



45th

Central Seminar



Coaches Association

CROATIAN HANDBALL FEDERATION

POREČ, CROATIA, 13th to 15th May 2022

www.uhrt.hr

Sports Hall Žatika, Poreč

Programme of the 45th Central Seminar for the CHF Association of Coaches and EHF PRO Licence Renewal

SCHEDULE

DATE / THEME / LECTURERS

Friday, 13th May 2022

9:00	SEMINAR OPENING CEREMONY
9:30-10:00	Rules of the game – Changes to take place on 1 st July 2022 Lecturer: Boris Milošević
10:15-11:30	Introductory-preparatory part of a training session for younger age category players using elementary games Lecturers: Vedran Krkač and Nenad Šoštarić
11:45-13:15	New challenges in sport, a neuroscientific approach Lecturer: Ranko Rajović

Saturday, 14th May 2022

9:00-10:15	Transition from various defensive formations into attacking activities Lecturer: Vlado Šola
10:30-12:00	Cognitive-motor integration in sport Lecturer: Ranko Rajović
12:15-13:45	Croatian model of proactive 5:1 defence Lecturers: Lino Červar and the Croatian national team selectors Hrvoje Horvat, Igor Vori, Krešo Ivanković, and Ivan Dragić

Sunday, 15th May 2022

8:30-9:30	Goalkeeper's technique and tactics when saving shots taken from wide positions (wings and backs) Lecturer: Vlado Šola
9:45-11:00	Training for pivots and play with two pivots in attack on 6:0 and 5:1 zones Lecturers: Nenad Šoštarić and Vedran Krkač
11:15-12:30	Gross movements in attack – group teaching drills for younger age categories Lecturers: Tino Pavić and Nikola Foretić
12:45-13:45	How to save shots taken from the pivot's positions Lecturer: Ana Križanac
13:50	SEMINAR CLOSING

Seminar Manager
Lidija Bojić-Čaćić

CHF Coaches Association President
Lino Červar