EUROPEAN HANDBALL FEDERATION

2020 EHF "RINCK" Convention Seminar

15 – 23 January 2020 in Vienna, Austria

EHF Competence Academy & Network

Hosting City – Vienna, Austria

During the UEFA Euro 2008™ in June 2008, football reigned supreme in Vienna. On the 29th June 2008, Spain was crowned Champions at the Ernst Happel Stadium in Vienna. On the 31th January 2010 the European Men's Handball Champion France was crowned in the Stadthalle arena at the 2010 EHF EURO. Ten years later at the EHF EURO 2020 the Stadthalle arena will host the preliminary and main round once again.

Of course, there are many more things to see and do in Vienna, Austria's capital with 1.8 million inhabitants. Whether you like art and culture, architecture or sports, Vienna has a lot to offer for everyone. Come and enjoy the pulsating life in the city's streets or visit one of the many green parks and gardens to chill and relax. Here is a brief overview of Vienna's most important sights. The City of Vienna looks forward to welcoming its many guests.

Sights
Burgtheater , City Hall , Danube-Tower , Haas-House , Imperial Burial Vault , Imperial Palace - Hofburg, Concert Halls, Parliament , Schönbrunn Palace, Schönbrunn Zoo, Spanish Riding School, St. Charles Church, St. Michael's Church, St. Stephen's Cathedral, Vienna State Opera, The Vienna Prater & The Giant Ferris Wheel

Museums
Albertina, Belvedere , House of Music, Jewish Museum, Künstlerhaus, Leopold Museum, Liechtenstein Museum, MAK - Museum for Applied Art/Contemporary Art, Museum of Fine Arts, Museum of Natural History, MuseumsQuartier, Secession, Sissi-Museum, Technical Museum, Wien Museum, Hundertwasser House

Viennese cuisine
Tourists and locals alike can discover a wide variety of culinary delights in this city that is known for its appreciation of fine flavours. From the traditional Viennese coffee houses and haute cuisine to the hearty meals served in Vienna's inns, this city offers the finest foods and drinks for every palate and budget. Enjoy choice wines, tasty beef dishes or the typical Viennese Kaiserschmarrn (a kind of scrambled pancake with raisins, served with stewed fruit) in select restaurants and inns all around Vienna. More Viennese specialties can be found at the traditional Coffee houses, Inns(Beisln), Heurigen and Sausage stands where you can be sure to meet Viennese people and experience their true "souls" in a relaxed atmosphere.

EHF Methods Commission

Introduced in 2000 this convention concerns the mutual recognition of standards and certificates in the field of coaches´ education in handball in Europe. From the 6 founding nations it has developed to some 40 signatory nations so far. The 2010 edition of the RC that was adopted by the 2010 congress and paved the way to new roads and activities in order to attract all the not-yet-signatory-nations.

One of the most important step into the future is the introduction of a so called “EHF Master Coach and Licencing Course” organised by the EHF itself. This move has to be seen in the light of an upcoming overall EHF licencing system in the near future. The first issue was the “2012 Open EHF Master Coach and Licencing Course”, the further series took place in 2014, 2016 and 2018. In 2020 the next edition of such a high end education course is on offer. The course will consist of three stages and is accessible for all coaches of RINCK Convention signatory countries on level 2 & 3 (confirmed by their Member Federation).

“RINCK” Convention EHF Master Coach and Licensing Course – Module 1:
The first module will take place at the EHF EURO 2020 in Vienna / AUT from 15. – 23. January 2020. Specific handball topics with the emphasis on technical analysis and leadership & management will be presented by EHF Lecturers theoretically and practically.

“RINCK” Convention EHF Master Coach and Licensing Course – Module 2:
The second module of the course is planned in June 2020.
This part shall focus on individualisation like goalkeeping, physical preparation, mental preparation, prevention, as well as communication and new trends in coaching.

“RINCK” Convention EHF Master Coach and Licensing Course – Module 3:
The third part is planned to take place during the EURO for Women in Denmark/Norway in December 2020. Main contents are the tactical approach to match analysis and the defending of the theses by the participants.

Between the first, second and the third part of the course the participants will have to execute several tasks communicated during the 1st and 2nd Module. During the third part of the course they will present and defend their thesis.

After this all “level 3” participants shall be awarded with the diploma “EHF Master Coach” and they will receive the highest EHF licence for coaches, the EHF “PRO Licence. Participants on level 2 will receive the EHF Coaching Licence, thus promoting individually to level 3 of RINCK Convention.

Following the master plan the next issue of the “EHF Open Master Coach Course” shall take place in the year 2022 with identical structure.

EHF Methods Commission
Jerzy Eliasz / Chairman MC
Marta Bon / Methods and Coaching
Peter Kovacs / Education and Training
Pedro Sequeira / Development

EHF / EHF Competence Academy & Network (EHF CAN)

The European Handball Federation (EHF) is the governing body of Handball in Europe! Its 51 Member Federations represent and stand for 51 different kinds of national and international handball know-how. Those individual national handball schools/philosophies shall be made use of by involving experts in order to contribute to the variety of handball education in Europe!

