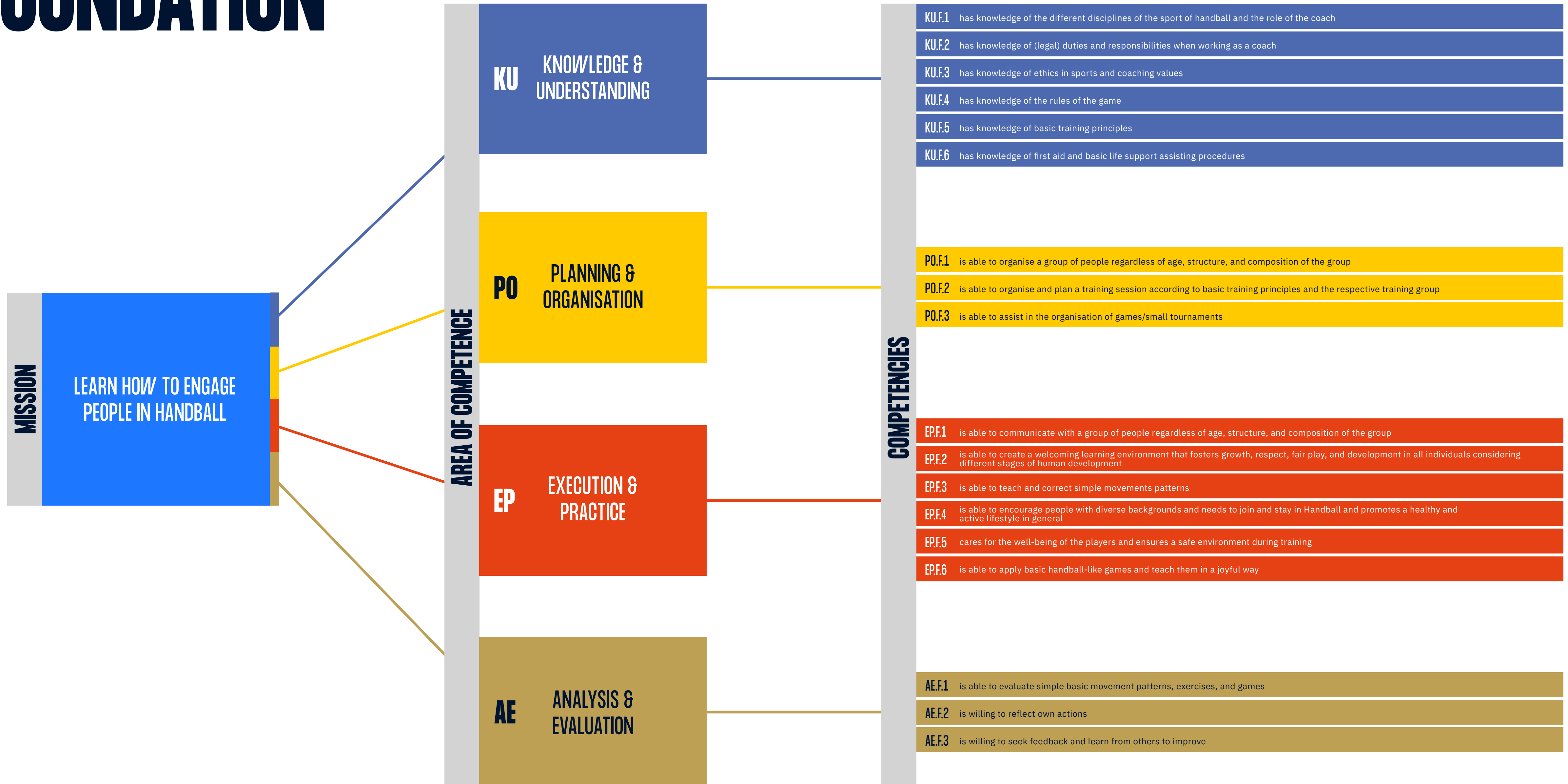


# FOUNDATION



# LEVEL 1

**MISSION**

LEARN TO TRAIN,  
COACH, DEVELOP AND  
CONSERVE/MAINTAIN SKILLS

**AREA OF COMPETENCE**

**KU** KNOWLEDGE & UNDERSTANDING

**PO** PLANNING & ORGANISATION

**EP** EXECUTION & PRACTICE

**AE** ANALYSIS & EVALUATION

**COMPETENCIES**

- KU.1.1 has an understanding of training principles
- KU.1.2 has knowledge of basic training and coaching philosophies
- KU.1.3 has knowledge of basic motivation and communication strategies
- KU.1.4 has knowledge of basic anatomy, physiology, and biomechanics
- KU.1.5 has knowledge of typical handball injuries and their causes
- KU.1.6 has knowledge of the handball game phases, basic defensive and offensive systems, and basic defensive and offensive cooperation
- KU.1.7 has knowledge of gender specifics/characteristics
- KU.1.8 has knowledge of methodology, didactics, and pedagogy

