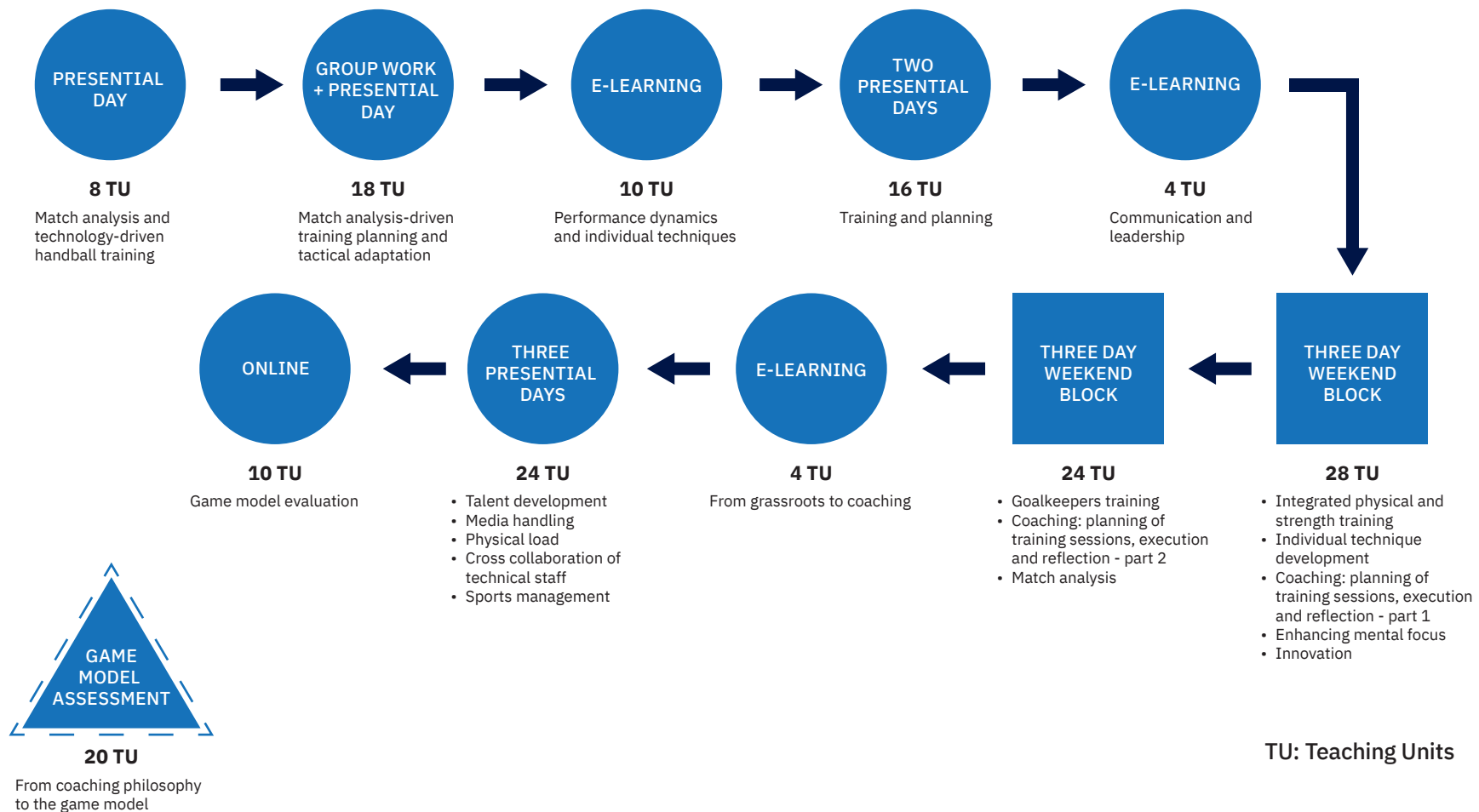


EHF
**COMPETENCE
ACADEMY &
NETWORK**

"RINCK" CONVENTION 2025
EHF LEVEL 3 COACH COURSE

EHF LEVEL 3 COACHING COURSE



Mastering Game Analysis

	EDUCATION FORMAT	LEARNING GOALS	CONTENT	
<p>Theory on Match analysis and technology-driven handball training</p> <p>3.3, 3.5, 3.6</p> <p>3.1, 3.2, 3.3, 3.4, 3.5, 3.8</p> <p>3.1, 3.2, 3.9</p> <p>3.1, 3.2, 3.3</p> <p>8 TU</p>	Classroom, group work and presential	<p>Develop skills to analyse performance environments and integrate findings into training and game models.</p> <p>Develop skills to analyse performance environments and integrate findings into training and game models.</p> <p>Give an insight into not only match analysis but also other available tools for physical data to measure the individual load of the players.</p>	<p>This teaching unit will focus on employing XPS video analysis to examine various game situations, including defense, offense, and individual techniques. Participants will engage in in-depth game analysis and learn how to draw conclusions from their findings.</p> <p>Additionally, we will incorporate supportive data tools, such as tracking data and internal load metrics (RPE, HRV, etc.).</p> <p>At the end of the course, participants will be assessed in the following module, “Match Analysis-Driven Training Planning and Tactical Adaptation.” Here, they will analyse a game of their choice in groups and prepare a technical-tactical training plan based on their video analysis.</p> <p>Group Assignment: Evaluate and prepare games and training sessions based on external game data, including XPS analysis and video footage from the match.</p>	
<p>Match Analysis-driven training planning and tactical adaptation</p> <p>3.3, 3.5, 3.6</p> <p>3.1, 3.2, 3.3, 3.4, 3.5, 3.8</p> <p>3.1, 3.2, 3.9</p> <p>3.1, 3.2, 3.3</p> <p>10 TU</p>	Group work	<p>Plan and adapt tactics efficiently based on technological insights and match analysis.</p> <p>Gain skills in making data-driven tactical changes based on ongoing training results and team needs.