

2012 EHF "RINCK" Convention Open  
Master Coach and Licencing Course

2012 EHF  
TOP COACHES' SEMINAR  
BELGRADE 19-22 JANUARY 2012



# 2014 EHF "Rinck" Convention Open Master Coach and Licensing Course (Module 1)

12 - 18 January 2014 in Silkeborg / DEN





## Hosting City – Silkeborg, Denmark

Silkeborg has it all. Beautiful lakes, large forest areas, rare collections, exciting specialities, magnificent sailing trips and fun sports activities.

Welcome to Silkeborg and the largest forest areas in Denmark. Along with the incredible system of lakes, the countryside around Silkeborg is made for an active outdoor life – which can be rounded off with a visit to one of the area's many cosy cafés and restaurants as the perfect end to the day. There is something for everyone, regardless of age and interest.

Visit Badeanstalten anno 1920 under Silkeborg Library and enjoy a steam bath, herbal bath, mud bath or salt bath in the nostalgic setting, take the kids to AQUA, northern Europe's largest freshwater aquarium, and/or rent a canoe, swim in the lakes and experience the nature from the River Gudenå, with an overnight stay at one of the pleasant campsites along the river.

Art and culture bloom all year round, with lots of exhibitions, concerts and performances. Everything from modern art at Museum Jorn, named after the Danish COBRA-painter Asger Jorn, to what is probably the worlds best preserved bog body, the 2,400 years old Tollund Man at Museum Silkeborg.

Live music and festivals in Silkeborg are a chapter in themselves. The annual Riverboat Jazz Festival, with more than 100 concerts on a long list of indoor and outdoor stages, attracts guests from far and wide. As do the major Ildfest Regatta (the fire festival regatta), which is held every three years, as well as the annual Country Festival. And all year round, you can catch live rock, blues, folk music and jazz at various venues in the town.

So come and form your own impression of the town and all it has to offer. Silkeborg is located in the heart of Jutland and is an ideal base for trips and excursions, both on land and water on the River Gudenå.

You can find more information about Silkeborg at: [www.silkeborg.com](http://www.silkeborg.com)





## “RINCK” Convention and the Open EHF Master Coach & Licensing Course

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 33 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 “Open EHF Master Coach and Licensing Course” organized by the EHF itself. This move has to be seen in the light of an upcoming overall EHF licensing system in the near future. The first issue was the “2012 Open EHF Master Coach and Licensing Course”. In 2014 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 and the Open EHF Master Coach and Licensing Course – Module 1:

The first module will take place at the EHF EURO 2014 in Silkeborg / Denmark from 12 - 18 January 2014. Specific handball topics will be presented by EHF Lecturers theoretically and practically.

### “RINCK” Convention and the Open EHF Master Coach and Licensing Course – Module 2:

The second module of the “Open” course is planned in June / July 2014. 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 and the Open EHF Master Coach and Licensing Course – Module 3:

The third part is planned to take place during the ECh for Women in CRO / HUN in December 2014. 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 Licensing Course” shall take place in the year 2016 with identical structure.

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

**Jerzy Eliasz** / Chairman

**Sjors Röttger** / Coaching

**Peter Kovacs** / Education and Training

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

**Pedro Sequeira** / Development

### **EHF Signatory Nations** (status Oct. 2013):

AUT, BLR, BUL, CRO, CYP, CZE, DEN, ENG, ESP, EST, FRA, GER, HUN, IRL, ISL, ITA, LAT, LUX, MKD, MLT, MNE, NED, NOR, POL, POR, ROU, RUS, SLO, SRB, SVK, SUI, SWE and TUR = 33



## 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&developing partners, suppliers, universities and testifying institutions.