- PO.1.1 is able to plan a training session methodically-didactically and according to training principles
- PO.1.2 is able to plan several training sessions that build on each other in a meaningful and progressive way
- PO.1.3 is able to organise games/small tournaments
- PO.1.4 is able to organise handball events in clubs and schools to attract new players

- EP.1.1 is able to teach and correct basic handball skills and movement patterns.
- EP.1.2 is able to lead a training session methodically-didactically, according to training principles and in a pedagogical way
- EP.1.3 is able to adapt a training session according to the composition and development level of the group and players needs
- EP.1.4 is able to adapt exercises and games based on observations and evaluations during training
- EP.1.5 is able to create a positive group environment
- EP.1.6 is able to quickly apply first aid and basic life support procedures
- EP.1.7 is able to teach the rules of the game

- AE.1.1 is able to evaluate and reflect training sessions based on observations
- AE.1.2 is able to describe and evaluate the current state and development of individual players and the respective training group
- AE.1.3 is able to reflect own actions

# LEVEL 2

**MISSION**

LEARN TO DEVELOP AND EMPOWER PLAYERS AND CREATE A GAME MODEL

**AREA OF COMPETENCE**

**KU** KNOWLEDGE & UNDERSTANDING

**PO** PLANNING & ORGANISATION

**EP** EXECUTION & PRACTICE

**AE** ANALYSIS & EVALUATION

**COMPETENCIES**

- KU.2.1** has an understanding of the handball game phases, defensive and offensive systems, and defensive and offensive cooperation
- KU.2.2** has an understanding of the individuality of players and groups
- KU.2.3** has knowledge of available technologies in handball that can assist training and coaching
- KU.2.4** has an understanding of the anatomy, physiology and biomechanics of the human body and its adaptations to training processes
- KU.2.5** has knowledge of the specific characteristics all playing positions
- KU.2.6** has an understanding of the role of the club/academy/federation/company structure
- KU.2.7** has knowledge of different training and coaching philosophies and behaviours and their impact on training and coaching
- PO.2.1** is able to plan training according to the individuality of players, the composition of the team and specific playing positions
- PO.2.2** is able to plan training processes in the medium term to improve players and the team in a targeted and progressive way
- PO.2.3** is able to think and work strategically to set and achieve team objectives
- EP.2.1** is able to teach and correct specific and individualised handball skills and movements
- EP.2.2** is able to implement strategies towards the development of players' decision-making skills
- EP.2.3** is able to adapt the training according to the level of performance, constitution, physical development, and health status of the athletes.
- EP.2.4** is able to self-manage, lead athletes, and create appropriate group dynamics
- EP.2.5** is able to create a basic game model according to the individuality of players and the composition of the team
- EP.2.6** is able to adapt training and coaching according to the individuality of players, the composition of the team and specific playing positions
- EP.2.7** is able to create a performance-oriented environment and promotes a healthy lifestyle on a physical and mental level
- EP.2.8** is able to communicate with all handball stakeholders before, during and after the match
- EP.2.9** is able to use communication in a targeted way, give feedback to improve individual and team actions and processes
- AE.2.1** is able to evaluate and analyse the training, the performance level, constitution, physical development, and health status of athletes
- AE.2.2** is able to evaluate and analyse handball games and basic tactical patterns and make use of observation tools and technology in a meaningful way
- AE.2.3** is able to evaluate and analyse players, their behaviours and identify individual competencies
- AE.2.4** is able to identify potential risk factors for injury

