



# HANDBALL INTERNATIONAL EDUCATION PROJECT

## Deliverable 5 D3.1 Project Training Programme

Date: November 2024

FIGH – Federazione Italiana Giuoco Handball

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## Introduction

The **Handball International Education Project (HIEP)** represents a significant effort to modernise and standardise handball coaching across Europe, ensuring the sport's growth and inclusivity, particularly among young people and underrepresented groups. The project is designed to overcome the disparities in handball coaching practices across Europe, where certain regions have access to well-developed coaching systems, while others face barriers such as limited resources, lack of trained coaches, and insufficient opportunities for youth participation.

HIEP's primary objectives include improving the quality of handball coaching, fostering inclusivity, and embracing digital tools to enhance coaching education. The project aims to create a cohesive framework for coaching development, where resources are accessible and adaptable to different cultural and regional contexts. Central to this goal is the **Coaches Manual** and the **e-learning platform**, both developed from comprehensive research conducted during the **WP2 research phase**. The research phase involved a literature review, stakeholder focus groups, and analysis of best practices from across Europe, all of which informed the development of these resources.

The **international training course**, held in **Chieti, Italy** in June 2024, marked a pivotal point in the project, as the first live implementation of the programme. During this course, participants from multiple European countries were introduced to the resources developed under HIEP. The training combined **theoretical knowledge** with **hands-on coaching techniques**, offering participants practical strategies and tools that they can use to improve their own coaching practices and develop future generations of handball players. A key goal of the training was to ensure that the resources, namely the **Coaches Manual** and **e-learning platform**, are used effectively and consistently across different regions.

Following the Chieti course, the participants are expected to implement **local workshops** in their respective countries. These workshops will serve as a means to cascade the knowledge gained during the international training, ensuring that a broad audience of coaches, teachers, and trainers across Europe can benefit from the HIEP materials. This **train-the-trainer model** will help ensure the sustainability of the project's impact beyond the initial training course. The local workshops will focus on adapting the international training content to local contexts, helping participants address specific challenges they face in their regions while promoting the best practices identified in the project.

The following sections of this deliverable will present the **detailed training programme material** that was used during the **Chieti training course**. This will include an in-depth description of the **training modules**, **coaching methodologies**, **teaching techniques**, and **digital resources** that were introduced to the participants. These materials are designed to provide coaches with a comprehensive toolkit that includes **fundamental coaching principles**, **progressive player group development** techniques, and strategies for **inclusive coaching** that cater to diverse audiences.

In addition, the document will describe the practical elements of the training programme, including **coaching drills**, **teaching strategies**, and **feedback mechanisms** that were



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implemented during the course. These elements are aligned with the overall objectives of HIEP: to improve coaching standards, promote handball as an inclusive sport, and integrate digital tools into coaching practice.

The following sections will detail each aspect of the **training presentation** that was delivered during the Chieti course, outlining both the **theoretical content** and the **practical applications**. This will also include a description of how the **Coaches Manual** was utilised during the training, how the **e-learning platform** was demonstrated, and how the feedback from participants was integrated to refine the programme's content for future use in local workshops.





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# Why we should talk about a **VERTICAL EVOLUTION** and why we should use **SCENARIO TRAINING**



Sergio Palazzi





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## AGENDA

1. **What's happening in Handball?**
2. **Scenarios and scenarios training**
3. **Skills training: horizontal and vertical evolution**
4. **On the court: contents of trainings**





