



# 2010 EHF Top Coaches' Seminar

*Less speed in favour of more creative play!*

24<sup>th</sup> – 27<sup>th</sup> January 2010 in Vienna, Austria



EHF Competence  
Academy & Network





## Hosting City Vienna

During the UEFA Euro 2008™ in June 2008, football reigned supreme in Vienna. On the 29th June 2008, Spain was crowned Champions at the Ernst Happel Stadium in Vienna.



On the 31st January the new European Men's Handball Champion will be crowned in the Stadthalle arena at the 2010 EHF Euro.

Of course, there are many more things to see and do in Vienna, Austria's capital with 1,8 million inhabitants. Whether you like art and culture, architecture or sports, Vienna has a lot to offer for everyone. Come and enjoy the pulsating life in the city's streets or visit one of the many green parks and gardens to chill and relax. Here is a brief overview of Vienna's most important sights. The City of Vienna looks forward to welcoming its many guests.

### Sights

Burgtheater , City Hall , Danube-Tower , Haas-House , Imperial Burial Vault , Imperial Palace - Hofburg, Concert Halls, Parliament , Schönbrunn Palace, Schönbrunn Zoo, Spanish Riding School, St. Charles Church, St. Michael's Church, St. Stephen's Cathedral, Vienna State Opera, The Vienna Prater & The Giant Ferris Wheel



### Museums

Albertina, Belvedere , House of Music, Jewish Museum, Künstlerhaus, Leopold Museum, Liechtenstein Museum, MAK - Museum for Applied Art/Contemporary Art, Museum of Fine Arts, Museum of Natural History, MuseumsQuartier, Secession, Sissi-Museum, Technical Museum, Wien Museum, Hundertwasser House

### Viennese cuisine

Tourists and locals alike can discover a wide variety of culinary delights in this city that is known for its appreciation of fine flavours. From the traditional Viennese coffee houses

and haute cuisine to the hearty meals served in Vienna's inns, this city offers the finest foods and drinks for every palate and budget. Enjoy choice wines, tasty beef dishes or the typical Viennese Kaiserschmarrn (a kind of scrambled pancake with raisins, served with stewed fruit) in select restaurants and inns all around Vienna. More Viennese specialties can be found at the traditional Coffee houses, Inns(Beisl), Heurigen and Sausage stands where you can be sure to meet Viennese people and experience their true "souls" in a relaxed atmosphere...



# *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

**Top Coaches' Seminars**

1996:	Paris Bercy / FRA
1998:	Bressanone / ITA
2000:	Zagreb / CRO
2004:	Ljubljana / SLO
2006:	Zurich / SUI
2008:	Skopje / MKD

**Women's Coaches' Course** 2000: St. Raphael / FRA

This year another course is planned to take place in Vienna / AUT, coordinated by the EHF Competence Academy & Network (EHF CAN). Top coaches from Europe and also from other continents are heartily invited on the main round of the 2010 Men's European Championships.

We really hope that the programme worked out by the MC and the lecturers, Mats Olsson and Per Carlen, will be interesting for you.

We look forward to meeting you in Vienna.

The MC remains with best regards,

**Frantisek Taborsky** / Chairman

**Bogdan Macovei** / Coaching

**Wolfgang Pollany** / Education and Training

**Jerzy Elias** / Youth, School and Non-competitive Sports

**Allan Lund** / Development





## *EHF Competence Academy & Network (EHF CAN) - Organiser*

The European Handball Federation (EHF) is the governing body of Handball in Europe! Its 50 Member Federations represent and stand for 50 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!



**EHF Competence  
Academy & Network**



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&developing partners, suppliers, universities and testifying institutions.

## Contact Information & Sport Event

ORGANISER	CO-ORGANISER	SEMINAR ACCOMMODATION & VENUE
<b>European Handball Federation</b> <i>Contact: Peter Fröschl</i> Hoffingergasse 18 A -1120 Vienna AUSTRIA Tel: +43 1 80 151 151 Fax: +43 1 80 151 149 froeschl@eurohandball.com	<b>Austrian Handball Federation (ÖHB)</b> <i>Contact: Christoph Ernst</i> Hauslabgasse 24 1050 Wien Austria Tel: + 43 1 5444379 Fax: + 43 1 5442712 Mob: +43 664 8275555 E-mail: coachesseminar@euro2010.at	<b>Fleming's Hotel Wien</b> Wien – Westbahnhof Neubaugürtel 26-28 1070 Wien <a href="http://www.flemings-hotels.com/de/wien_westbahnhof_hotel">www.flemings-hotels.com/de/wien_westbahnhof_hotel</a> <b>InterCityHotel Wien</b> Mariahilfer Straße 122 1070 Wien <a href="http://www.intercityhotel.com/aw/InterCityHotel_Wien/~ckwy">www.intercityhotel.com/aw/InterCityHotel_Wien/~ckwy</a>

---

 <b>HANDBALL EURO-MEN 2010 AUSTRIA</b>	<h3><i>EHF Men's European Championship 2010</i></h3> <p>19<sup>th</sup> – 31<sup>st</sup> January 2010 in Austria</p> <hr/> <table><tr><td><b>Monday, 25<sup>th</sup> January 2010</b> Main Round in Vienna</td><td><b>Tuesday, 26<sup>th</sup> January 2010</b> Main Round in Vienna</td></tr></table> <p><a href="http://www.ehf-euro.com">www.ehf-euro.com</a></p>	<b>Monday, 25<sup>th</sup> January 2010</b> Main Round in Vienna	<b>Tuesday, 26<sup>th</sup> January 2010</b> Main Round in Vienna
<b>Monday, 25<sup>th</sup> January 2010</b> Main Round in Vienna	<b>Tuesday, 26<sup>th</sup> January 2010</b> Main Round in Vienna		

# Course Basics

---

On the occasion of the EHF EURO 2010 in Austria the 2010 EHF Top Coaches' Seminar will take place in Vienna / AUT from Sunday 24 January 2010 to Wednesday 27 January 2010. All coaches working with top teams are kindly invited by the EHF to attend the seminar that will be organised in cooperation with the Austrian Handball Federation (ÖHB).

