



**Federazione Italiana Giuoco Handball
Pallamano**



Segreteria Generale

Roma, 17 dicembre 2003

Circolare n. 67/2003

Alle Società Affiliate
Ai Signori Consiglieri Federali
Ai Signori Revisori dei Conti
Ai Comitati e Delegazioni Regionali
Alle Delegazioni Provinciali
Ai Settori Federali
LORO INDIRIZZI

Oggetto: *XXVIII Coaches Seminar in Zagreb – Croatia.*

In allegato si trasmette la comunicazione pervenuta dalla Federazione della Croazia, riguardante un seminario per tecnici.

Distinti saluti.

Il Segretario Generale
Adriano Ruocco

A handwritten signature in black ink, which appears to read 'Adriano Ruocco', is placed below the printed name of the General Secretary.

**CROATIAN HANDBALL FEDERATION
COACHES ASSOCIATION
CROATIAN OLYMPIC ACADEMY**

To all the EHF member federations

**Subject: «XXVIII National Seminar for Handball Coaches
with international lecturers and participation»**

Zagreb, 17th December 2003.

Dear colleagues ,
Croatian Handball Coaches Association in cooperation with Croatian Olympic Academy
organizes our traditional XXVIII Seminar for Handball Coaches which is to be held from
3th to 6th January 2004 in Zagreb, Croatia.

VENUE:

- Zagreb , Hotel «Golden Tulip Holiday» (***)

DATE:

- Arrival: 2nd January 2004.(dinner)
- Derapture: 7nd January 2004. (lunch)

COSTS:

- Full board per person per day: 70 Euro double bedroom
80 Euro single bedroom

ACCOUNT NO: ZAGREBAČKA BANKA, No: 2360000-1101363442

For Croatian Handball Federation, Haulikova 6, 10 000 Zagreb, Croatia

OURSE FEE: 100 Euro, at the hotel upon arrival, Seminar Documentation included, sent
after Seminar and transfer from hotel to sportshall. For transfer from Airport to the hotel
please contact us!

If you have any questions, or You want to send Your application please do not hesitate to
communicate us by e- mail or fax. Our e- mail adress is lidija.cacic@zg.hinet.hr and fax
number is **00385-1-45-73-031.**

**CONTACT PERSON: Lidija Bojic-Cacic: 00385-98-235-329 (mobil phone) and
00385-1-45-73-035 (office).**

Best regards,

Croatian Handball Coaches Associaton
President
Mato Matijević, prof.

**CROATIAN HANDBALL FEDERATION
COACHES ASSOCIATION
CROATIAN OLYMPIC ACADEMY**

**«XXVIII National Seminar for Handball Coaches with
international lecturers and participation»,**

Hotel «Golden Tulip Holiday», ZAGREB, CROATIA

3-6 January, 2004

REGISTRATION

(FAX NUMBER: 00385-1-45-73-031)

NAME	
ADDRESS	
COUNTRY	
CLUB/FEDERATION	
INT. PHONE	
INT. FAX	
E-MAIL	
TRANSLATION REQUESED	ENGLISH GERMANY

DATE

SIGNATURE

PLEASE RETURN REGISTRATION TO THE
CROATIAN HANDBALL FEDERATION BY
23.12.2003.

CROATIAN HANDBALL FEDERATION-COACH ASSOCIATION

“XVIII SEMINAR FOR HANDBALL COACHES”, CROATIA-ZAGREB 03.-06.01.2004.

1. PART is organized for coaches that work with younger age groups

GENERAL TOPIC:

**“MOTOR SKILLS AND KNOWLEDGE IN PHYSICAL CONDITIONING OF
YOUNGER AGE CATEGORIES OF HANDBALL PLAYERS”**

DATE	TIME	TOPIC	VENUE
02.01.2004.	19,00	Arrival in hotel “Golden Tulip Holiday”	Zagreb
03.01.2004.	9,00	Introduction	Hotel
	9,30-10,30	“Levels of learning and perfecting technical-tactical handball knowledge” Lecturer: dr. Dinko Vuleta	Hotel
	10,45-11,45	“Mental endurance of a young athlete and his/her self-image” Lecturer: Mirjana Mllanović, prof.	Hotel
	16,00-17,15	“Perfecting techniques of inciting moving habits in attack through collective forms of work” Lecturer: dr. Vatromir Srhoj	Sports hall
	17,30-18,45	Agility developing specific training contents with and without the ball in individual and group forms of work, Lecturer: dr. Nenad Rogulj	Sports hall
04.01.2004.	8,30-9,30	Analysies of WWHCh in Croatia Lecturer: dr. Vatromir Srhoj	Hotel
	10,00-11,15	“Methods of flexibility training for younger handball players” Lecturer: Iva Nakić, prof.	Sports hall
	11,30-12,45	“Models of shooting training sessions for back court players with and without defensive players” EHF- Lecturer: Wolfgang Pollany	Sports hall
	16,00 – 17,15	“New approach in tehnology of conditioning training” Lecturer: dr. Dragan Mialnaović	Sports hall
	17,30 – 18,45	“Motor knowledge (skills) as a function of physical conditioning of younger handball players” Lecturer dr. Igor Jukić	Sports hall

2. PART is organized for the first and the second division club`s coaches

GENERAL TOPIC:
**“TACTICAL, CONDITIONING-RELATED AND PSYCHOLOGICAL ASPECTS
 OF WORK IN TOP-LEVEL HANDBALL”**

DATE	TIME	TOPIC	VENUE
05.01.2004.	9,30 – 10,30	The road to the gold—as imagined, predicted, prepared and realized by the national handball man's team selector Lino Červar	Hotel
	11,15 – 12,30	“Transformational forms of the 3:2:1 defence against diverse variations of the opponents' attack” Lecturer: Lino Červar, prof.	Sports hall
	16,00-17,15	“Methods of speed training in handball” Lecturer: dr. Igor Jukić and dr. Dinko Vuleta	Sports hall
	17,30-18,45	“Organisation of attack against the open aggressive 4:2 and 3:3 defences” EHF- Lecturer: Wolfgang Pollany	Sports hall
06.01.2004.	9,00-10,15	“Methods of attaining and perfecting collective counter-attacks” EHF- Lecturer: Wolfgang Pollany	Sports hall
	10,45-11,45	“Diagnostics of fitness and preparedness of handball players in physical conditioning” Lecturer: dr. Dragan Milanović	Hotel
	14,00 – 15,00	“Nutrition in top-level sport” Lecturer: dr. Mimi Vurdelja	Hotel
	15,15 – 16,15	“Motivation in top-level sport” Lecturer: Mirjana Milanović, prof.	Hotel
	17,00	Departure	