## Contact Information

### ORGANISER

#### European Handball Federation

Contact: Peter Fröschl

Hoffingergasse 18

A -1120 Vienna

AUSTRIA

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Fax: +43 1 80 151 149

bestilleiro@eurohandball.com

### COORGANISER

#### Bjerringbro-Silkeborg A/S/DEN (BSV)

Contact: Stig Bendtsen

Tel: +45 309 259 00

sb@bjerringbro-silkeborg.dk

### SEMINAR HOTEL

#### Radisson Blu Hotel Silkeborg

Contact: Eva Jørgensen

Papirfabrikken 12

8600 Silkeborg

Denmark

Tel: +45 888 222 22

Fax: +45 888 222 23

eva.jorgensen@radissonblu.com

### SEMINAR VENUES

#### Radisson Blu Hotel Silkeborg

(Conference room)

#### JYSK arena

(Sports hall)

Ansvej 114

8600 Silkeborg

## Sport Event



DENMARK  
**EHF EURO  
2014**

12-26 JANUARY 2014 Men's EHF  
European Handball Championship

### 2014 Men's European Championship

12 – 26 January 2014 in Denmark

**Monday, 13 Jan. 2014**

**Wednesday, 15 Jan. 2014**

**Friday, 17 Jan. 2014**

Preliminary round matches in Aarhus



## Course Basics

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Course Fee:	€ 800
2014 EURO Tickets:	Included in the course fee
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
Travel:	The participants have to organise their travel and to pay the travel expenses themselves.
Local transport:	Billund/Århus Airport to Hotel: 100 Euros (one way ticket) Skanderborg Train Station: 30 Euros (one way ticket)
Number of participants:	Maximum 60 (entries follow a "first come, first served" basis)
Course language:	English
Main lecturers:	Peter Kovacs / HUN / MC Member Paul Landure / FRA Branislav Pokrajac / SRB Marko Sibila / SLO Johann Ingi Gunnarsson / ISL
Registration:	European Handball Federation Hoffingergasse 18 1120 Vienna, Austria froeschl@eurohandball.com Your registration will be confirmed by EHF.
Deadline:	15 November 2013
Hotel price:	Single room: € 126 per night / per person Double room: € 70 per night / per person (VAT, tax and wireless internet are all included in the price)
Payment mode:	Bjerringbro-Silkeborg A/S/DEN BSV will send an invoice which must be paid by the deadline given. A deposit of € 800 is required within 10 days after invoicing by BSV. The remaining costs should be paid 10 days prior to seminar – invoice will be sent by EHF.
Instruction for payment:	Account holder name: Bjerringbro-Silkeborg Elitehåndbold A/S Bank name: Jyske Bank A/S Address of the bank: Vestergade 6-8, 8600 Silkeborg IBAN: DK8978450001161661 BIC: JYBADKKK Swiftcode: JYBADKKK

# 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



**Branislav Pokrajac**  
SRB

EHF Lecturer & Master Coach  
University Professor in Belgrade  
Coaching expert



**Paul Landure**  
FRA

EHF Lecturer & Master Coach  
Professor of Sports in French Ministry for Health & Sports  
National Trainer in FFHB



**Johann Ingi Gunnarsson**  
ISL

Psychologist  
Former Top Coach in GER Bundesliga  
Lecturer at the IHF World Championship 2009 in  
CRO & 2012 EHF Men's EURO in SRB