</p> <p>Develop the ability to analyse an opponent, create a strategic plan, and design a comprehensive training microcycle that aligns with tactical objectives.</p>	<p>Participants will design a training session based on the outcomes of a detailed match analysis. Using performance data, they will align their training plan with the specific needs identified in the analysis, adjusting their game model and strategies accordingly. The assignment emphasises the integration of analytical findings into training, utilizing technology to guide decision-making and optimize player and team development.</p>	
Areas of Competence	Knowledge & Understanding	Planning & Organisation	Execution & Practice	Analysis & Evaluation

Mastering Game Analysis

Coaching based on Match Analysis

3.3, 3.5, 3.6

3.1, 3.2, 3.3,
3.4, 3.5, 3.8

3.1, 3.2, 3.9

3.1, 3.2, 3.3

10 TU

EDUCATION FORMAT

Group work and practical session

LEARNING GOALS

Apply and adapt tactical approaches to fit specific game situations, enhancing team performance.
Enhance training preparation and documentation using available technological tools.

CONTENT

Participants will run a training session in groups based on the analysis done in the previous module.

Coaching

Performance Dynamics and Individual Techniques

3.1, 3.3, 3.5, 3.6

10 TU

E-Learning

Gain a comprehensive understanding of the factors influencing handball performance on a team and individual basis, underpinned by relevant scientific theories.
Develop the ability to analyse and apply the complex interplay of technique, tactics, and methodology in a performance-oriented setting.

It covers the key factors that influence success, such as physical, mental, and tactical elements. The course integrates the relationship between game techniques, tactics, and methodologies, emphasising their interconnectedness in achieving high-level performance. Furthermore, the theoretical part should cover individual technique development which will serve as a basis for the subsequent practical sessions.

