

Saturday June 12

EHF LECTURER MARTA BON (SLOVENIA)

Marta Bon EHF Lecturer, Slovenian Professor at University of Ljubljana

Session 1 8:45 AM – 10:15 AM (1,5 hours)

Topic:

1. The Modern Sport Technologies and Handball Coach

Technological advances have greatly affected sports science and other vast areas of life. As the sport industry's market has expanded alongside popularity, technological study demand and use of the technology in matches and trainings has increased. The discussion of different technological devices also focuses on SWOT analyses - the Strengths, Weaknesses, Opportunities, and Threats of the use of technology – for handball coaches. For a coach it is important to know the technology, first that he/she can control the modern trends in our sport, but also to support the traditional way of coaching, where personal responsibilities and personal relationships between player/coach are in the focus.

Session 2 10:30 AM – 12:00 AM (1,5 hours)

Topic:

2. Individualisation in Psychological Preparation part of handball training

The principle of individualisation dictates that sports training should be adjusted according to the age, gender, rate of progress, and previous skills development of the individual. The goal of individualisation is to capitalize on strengths while minimizing existing skills deficiencies.

In handball the question is always of individualisation according to the playing positions, especially in offence? The data about distances covered in the match and the analyses of special activities by individual player or playing position in the match is the basis for planning the Psychological Preparation part of the handball training.

TOP LECTURER RAOUL OUDEJANS (NETHERLANDS)

Dr. Raoul Oudejans, (Associate) professor Learning and Performing in Sport (lector), Amsterdam University of Applied Sciences and Vrije Universiteit Amsterdam.

Session 3 12:30 PM – 03:00 PM (2,5 hours)

Topic:

Training for excellence (t4x): balancing quantity and quality of practice

Perfecting skills in domains of human movement such as sport, music and dance is a difficult challenge. Many repetitions and training hours for several years are necessary to achieve excellence. But overuse and injuries lure at the background to hamper progression and discontinue careers. Scientific research shows that with high quality practice it is possible to achieve more in less time, increasing the chances to reach (and maintain at) the top while remaining physically and mentally fit.

In this Training for Excellence (T4X) workshop I will present and discuss the following evidence-based practice methods:

- deliberate practice: structured practice activities involving SMART goal setting, feedback and reflection.
- imagery: the power of using imagery for various training purposes
- focus of attention: the relevance of focus of attention to perform under pressure
- performing under pressure: involving what-if scenarios and planned disruptions

TOP LECTURER ANDREA ONGARO (IRELAND)

Dr Andrea Ongaro, PhD. Technical Director Irish Olympic Handball Association

Session 4 03:15 PM – 05:45 PM (2,5 hours)

Topic:

A neurological review of accelerated learning techniques for skills acquisition and the sport decision making process.

People practice sport for health reasons, but also to acquire and improve some skills. Lower leagues and competitions are also animated by a fierce competitive spirit and the desire to win. All athletes work hard at training in order to get a competitive advantage over the competition. Training focuses on physical fitness, technical skills acquisition, tactical learning and planning.

Moreover, during the competitive events athletes do face situations where they are required to make decisions. The outcome of such decisions might decide the final result of the competition and have a considerable impact on the overall season success.

Like any other learning experience Sport training can be boosted by using advanced learning techniques. This class introduces the concept of Deliberate Practice and explain the neurological meaning of the term Expertise. It suggests how training can be specially designed to maximise the acquisition of new knowledge and to maximise retention. Performance can be improved by facilitating information storage and retrieval. Technical/ tactical learning can be achieved outside standard training time without the direct interaction between coach and player.

Will also considers how athletes come to the decisions they make. What are the psychological factors and how the brain works when it has to make a decision.

The aim is to understand the mechanism of decision making to boost learning and help players to make better decision, faster and more consistently.

Some adjustment to standard training is suggested in order to accelerate the improvement in decision making.

Date: 12 June 2021

| Time starts | Time stops | Topic | Lecturer | Total hours |
|-----------------|-----------------|----------------------|-----------------------------|-------------|
| 08:00:00 | 08:15:00 | Introduction | Course moderator | 0:15 |
| 08:15:00 | 08:45:00 | Introduction | Course moderator | 0:30 |
| 08:45:00 | 10:15:00 | MC topic | EHF lecturer Marta Bon | 1:30 |
| 10:15:00 | 10:30:00 | Break | | 0:15 |
| 10:30:00 | 12:00:00 | MC topic | EHF lecturer Marta Bon | 1:30 |
| 12:00:00 | 12:30:00 | Lunch Break | | 0:30 |
| 12:30:00 | 15:00:00 | MC topic | Top lecturer Raoul Oudejans | 2:30 |
| 15:00:00 | 15:15:00 | Break | | 0:15 |
| 15:15:00 | 17:45:00 | MC topic | Top lecturer Andrea Ongaro | 2:30 |
| 17:45:00 | 18:00:00 | End first MC Session | | |

