

## SEMINAR FOR COACHES AND GOALKEEPERS

The main topic: Handball goalkeepers

Croatian lecturer Mr. Marko Markis CV

<https://drive.google.com/file/d/0B1gRxFrsdOOnWGtaTDBjGpUZW8/view>

Time: February 3-4, 2018

Venue: The seminar will be in Kehra.

Theoretical part – Kehra Secondary School and practical part – Kehra Sports hall.

Language: Seminar will be in English.

Registration to participate: Please make the registration to participate in the seminar using following link <https://goo.gl/forms/rYd1RB8OmvhRGzg82>

Seminar programme:

February 3, 2018 (Saturday)

09:30 Coffee table ready

**10:00-12:00 atkiivne ettekanne 120 min -> Kuidas arendada enda antidopingu radarit? Elina Kivinukk - SA Eesti Antidopingu juhatuse liige**

12:00-12:15 coffee break

**12:15-13:45 1 part theory -> 90 minutes presentation Basic of the handball goalkeepers**

13:45-14:45 lunch (every participant will take care it by themselves)

**14:45 -16:00 1 part practical training -> 90 minutes**

16:00-16:15 coffee break

**16:15-17:45 2 part theory -> 90 minutes presentation Advanced of the handball goalkeepers**

February 4, 2018 (Sunday)

09:30 Coffee table ready

**10:00-11:30 2 part practical training -> 90 minutes**

11:30-11:45 coffee break

**11:45-13:15 3 part theory -> 90 minutes presentation Physical fitness of the handball goalkeepers**

13:15-14:15 lunch (every participant will take care it by themselves)

**14:15-15:45 3 part practical training -> 90 minutes**

15:45 conclusion and certificates