Training and Planning

3.1, 3.2

3.1, 3.8, 3.9

16 TU

Classroom, group work and practical sessions

Gain an in-depth understanding of training periodisation and develop the ability to prepare long-term development training strategy encompassing game season as well as off-season.
Planning training units considering the importance and impact of progression, training volume, frequency, adaptation, and recovery tailoring the periodisation process to different stages of the competitive calendar.
Applying gained theoretical knowledge in practice in a high-performance setting.

This model encompasses the training principles of periodisation, training volume, frequency, and recovery teaching participants to have a long-term plan as well as applying the principles in practical scenarios.

		EDUCATION FORMAT	LEARNING GOALS	CONTENT
Communication in Sports	Communication and Leadership	E-learning	To enhance communication skills by fostering clear, motivating, and constructive interactions with players and staff, ensuring effective feedback and understanding. Develop leadership abilities to inspire, build trust, and create a positive team culture that drives performance and accountability.	Introduction to the CBT triangle (thoughts, feelings, and behaviors) as a tool for fostering leadership and communication in sports. With a holistic focus on elite athletes, participants will learn to apply the model to enhance team dynamics, trust, and performance. Through practical strategies, the session bridges mental processes with leadership impact.
	<p>3.6, 3.12</p> <p>4 TU</p>			

Strength & Conditioning	Integrated Physical and Strength Training	Classroom, group work and presential	Understand the impact of age, gender, and physical development on training needs and methods, including strength training. Learn to plan and adjust training sessions, including strength programs, according to the competition cycle while managing player load and recovery. Develop strategies to monitor and adjust training for regeneration, strength, and health, ensuring peak performance and injury prevention.	This module focuses on the principles of physical training in handball, emphasising how to tailor programs based on age, gender, and physical development. It covers planning and adjusting training throughout the competition cycle, taking into account player load, health, and performance levels. Coaches will also learn how to incorporate strength training to enhance player development, performance, and injury prevention.
	<p>3.2, 3.5</p> <p>3.1, 3.2, 3.4</p> <p>3.4, 3.9</p> <p>6 TU</p>			

Coaching

Individual Technique Development

3.1, 3.4, 3.6,
3.9, 3.10

3.1, 3.4

3.1

4 TU

Classroom, group work
and presential

Develop knowledge of individual techniques per position and how it is incorporated into the game model.

This module focuses on individual technique development and how it is applied across game positions. This module is a practical extension of the module “Performance Dynamics and Individual Technique Development”.

Coaching: Planning of Training Sessions, Execution and Reflection - part 1

3.1, 3.3

3.3, 3.4

3.1, 3.2

8 TU

Classroom, group work
and presential

Enhancing tactical knowledge, such as defense and attack systems, and effectively planning and executing training sessions.

l improve communication, feedback techniques, and the ability to monitor player development using tools like the traffic light system for reflection.

Learn to adapt training based on player needs, ensuring a balanced approach that fosters continuous improvement and teamwork.

Coaches will develop a deeper understanding of specific themes like defense systems or attacking strategies and how to implement them in training.

Coaches will learn to plan structured training sessions, which focus on developing the selected theme by incorporating appropriate drills and exercises.

Using the traffic light system, coaches will enhance their ability to provide constructive feedback, encourage participant reflection, and adjust training based on player performance.

Enhancing Mental Focus

3.6

6 TU

Classroom, group work
and presential

Learn techniques to improve athletes’ concentration and mental resilience during training and matches.

Understand how to help players maintain calmness and focus in high-pressure situations.

Develop strategies for incorporating mental focus exercises into everyday training routines.

This module centers on developing and enhancing mental focus in handball training. Coaches will explore techniques to help athletes improve concentration, mental resilience, and focus under pressure. The module covers strategies to integrate mental focus exercises into regular training sessions, preparing athletes to maintain optimal performance in challenging game situations.

