

INTERNATIONAL HANDBALL COACHES COURSE						
SEPTEMBER 17-23, 2019						
PROGRAMME						
TIME	DAY	SEPTEMBER 17, 2019	PLACE	LECTOR	ORGANIZATION	OPEN TRAININGS
19:00-20:30	OPEN TRAINING	AUDENTESE HANDBALL GROUP -HANDBALL TRAINING	KRISTIINE SPORT (FORELLI 12, TALLINN)	JOCHEN BEPPLER	IHF	
TIME	DAY	SEPTEMBER 23, 2019	PLACE	LECTOR	ORGANIZATION	OPEN TRAININGS
19:00-20:30	OPEN TRAINING	AUDENTESE HANDBALL GROUP -HANDBALL TRAINING	ARUKÜLA PÕHIKOO	JOCHEN BEPPLER	IHF	
19.-22.09.2019 PÕLVA, MESIKÄPA HALL AND SCHOOL AUDITORIUM						
TIME	DAY 1	SEPTEMBER 19, 2019	PLACE	LECTOR	ORGANIZATION	IT IS AN OPEN DAY FOR ALL THE COACHES SEMINAR PARTICIPANTS FOR TALENT CAMP TRAININGS AND LECTURERS
10:00-11:00	OPEN TRAINING	BASIC TECHNIQUE, DIFFERENT PASSES, INDIVIDUAL SHOOTING TECHIQUE (BALANCE, FORCE, POSITION OF HANDS-BODY-LEGS, DISTANCE OF DEFENCE ETC.)	MESIKÄPA HALL	JOCHEN BEPPLER	IHF	
11:30-12:30	OPEN LECTURE	WHAT IT MENAS TO BE AN ATHLETE? (EST)	AUDITORIUM	MERILI LUUK	EOK	
13:00-14:00	LUNCH					
14:00-15:00	OPEN TRAINING	DEFENDERS POSITION, IDIV. TECHIQUE AND COOPERATION, PRONCIPLES OF 6:0, 5:1 AND 3:2:1 DEFENCE	MESIKÄPA HALL	JOCHEN BEPPLER	IHF	
15:30-16:30	OPEN LECTURE	ATHLETES PUBLIC SPEAKING (EST)	AUDITORIUM	MERILI LUUK	EOK	
16:30-18:00	LIGHT MEAL					
18:00-19:15	OPEN TRAINING	FYSICAL CONDITION TRAINING (PREPARATION OF THE BODY)	MESIKÄPA HALL	JOCHEN BEPPLER	IHF	
19:00-20:30	DINNER					
TIME	DAY 2	SEPTEMBER 20, 2019	PLACE	LECTOR	ORGANIZATION	COACHES SEMINAR
10:00-11:00	LECTURE	INTRODUCTION OF SEMINAR. MAIN TOPICS	AUDITORIUM 2	JOCHEN BEPPLER	IHF	
11:00-11:30						
11:30-13:00	LECTURE	BASIC TECHNIQUE, DIFFERENT PASSES, INDIVIDUAL SHOOTING TECHIQUE (BALANCE, FORCE, POSITION OF HANDS-BODY-LEGS, DISTANCE OF DEFENCE ETC.)	AUDITORIUM 2	JOCHEN BEPPLER	IHF	
13:00-14:00	LUNCH					
14:00-15:15	OPEN TRAINING	BASIC TECHNIQUE, DIFFERENT PASSES, INDIVIDUAL SHOOTING TECHIQUE (BALANCE, FORCE, POSITION OF HANDS-BODY-LEGS, DISTANCE OF DEFENCE ETC.)	MESIKÄPA HALL	CARLOS PRIETO MARTOS	EHF	
15:15-15:45						
15:45-16:45	LECTURE	DEFENDERS POSITION, IDIV. TECHIQUE AND COOPERATION, PRONCIPLES OF 6:0, 5:1 AND 3:2:1 DEFENCE	AUDITORIUM 2	JOCHEN BEPPLER	IHF	
16:45-18:00	LIGHT MEAL					
18:00-19:15	OPEN TRAINING	PHYSICAL TRAINING (DEVELOPMENT OF STRENGHT) (EST)	MESIKÄPA HALL	LIISA VEERLA	FYSIOCENTRUM	
19:00-20:45	DINNER			AIRA FERSCHEL		
TIME	DAY 3	SEPTEMBER 21, 2019	PLACE	LECTOR	ORGANIZATION	COACHES SEMINAR
10:00-11:00	LECTURE	YOUTH DEVELOPMENT IN GERMANY	AUDITORIUM 2	JOCHEN BEPPLER	IHF	
11:00-11:30						
11:30-12:45	LECTURE	PHYSICAL PERPARATION, PRE SEASON	AUDITORIUM 2	JOCHEN BEPPLER	IHF	
13:00-14:00	LUNCH					
14:00-15:00	OPEN TRAINING	GOALKEEPERS TRAINING	MESIKÄPA HALL	JANNE EKMANN	KÄSIPALLILIIT	
15:00-15:30						
15:30-16:30	LECTURE	HOW TO FIND THE TALENT, WHAT IS IMPORTANT IN THIS PROCESSE?	AUDITORIUM 2	JOCHEN BEPPLER	IHF	
16:30-18:00	LIGHT MEAL					
18:00-19:15	OPEN TRAINING	PHYSICAL TRAINING, INJURI PREVENTION, RECOVERY PROCESSESSES, MOVMENT CAPASITY (EST)	MESIKÄPA HALL	MARTIN NOODLA	KÄSIPALLILIIT	
19:15-19:30						
19:00-20:30	DINNER					
TIME	DAY 4	SEPTEMBER 22, 2019	PLACE	LECTOR	ORGANIZATION	COACHES SEMINAR
10:00-11:15	LECTURE	DEFENCE POSITION/INDIVIDUAL DEFENCE	AUDITORIUM 2	JOCHEN BEPPLER	IHF	
11:15-11:30						
11:30-13:00	LECTURE	GUIDLINES OF THE MODERN HANDBALL (TALENT DEVELOPMENT)	AUDITORIUM 2	JOCHEN BEPPLER	IHF	
13:00	CLOSING	COLSING AND CERTIFICATES				
13:00-14:00	LUNCH					
		INDIVIDUAL DEPARTURE				