Your entry will be confirmed in writing by the EHF. The EHF is not liable for any printing mistakes or changes of the programme.

**Cancellation:** Cancellations have to be submitted in writing. Participation can be cancelled up to 7 days before the beginning of the Coaches' Seminar, 50% of the participation fee has to be paid. For cancellations after this period, no refund will be paid.