

Coaching Course Olympic Handball (Module 1)

31st of January – 10.00 a.m. to 6.00 p.m.

Venue: Sligo IT

Entry requirement: Basic experience as player and/or coach in Olympic Handball, knowledge of rules and basic concepts of the game. Minimum age of participants: 16.

This course is recognised as part of the IOHA Level 1 Coaching Course. Modules 2 and 3 will take place in Dublin in May 2015, depending on demand a separate Module 2 can be organised in Sligo also. For more info contact Robert Hamm (soha2000@gmx.net or ph: 071 9150428).

31. 01. 2015 planner for the day:

10.00 - 11.00 The role of the coach (Andres Eiriksson)
11.00 - 1.00 Planning/Appraisal (Andres Eiriksson)
1.30 - 3.30 Practice: Technical skills, individual; course participants will be actively involved in parts of the session. (Robert Hamm)
4.00 - 6.00 Psycho-social dimensions of player development and coaching (Robert Hamm)

To bring on the day:

- a) writing materials, note-pad
- b) sports gear (for active participation in the practice session)
- c) lunch/snack; on a Saturday the canteen in Sligo IT is closed, please make sure you bring your own provisions.

Location

The course takes place at Sligo IT
Rooms for the course are:
10.00 - 1.00 **Library Seminar Room 3/4**
1.30 - 3.30 Practice Session in **Knocknarea Arena**
4.00 - 6.00 **Lecture Room E 1008**
you can find the location of the rooms on the main campus map:
<http://itsligo.ie/contact-us/campus-tour/>

Money:

Due to financial support from Sligo IT Handball Club there is only a fee of 10 euro for the day. We will collect the fee at the beginning of the course.

Preparation

To ensure that you get the most out of the day it is essential that you do some preparation work in advance. This concerns the practice session and the session on psycho-social dimensions. The preparation work will take approx. 2 hours. You will receive details of the required preparation on registering.

Registration

It is advisable to register as early as possible for preparation purposes, see above. Please register your participation by 28th of January latest by sending an e-mail to: soha2000@gmx.net or phone: 071 9150428

Fun

This course is designed in a manner that it will be fun. You will be actively involved in the various parts, theory and practice alike.

We look forward to seeing you on the day.

for the organizers
Robert Hamm
Sligo IT Olympic Handball Club