



**HANDBALL COACHES SEMINAR
EUROPEAN HANDBALL FEDERATION SMART PROGRAMME**

VENUE: Park Inn by Radisson Meriton Conference & Spa Hotel Tallinn (Toompuiestee 27, Paldiski mnt 4, Tallinn)

TIME: March 10-12, 2017

LECTURER: Erlingur Richardsson, Iceland Handball Federation

Registration to the course: <https://goo.gl/forms/Hqw44pUo74ellyVk1> until 08.08.17 at 15:00

THE SEMINAR SCHEDULE&THEMES

FRIDAY, MARCH 10, 2017

16:00 – 17:30 Seminar room 1) Iceland + Erlingur

17:30 - 18:00 break

18:00 – 19:30 Seminar room 2) Physical demands

SATURDAY, MARCH 11, 2017

11:00 – 12:30 Seminar room 3) Physical demands

12:30 – 14:00 lunch

14:00 - 15:30 Seminar room 4) Individual technique offensive/tactic

15:30 - 16:00 break

16:00 - 17:30 Seminar room 5) Individual technique offensive/tactic

SUNDAY, MARCH 12, 2017

10:00 – 11:30 Seminar room 5) Individual technique defensive/tactic

11:30 – 12:00 break

12:00 - 13:30 Seminar room 6) Individual technique defensive/tactic

13:30 - 14:30 lunch

14:30 - 16:00 Seminar room 7) Conclusion/talk/handball rules