



# 2018 EHF “Rinck” Convention Master Coach and Licencing Course (Module 1)

11 – 18 January 2018 in Porec / CRO



## Host City - Porec, Croatia

If you are looking for activity, remarkable experiences and rich cultural heritage, Porec with its 100 years of experience in hospitality and supreme tourist offer, is the place for you.

### Feel the touch of eternity!

In this former Roman colony you can enjoy the sights of Romanesque architecture with beautiful Venetian gothic palaces that will make your walk a truly memorable experience. Its orthogonal set of streets has been completely preserved till today! During the reign of the Byzantine emperor Justinian, Porec reached its highest peak. This will become obvious to you once you see the Euphrasius' basilica, beyond doubt a breathtaking sight. It was built in the middle of the 6th century in the Byzantine style, and the mosaics on its front and interior are truly one of the most beautiful works of art in the world! The whole edifice has been included in the UNESCO's World Heritage list. Entering the basilica, you will feel the ghosts of past centuries and will be able to touch the eternity!

We recommend a visit to the mediaeval Romanesque house with an interesting wooden balcony. The gothic pentagonal tower once served as the town gate, and now it is the entrance to an exceptional world of new all-evening gastronomic discoveries.

You can choose among numerous sporting activities. During the last couple of years, Porec has become a popular destination for professional and recreational sportsmen from all over Europe. Find accommodation in one of the numerous camp-sites, apartment villages or hotels, and you will find out why Porec and its surroundings have a reputation for being an exceptional Adriatic tourist center.

Rich tourist offer can also be found in the neighboring small places. Enjoy one of many restaurants and native Istrian taverns with all the enchantments of the real Mediterranean cuisine. Get rid of stress by visiting lovely picturesque villages settled in the hinterland and lead the calm "true Mediterranean" life.





## EHF Methods Commission

---

Introduced in 2000 this convention concerns the mutual recognition of standards and certificates in the field of coaches' education in handball in Europe. From the 6 founding nations it has developed to some 38 signatory nations so far. The 2010 edition of the RC that was adopted by the 2010 congress and paved the way to new roads and activities in order to attract all the not-yet-signatory-nations.

One of the most important step into the future is the introduction of a so called "EHF Master Coach and Licencing Course" organized by the EHF itself. This move has to be seen in the light of an upcoming overall EHF licencing system in the near future. The first issue was the "2012 Open EHF Master Coach and Licencing Course", the second series took place in 2014 and the third series in 2016. In 2018 the next edition of such a high end education course is on offer. The course will consist of three stages and is accessible for all coaches of RINCK Convention signatory countries on level 2 or 3 (confirmed by their Member Federation).

"RINCK" Convention EHF Master Coach and Licencing Course – Module 1: The first module will take place at the EHF EURO 2018 in Porec / CRO from 11 - 18 January 2018. Specific handball topics will be presented by EHF Lecturers theoretically and practically.

"RINCK" Convention EHF Master Coach and Licencing Course – Module 2: The second module of the "Open" course is planned in June / July 2018. This part shall focus on generic items like science of training, proprioception work and issues of psychology and pedagogy linked with coaching and training of teams.

"RINCK" Convention EHF Master Coach and Licencing Course – Module 3: The third part is planned to take place during the EURO for Women in France in December 2018.

Main contents are the defending of the theses by the participants.

Between the second and the third part of the course the participants will have to write a short thesis on a subject chosen by them and this thesis shall be presented and defended in the third part of the course.

After this all "level 3" participants shall be awarded with the diploma "EHF Master Coach" and they will receive the highest EHF licence for coaches, the EHF "PRO Licence".

Participants on level 2 will receive the EHF Coaching Licence, thus promoting individually to level 3 of RINCK Convention.

Following the master plan the next issue of the "EHF Open Master Coach and Licencing Course" shall take place in the year 2020 with identical structure.

