

CONFERENCE PROGRAMME



8th EHF SCIENTIFIC CONFERENCE
13 – 14 November 2025
Zagreb | Croatia



THURSDAY, 13th NOVEMBER

13:00	Accreditation		
Auditorium			
14:00	Conference opening: welcome notes		
14:15	EHF Projects by EHF Secretary General, Martin Hausleitner and EHF MC Chairman, Pedro Sequeira		
14:45	KEYNOTE: Dr Jesper Bencke - EHF Injury Prevention Manual: From science to practice in handball		
15:05	KEYNOTE: Dr Renata Baric - Mental health matters: The foundation of effective coaching in sport		
15:25	KEYNOTE: Dr Zrinka Greblo-Jurakic - Rethinking excellence in sport through the lens of safeguarding		
15:45	Coffee Break		
16:15	KEYNOTE: Dr Julio Alberto López Gómez - Position-aware player evaluation in handball: a bio-inspired and explainable AI approach		
16:35	KEYNOTE: Dr Liam McCarthy- Re-imagining coach education and development: Case studies from across the world		
Auditorium		Conference Room	
17:00	TAMAS DOBRONYI: Improved Evaluation of Aerobic Capacity in Elite Youth Handball Players	17:00	FANNY ZSELYKE RATZ-SULYOK: Biomarkers of Overtraining: Endocrine and Stress Profiling in Young Elite Athletes
17:20	BENEDETTA COCO: Handball Injury and Illness Surveillance (IIS): A Step Towards an International Consensus	17:20	YÜCEL MAKARACI: Temporal and Situational Analysis of 7-meter Shots in Elite Handball: A Multi-Season Study
17:40	ATTILA BESZKID: The Impact of Plyometric and Small-Sided Games Training on Physical Performance in Adolescent Female Handball Players	17:40	MARINA GILLARD: Efficiency of Positional Offense and Counter-Attacks of Women’s Handball Teams at the 2016-2024 European Championships
18:00	PETER HIGGINS: Heart Rate Variability and Perceived Recovery, Implications for Monitoring Handball Athletes	18:00	JOAO FREITAS: The effect of attackers-defenders ratio on game complexity and pace dynamics

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Auditorium		Conference Room	
09:00	ALI GHAFARI: Comparative Analysis of Performance Indicators Across Age Categories and Nations in Elite Men's National Handball Team (2015-2025)	09:00	DIOGO GONCALVES: Does Referee Nationality Impact the Video Replay Dynamics
09:20	HERBERT WAGNER: Impact of Playing Position on Game-Based Performance in Male Elite Adolescent Team Handball	09:20	FROWIN FASOLD: The Future of Beach Handball – Facts, Concepts and Ideas
09:40	DIRK BÜSCH: Efficiency of talent development systems in handball - The German Handball Federation in an international comparison	09:40	JUAN CARLOS ZAPARDIEL: A Study of Lactate Concentration in Beach Handball Players, with a Focus on the Specific Position They Playing during Competition
10:00	DOMENICO CROGNALE: Can Handball become a leading team sport through a novel management strategy	10:00	ROLAND VAN DEN TILLAAR: Shoulder Kinematics and Kinetics of Whip-Like and Circular Wind Up During Running Throws
10:20	NIELS ROSSING: Designing the Buffalo League with Action Design Research: A Story-Based Positive Youth Development Program for U13 Handball Players	10:20	IGOR GRUIC: The Relationship Between Maximum Ball Exit Speed and Shooting Accuracy and Expert Assessment of Basic Shot Technique in Handball
10:40	LUISA ESTRIGA: Shaping opportunities for action in modified mini handball	10:40	ANDREA BAO FREDRIKSEN: Efficiency of using Inertial Measurement Units to Measure Ball Velocity in Handball
10:55	<i>Coffee Break</i>		
11:25	Poster Presentations		
11:50	HERLANDER SILVA: Performance Profile of Final 4 Teams on Women's Champions League season 2024/25	11:50	ANNAMARIA ZSAKAI: The Relationship Between the Physiological Integrity Profile and Muscular Strength in Youth Handball Players
12:10	ZARIFE PANCAR: Acute Biochemical Responses to Competitive Tournament Load in Female Handball Player, a Pilot Study on Hormonal, Inflammatory, and Muscle Damage Markers	12:10	JAYJAY KONING: Relationship Between Throwing Velocity, Shoulder Mobility and Isometric Shoulder Strength in Elite Male Handball Players
12:30	MILAN PETRONIJEVIC: Trend of Attacking Performance Indicators in Elite Women's Handball Teams at the EHF Champions League Final4 Tournament	12:30	ALEJANDRO TREJO-SILVA: Multivariate Analysis of Attacking Performance during Exclusions at PARIS 2024 Handball Female Tournament

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12:50	FLORIAN FELICE: Predicting Activity KPIs from Wearables to Monitor Intensity and Fatigue in Elite Women Handball Players	12:50	CELAL GENCOGLU: Acute Effects of French Contrast and Post-Activation Performance Enhancement Protocols on Throwing and Jump Performance and Training Load in Handball Players
Auditorium		Conference Room	
13:10	Closing ceremony		
13:20	Individual departures		