Psychological Aspects of Coaching

Areas of Competence

Knowledge & Understanding

Planning & Organisation

Execution & Practice

Analysis & Evaluation

Coaching

	EDUCATION FORMAT	LEARNING GOALS	CONTENT
<p>Innovation</p> <p>3.2</p> <p>3.5</p> <p>3.3</p> <p>4 TU</p>	Classroom and group work	<p>Stay updated on the latest trends in handball tactics and understand their practical applications.</p> <p>Learn how to creatively integrate innovative tactics into your team's training and game model.</p> <p>Enhance your ability to innovate and apply cutting-edge strategies to stay competitive in modern handball.</p>	<p>This module explores innovative trends in handball tactics and how coaches can incorporate them into their own training and game strategies. Participants will learn to stay ahead of the curve by analyzing and adapting the latest tactical developments and integrating these trends to improve team performance. The module emphasises creative thinking and flexibility in applying new ideas to enhance both offensive and defensive strategies.</p>
<p>Goalkeeper Training</p> <p>3.5</p> <p>3.2</p> <p>3.1, 3.10</p> <p>6 TU</p>	Classroom, group work and presential	<p>Gain an understanding of goalkeeping fundamentals and how to effectively teach these techniques, including essential goalkeeping fundamentals, positioning, physical needs (e.g., power, coordination, flexibility), technical position variability (figures), pass technique quality, and predictability of trajectories.</p> <p>Develop strategies to monitor and assess goalkeeper performance, adapting training based on individual needs.</p> <p>Understand how to foster communication and coordination between goalkeepers and the defense, and how to use the goalkeepers as part of the offensive transition.</p>	<p>Knowledge and tools to develop effective goalkeeping training programs. It focuses on understanding key goalkeeping techniques, decision-making processes, and game-reading skills. Coaches will learn how to design specific drills, improve goalkeeper-defense coordination, and implement training methods that enhance performance under game conditions.</p>

		EDUCATION FORMAT	LEARNING GOALS	CONTENT
Coaching	Coaching: Planning of Training Sessions, Execution and Reflection - part 2	Classroom, group work and presential	Enhancing tactical knowledge, such as defense and attack systems, and effectively planning and executing training sessions. Improve communication, feedback techniques, and the ability to monitor player development using tools like the traffic light system for reflection. Learn to adapt training based on player needs, ensuring a balanced approach that fosters continuous improvement and teamwork.	Coaches will develop a deeper understanding of specific themes like defense systems or attacking strategies and how to implement them in training. Coaches will learn to plan structured training sessions that focus on developing the selected theme, incorporating appropriate drills and exercises. Using the traffic light system, coaches will enhance their ability to provide constructive feedback, encourage participant reflection, and adjust training based on player performance.
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Mastering Game Analysis	Match Analysis	Group work	Utilize technology to evaluate training sessions, games, and athlete health and performance.	This module integrates live match observation into the course, using the Faroe Islands Super Cup matches as a learning tool. Coaches will analyse these matches in real time and participate in group evaluations to discuss tactics, player performance, and coaching strategies. The focus is on applying observational insights to improve decision-making and training practices.
	<div style="background-color: #8c6d3d; color: white; padding: 5px; display: inline-block;">3.2, 3.3</div> <div style="border: 1px solid black; padding: 5px; margin-top: 10px; display: inline-block;">8 TU</div>			

Youth Development

From Grassroots to Coaching

3.2, 3.4

3.1

4 TU

EDUCATION FORMAT

E-learning

LEARNING GOALS

Developing a fundamental understanding of the grassroots level that can be used for fostering long-term player development.

CONTENT

Participants will explore grassroots conception and learn to understand the connections between fundamental skills developed at a young age and their progression over the course of long-term athlete development. They will discover how high-performance environments rely on strong grassroots foundations from a physical, technical, and psychological standpoint.