We look forward to meeting you. The MC remains with best regards,

**Jerzy Eliasz** / Chairman MC

**Sjors Röttger** / Methods and Coaching

**Peter Kovacs** / Education and Training

**Klaus Feldmann** / Youth, School and Non-competitive Sports

**Pedro Sequeira** / Development

**Marta Bon** / Member



## 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

email: froeschl@eurohandball.com

### CO-ORGANISER

#### Hrvatski Rukometni Savez (HRS)

Contact: Lidija Bojic-Cacic

Metalceva 5/III

10000 Zagreb

CROATIA

Tel: +385 95 9999 106

email: lidija@hrs.hr

### ACCOMMODATION

#### HOTEL LAGUNA MOLINDRIO

Contact: Ana Brcic

email: ana.brcic@uniline.hr

office: +385 1 45 72 954

mobile: +385 99 26 84 193

### TRANSFERS

Contact: Davor Bojic

e-mail: dbojic@hrs.hr

### COURSE FEE

Contact: Sladjana Pihler

e-mail s.pihler@hrs.hr

office phone: +38514573033

## Sport Event



### 2018 Men's European Championship

12 – 28 January 2018 in Croatia

Friday, 12 Jan / Sunday, 14 Jan / Tuesday, 16 Jan

Preliminary round matches in Porec



## Course Basics

---

Course fee:	€ 500 (booking at HOTEL LAGUNA MOLINDRIO) € 700 (when <b>not</b> booking at the nominated hotel)
EURO 2018 tickets:	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> ) Internal transfers (hotel, event venue, EURO sport hall) Coffee breaks
Travel:	The participants have to organise their travel and to pay the travel expenses themselves
Local transport:	Airport Trieste - HOTEL LAGUNA MOLINDRIO - Airport Trieste: €50 (both ways)
Number of participants:	Maximum 60 (entries follow a "first come, first served" basis)
Course language:	English
Main lecturers:	Peter Kovacs / HUN / MC Member Marko Sibila / SLO Zoltan Marczinka / HUN Wolfgang Pollany / AUT Lars Bojsen Michalsik / DEN Johann Ingi Gunnarsson / ISL Peter Fröschl / EHF Office
Registration:	EUROPEAN HANDBALL FEDERATION, Hoffingergasse 18, 1120 Vienna, AUSTRIA <a href="mailto:froeschl@eurohandball.com">froeschl@eurohandball.com</a> Your registration will be confirmed by EHF.
Deadline:	1 November 2017
Hotel price:	Single room: € 110 per night / per person Double room: € 85 per night / per person (TAX, VAT, full board are included in the price, free WI-FI)
Payment:	After registration, HRS will send an invoice which must be paid by the deadline given. The accommodation costs should be paid on 15 Dec. 2017 at the latest – invoice will be sent by UNILINE AGENCY.
Account for course fee:	CROATIAN HANDBALL FEDERATION, METALCEVA 5, 10000 ZAGREB, CROATIA IBAN: HR6823600001500046528 Swift-Bic: ZBAHR2X Zagrebacka banka Trg bana Josipa Jelacica 10 Zagreb, CROATIA
Account for accommodation:	UNILINE AGENCY, Raiffeisen bank Austria d.d. Zagreb, Podružnica Pula Swift code: RZBHR2X IBAN HR3024840081500154861 (check-in 14:00)
Cancellation	This is only possible when provided in writing, and according to the following: 5-10 days prior to arrival 100% 11-15 days prior to arrival 75% 16-60 days prior to arrival 50% 60 days and more prior to arrival 25%

# Presenters



**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



**Wolfgang Pollany**  
AUT

EHF Lecturer & Master Coach  
Professional handball coach



**Lars Bojsen Michalsik**  
DEN

Specialist of Sport Science and  
Clinical Biomechanics



**Johann Ingi Gunnarsson**  
ISL

Psychologist  
Former Top Coach in GER Bundesliga  
Lecturer at the IHF World Championship 2009 in  
CRO and the 2016 EHF Men's EURO in POL



