



To the EHF-member Federations

Vienna, 31 August 2023

Subject: *EHF Beach Handball Coaches Course – Level 3*

Dear beach handball friends

We are writing you regarding the EHF Beach Handball Course for Coaches – Level 3.

Detailed information on the course venue, the perspective candidate's profile, and the application procedure can be found in the attached document.

The present information is sent to all EHF Member Federations. The EHF strongly supports women taking up leading roles in European handball, therefore female applicants are welcomed.

We therefore kindly ask all National Federations to spread these documents among the parties concerned within the Federation without any delay and make the respective information available accordingly.

With best regards,

EUROPEAN HANDBALL FEDERATION

A handwritten signature in blue ink, appearing to read 'Tobia Pisani', written in a cursive style.

Tobia Pisani
Beach Handball Manager

EHF BEACH HANDBALL COACHES' COURSE – LEVEL 3

Porto Santo / POR (11-16 October 2023)

I. Introduction

The European Handball Federation invites potential candidates to the EHF Beach Handball Course for Coaches – Level 3.

II. EHF Beach Handball Commission

The EHF Beach Handball Commission (BC) is an initiator of projects in order to develop beach handball as an independent sport discipline within the European Handball family. One of the main targets of the BC is the education of facilitators in all member federations. Combined educational courses for referees, delegates and coaches have been organised since 1999.

EHF Beach Handball Commission

Gabriella Horváth / HUN / BC Chairwoman

Marco Trespidi / ITA / BC Member (Game Design and Coaching)

Jiri Opava / CZE / BC Member (Officiating)

Marek Góralczyk / POL / BC Member (Event & Competition)

Mario Bernardes / POR / BC Member (Development & Promotion)

III. Course dates and venue

The EHF Education Course will be held from 11-15 October 2023 alongside the Champions Cup 2023 in Porto Santo, Portugal. The competitions will be played from 12-15 October 2023 on 3 courts with the presence of 16 teams per gender.

Course Registration deadline: 15th September 2023.

Accommodation

Pestana Hotel Group

Estrada Regional 163,

Sítio do Campo de Baixo,

9400-242 Porto Santo

<https://www.pestana.com/en/hotel/pestana-porto-santo>

IV. Course outline

Entry criteria:

- Completed 1st National Level Beach Handball course or 2nd EHF Level Beach Handball Course
- The candidate shall indicate a topic of project work

General Data:

- 30 hours course
- 10 h online (4 sessions)
- 20 hours frontal (Champions Cup 2023)

Lecturers online:

1. Rules of the Game – Jiri Opava EHF Beach Commission Member and EHF Expert Responsible for Officiating
2. Physical Conditioning – Marco Cardinale former Head of Science and Scientific Research in Great Britain Olympic Committee, present EXEC Director of Aspetar Research and Scientific Support
3. Psychology – Bojana Jelacic EHF Expert
4. Medical Aspects – dr. Vincenzo Masi Women’s Beach Handball National Team Doctor since 2010

The proposed dates are the follows:

- 25th of September 2023 – 18:00
- 28th of September 2023 – 18:00
- 2nd of October 2023 – 18:00
- 5th of October 2023 – 18:00

Frontal Lesson:

1. Tamas Neukum / EHF Expert
2. Alexander Novakovic / EHF Expert
3. Gorm Andersen / EHF Expert

1. Rules of the Game (Refereeing Responsible)

- 1.1. Special Situations (shootout, goalkeeper, suspensions)

2. Physical Conditioning

- 2.1. Main Muscular Differences in Genders
- 2.2. Specific Physical Conditioning – Man/Woman Priorities in Strength Conditioning
- 2.3. Basic Physical Conditioning in Connections with Role-Played
- 2.4. Specific Warming Up in Beach Handball

3. Defense

- 3.1. Defensive Blocks Tactics – 1 or 2 Players System

- 3.2. Advanced Defensive Strategies Compared to Opponent Characteristics
- 3.3. Defense Strategies of Top Teams – Video
- 3.4. Defense Strategies in Connection with Goalkeeper Cooperation
- 3.5 Transition from Defense to Fastbreak

4. Attack

- 4.1. Advances Attacking Strategies Compared to Opponent Characteristics
- 4.2. Substitution Strategies in Fastbreak
- 4.3. Special Substitution Strategies Against Defensive Pressure
- 4.4. Offensive Strategies of top Teams - Video

5. Goalkeeping

- 5.1. Shootout – Goalkeeper Choice and Psychological Aspects
- 5.2. Short Distance Saving
- 5.3. Goalkeeper Transition from Last Defender to First Attacker

6. Psychology

- 6.1. Groups Dynamic Psychology
- 6.2. Game Management – Team Building – Differences in Teams per Gender

7. Management

- 7.1. Season Planning – Club & National Team
- 7.2. Game/Video Analysis
- 7.3. Points of Contacts Indoor/Beach Handball – Indoor Development of Beach Handball Players
- 7.4. The Staff Management – Importance of Roles – Human Resources Handling
- 7.5. Players' Selection Criteria
- 7.6. Evaluation and Control of Training through Performance Parameter
- 7.7. New Technologies Applications (Devices)

8. Sport Medicine

- 8.1. Beach Handball Activity as Injury Prevention
- 8.2. Frequency and Type of Injuries in Beach Handball
- 8.3. Prevention of Injuries – Core Stability

9. Examination

- 9.1. Examination – Test and Discussion of Project Work
Project work agreed upon with the lecturer at least 2 months prior to the course beginning.
Project work needs to be sent to the EHF Office 7 days prior to the course.

V. Application procedure

The application shall be made via the attached form.

The registration form requests normal personal information as well as a professional CV and information about the applicant's sporting history, including engagement in beach handball.

A maximum number of 20 coaches will be accepted for the course (principle first come-first serve).

The application will be opened from the **1st September 2023** and the registration deadline is on **15th September 2023.**

VI. Course Cost

Free of charge.

(€ 300 will be borne by the EHF in case of late withdrawal after 29.09.2023)

VII. Travel & Accommodation

All participants have to organise the travel and pay the expenses themselves.

The airport transfer will be organised by the organiser free of charge.

Arrival Day: 10.10.2023

Departure Day: 16.10.2023

Accommodation Fee:

- Single room €150
- Double room €130
- Two rooms apartment €115
 - Max capacity of 4 people
- Three rooms apartment €110
 - Max capacity of 6 people
- Four rooms apartment €100
 - Max capacity of 8 people
- Villas €150
 - Max capacity of 4 people
 - Available pool

All listed prices are per person per day and include full board (breakfast, lunch, dinner).



For further information regarding the accommodation, the transportation and the booking of the accommodation please contact the local organiser: Eurico Nicolau / eventosBH@fpa.pt / +351914234173

For the accommodation payment:

POR Handball Federation (co-organiser)	
Name of the Bank	Millennium BCP
IBAN	PT50 0033 0000 4565 8989 6020 5
SWIFT	BCOMPTPL

VIII. Course follow-up

- Course documentation
- Certificate on successful attendance and confirmation to the respective National Federation
- EHF status of beach handball Coach – Level 3

Contact information / EHF Office

Tobia Pisani

EHF Beach Handball Manager
pisani@eurohandball.com
+43 664 88 222 536

Alexandra Horváth

EHF Beach Handball Coordinator
horvath@eurohandball.com
+43 664 88 222 541