Sunday June 13

EHF LECTURER MARTA BON (SLOVENIA)

Marta Bon EHF Lecturer, Slovenian Professor at University of Ljubljana

Session 5 8:45 AM – 10:15 AM (1,5 hours)

Topic:

1. An Example of the Strategical planning in handball - Slovenia

The Sport in Slovenia (with population around 2 million) is a special phenomenon with many extraordinary athletes. Handball is one of the most successful team sports. The Slovenia men's national handball team biggest success is the silver medal from the [2004 European Men's Handball Championship](#) as well as claiming third place at the [2017 World Ch.](#) According to the number of players playing in the elite Champions League in the 2020/2021 season, Slovenians are in second place together with Denmark. In the new season, as many as 36 Slovenians will play in the Champions League, while the French are in first place with 44 players. Also, the women's team and many elite players have been part of the international elite handball for many years. The model of organisation and basic strategy will be presented.

Session 6 10:30 AM – 12:00 AM (1,5 hours)

Topic:

2. Trend analyses in Handball – How can the statistical analyses support the coach in planning a game/tactical strategy

As in many other sports, we have witnessed intensive development and improvement in handball, particularly in the way modern technology can support its development by providing a lot of different types of data.

By cooperating with Kinexon (and starting even by using SAGIT [Perš, Bon et al., 2003]), EHF has made an important step forward by enabling analyses and research such as High-Performance Handball Player's Time-Motion Analysis by Playing Positions (Manchado et al., 2020).

For handball in general, it is important that experts have competences for the presentation of data to coaches and the media. The conclusion of such analyses should form the basis for different questions about the game structure, especially from the point of view of physical preparation, by tracking players' movements, ball trajectories, and tactical patterns. Technology can provide handball with vital objective statistical data, on which qualitative analyses are based. In the EHF we use Cumulative Statistics, Match Statistics, Individual Statistics and Overall Team Statistics. On the other hand, it is important to underline that **qualitative** analyses, where insightful knowledge and interpretation of an analyst is crucial, will always be needed. This data combined are the base for trend analyses how we can expect handball is going to develop in the future.

TOP LECTURER REMCO KOOPMEINERS (NETHERLANDS)

Remco Koopmeiners physical education teacher and sport- and performance psychologist, Amsterdam University of applied Sciences at the faculty of Sports and Nutrition for the school of Sport Studies.

Session 7 12:30 PM – 03:00 PM (2,5 hours)

Topic:

Working on and with a growth mindset

Carol Dweck developed a theory about why and how kids develop a growth and a fixed mindset. With a series of relatively simple but well-designed experiments she discovered how children are set on a path of

how and what they want to learn. This theory is very clear and very practically applicable, and it can help each coach to set an environment in which learning and developing is the natural thing to do.

In this workshop we will go into the core mechanisms of this theory (from a psychological, physiological and neurological point of view). And, this workshop means to provide you with very practical tools (on an individual and team level approach) for working on a motivational climate in which a growth mindset can be developed.

After this workshop you will know:

- The theory behind a growth mindset.
- More insight in your own mindset in different situations.
- How to recognize different mindsets in your athletes.
- How to stimulate a growth mindset in your coach setting.

EHF LECTURER MONIQUE TIJSTERMAN (NETHERLANDS)

Monique Tijsterman EHF lecturer

Session 8 03:15 PM – 05:45 PM (2,5 hours)

Topic:

The Dutch Handball Federation will continue to invest in women's handball in the coming years to ensure that we continue to win medals in the future.

The international handball top sport standards are the starting points of our policy. Our ambition is to structurally belong to the world top handball nations and have the best top talent program in the world. For this we have to continue handball developments by looking at the trends in present-day handball and translating this into our youth handball academy.

Date: 13 June 2021

| Time start | Time stop | Topic | Lecturer | Total hours |
|-----------------|-----------------|----------------------|---------------------------------|-------------|
| 08:30:00 | 08:45:00 | Introduction | Course moderator | 0:15 |
| 08:45:00 | 10:15:00 | MC topic | EHF lecturer Marta Bon | 1:30 |
| 10:15:00 | 10:30:00 | Break | | 0:15 |
| 10:30:00 | 12:00:00 | MC topic | EHF lecturer Marta Bon | 1:30 |
| 12:00:00 | 12:30:00 | Lunch Break | | 0:30 |
| 12:30:00 | 15:00:00 | MC topic | Top lecturer Remco Koopmeiners | 2:30 |
| 15:00:00 | 15:15:00 | Break | | 0:15 |
| 15:15:00 | 17:45:00 | MC topic | EHF lecturer Monique Tijsterman | 2:30 |
| 17:45:00 | 18:00:00 | End first MC Session | | |