Talent Development

3.2, 3.4, 3.5

3.10

8 TU

Classroom

Develop knowledge of talent identification processes and the characteristics of talented players. Learn how to design training plans that cater to the specific needs of different playing positions and individual player types. Apply insights into player development to create effective, personalized coaching strategies that support long-term growth.

This module focuses on talent development in handball, emphasising the role of age, gender, and player characteristics in shaping training approaches. It covers the process of talent identification and development, with attention to the specific needs of different playing positions and player types. Coaches will gain insights into creating tailored training programs that nurture young talent while considering individual physical and mental attributes.

Communication

Media Handling

3.5, 3.12

4 TU

Classroom

Develop a clear understanding of how media operates and its role in sports communication and team representation. Learn strategies for communicating effectively with the media, ensuring clarity, professionalism, and alignment with team values.

This module provides coaches with insights into media operations and strategies for effective communication. It offers practical advice on handling media in both positive and challenging situations, ensuring a professional and confident representation of their team.

Areas of Competence

Knowledge & Understanding

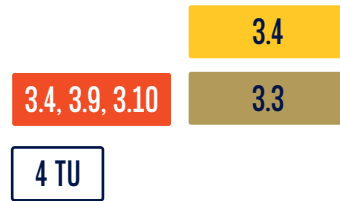
Planning & Organisation

Execution & Practice

Analysis & Evaluation

Strength & Conditioning

Physical Load



EDUCATION FORMAT

Classroom

LEARNING GOALS

Develop an understanding of the principles behind physical load management in youth handball players to promote long-term development and performance.

Learn strategies to prevent overtraining by designing appropriate training schedules and training phases.

Learn to design training sessions incorporating adequate workload distribution and individualized player management.

CONTENT

This module focuses on balancing the physical load of youth players to ensure their long-term development and performance. Coaches will learn how to monitor and manage players' game time while maintaining high-quality training sessions. The aim is to prevent overtraining, reduce injury risks, and support players' physical and mental well-being, ensuring sustainable progress in their handball careers.

Management

Cross-Collaboration of Technical Staff



Classroom

Understand the roles and responsibilities of key stakeholders within a handball club.

Develop the ability to collaborate effectively with cross-functional teams in a high-performance handball environment.

This module focuses on developing a comprehensive understanding of the key stakeholders within a handball club and the skills needed for effective collaboration in cross-functional teams. Participants will learn about the diverse groups involved in a club, coaches, technical staff, club management, analysts, researchers, etc.

Sports Management



Classroom

Gain knowledge of key concepts and principles in sports management, with a focus on their application in handball organisations.

Learn to create strategic plans for the growth and development of handball clubs, leagues, or programs.

Learn to plan, organise, and execute handball events.

This module provides participants with a comprehensive understanding of sports management principles and their practical application in handball organisations. The module equips learners with the skills needed to successfully manage key handball stakeholders, programs, or events.

Coaching

	EDUCATION FORMAT	LEARNING GOALS	CONTENT
<p>Game Model</p> <p>3.3, 3.5 3.1, 3.2</p> <p>3.1 3.1</p> <p>20 TU</p>	Written assignment	<p>Develop the ability to set clear, actionable team targets that guide performance and coaching strategies.</p> <p>Learn how to integrate coaching objectives into practical, game-relevant exercises and training sessions.</p> <p>Develop an ability to evaluate the team based on its strengths, and weakness and prepare development objectives tailored to the specifics of the team.</p>	<p>Create a game model based on the current team that includes the following elements: Team Targets, Opponent Categorisation, Microcycles, Mesocycles, Macroycles. Additionally, specify the guiding principles for the team during the game. Clearly state the main goals for each of the four game phases, such as emphasising offensive transition or other strategies you'd like your team to execute.</p>
<p>Game Model Evaluation</p> <p>3.6</p> <p>10 TU</p>	Evaluation	<p>Develop an ability to self-reflect and evaluate your own session.</p>	<p>Participants will have access to an online form to put in evaluation and personal reflection after each session.</p>

LEVEL 3