**Course Fee:** €310

**Tickets:** €69.60 (ECh main round 25 and 26 Jan 2010).  
Special rate for both days

**Course Fee includes:** Course participation and documents.  
Course documentation on CD ROM / DVD (to be completed by EHF and sent out after the seminar).  
Coffee breaks from 24 Jan. – 27 Jan. 2010.

**Travel:** The participants have to organise and pay for their own travel arrangements.

**Number of participants:** Maximum 150 (entries follow a "first come first served" basis)

**Course language:** English

**Lecturers:** Mats Olsson / SWE / EHF Lecturer  
Per Carlen / SWE

**Main Topic:** Less speed in favour of more creative play!

**Online Registration:** [www.mundivision.com/coachesseminar](http://www.mundivision.com/coachesseminar)

**Deadline:** **30 November 2009**

**Accommodation:** Price per person per night + full board:  
€50 in double rooms / €80 in single rooms.

**Payment mode:** Your registration will be confirmed by ÖHB; ÖHB will send an invoice which must be paid by the deadline given.  
A deposit of €310 is required within 10 days after invoicing by ÖHB. The remaining costs should be paid 10 days prior to the seminar – the respective invoice will be sent by ÖHB.

**Bank Account:** Die Steiermärkische Sparkasse  
Bank code: 20815  
Account No.: 224000 12492  
IBAN: AT 082081522400012492  
BIC: STSPAT2G

**Note:** This event will be recognised by the ÖHB (Austrian Handball Federation), the CSH (Czech Handball Federation), the DHB (German Handball Federation) and the MSKZ (Hungarian Handball Federation) as an official **A / B / C - licence further training course!**



## *Presenters*

---



**Mats Olsson / SWE**

EHF Lecturer  
2 Gold (1990), 3 Silver (1997), 2 Bronze (1993, 1995) in OGs, WChs and EChs  
Headcoach and coordinator in the Portugese men's National Team since 2005



**Per Carlen / SWE**

329 international matches for SWE  
2 Silver in OGs, 1 Gold in WCh 1990, 1 Gold in ECh in 1994  
Headcoach of SG Flensburg-Handewitt / GER



**Wolfgang Pollany / MC**

EHF Methods Commission Member since 2004  
Sports Scientist  
Psychologist & Mental Coach



**Sandor Andorka / CC**

EHF Competitions Commission Member since 2004  
Chairman EHF Technical Refereeing Commission  
Former Top IHF and EHF Referee  
IHF - PRC Member



**Peter Fröschl / EHF**

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

## Course Schedule

### Saturday 23.01.10

Afternoon  
17.00 - 18.00  
18.00 - 19.00  
19.30

Indiv. Arrival / Check-In / Accreditation  
Leaders' meeting - course organisation  
Meeting with translators + video team  
Dinner (only for EHF Lecturers)

### Sunday 24.01.10

08.00 - 09.00  
09.00 - 09.15  
09.15 - 10.00  
10.00 - 10.15  
10.15 - 11.00  
11.00 - 11.30  
11.30 - 12.15  
12.30  
13.30  
14.00 - 15.15  
15.15 - 15.45  
15.45 - 17.00  
17.00 - 18.00  
19.00  
20.00

Arrival, Accreditation  
Opening, Course Information  
Defence strategies - is there a trend to more open formations in the defence set play?  
Coffee break  
Decision making - a basic skill for handball players.  
Sports injury prevention in Handball (University Bochum)  
Sport VAS (Video Analysis System)  
Lunch  
Departure to Sport Hall  
Decision making in offence play  
Coffee break  
Creative defence play  
Sports injury prevention in Handball (University Bochum)  
Dinner  
Vienna by night

### Monday 25.01.10

08.30  
09.00 - 10.15  
10.15 - 10.45  
10.45 - 12.00  
12.30  
14.00 - 15.15  
15.30  
16.00 - 22.00

Departure to Sport Hall  
Decision making in defence play  
Coffee break  
Group tactics in offence play  
Lunch  
Goalkeeper training - focus on saving open shots  
Departure to ECh Hall  
ECh matches  
Dinner in the ECh Hall (not included in the seminar)

### Tuesday 26.01.10

08:30  
09.00 - 10.15  
10.15 - 10.45  
10.45 - 12.00  
12.30  
14.00 - 15.15  
15.30  
16.00 - 22.00

Departure to Sport Hall  
Turnover play - is forechecking an option?  
Coffee break  
Man advantage play: 6-5 and 7-6  
Lunch  
EURO 2010 examples of specific strategies  
Departure to ECh Hall  
ECh matches  
Dinner in the ECh Hall (not included in the seminar)

### Wednesday 27.01.10

09.00 - 09.45  
10.00 - 10.30  
10.30 - 10.45  
10.45 - 11.15  
11.15 - 11.45  
12.00  
Afternoon

EURO 2010 trends in team tactics  
Crucial issues from the sight of the referee  
Coffee break  
Seminar summary / conclusion  
Closing  
Lunch  
Individual departure