**Michal Barda**  
CZE

EHF Lecturer & Master Coach  
Professional handball coach



**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>11.1.18</b>	09.00 – 11.00	Leaders' meeting - course organization
	Until 12:00	Individual Arrival / Check-In / Accreditation
	12.30	Lunch
	14.00 – 14.30	Opening
	14.30 – 15.30	Coaching in Europe
	15.30 – 16.00	Coffee Break
	16.00 – 17.00	Attack conceptions of the teams scored the highest number of goals in the 2016 Men's EURO
	17.00 – 18.00	Defence analysis of teams received the lowest number of goals in the 2016 Men's EURO
	19.30	Dinner
<b>Friday</b> <b>12.1.18</b>	08.00 - 09.00	Breakfast
	09.00 – 10.15	Attack conceptions of the top 4 teams in the 2016 Men's EURO
	10.15 – 10.45	Coffee Break
	10.45 – 12.00	Defence of the best teams against back court -,wing- and line players
	12.30	Lunch
	14.00 – 15.15	Offence tactics: transitions & crosses
	15.15 – 15.45	Coffee Break
	15.45 – 17.00	Fast break and quick retreat of individual groups and teams
	18.00 / 20.30	2018 EURO matches Dinner
<b>Saturday</b> <b>13.1.18</b>	08.00 – 09.00	Breakfast
	09.00 – 10.15	Practice of feints and their application during the games
	10.15 – 10.45	Coffee Break
	10.45 – 12.00	Offence against open defence 3:2:1, 3:3, 4:2
	12.30	Lunch
	14.00 – 15.15	Different defence methods against breakthroughs
	15.15 – 15.45	Coffee Break
	15.45 – 17.00	Change of defence systems during an attack
	17.30 – 18.30	Joint Discussion
19.30	Dinner	
<b>Sunday</b> <b>14.1.18</b>	08.00 - 09.00	Breakfast
	09.00 – 09.45	TBC
	09.45 – 10.15	Coffee break
	10.15 – 11.15	TBC
	11.15 – 12.00	Closing National Coaches' Course
	12.30	Lunch
	14.00 – 15.15	Saving of goalkeepers against long distance shots
	15.15 – 15.45	Coffee Break
	15.45 – 17.00	Comparison of the various goal keeper's saving techniques of men's and women's top teams
18.00 / 20.30	2018 EURO matches Dinner	



# Course Schedule

---

<b>Monday</b> 15.1.18	8.00 – 09.00	Breakfast
	09.00 – 09.45	Cooperation between goalkeepers and defenders of the GER Men's and NOR Women's in the 2016 EUROS
	09.45 – 10.45	Current situation of numerical superiority in offence
	10.45 – 11.00	Coffee Break
	11.00 – 12.15	Saving of goalkeepers against short distance shots
	12.30	Lunch
	14.00 – 15.15	Numerical superiority: Principles and solutions
	15.15 – 15.45	Coffee Break
	15.45 – 17.00	Preparation for handball: Small games
	17.30 – 18.30	Comparison of the men's and women's EURO 2016
19.30	Dinner	
<b>Tuesday</b> 16.1.18	08.00 – 09.00	Breakfast
	09.00 – 09.45	Tactical meaning: player for goal keeper
	09.45 – 10.45	Physical demands in elite team handball
	10.45 – 11.00	Coffee Break
	11.00 – 11.45	Physical demands in elite team handball. Physiology and physical training principles: Aerobic
	12.30	Lunch
	14.00 – 15.15	Defence tactic in small groups
	15.15 – 15.45	Coffee Break
	15.45 – 17.00	Physiology and physical training principles: Aerobic training
	18.00 / 20.30	2018 EURO matches Dinner
<b>Wednesday</b> 17.1.18	08.00 – 09.00	Breakfast
	09.00 – 10.15	Formal (off-court) aerobic training
	10.15 – 10.45	Coffee Break
	10.45 – 12.00	The role and task of the wing players in handball nowadays
	12.30	Lunch
	14.00 – 15.15	On-court aerobic training
	15.15 – 15.45	Coffee Break
	15.45 – 17.00	Cooperation of back court-and line players
	17.30 – 18.30	Evaluation of EURO matches
	19.30	Dinner
<b>Thursday</b> 18.1.18	08.00 – 09.00	Breakfast
	09.00 – 09.45	Comprehensive EURO analysis
	09.45 – 10.15	Coffee break
	10.15 – 11.15	Practical meaning of the use and application of the new rules and interpretation
	11.15 – 12.00	Closing
	12.30	Lunch
	Afternoon	Departure





## 2018 EHF “Rinck” Convention Master Coach and Licensing Course

### Registration / Confirmation

Name	
Address	
Country	
Name of your club / federation	
Description of your function	
International phone	
email address	

#### ACCOMMODATION INFO

HOTEL LAGUNA MOLINDRIO - see invitation letter. *(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 1 November 2017**

e-mail: froeschl@eurohandball.com

Booking: The inscription for the 2018 EHF “Rinck” Convention Master Coach and Licensing Course 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.