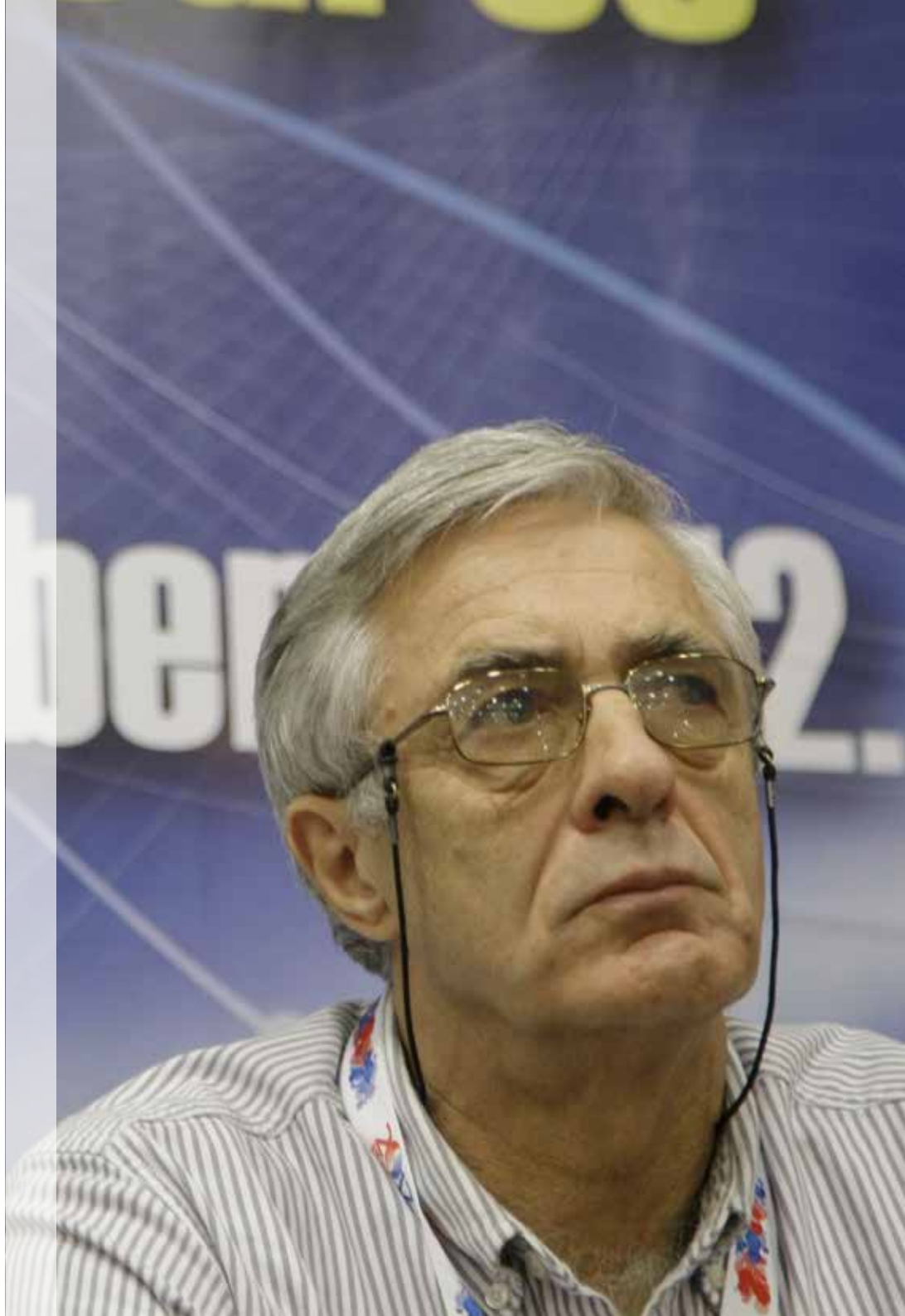
**Helmut Hörtsch**  
EHF

EHF Office since 1993  
Business Group: Education/Development  
Senior Manager EHF CAN



