

# **HANDBALL FOR ALL EDITION 2021 - PLAN OF ACTIVITIES**

## **Monday 28. June**

Belgrade, Parking "Sava Center" 9,30h, Transfer to Hotel "Aquastar", Kladovo  
Sport Hall, 18h: **N. Sostaric** (CRO): "Movements with/out the ball with task to speed up the game"  
Hotel, 21,30h Players night: **B. Jelcic** (SRB): "Communication within the team"  
Hotel, 21,30h Coaches night: **N. Sostaric** (CRO): "Achieving the goal through different paths"

## **Tuesday 29. June**

Morning, Sport Hall, 10h: **K. Feldman** (GER): "Training attack under pressure"  
Afternoon, Sport Hall, 18h: **N. Sostaric** (CRO): "Improving defense through different types of movement"  
Additional part - **N. Sostaric** (CRO): "Specific individual work with Back players"  
Hotel, 21,30h Players night: **A. Petrovic** (SRB): "Warm up principles"  
Hotel, 21,30h Coaches night: **B. Jelcic** (SRB): "Psychological momentum"

## **Wednesday 30. June**

Morning, Sport Hall, 10h, **K. Feldmann** (GER): "Attack the attackers - variable defense"  
Afternoon, Sport Hall, 18h: **D. Djukic** (SRB): "Handball technique as part of tactics"  
Additional part - **A. Petrovic** (SRB): "Single leg - long jump"  
Hotel, 21,15h Players night: **B. Jelcic** (SRB): "Psychologist vs. peak performing"  
Hotel, 21,15h Coaches night: **A. Petrovic** (SRB): "Pliometric training programming"  
Hotel, 22h Coaches night: **K. Feldman** (GER): "1vs1 - a simple structure of possible solutions"

## **Thursday 01. July**

Morning, Sport Hall, 9h: **A. Petrovic** (SRB): "Significance of eccentric contraction"  
Excursion, 11h Vratnianske kapije  
Afternoon, Sport Hall, 18h, **D. Djukic** (SRB): "Open defence - step forward"  
Additional part - **I. Vori** (CRO): "Specific exercise for the pivots"  
Evening, Hotel, 21,30h: **I. Vori** (CRO): "The player's life-inside view" Questions and answers

## **Friday 02. July**

Morning, Gym, 10h, **A. Petrovic** (SRB): "Specific strength training"  
Afternoon, Sport Hall, 18h: **M. Radosavljevic** (SRB): "Goalkeepers - situational training"  
Additional part - **D. Djukic** (SRB): "Specific exercise for the wings"  
Hotel, 21,30h Players night: **D. Stojanovic & D. Grbic** (SRB): "What we know about handball"  
Hotel, 21,30h Coaches night: **D. Adzic** (MNE): "Periodization in handball"

## **Saturday 03. July**

Morning, 11h: Boat trip on Danube  
Afternoon, Sport Hall, 17h, **D. Adzic** (MNE): "The evolution of proactive defense"  
Evening, Hotel, 20,30h - Closing ceremony

## **Sunday 04. July**

10h, Bus Transfer to Belgrade  
Free time for shopping and sightseeing, individual departure