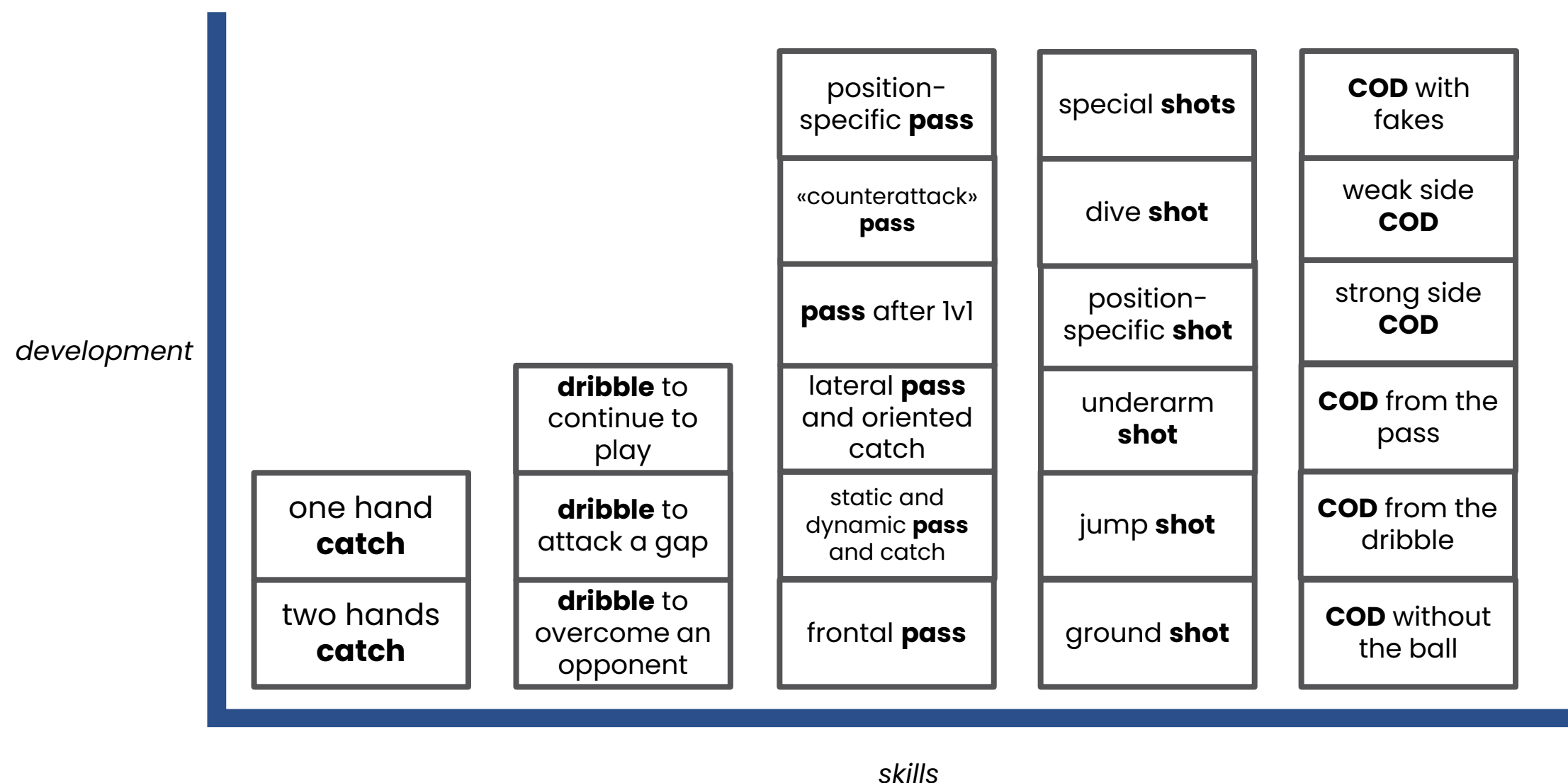


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# VERTICAL EVOLUTION OF TECHNICAL SKILLS





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# WHAT'S HAPPENING IN HANDBALL?





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## POSITIONAL PLAY AT ITS BEST...







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...SINCE 1970







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# DEEP DEFENSES DO NOT CHANGE THE STORY