**Peter Fröschl**  
EHF

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





# Course Schedule

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<b>Saturday</b> <b>11.1.14</b>	Afternoon	Indiv. Arrival / Check-In / Accreditation
	16.00 - 17.30	Leaders' meeting - course organization
	20.00	Dinner (facultative)
<b>Sunday</b> <b>12.1.14</b>	08.00 - 09.00	Arrival, Accreditation, Breakfast
	09.00 - 09.30	Opening
	09.30 - 10.30	Coaching in Europe
	10.30 - 11.00	Coffee break
	11.00 - 12.00	The EHF Licensing System
	12.30	Lunch
	14.00 - 15.15	Closed defense systems 6-0 and 5-1
	15.15 - 15.45	Coffee break
	15.45 - 17.00	International trends of solving man advantage situations in offence
	17.00 - 18.30	Offense play against open set- defense
	19.30	Welcome dinner (included in the course fee)
<b>Monday</b> <b>13.1.14</b>	08.00 - 09.00	Breakfast
	09.00 - 09.45	EHF Lecturers, Education Courses of EHF, Lecturers' Manual
	09.45 - 10.45	Defense systems used at the men's tournament of the London 2012 OG
	10.45 - 11.00	Coffee break
	11.00 - 11.45	Offense set-play of various teams observed at the MYWCH 2013 in Hungary
	12.00	Lunch
	14.00 - 15.15	Static set-play and transition-play systems in offense
	15.15 - 15.45	Coffee break
	15.45 - 16.30	Turnover play: Transition into set- defense
	18.00 / 20.15	ECh matches
<b>Tuesday</b> <b>14.1.14</b>	08.00 - 09.00	Breakfast
	09.00 - 10.15	Fast break: 1.,2.,3., wave
	10.30 - 10.45	Coffee break
	10.45 - 12.00	Cooperation between line players and back court players
	12.00	Lunch
	14.00 - 15.15	Defense play in man advantage: 6-5, 6-4 and 5-4
	15.15 - 15.45	Coffee break
	15.45 - 17.00	Tactical moves in offense set-play
	17.00 - 18.15	Cooperation between wing players and back court players
19.30	Dinner (facultative)	



# Course Schedule

<b>Wednesday</b> <b>15.1.14</b>	08.00 - 09.00	Breakfast
	09.00 - 10.15	Mental preparation / goal setting of top teams
	10.15 - 10.30	Coffee break
	10.30 - 12.00	Motivation/ inspiration/building confidence prior to decisive matches
	12.00	Lunch
	14.00 - 15.15	Conflict management within a handball team
	15.15 - 15.45	Coffee Break
	15.45 - 17.00	Using of the defence systems of 5+1, 4+2, 4:1+1
	18.00 / 20.15	Ech matches

<b>Thursday</b> <b>16.1.14</b>	08.00 - 09.00	Breakfast
	09.00 - 10.15	Warming up games and small games...
	10.15 - 10.45	Coffee break
	10.45 - 12.00	The fast throw off
	12.00	Lunch
	14.00 - 15.15	Transitions and crossings and their combination in offense play
	15.15 - 15.45	Coffee Break
	15.45 - 17.00	Shorthanded defense play: 5-6, 4-6 and 4-5
19.30	Dinner & Silkeborg by night (indiv.)	

<b>Friday</b> <b>17.1.14</b>	08.00 - 09.00	Breakfast
	09.00 - 10.15	Training of goal keepers: Saving of shots from long distance
	10.15 - 10.45	Coffee break
	10.45 - 12.00	Application of all kinds of faking
	12.00	Lunch
	14.00 - 15.15	Offense play against man to man defence
	15.15 - 15.45	Coffee Break
	15.45 - 17.00	Open defense systems 3-2-1, 4-2 and 3-3
18.00 / 20.15	ECh matches	

<b>Saturday</b> <b>18.1.14</b>	08.00 - 09.00	Breakfast
	09.00 - 10.15	Comprehensive ECh analysis
	10.15 - 10.30	Coffee break
	10.30 - 11.15	Rules and referees matters
	11.15 - 12.00	Closing
	12.00	Lunch
	Afternoon / evening	Individual departure





## 2014 EHF “RINCK” Convention Open Master Coach and Licensing Course

### Registration / Confirmation

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

### ACCOMMODATION INFO

**Radisson blu** (please complete as appropriate)

Single room  Double room

Number of nights ..... Price per night ..... Total amount (in Euros) .....

### SCHEDULE

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

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

**Please return to EHF by 15 November 2013**

e-mail: froeschl@eurohandball.com

**Booking:** The inscription for the 2014 EHF “RINCK” Convention Open 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.

**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.