

Beach Handball Coaches Course Curricula

- Level 1 – Basic Beach Handball
- Level 2 - Beach Handball Adults
- Level 3 – High Specialization in Beach Handball
- Beach Handball Master Coach

Levels 1 and 2 should stay in the hands of the National Federations, following the curricula provided by EHF and the presence of EHF Experts (financial support from EHF).

Level 3 is exclusive competence of the European Handball Federation and will be in the frames of the EHF Beach Handball Competitions.

The Beach Handball Master Coach will be organised starting from 2026 and the curricula will be developed with Method Commission and in accordance with the PRO Licence and the RINK convention, with the adaptation to beach handball. The program will be release by January 2025.

Level 1 – Basic Beach Handball

General Data:

- 3-day-course (in total 20 hours)
- 6 hours on the first day, 8 hours on the second day, 6 hours on the third day
- Theoretical and practical lessons every day

Content (to be flexibly distributed during the 3 days):

1. The History of Beach Handball (Theory)	1h
1.1. Origin and Development	
1.2. Recognition and Organizational Structure	
1.3. International Championships	
1.4. Outlook (→ Road to the Olympics?)	
2. Individual Skills	2h
2.1 Spin Shots Execution – Technic	1h
2.2 In Flights – Technic	1h

3. Development of Coordination Skills (Practical)	2h
3.1 Mini Games with Proprioceptive Tools	1h
3.2 Simple Individual Coordination Drills with Balls	1h
4. Teaching Mini Beach Handball (Practical)	13h
4.1 Top Beach Handball Rules for a Quick Start	1h
4.2. Advantages of Beach Handball with Kids and Beginners Theory	1h
4.3. Concept of Mini Beach Handball & Ultimate Beach Handball Theory	1h
4.4. Coaching Clues for Training Theory	1h
4.5. Just Play - From Beginner to Advance with 6 Games	4h
4.6. The Next Step – Specific Skills and Acquisition	4h
4.7. Coaching in Competition	1h
5. Examination (Theory)	1h
6. Presentation of the Project Work	2h
→ Project work, title to be chosen by the candidate at the moment of application to the course, and to be presented on a 10-pages PPT presentation on the final day	
→ The best 3 will be published on the homepage of the National Federation and/or on the European Handball Federation beach handball portal	

Level 2 – Beach Handball Adults

General Data:

- 22 hours

1. Rules of the Game (Refereeing Responsible)	2h
2. Idea, Technical Concept and Philosophy of Beach Handball	1h
2.1 Fair Play Concept	30'
2.2 The Development of the “Model” of Beach Handball Player – Performance Criteria	30'
3. Tactical Training	4h
3.1 Specialist – Tactical Use	2h
3.2 Substitution Strategies	2h
4. Attack	2h
4.1 Fastbreak	30'
4.2 Attacking tactics	1h 30'
5. Goalkeeping	2h

6. Defense	2h30'
6.1 Defense 3:0	1h
6.2 Defense 2:1	1h
6.3 Defense 1:2	30'
6.4 Defensive Return & Substitution Tactics Optimization	30'
7. Shootout	1h30'
7.1 Tactics & goalkeeper strategies	1h 30'
8. Psychology	2h
8.1 Game management basic concepts	30'
8.2 TTO strategies	30'
8.3 Team building	30'
8.4 Coach intervention before, during and after competition	30'
9. Physical conditioning	3h
9.1 Basic physical conditioning	1h
9.2 Specific physical conditioning per roles	30'
9.3 Specific physical conditioning per gender	1h
9.4 Nutrition and Hydratation in Beach Handball	30'
10. Examination	2h
Examination – Test and Discussion of Project Work	
Project work agreed upon with the lecturer at least 3 months prior to the course beginning.	
Project work needs to be sent to the EHF Office 15 days prior to the course.	

Level 3 – High Specialization in Beach Handball

General Data:

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

Entry criteria:

- Completed level 1st or 2nd national level (course 2023)
- Completed 2nd national level (course from 01.2024)
- The candidate shall indicate a topic of project work

Lecturers online:

1. Rules of the Game

2. Physical Conditioning
3. Psychology
4. Medical Aspects

Lecturers frontal:

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

8. Examination

2h

- 8.1. 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 15 days prior to the course.

EHF COMPETITIONS - COACHES LICENSING SYSTEM- NEW STRATEGY 2023-28							
EHF BEACH HANDBALL YAC		EHF BEACH HANDBALL SENIOR		EHF BEACH HANDBALL CHAMPIONS CUP		EHF BEACH HANDBALL EBT FINALS	
2022/2023	No obbl.	2022/2023	No obbl.	2022/2023	No obbl.	2022/2023	No obbl.
2023/2024	No obbl.	2023/2024	No obbl.	2023/2024	No obbl.	2023/2024	No obbl.
2024/2025	No obbl.	2024/2025	1 LEVEL	2024/2025	No obbl.	2024/2025	No obbl.
2025/2026	1 LEVEL	2025/2026	2 LEVEL	2025/2026	1 LEVEL	2025/2026	1 LEVEL
2026/2027	2 LEVEL	2026/2027	3 EHF Level	2026/2027	2 LEVEL	2026/2027	2 LEVEL
2027/2028	3 EHF LEVEL	2027/2028	3 EHF LEVEL	2027/2028	3 EHF Level	2027/2028	3 EHF Level
2028/2029	3 EHF LEVEL	2028/2029	BH Master Coach	2028/2029	3 EHF LEVEL	2028/2029	3 EHF LEVEL
2029/2030	BH Master Coach	2029/2030	BH Master Coach	2029/2030	BH Master Coach	2029/2030	BH Master Coach

The final timeframe of the licencing obligation for EHF Beach Handball competition is going to be shared by the end of 2023.