Handball know-how exchange and transfer in Europe shall be fostered as an EHF service for the EHF Member Federations by making use of national and international handball experts as well as external lecturers from sport science, medicine, other sports, economy (marketing, equipment suppliers) and media (press, TV, Internet).

The EHF Competence Academy & Network (EHF CAN) shall be established as an educational service centre for EHF Member Federations with the possibility of granting scholarships in order to minimize or delete financial burdens for them. The same holds good for internal EHF Office management training on the job.

The EHF "CAN" shall be established to develop and deliver sport specific educational and training programmes in order to ensure that coaches, officials, athletes and administrators from all over Europe (and the world) have access to the highest quality education relating to "handball know-how" and competence in e-learning, blended learning, interdisciplinary educational courses of various duration, summer schools or mainstream 2-4 semester courses within the European Education Credit Transfer System (ECTS framework).

The EHF "CAN" shall set-up Business Executive Education programmes for further educating and training sporting administrators, resort managers and event executives in the Handball Event Management Business, e.g. also in event-related courses. The EHF "CAN" shall contain a documentation centre including production of modern teaching aids and media as well as cooperation agreements with research&developing partners, suppliers, universities and testifying institutions.

Contact Information

ORGANISER

European Handball Federation
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CO-ORGANISER

Austrian Handball Federation
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SPORT EVENT

MEN'S EHF EURO 2020
SWEDEN - AUSTRIA - NORWAY
9 - 26 January

2020 Men's European Championship
9 – 26 January 2020 in Sweden - Austria - Norway

Thursday, 16 Jan. 2020
Saturday, 18 Jan. 2020
Monday, 20 Jan. 2020
Wednesday 22 Jan. 2020

Main round matches in Vienna

Course Basics

Course fee	**€800 (incl. VAT)** (Master Coach and Licencing Course including tickets to EURO Matches and Lunch)
Transfer	From Vienna airport: 1. *Taxi* (approx. 30 mins; €40 per ride) 2. *Public transportation* a. S7 train (Vienna Airport -> Vienna Bio Center St. Marx) – change for tram 18 (St. Marx S -> Arbeitergasse/Gürtel) – 3 mins walk Price: €4,20 b. CAT (Vienna Airport – Landstraße) – change to subway "U4" (Landstraße -> Margaretengürtel) – 3 mins walk Price: €13,40
Fee includes	Course participation and documents; coffee breaks, lunches, local transfers to the practical sessions and EURO matches, tickets for EHF EURO main round matches in Vienna (16, 18, 20, 22 January)
Costs	The participants bear all respective costs regarding accommodation (double or single rooms), lodging, dinner and airport transfer. The participants have to cover their travel costs (flight/train/car) themselves.
Accommodation	**Single room: €89 per night/person (incl. VAT) including breakfast** **Double room: €51 per night/person (incl. VAT) including breakfast** Number of rooms in Maxx Steigenberger are limited, entries are based on a "first come, first served" basis. Please inform the co-organiser, Gerald Dimmy – handball@handballeuro2020.com, if you would like to book a room in the course hotel. He will take care of your booking. The price includes: 8 nights and 8 lunches (dinner is not included) from 15-23 January (incl. lunch on 23.). Dinner on the EURO matches day (4 main round games) have to be organised individually.
Optional	If you would like to book different hotel, you will find a selection of different hotels here: *https://mondial-reisen.com/en/promotions/ehf-wien-2020*
Course hotel	Maxx Steigenberger 4* Margaretengürtel 142, 1050 Vienna

Course Basics

Registration	European Handball Federation Hoffingergasse 18 1120 Vienna Austria kozlowska@eurohandball.com Your registration will be confirmed by EHF. For organisational matters, we kindly ask to attach your flight schedule (please find enclosed the registration form)
Deadline	15 November 2019
Course language	English only
Payment conditions	Total amount (course fee, accommodation, optional) should be paid by bank transfer.
Bank connection	ÖHB Marketing- und Veranstaltungs GmbH Steiermärkische Sparkasse IBAN: AT32 2081 5000 4207 7966 BIC: STSPAT2GXXX
Organiser	EUROPEAN HANDBALL FEDERATION Beata Kozłowska Hoffingergasse 18 1120 Vienna AUSTRIA kozlowska@eurohandball.com Tel: +43 1 80151 152
Co-organiser	AUSTRIAN HANDBALL FEDERATION Hauslabgasse 24 1050 Wien Austria
Program	The draft of the programme might be changed due to organisational reasons.