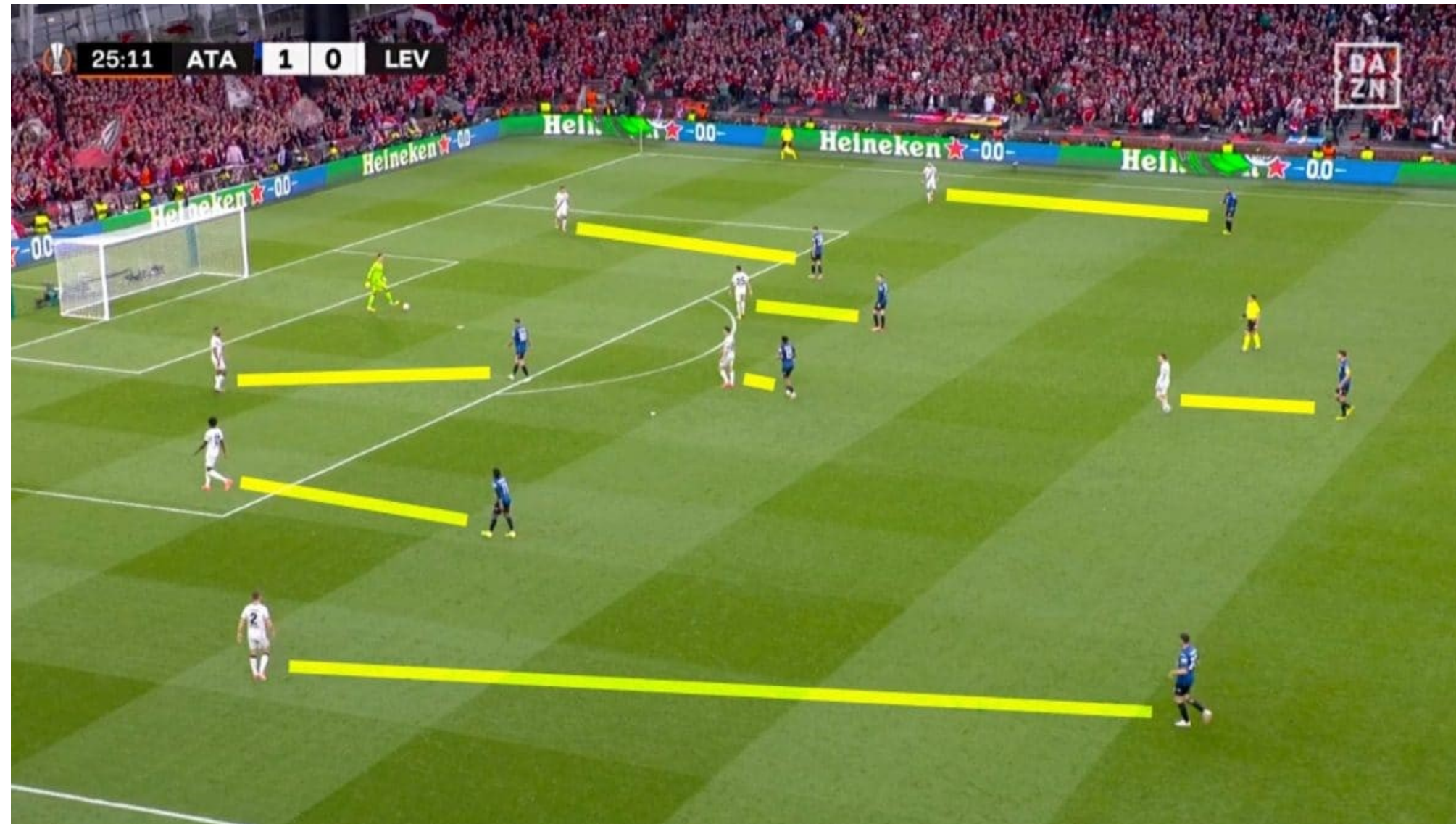


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# MEANWHILE, IN FOOTBALL







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# MEANWHILE, IN BASKETBALL





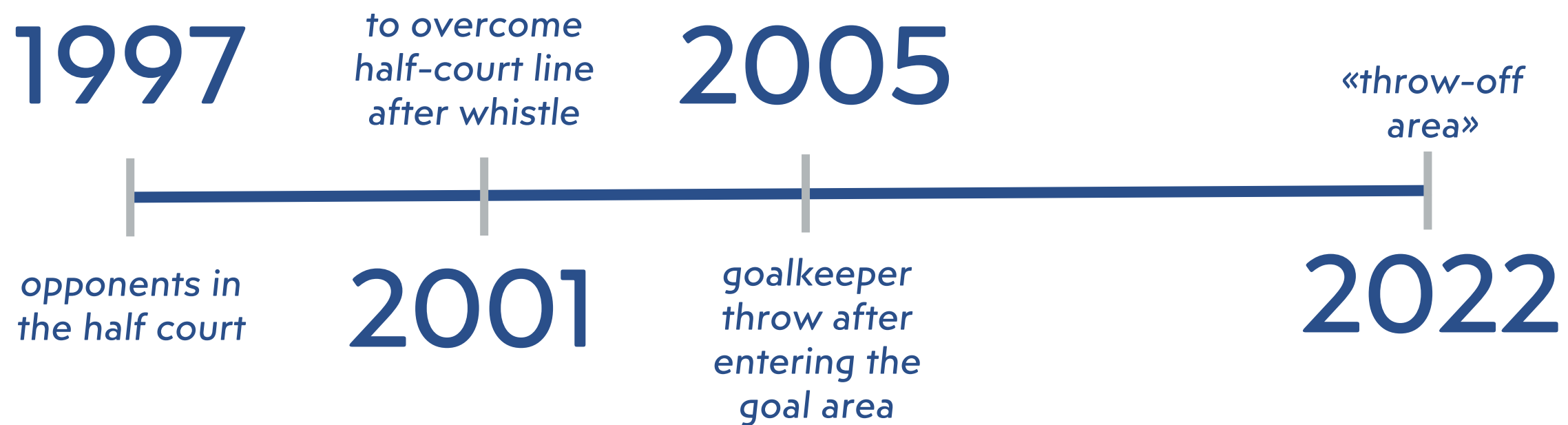


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# ARE THE RULES CHANGED THE GAME MORE THAN COACHES?





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# ARE THE RULES CHANGED THE GAME MORE THAN COACHES?