# LEVEL 3

**MISSION**

LEARN HOW TO BUILD A SPECIALISED GAME MODEL AND MAKE TEAMS PERFORM

**AREA OF COMPETENCE**

**KU** KNOWLEDGE & UNDERSTANDING

**PO** PLANNING & ORGANISATION

**EP** EXECUTION & PRACTICE

**AE** ANALYSIS & EVALUATION

**COMPETENCIES**

- KU.3.1** has an understanding of the complexity and key factors of performance and the respective scientific background
- KU.3.2** has an understanding of the specificity of age and gender and their impact on training and coaching
- KU.3.3** has an understanding of the complexity of the game and the implications and interrelationships of technique, tactics, and methodology in a performance-oriented environment
- KU.3.4** has knowledge of talent characteristics, talent identification and talent development
- KU.3.5** has an understanding of the specific characteristics of all playing positions, individual player types on these and implications for training
- KU.3.6** has an understanding of various training and coaching approaches, philosophies and behaviours and their meaningful application in different situations
- PO.3.1** is able to plan and periodise training processes in the long-term to develop and maintain peak performance
- PO.3.2** Is able to develop own specific training and game model according to analyses
- PO.3.3** is able to plan and adapt tactics and game strategies efficiently
- PO.3.4** is able to plan and adjust training according to the competition cycle as well as the players' load and health status
- PO.3.5** is able to utilise available technology to enhance planning, preparation and documentation of training and games
- EP.3.1** is able to apply own specific training and game model according to analyses
- EP.3.2** is able to utilise technology to assist decision-making in handball training sessions and games
- EP.3.3** is able to shares knowledge, advice and mentoring with L1 and L2 coaches to enhance their coaching skills and understanding of handball
- EP.3.4** is able to apply effective measures to develop and maintain peak performance
- EP.3.5** is able to communicate with all stakeholders in a performance-oriented environment before, during and after the match
- EP.3.6** is able to provide mindful leadership to athletes and teams and to create and foster a performance-oriented and supportive environment that is appropriate to the individuality of the players and the composition of the team
- EP.3.7** is able to adhere to legal and ethical standards in all coaching activities
- EP.3.8** is able to apply and adapt appropriate tactics in relation to specific game situations
- EP.3.9** Is able to adjust training to the performance cycle, regeneration, and health status of athletes
- EP.3.10** is able to develop a personal training and coaching philosophy and adapt it according to the individuality of players and the composition of the team
- EP.3.11** is able to work cooperatively in a club/academy/federation and incorporate expertise from colleagues and specialists
- EP.3.12** is able to use communication in a targeted way to solve problems and conflicts in a performance-oriented environment
- AE.3.1** is able to analyse high performance environments to develop and apply findings to own specific training, game model and philosophy
- AE.3.2** is able to utilise available technology to evaluate and analyse training and games
- AE.3.3** is able to utilise available technology and testing to monitor, evaluate and analyse athlete and team performance and health status

# LEVEL 4/ MASTER COACH

**MISSION**

LEARN HOW TO MANAGE AND OPTIMISE HIGH PERFORMANCE

**AREA OF COMPETENCE**

**KU** KNOWLEDGE & UNDERSTANDING

**PO** PLANNING & ORGANISATION

**EP** EXECUTION & PRACTICE

**AE** ANALYSIS & EVALUATION

**COMPETENCIES**

- KU.4.1** has a comprehensive understanding of the complexity of the game and the implications and interrelationships of technique, tactics, and methodology in a high-performance environment
- KU.4.2** has a comprehensive understanding of match and training analyses in a high-performance environment
- KU.4.3** has an understanding of how to integrate younger players into a professional team
- KU.4.4** has a state-of-the-art knowledge on available technology and scientific findings that can assist training and coaching in a high-performance environment
- KU.4.5** has a comprehensive understanding of the structures and organisations in national and international handball especially in the field of competition and education
- KU.4.6** has a comprehensive understanding of the complexity and key factors of high performance and the importance of mindful leadership in this context
- KU.4.7** has a comprehensive understanding of scouting and squad composition, team building and team development for the efficient development of high performance
- PO.4.1** is able to develop long-term strategic plans for training, competition, and athlete development in a high-performance environment
- PO.4.2** is able to establish, organise, manage, and lead an interdisciplinary team of experts in a high-performance environment
- PO.4.3** is able to develop an efficient and innovative game and training model in a high-performance environment
- EP.4.1** is able to apply technique, tactics, and methodology at the highest level of performance and to teach these to players and fellow coaches
- EP.4.2** is able to individualise coaching and training processes to optimise athlete and team performance and health status
- EP.4.3** is able to discuss, share, and defend own philosophy as well as training and game model with other coaches
- EP.4.4** is able to adapt own training and game model quickly and efficiently as needed
- EP.4.5** is able to manage training and competition processes including load and recovery in a high-performance environment
- EP.4.6** is able to adapt planning quickly, dynamically, and appropriately based on changing conditions
- EP.4.7** is able to transfer scientific findings and new knowledge in order to optimise training and competition processes
- EP.4.8** is able to apply and adapt knowledge to different levels of handball
- EP.4.9** is able to transfer and translate knowledge from other sports to handball
- EP.4.10** Is able to communicate effectively with media partners and present him/herself appropriately to the public
- EP.4.11** is able to communicate effectively with all handball stakeholders on national and international level
- EP.4.12** Is able to share knowledge, advise and mentor coaches at lower levels of training to improve their coaching skills and understanding of handball
- EP.4.13** is able to recognise critical situations quickly and make targeted adjustments in a high-performance environment
- EP.4.14** is able to mentor top players of different ages, difficult personalities and star players with egos and bring them together to form a team
- AE.4.1** is able to analyse game and training procedures at the highest level of performance to optimise athlete and team performance
- AE.4.2** is able to analyse own interventions and their implementation process to improve coaching effectiveness
- AE.4.3** is able to analyse complex training and game data and their interrelations to optimise training and game processes
- AE.4.4** is able to utilise available technology and testing to monitor, evaluate and analyse athlete and team performance and health status in a high performance environment
- AE.4.5** is able to analyse international top handball events and draw conclusions for own actions and environment.
- AE.4.6** is able to quickly analyse game situations and game data and make situationally appropriate decisions