

**2004 YOUNG HANDBALL TALENTED CAMP  
FEBRUARY 27- MARCH 1, 2020 IN PÖLVA**

TIME	DAY 1	FEBRUARY 27, 2020	B/G	PLACE	LECTOR	ORGANIZATION
		INDIVIDUAL ARRIVAL	ALL	MESIKÄPA HALL		
9:30		INTRODUCTION	ALL	MESIKÄPA HALL		
10:00-11:15	TRAINING	ATTACK BASES OF THE SYSTEM	BOYS	MESIKÄPA HALL	CARLOS PRIETO	EHF
10:00-11:15	LECTURE	MEDIA AND COMMUNICATION SKILLS	GIRLS	AUDITORIUM	MERILI LUUK	EOK
11:15-11:30						
11:30-12:45	TRAINING	ATTACK BASES OF THE SYSTEM	GIRLS	MESIKÄPA HALL	CARLOS PRIETO	EHF
11:30-12:45	LECTURE	MEDIA AND COMMUNICATION SKILLS	BOYS	AUDITORIUM	MERILI LUUK	EOK
13:00-14:00	LUNCH		ALL			
14:00-15:15	TRAINING	ATTACK ANALYSIS CAPACITY, ADAPTIVE CAPACITY	BOYS	MESIKÄPA HALL	CARLOS PRIETO	EHF
14:00-15:15	LECTURE	CAMERA TRAINING (HOW TO GIVE THE INTERVIEW)	GIRLS	MESIKÄPA HALL	MERILI LUUK	EOK
15:15-15:30						
15:30-16:45	TRAINING	ATTACK ANALYSIS CAPACITY, ADAPTIVE CAPACITY	GIRLS	MESIKÄPA HALL	CARLOS PRIETO	EHF
15:30-16:45	LECTURE	CAMERA TRAINING (HOW TO GIVE THE INTERVIEW)	BOYS	MESIKÄPA HALL	MERILI LUUK	EOK
16:45-18:00	LIGHT MEAL					
18:00-19:30	LECTURE	HANDBALL COMMUNICATION SKILLS	ALL	AUDITORIUM	CARLOS PRIETO	EHF
19:30-20:15	DINNER		ALL			
20:15		TRANSPORT TO ACCOMMODATION	ALL			
22:15	GOOD NIGHT!					
TIME	DAY 2	FEBRUARY 28, 2020	B/G	PLACE	LECTOR	ORGANIZATION
		TRANSPORT TO ACTIVITIES				
9:00	BREAKFAST					
10:00-11:15	TRAINING	ATTACK SENSE OF GAME, DECISION MAKING, REFLECTIONS FROM TRAINING TO MATCH, FACING THE CHALLENGES, USE OF HANDBALL TOOLS	BOYS	MESIKÄPA HALL	CARLOS PRIETO	EHF
10:00-11:15	LECTURE	CAMERA TRAINING (HOW TO GIVE THE INTERVIEW)	GIRLS	AUDITORIUM	MERILI LUUK	EOK
11:15-11:30						
11:30-12:45	TRAINING	ATTACK SENSE OF GAME, DECISION MAKING, REFLECTIONS FROM TRAINING TO MATCH, FACING THE CHALLENGES, USE OF HANDBALL TOOLS	GIRLS	MESIKÄPA HALL	CARLOS PRIETO	EHF
11:30-12:45	LECTURE	CAMERA TRAINING (HOW TO GIVE THE INTERVIEW)	BOYS	AUDITORIUM	MERILI LUUK	EOK
13:00-14:00	LUNCH					
14:00-15:15	TRAINING	DEVELOPMENT OF THE WEAK POINTS	BOYS	MESIKÄPA HALL	CARLOS PRIETO	EHF
14:00-15:15	LECTURE	BUILDING PERSONAL BRAND	GIRLS	AUDITORIUM	MERILI LUUK	EOK
15:15-15:30						
15:30-16:45	TRAINING	DEVELOPMENT OF THE WEAK POINTS	GIRLS	MESIKÄPA HALL	CARLOS PRIETO	EHF
15:30-16:45	LECTURE	BUILDING PERSONAL BRAND	BOYS	AUDITORIUM	MERILI LUUK	EOK
16:45-17:30	LIGHT MEAL					
18:00-19:30	TRAINING	PRE AND POST WORKOUT ROUTINE, TAKING CARE OF OUR BODY/GAME?	ALL	MESIKÄPA HALL	CARLOS PRIETO MARTIN NOODLA	EHF
19:30-20:15	DINNER		ALL			
20:15- 21:15	TEAM BUILDING	TEAM BUILDING EVENT	ALL	AUDITORIUM	MARTIN NOODLA	EKL
21:20		TRANSPORT TO ACCOMMODATION				
22:15	GOOD NIGHT!					