Handball  
goalkeeper  
running  
towards the  
bench



but then his  
team suddenly  
loses the ball





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# USE OF THE WINGS IN THE BUILD-UP





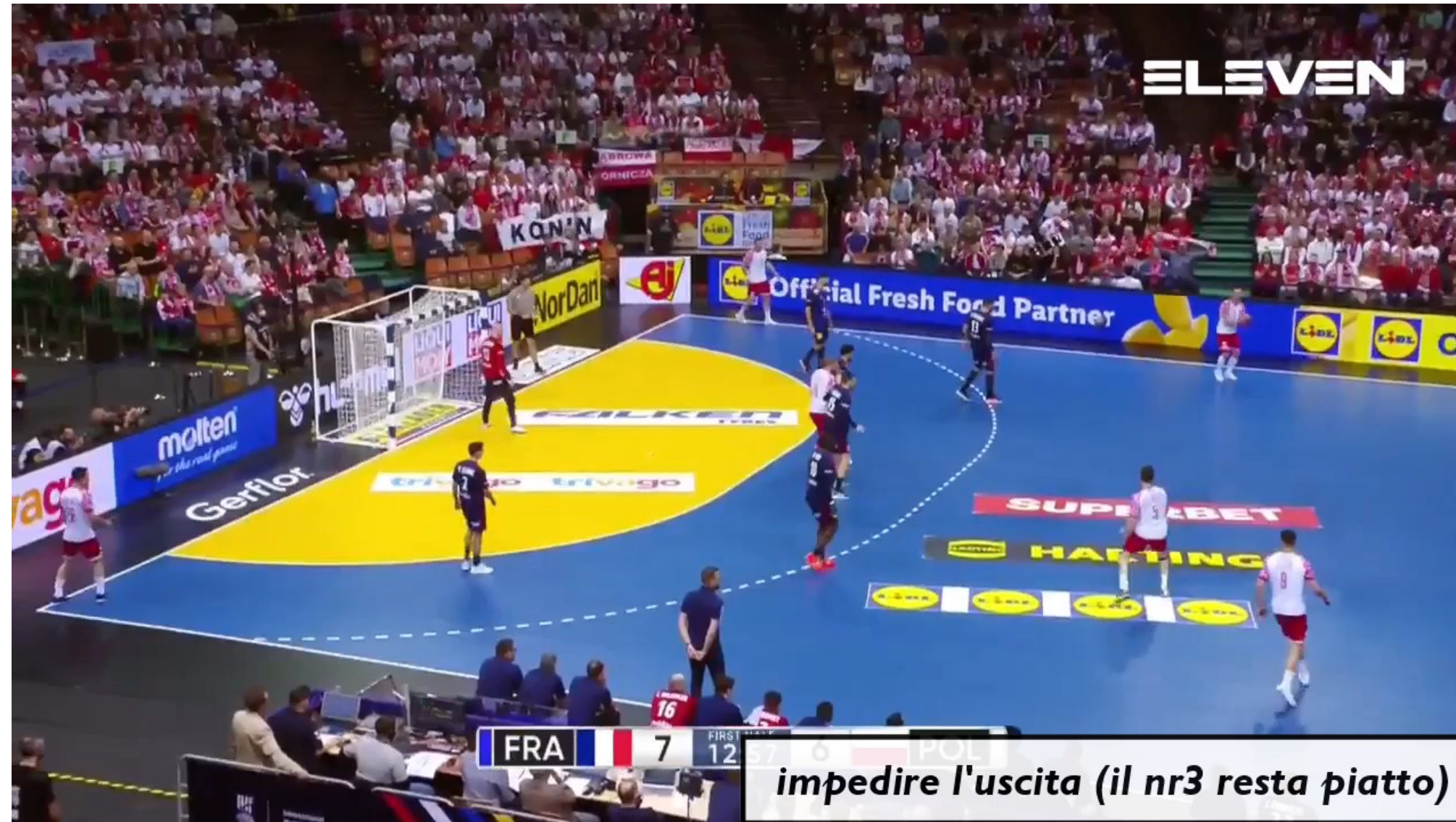


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# USE OF PIVOT MOVEMENT TO HOLD OR DELAY THE DEFENDER





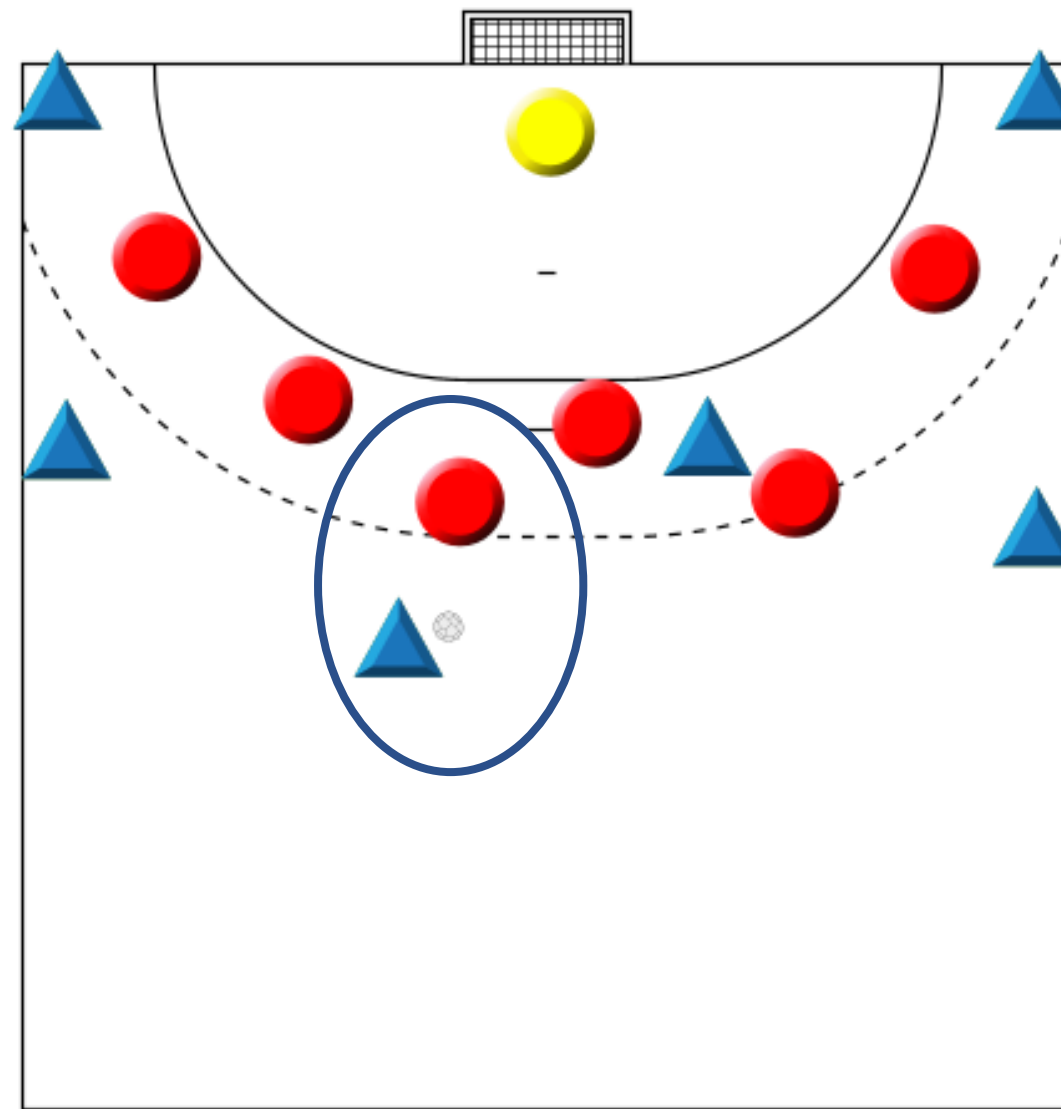


