





## Host City - Gothenburg, Sweden

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### **Culture in Gothenburg 2016**

This year's cultural focus is part of the celebration leading up to Gothenburg's 400th anniversary in 2021. The goal is to make Gothenburg an even better city and offer more culture to more people. Feel free to share your own experience of culture in Gothenburg by using the hashtag #merkulturtillfler in social media.

### **Exciting museums, shopping, lots of events and an amazing archipelago. Discover the best of Gothenburg!**

A shopping spree or visit to the museum on the very same day as you plunge into the salty sea or paddle across a glittering lake. Nature is always around the corner and the distances are short. You can easily travel on public transport from cafés and city attractions to cliffs or green forests in no time.

### **The Gothenburg Archipelago** – Over 20 islands with an endless amount of gems to discover.

The archipelago of Gothenburg stretches along the coast like a string of pearls. You don't have to travel far from the city to find charming villages, stunning nature and beaches. Seal safaris, sea-fishing and boat excursions are just some of the activities available here.

No cars are allowed in the southern part of the archipelago which makes this the perfect destination for long walks and bike rides. You travel on the same ticket the whole way from the city, including the ferry from Saltholmen. The northern part of the archipelago is accessed by a car ferry from Lilla Varholmen at Hisingen and you can bring your car to most islands.



# 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

## 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  
2016: Krakow / POL

## 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)  
2016: Krakow / POL (1<sup>st</sup> module)  
Szczyrk / POL (2<sup>nd</sup> module)  
Gothenburg / SWE (3<sup>rd</sup> module)

The 2016 Licence Renewal Seminar in Gothenburg / SWE is valid for the renewal of the EHF Pro Licence for December 2016 - December 2018 (Validation period up to December 2020). In addition the participants are welcome to see the matches of the 2016 Women's EURO in Gothenburg / SWE. 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 Gothenburg.

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

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AUSTRIA

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### CO-ORGANISER

#### Svenska Handbollförbundet

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### SEMINAR HOTEL

#### Hotel Scandic Opalen

Engelbrektsgratan 73

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opalen@scandichotels.com

[www.scandichotels.se/Hotels/Sverige/Goteborg/Scandic-Opalen/](http://www.scandichotels.se/Hotels/Sverige/Goteborg/Scandic-Opalen/)

### VENUE

#### Burgårdens konferenscenter

[http://goteborg.se/wps/portal/burgardenutbcentrum/extern\\_verksamhet/](http://goteborg.se/wps/portal/burgardenutbcentrum/extern_verksamhet/)

## Sport Event



### 2016 Women's European Championship

4 – 18 December 2016 in Sweden

**Wednesday, 14 December 2016**

Main round matches in Gothenburg



## Course Basics

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Course Fee:	€ 200
2016 EURO Ticket:	included in the course fee
Course Fee includes:	Course participation and documents Course documentation Coffee breaks, 4 lunches and 2 dinners. Dinner on the EURO match day has to be organised individually.
Travel:	The participants have to organise and pay for their own their travel arrangements
Airport transfer:	To be organised individually
Number of participants:	Maximum 40 (entries follow a "first come first served basis")
Course language:	English
Main lecturers:	Peter Kovacs / HUN / MC Member Wolfgang Pollany / AUT / EHF Lecturer Branislav Pokrajac / SRB / EHF Lecturer Andreas Vock / AUT / Training Specialist Jürgen Boss / Mental Coach Helmut Hörtsch / EHF Office
Registration:	EUROPEAN HANDBALL FEDERATION Peter Fröschl Hoffingergasse 18 A-1120 Vienna, AUSTRIA
Phone:	+43/1/80151-151
e-mail:	froeschl@eurohandball.com
Web:	www.eurohandball.com
Deadline:	8 October 2016
Payment mode:	Your registration will be confirmed by SHF (Lennart.Soderstrom@handboll.rf.se). <b>Accommodation fee (€ 620 for single room or € 380 for double room)</b> plus <b>course fee (€ 200)</b> Total amount should be paid after SHF approval. SHF will send an invoice which must be paid by the deadline given.
Bank connection:	See invoice of SHF

# Presenters



**Peter Kovacs**

HUN

EHF Methods Commission Member since 2012  
Professional handball coach



**Wolfgang Pollany**

AUT

EHF Lecturer & Master Coach  
Psychologist



**Branislav Pokrajac**

SRB

EHF Lecturer & Master Coach  
University Professor in Belgrade  
Coaching expert



**Andreas Vock**

AUT

Training Specialist



**Jürgen Boss**

GER

Mental Coach



**Helmut Höritsch**

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

<b>Tuesday</b> <b>13.12.16</b>	09.00 - 10.30	Theory
	10.30 - 11.00	Coffee Break
	11.00 - 12.30	Review EURO matches - discussion
	12.30h	Lunch
	14.00 - 15.30	Speed & Endurance
	15.30 - 16.00	Coffee Break
	16.00 - 17.30	Core Stability
	20.00h	Dinner
<b>Wednesday</b> <b>14.12.16</b>	09.00 - 10.00	Brain Concepts and Theories
	10.00 - 11.00	Mirror Neurons and Performance Control
	11.00 - 11.30	Coffee Break
	11.30 - 12.30	Social Structures and Roles in Teams
	12.30h	Lunch
	14.00 - 15.30	A call for more variety in feinting
	15.30 - 15.45	Coffee Break
	16.15 + 18.30 + 20.45	EURO Matches
<b>Thursday</b> <b>15.12.16</b>	09.00 - 10.00	Theory
	10.00 - 11.00	Application of substitution tactics in terms of the rule modifications
	11.00 - 11.30	Coffee Break
	11.30 - 12.30	EHF CAN and Rinck Convention Update
	12.30h	Lunch
	14.00 - 15.30	“Zone pressing” and “Doubling” implicated in handball defense
	15.30 - 16.00	Coffee Break
	16.30 - 17.30	Developing speed by means of defense drills
	20.00h	Dinner
<b>Friday</b> <b>16.12.16</b>	09.00 - 10.00	Theory
	10.00 - 10.15	Coffee Break
	10.15 - 11.15	Comprehensive ECh analysis
	11.15 - 12.00	Closing / Certificates
	12.00h	Lunch
	Afternoon / evening	Individual departure





## 2016 EHF Licencing Renewal Seminar in Gothenburg / SWE

### Registration / Confirmation

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

### ACCOMMODATION INFO

**Hotel Scandic Opalen** (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 8 October 2016

e-mail: froeschl@eurohandball.com

Booking: The inscription for the 2016 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.