

**Handball seminar “Danish way and training for U8 kids” in Tallinn, Estonia, May 23-24, 2015.**

**Location:** Peetri Põhikool-Lasteaed (Pargi tee 6, Peetri borough, Rae parish) – 6,2 km from Tallinn center

**Organizer:** Handballclub HC Tallinn with Denmark Handball Federation



**Saturday, May 23**

- 10.00-10.30 Welcome and presentation
- 10.30-11.30 Theory – recruiting
- 11.30-12.00 Theory - links and places to look for handball exercises
- 12.00-13.00 Lunch
- 13.00-14.00 Practice – basic exercises
- 14.15-15.15 Practice - throwing and catching techniques
- 15.30-16.30 Practice – attack exercises, 1 vs 0, 1 vs 1, 2 vs 1 etc...
- 16.45-17.30 Theory - U8
- 17.30-18.00 Questions

**Sunday, May 24**

- 9.00-9.15 Today's program and questions
- 9.15-10.00 Theory - matches and practice
- 10.15-11.15 Practice - defence and matches
- 11.30-12.30 Practice - handball games (Handball is fun and practice should be as well)
- 12.30-13.30 Lunch
- 13.30-14.30 Catch up
- 14.30-15.00 Questions



**Instructor for U8 seminar:** Gorm Andersen (former DHF consultant and men national team coach in Bahrain for 3 years/Beach Handball national team coach DHF. Now the head coach of children and youth in a big club in Copenhagen and IHF Beach Handball instructor).

**Participating fee for U8 seminar:** 30 EUR (participants will get certification)

**Registration deadline for U8:** May 20, 2015

**Registration and questions:** [noored@hctallinn.ee](mailto:noored@hctallinn.ee) or +372 55 19 440

Danish Way seminars will continue with U10, U12, U14 in 2015 and U16, U18 & adults in 2016 in Tallinn

**Next seminar:** U10 (June 27-28, 2015), registration deadline June 15, 2015

**Instructor:** Søren Simosen, Denmark Handball Federation