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# MOST COMMON PLAY IN HANDBALL?





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# SCENARIO PRO

training is easier





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# SCENARIO CON

training is complex  
and “unpredictable”





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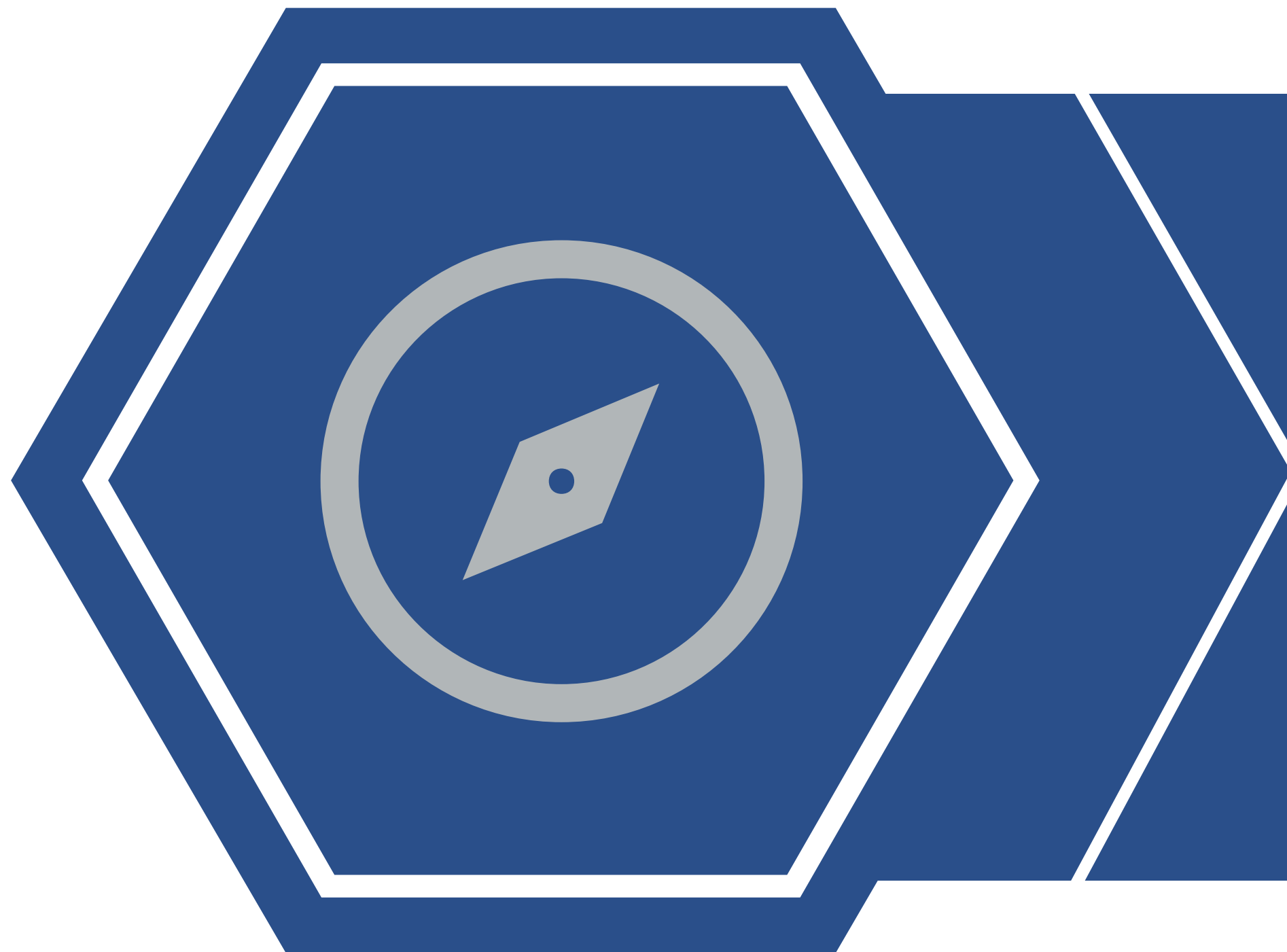


