

# EHF OPEN MASTER COACH AND LICENSING COURSE 2022 — MODULE 1

January 13 – 19, 2022

Hotel/Venue TBA  
Budapest

Thursday, January 13, 2022

Time	TU	Topic	Lecturer	Place
till 12:00		Arrival <b>Adress Hottel/Venue Budapest</b>  Head of Module: TBA		
12:00 – 12:45		Lunch		
13:00 – 14:30	2 TU	<b>General Information:</b> Welcome, Organizational Matters, MC Thesis		seminar room
14:45 – 15:30	1 TU	<b>Coaching Philosophy:</b> Requirements and Competencies of Professional Handball Coaches – EHF Master Coaches		seminar room
15:30 – 16:00		Coffee Break		
16:00 – 17:30	2 TU	<b>Analysis:</b> Introduction quantitative and qualitative analysis, tool stack scouting, statistics and video-analysis, outlook for group works in module 1 and instructions for evening matches		seminar room
17:45 – 18:30		Individual Dinner		
19:00 – end	2 TU	<b>Match Analysis:</b> Live-Analysis of EURO matches	All Participants	Budapest Arena

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Friday, January 14, 2022

Time	TU	Topic	Lecturer	Place
till 08:45		Breakfast		
09:00 – 10:30	2 TU	<b>Analysis:</b> Matches Review, Presentation of group works		seminar room
10:30 – 11:00		Coffee Break		
11:00 – 12:30	2 TU	<b>Coaching Philosophy :</b> Creating an individual coaching vision, coaching philosophy		seminar room
12:30 – 14:00		Lunch Break		
14:00 – 15:30	2 TU	<b>Leadership &amp; Management:</b> Personal leadership, athlete leadership, team leadership, leadership competencies		seminar room
15:30 – 15:45		Coffee Break		
15:45 – 17:15	2 TU	<b>Leadership &amp; Management:</b> Personal leadership, athlete leadership, team leadership, leadership competencies		seminar room
17:15 – 17:45	1 TU	<b>Match Analysis:</b> instructions for evening matches		seminar room
17:45 – 18:30		Individual Dinner		
19:00 – end	2 TU	<b>Match Analysis:</b> Live-Analysis of EURO matches	All Participants	Budapest Arena

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Saturday, January 15, 2022

Time	TU	Topic	Lecturer	Place
till 08:45		Breakfast		
09:00 – 10:30	2 TU	<b>Analysis:</b> Matches Review, Presentation of group works		seminar room
10:30 – 11:00		Coffee Break		
11:00 – 12:30	2 TU	<b>Analysis:</b> Development of the game, Quantitative and Qualitative Analysis of EHF events – Trends in Defense Tactics and Fast Transition Play		seminar room
12:30 – 14:00		Lunch Break		
14:00 – 15:30	2 TU	<b>Practical Coaching;</b> Training of Group and Team Defense		sports hall
15:30 – 15:45		Coffee Break		
15:45 – 17:15	2 TU	<b>Practical Coaching:</b> Training of Fast Transition Play		sports hall
17:45 – 18:30		Individual Dinner		
following		Social gathering and EURO matches on TV		

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Sunday, January 16, 2022

Time	TU	Topic	Lecturer	Place
till 08:45		Breakfast		
09:00 – 10:30	2 TU	<b>Analysis:</b> New technologies and innovations, performance analysis and monitoring in match and training, player and ball tracking, data science, big data		seminar room
10:30 – 10:45		Coffee Break		
10:45 – 12:15	2 TU	<b>Analysis:</b> New technologies and innovations, performance analysis and monitoring in match and training, player and ball tracking, data science, big data		seminar room
12:15 – 13:30		Lunch Break		
13:30 – 15:00	2 TU	<b>Leadership &amp; Management:</b> Mindful leadership, communication, stress and crisis management, team killers and team facilitators, staff management		seminar room
15:00 – 15:15		Coffee Break		
15:15 – 16:45	2 TU	<b>Leadership &amp; Management:</b> Mindful leadership, communication, stress and crisis management, team killers and team facilitators, staff management		seminar room
16:45 – 17:15	1 TU	<b>Match Analysis:</b> instructions for evening matches		seminar room
17:30 – end	2 TU	<b>Match Analysis:</b> Live-Analysis of EURO matches	All Participants	Budapest Arena
		Dinner to be organized individually		

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Monday, January 17, 2022

Time	TU	Topic	Lecturer	Place
till 08:45		Breakfast		
09:00 – 10:30	2 TU	<b>Analysis:</b> Matches Review, Presentation of group works		seminar room
10:30 – 10:45		Coffee Break		
10:45 – 12:15	2 TU	<b>Theory of coaching / Individualisation:</b> Strength and Conditioning, Diagnostics, testing, monitoring, planning, periodization and programming of physical training		seminar room
12:15 – 13:45		Lunch Break		
13:45 – 15:15	2 TU	<b>Theory of coaching / Individualisation:</b> Strength and Conditioning, Diagnostics, testing, monitoring, planning, periodization and programming of physical training		seminar room
15:15 – 16:00		Coffee Break		
16:00 – 19:00	4 TU	<b>Practical Coaching:</b> Strength Training, Speed and Agility, Aerobic and Anaerobic Performance		sports hall
19:30 – 20:30		Individual Dinner		
following		Social gathering		

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Tuesday, January 18, 2022

Time	TU	Topic	Lecturer	Place
till 08:45		Breakfast		
09:00 – 10:30	2 TU	<b>Coaching Philosophy:</b> Panel Discussion, Q & A with EURO National Team Head Coach, „The Danish-Spanish-Croatian-Norwegian-French-Way		seminar room
10:30 – 11:00		Coffee Break		
11:00 – 12:30	2 TU	<b>Analysis / Theory of Coaching:</b> Observational training methods, video training, methods and didactics of presenting tactical analysis, pre- and post game analysis		seminar room
12:30 – 14:00		Lunch Break		
14:00 – 15:30	2 TU	<b>Analysis / Theory of Coaching:</b> Observational training methods, video training, methods and didactics of presenting tactical analysis, pre- and post game analysis		seminar room
15:30 – 16:00		Coffee Break		
16:00 – 16:30	1 TU	<b>Match Analysis:</b> instructions for evening matches		seminar room
17:15 - end	2 TU	<b>Match Analysis:</b> Live-Analysis of EURO matches	All Participants	Budapest Arena
following		Individual Dinner		

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Wednesday, January 19, 2022

Time	TU	Topic	Lecturer	Place
till 08:45		Breakfast		
09:00 – 10:30	2 TU	<b>Analysis:</b> Matches Review, Presentation of group works		seminar room
10:30 – 10:45		Coffee Break		
10:45 – 12:15	2 TU	<b>General Information:</b> Closing, Organizational Matters, Assignment		seminar room