|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1. Course title: **Visiting trainings III. (Handball)** | | | | | |
|  | | | | |
| 2. Code: | | 3. Type (lecture, practice etc.): practice | | | |
|  | | | | |
| 4. Contact hours: 2 hoursper week | | 5. Number of credits (ECTS): 2 | | | |
|  | | | | |
| 6. Preliminary conditions (max. 3): | | | | | |
|  | | | | |
| 7. Announced:fall semester, spring semester, both | | | | | |
|  | | | | |
| 8. Limit for participants: | | | | | |
|  | | | | |
| 10. Responsible teacher (faculty, institute and department):Gergely Szappanos | | | | | |
| **Balázs Meszler** | | | | |
| 11. Teacher(s) and percentage: | | Gergely Szappanos | | 50% | |
| Contrybutory teachers, coaches | | 50% | |
|  | |  | |
|  | |  | |
|  | |  | |
|  | | | | |
| 12. Language:English | | | | | |
|  | | | | |
| 13. Course objectives and/or learning outcomes:  Objectives: The main object is to demonstrate practical, theoretical, physical, psychological and teaching methods during handball practices. It gives an overview of the duties of handball coaches, communication with parents and children. It also gives knowledge about technical, tactical, physical and intellectual development of handball players.  **Outcomes:** The students should learn about the structure, the characteristics of a handball training, and the speciality of leading training for different aged athletes. The students should be able to plan and lead trainings.  They should learn about the pedagogical, sociological, psychological work of the trainer, and will be able to use them in practice. | | | | | |
|  | | | | |
| 14. Course outline   1. Safety instructions. Terms of completing the course. 2. The knowledge of shaping a handball team. 3. The knowledge of organizing a handball team. 4. Training leadership exercise. 5. Macrocycle planning exercises in handball I. 6. Macrocycle planning exercises in handball II. 7. The planning work of the trainer I. 8. The planning work of the trainer II. 9. The connection between the trainings. 10. Training according to game elements, game systems. 11. Practicing technical and tactical elements. 12. Training analysis considering the tactical solutions and executions.   Repeating the technical and tactical elements based on certain in game situations. | | | | | |
|  | | | | |
| 15. Mid-semester works   1. Leadership exercises at junior teams 2. Leading the presentation training 3. Test 4. The macrocycle planning turn in deadline | | | | | |
|  | | | | |
| 16. Course requirements and grading  Practice requirements 10%, test 40%, Macrocycle plan 40%, training leading 10%.  Mark in the rate by the archived total score:  Grades:  0–50% fail  51–65% acceptable  66–75% average  76–90% good  91–100% excellent | | | | | |
|  | | | | |
| 17. List of readings   1. Official IHF Handball Rules, 2016 IHF 2. Zoltán Marczinka (2015). Playing Handball, Trio Budapest | | | | | |
|  | | | | |
| 18. Recommended texts, further readings | | | | | |
|  | | | | |
| **Date** | 05/05/2017 | **Prepared by** | **Robert PAIC** | | |
| responsible teacher | | |
|  | | | | |
| **Endorsed by** | | | **Dr. Márk VÁCZI** | | |
| program supervisor | | |