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# SCENARIO

## An idea

training per principles  
of play







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# TRAINING PER PRINCIPLES OF PLAY: THE PASS

1. Recognize and pass to the closest and free teammate
2. Play deep/wide
3. Keep the ball alive
4. Play 0 seconds when there is an advantage





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# SCENARIOS ARE USEFUL IN SENIOR TEAMS





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# ARE SCENARIOS USEFUL IN YOUTH TEAMS?





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# HANDBALL OFFENSIVE SKILLS: from alphabetical order to a logical order

*Let's do this together!*

catch

COD

dribble

pass

shot







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# HANDBALL OFFENSIVE SKILLS: a logical evolution

catch

shot

dribble

pass

COD



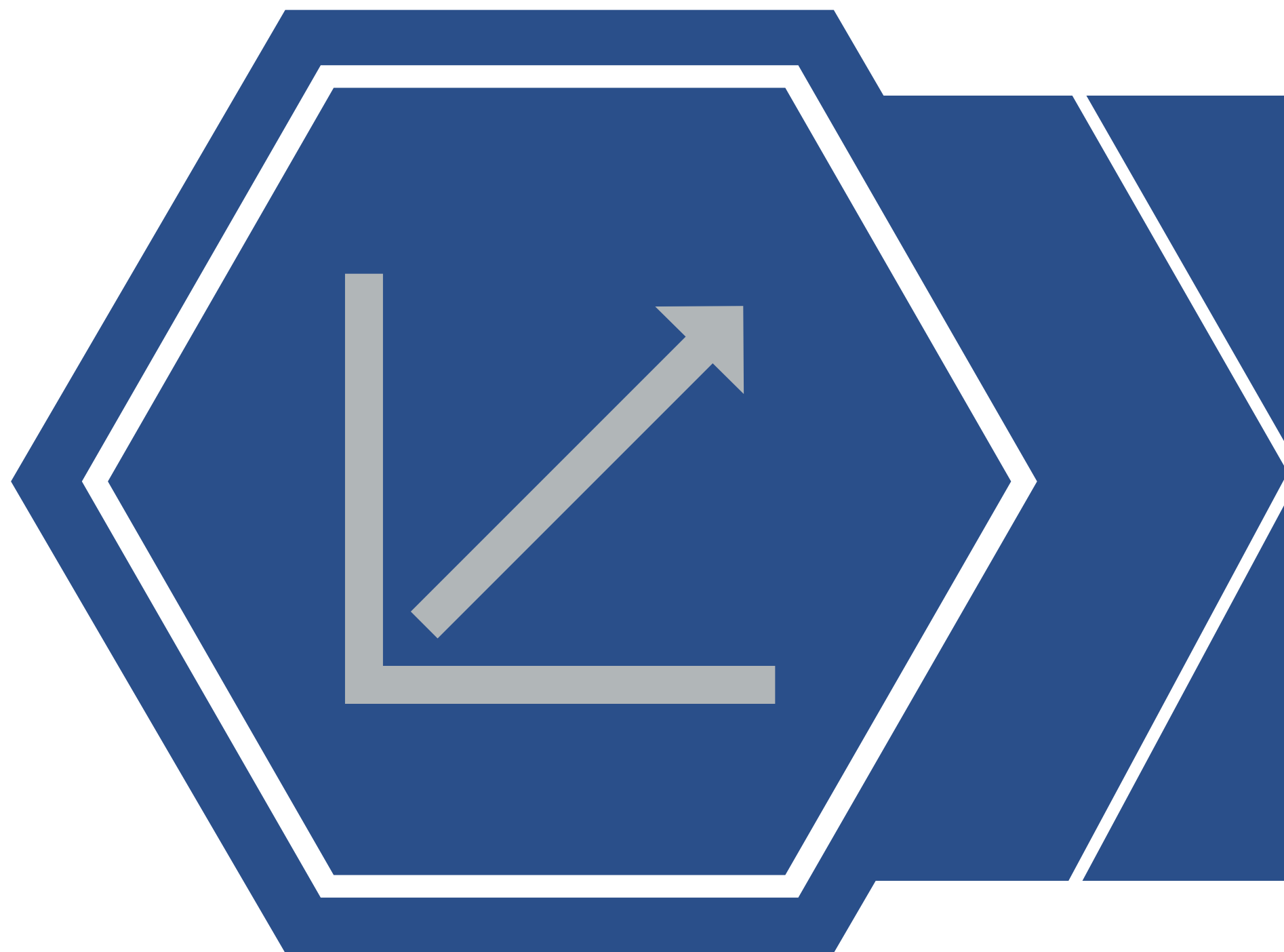


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# HORIZONTAL EVOLUTION





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**LEARNING IS  
NOT  
HORIZONTAL  
(neither  
vertical)**