TIME	DAY 3	FEBRUARY 29, 2020	B/G	PLACE	LECTOR	ORGANIZATION
		TRANSPORT TO ACTIVITIES				
9:00	BREAKFAST		ALL			
08:40-11:00	TESTS		BOYS	MESIKÄPA HALL		FYSIOMED
09:30-11:00	LECTURE	MINDSET, DECISION MAKING, ACADEMIC BACKGROUND, SOLUTION ORIENTED, HOW TO DO IT?	GIRLS	AUDITORIUM	AAVE HANNUS	TARTU ÜLIKOOL
11:30-13:00	TESTS		GIRLS	MESIKÄPA HALL		FYSIOMED
11:30-13:00	LECTURE	MINDSET, DECISION MAKING, ACADEMIC BACKGROUND, SOLUTION ORIENTED, HOW TO DO IT?	BOYS	AUDITORIUM	AAVE HANNUS	TARTU ÜLIKOOL
13:00-14:00	LUNCH		ALL			
14:00-15:15	TRAINING	DEFENCE, THE MOST IMPORTANT ELEMENTS	BOYS	MESIKÄPA HALL	KALMER MUSTING	KÄSIPALLILIIT
14:00-15:15	LECTURE	HOW TO BE STRONG? HOW TO DEAL WITH FREE TIME, SCHOOL, SPORTS AND FAMILY? HOW TO MANAGE WELL ALL THESE AREAS?	GIRLS	AUDITORIUM	AAVE HANNUS	TARTU ÜLIKOOL
15:15-15:30						
15:30-16:45	TRAINING	DEFENCE, THE MOST IMPORTANT ELEMENTS	GIRLS	MESIKÄPA HALL	RAGNAR PÖLDMA MARTIN NOODLA	KÄSIPALLILIIT
15:30-16:45	LECTURE	HOW TO BE STRONG? HOW TO DEAL WITH FREE TIME, SCHOOL, SPORTS AND FAMILY? HOW TO MANAGE WELL ALL THESE AREAS?	BOYS	AUDITORIUM	AAVE HANNUS	TARTU ÜLIKOOL
16:45-18:00	LIGHT MEAL					
18:00-19:30	TRAINING	PASSING TECHNIQUE, FEET MOVEMENT BEFORE FEINTS & SHOTS, 0-STEP ETC.	ALL	MESIKÄPA HALL	MARTIN NOODLA	KÄSIPALLILIIT
19:30-19:45						
19:30-20:15	DINNER		ALL			
20:15-21:15	TEAM BUILDING	TEAM BUILDING EVENT	ALL	AUDITORIUM	MARTIN NOODLA	KÄSIPALLILIIT
21:15		TRANSPORT TO ACCOMMODATION	ALL			
22:15	GOOD NIGHT!					
TIME	DAY 4	MARCH 1, 2020	B/G	PLACE	LECTOR	ORGANIZATION
		TRANSPORT TO ACTIVITIES				
9:00	BREAKFAST					
10:00-11:15	TRAINING	STRENGTH TRAINING	GIRLS	MESIKÄPA HALL	PEEP PÄLL	TARTU ÜLIKOOL
10:00-11:15	LECTURE	HOW TO BE PREPARED AS SPORTSMEN?	BOYS	AUDITORIUM	MARTIN NOODLA	KÄSIPALLILIIT
11:15-11:30						
11:30-12:45	TRAINING	STRENGTH TRAINING	BOYS	MESIKÄPA HALL	PEEP PÄLL	TARTU ÜLIKOOL
11:30-12:45	LECTURE	HOW TO BE PREPARED AS SPORTSWOMEN?	GIRL	AUDITORIUM	JANELI PATRIL	KÄSIPALLILIIT
13:00-14:00	LUNCH					
14:00-15:00	TRAINING	GIRLS MATCH	GIRLS	MESIKÄPA HALL	RAGNAR PÖLDMA MARTIN NOODLA	KÄSIPALLILIIT
15:00-16:00	TRAINING	BOYS MATCH	BOYS	MESIKÄPA HALL	KALMER MUSTING	KÄSIPALLILIIT
15:30-16:30	LIGHT MEAL	CLOSING	ALL			
		INDIVIDUAL DEPARTURE	ALL			