Presenters

Peter Kovacs (HUN)

EHF Methods Commission Member
Education and Training Expert

Zoltan Marczinka (HUN)

EHF Lecturer & Master Coach
Deputy Technical Director – Hungarian Handball Federation since 2007

Wolfgang Pollany (AUT)

EHF Lecturer & Master Coach
Professional handball coach

Johann Ingi Gunnarsson (ISL)

Psychologist
Former Top Coach in GER Bundesliga

Antonio Ojeda (ESP)

EHF Scientific Network Member
Specialist Sports Applications

Beata Kozlowska (EHF)

Course Coordinator
Business Unit Methods

Marko Sibila (SLO)

EHF Lecturer & Master Coach
Head of Slovenian Handball Trainer Association since 1995
Member of Union of University Handball Teacher

Stefan Walzel (GER)

EHF Scientific Network Member
Specialist Sports Economics and Sports management

Lars Bojsen Michalsik (DEN)

Specialist of Sport Science and Clinical Biomechanics

Milan Petronijevic (SRB)

EHF Lecturer & Master Coach

Helmut Höritsch (EHF)

EHF CAN Coordinator

Seminar Schedule

Thursday 16.01.20	9.00-9.45	Opening, Introduction, general information criterias, theses of the EHF Master Coaches Course
	9.45-10.30	Professional Handball Coach Profile
	10.30-10.45	Coffee break
	10.45-11.30	The young athlete - studies
	11.30-12.15	Coaching app
	12.15-13.15	Lunch Break
	13.15-14.00	Coaching in Europe
	14.00-15.00	Coaching philosophy
	15.00-22.00	EURO matches
Friday 17.01.20	9.00-10.30	Matches review (interactive)
	10.30-11.15	Thesis writing/ Assignments
	11:30 – 12:30	Lunch
	13:15 – 14:00	Changing of the defence system against organised attack at the Men's Final4 2019
	14.00-15.30	Improving conditional abilities: strength and agility
	15.30-15.45	Coffee break
	15.45-16.30	Handball specific conditioning: for faking and when shooting from the air EURO Matches on TV
Saturday 18.01.20	9.00-10.30	The difference of coaching male and female handball players
	10.30-10.45	Coffee break
	10.45-12.15	Selection and talent identification in handball - testing the important DATA
	12.15-13.30	Lunch Break
	13.30-15.00	iBall, Players tracking
	15.00-22.00	EURO matches
Sunday 19.01.20	9.00-10.30	Matches Review (interactive)
	10.30-11.00	Coffee break
	11.00-12.30	Technology of testing
	12.30-13.30	Lunch break
	13.30-14.15	Physical testing of the players: during the training and during the match
	14.15-14.30	Break
	14.30- 15.15	Testing the state of the players from the physiological approach
	15.15-15.30	Break
	15.30-17.00	Endurance training: aerobic and anaerobic capacity EURO Matches on TV

Seminar Schedule

Monday 20.01.20	9.00-10.30	Handling of succes and failure
	10.30-10.45	Coffee break
	10.45-12.15	Relationship between the players, players and coaches, conflict in the team
	12.15-14.00	Lunch break
	14.00-14.45	Supporting the talents - the SLO way system and srategy. Structure of the SLO selction system
	15.00-22.00	EURO matches
Tuesday 21.01.20	9.00-10.30	Matches Review (interactive)
	10.30-10.45	Coffee break
	10.45-12.15	Scouting
	12.15-14.00	Lunch break
	14.00-15.30	Relevant data for the coaches
	15.30-15.45	Coffee break
	15.45-16.30	From the start to the senior national team - stations and milestones
	16.30-17.15	Training periodization
		EURO Matches on TV
Wednesday 22.01.20	9.00-10.30	Digital Scoresheet
	10.30-10.45	Coffee break
	11.00-11.45	Planning the season - long and short periods
	11.45-12.30	Strategy, tools and methods to implament the plans
	12.30-14.00	Lunch break
	14.00-14.45	Communication on court - Referee, Coach, Player
	15.00-22.00	EURO matches
Thursday 23.01.20	9.00-10.30	Match reviews (interactive)
	10.30-10.45	Coffee break
	10.45-11.30	Comprehensive analysis MECH 2020
	11.30-12.00	Official information
	12:00-13:00	Lunch
	13:00	Closing

Course Registration

Name	
Address	
Country	
Name of your Club/Fed	
Job function	
International phone	
Email address	

Flight details: .....

Accommodation information	Name of the hotel: ☐ Maxx Steigenberger *(see invitation letter)*
	☐ Hotel (double bed room) ☐ Hotel (single bed room) *Please tick as appropriate.*
Number of nights	
Price per night in €	
Total amount in €	
Arrival day:	
Departure day:	

Signature ..... Date .....

Please return to the EHF by **15 November 2019**
e-mail: kozlowska@eurohandball.com

Booking: The inscription for the 2020 EHF "Rinck" Convention Master / 1st module has to be done by filling in the registration form. By the receipt of the inscription the contract between the participant and the EHF is valid. The EHF is not liable for any printing mistakes or changes of the programme.

Cancellation: Cancellations have to be submitted in writing. Participation can be cancelled up to 1 month (12.12.2019) before the beginning of the Course, 50% of the participation fee has to be paid. For cancellations after this period, no refund will be paid.