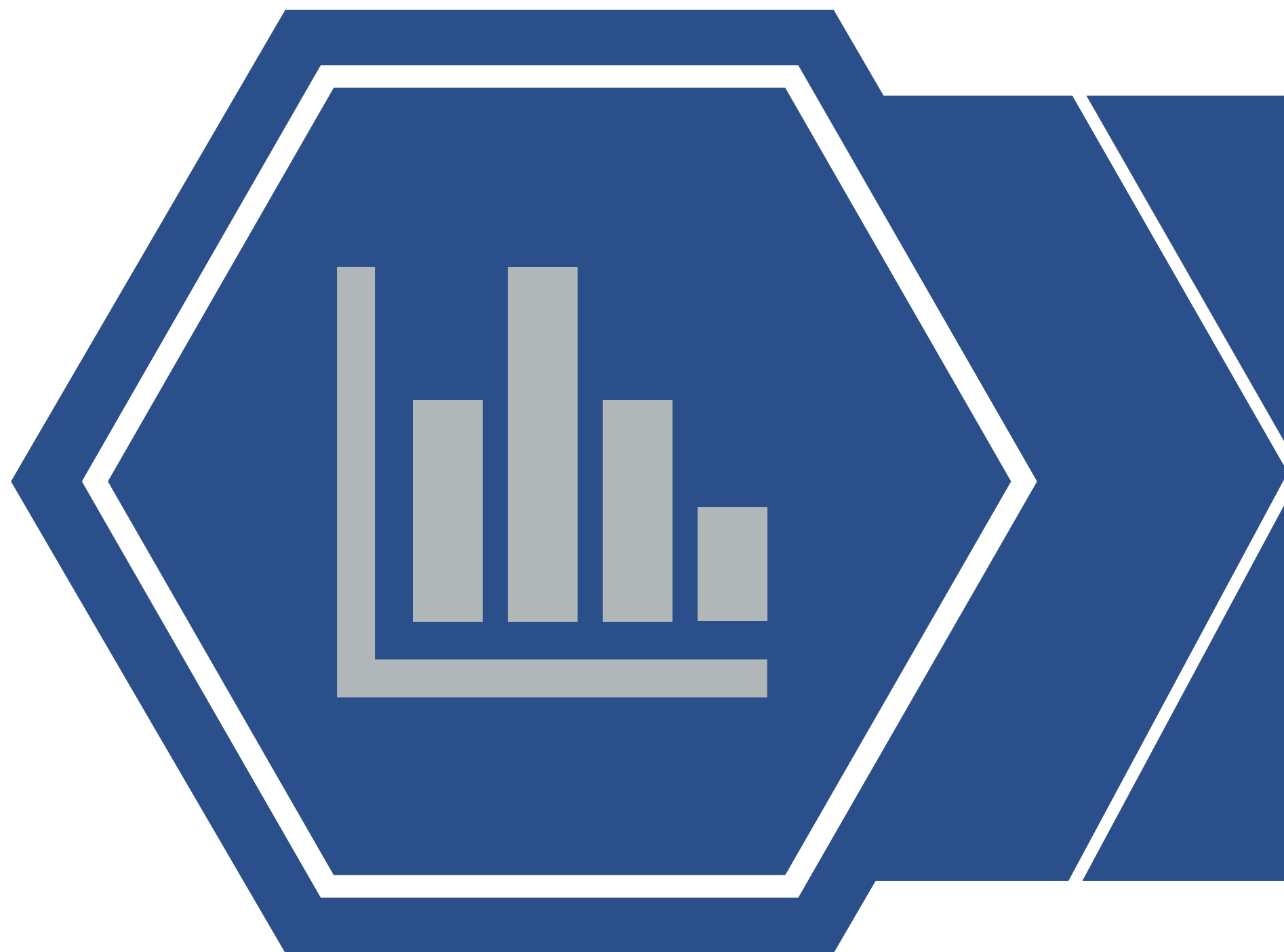


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# VERTICAL EVOLUTION





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# VERTICAL