

Federazione Italiana Giuoco Handball



PALLAMANO
DISCIPLINA OLIMPICA

Segreteria Generale

Roma, 24 aprile 2018

Circolare n. 37/2018

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

Oggetto: *Annual Coaching Seminar, Hungary 2018.*

In allegato alla presente si trasmette la Comunicazione pervenuta dalla Federazione Ungherese relativamente all'organizzazione di un seminario per tecnici, in programma dall'8 al 10 giugno p.v. sul lago Balaton.

Distinti saluti.

Il Segretario Generale
Adriano Ruocco



Attention: **National Handball Federations**

Subject: **Annual Coaching Seminar, Hungary 2018**

Dear Handball Friends,

The International Coaching Education Centre of the Hungarian Handball Federation (ICEC-HHF) invites you to its Annual International Coaching Seminar. This course is registered by the EHF and suitable to re-new coaching licences at all levels (RINCK Convention Level I-IV).

Venue: **Balatonfüred, Hungary** (situated at Lake Balaton, approx. 120 km from Budapest Airport, 195 km from Vienna Airport and 170 km from Bratislava Airport)

Dates: **8 - 10 of June, 2018**

Accommodation and Food: **Hotel Marina ******* (all inclusive)

Location of Practical and Theoretical Lectures: **Balatonfüred Sports Hall** (within walking distance of the hotel)

Expenses: the participation fee of **300 Euros** includes full board and accommodation at Hotel Marina (2 nights / 3 days in double rooms*), seminar fee, course material via internet and final certificate. (* = single bedroom for extra fee is possible)

Payment: should be made to: HHF Bank account (*see details on the Registration Form*)

Main theme of the course: **"The Importance of Defence and Conditioning in Modern Handball"**

Lecturers: apart from the Hungarian experts in coaching and sport science, EHF lecturer **Andreas Vock** is also included on the list of lecturers.

Course Language: **Hungarian** (where there is a group of more than 10 persons speaking the same language, translation will be possible)

Additional information is available at the HHF office by contacting Zoltán Marczinka (Tel.: +36 1 435 4223, e-mail: marczinkaz@kezisovetseg.hu) and registration can be made through Imola Hikáde (hikadei@kezisovetseg.hu) until **May 21, 2018**.

I am looking forward to meeting you at Balatonfüred,

Best regards,

Dr. Zoltán Marczinka

Director

International Coaching Education Centre
Hungarian Handball Federation





ICEC

INTERNATIONAL COACHING EDUCATION CENTRE · HUNGARIAN HANDBALL FEDERATION

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Note: please find the **Seminar Schedule**
and the **Registration Form** attached



Registration Form

Annual Coaching Seminar - HUN 2018

Name:

E-mail:

Telephone:

Address:

Accommodation(*please mark*):

☐ I would like a **single room** ☐ a **double room** accommodation.

If you would like a double room please name the person you would like to share with.

Name:

2. Payment:

Name of recipient: MAGYAR KÉZILABDA SZÖVETSÉG
Name of bank: K&H BANK ZRT.
Bank Address: H-1095 BUDAPEST, Lechner Ödön fasor 9.
Account number: 1040 8007 2629 1082 4884 0000
IBAN: HU90 1040 8007 2629 1082 4884 0000
SWIFT: OKHBHUHB

3. Invoice details:

Name:

Address:

EU Tax number (clubs, companies):

Annual Coaching Seminar HUN 2018

The importance of defence and conditioning in modern handball

Date	Venue	Starting time	Finishing time	Event	Presenter	Topic
June 09, 2017	Hotel Marina	07:30	09:00	Registration	Imola Hikáde	
June 09, 2017	Balatonfüred, Sports Hall	09:30	10:45	Practical	N.H.A.	Preparatory exercises to practise defence - National Handball Academy
June 09, 2017	Balatonfüred, Sports Hall	11:00	12:15	Practical	Andreas Vock, EHF	Speed and plyometrics training
June 09, 2017	Balatonfüred, Hotel Marina	12:30	13:45	Lunch		
June 09, 2017	Balatonfüred, Sports Hall	14:00	15:15	Practical	István Csoknyai	Defending successfully when playing 6 versus 7
June 09, 2017	Balatonfüred, Sports Hall	15:30	16:45	Practical	Andreas Vock, EHF	Strength training for core and shoulder
	Balatonfüred, Sports Hall	17:00	18:15	Practical	Gábor Danyi	The basic principles and defence strategy of C.L. winner Győri AUDI ETO
June 09, 2017	Hotel Marina	18:30		Dinner		

Date	Venue	Starting time	Finishing time	Event	Presenter	Topic
June 10, 2017	Balatonfüred, Sports Hall	09:00	10:15	Practical	Andreas Vock, EHF	Conditioning and endurance training in handball
June 10, 2017	Balatonfüred, Sports Hall	10:30	11:45	Practical	Bálint Kilvinger	Organised attack and/or defence after the referee's passive play signal
June 10, 2017	Balatonfüred, Hotel Marina	12:00	13:30	Lunch		
June 10, 2017	Balatonfüred, Sports Hall	14:00	15:15	Practical	Mihály Velky	Creating scoring chances when attacking 7 versus 6
June 10, 2017	Balatonfüred, Sports Hall	15:30	17:30	Practical	Goalkeeper's team	Ability and skill training at goalkeeper's practice.
June 10, 2017	Hotel Marina	18:00	19:30	Dinner		Forming a working relationship between goalkeeper and defender
June 10, 2017	Hotel Marina Bar	20:00	21:30	Match on TV	Bence Egyed	SLO-HUN VCh Qualifier.
June 10, 2017	Hotel Marina Bar	21:30	22:30	Round table discussion		Actual handball matters, trends and tendencies in world handball.

Date	Venue	Starting time	Finishing time	Event	Presenter	Topic
June 11, 2017	Balatonfüred, Lecture room	09:00	10:00	Theory	Dr. Zoltán Marczinka	Defence Analysis of the 1-4 ranked teams at EURO 2018
June 11, 2017	Balatonfüred, Lecture room	10:15	11:15	Theory	Tamás Neukum	Possibilities of improving defence - in relation to indoor and beach handball
June 11, 2017	Balatonfüred, Lecture room	11:30	12:30	ós	Dr. Kálmán Soós	Trends and tendencies of international and domestic refereeing
June 11, 2017	Balatonfüred, Sports Hall	12:45	13:15	Presentation of Licence	Imola Hikáde	
June 11, 2017	Balatonfüred, Hotel Marina	13:00	14:00	Lunch		