EVOLUTION NEEDS CONTEXT





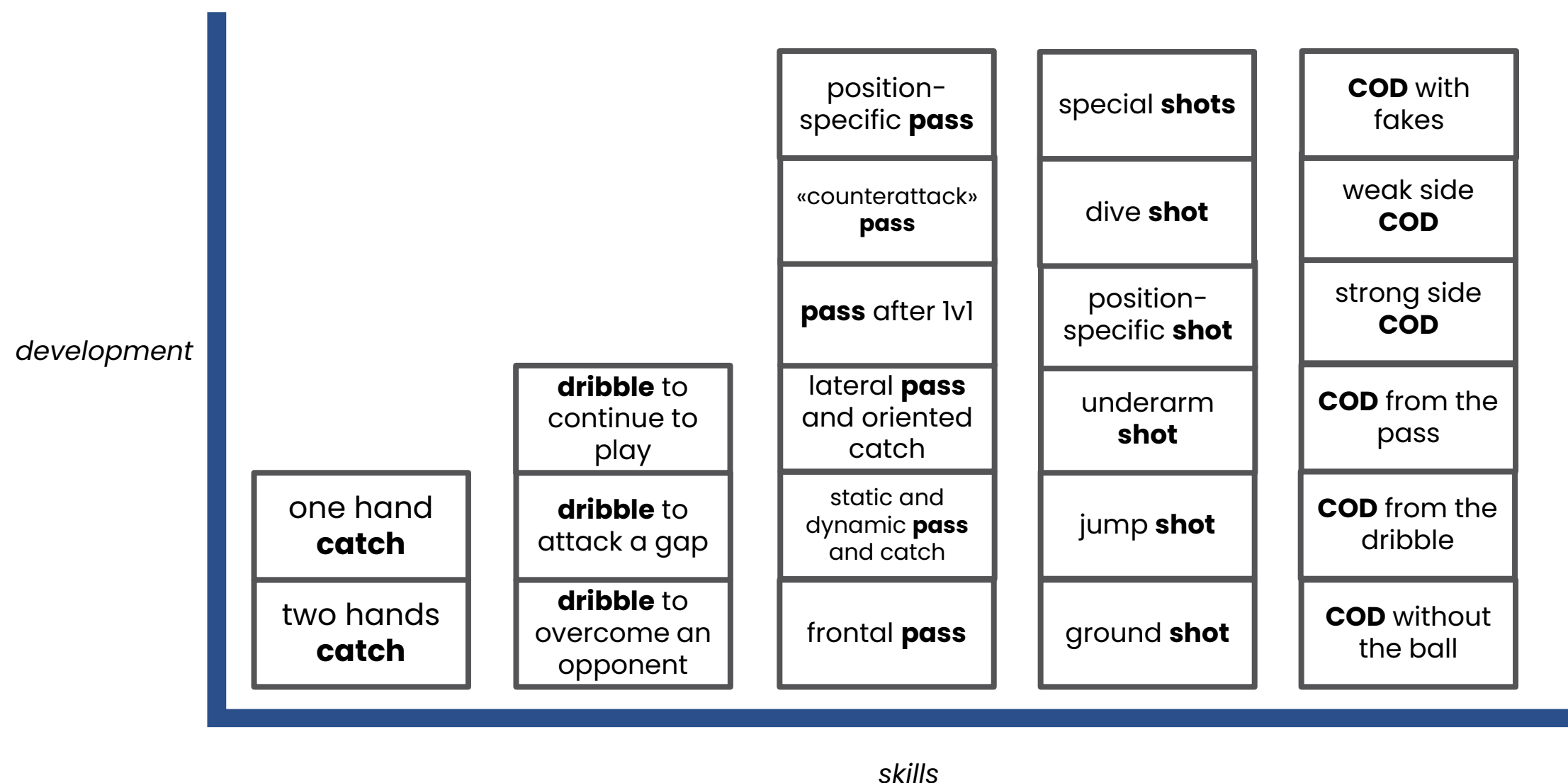


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# WHAT VERTICAL EVOLUTION LOOKS LIKE



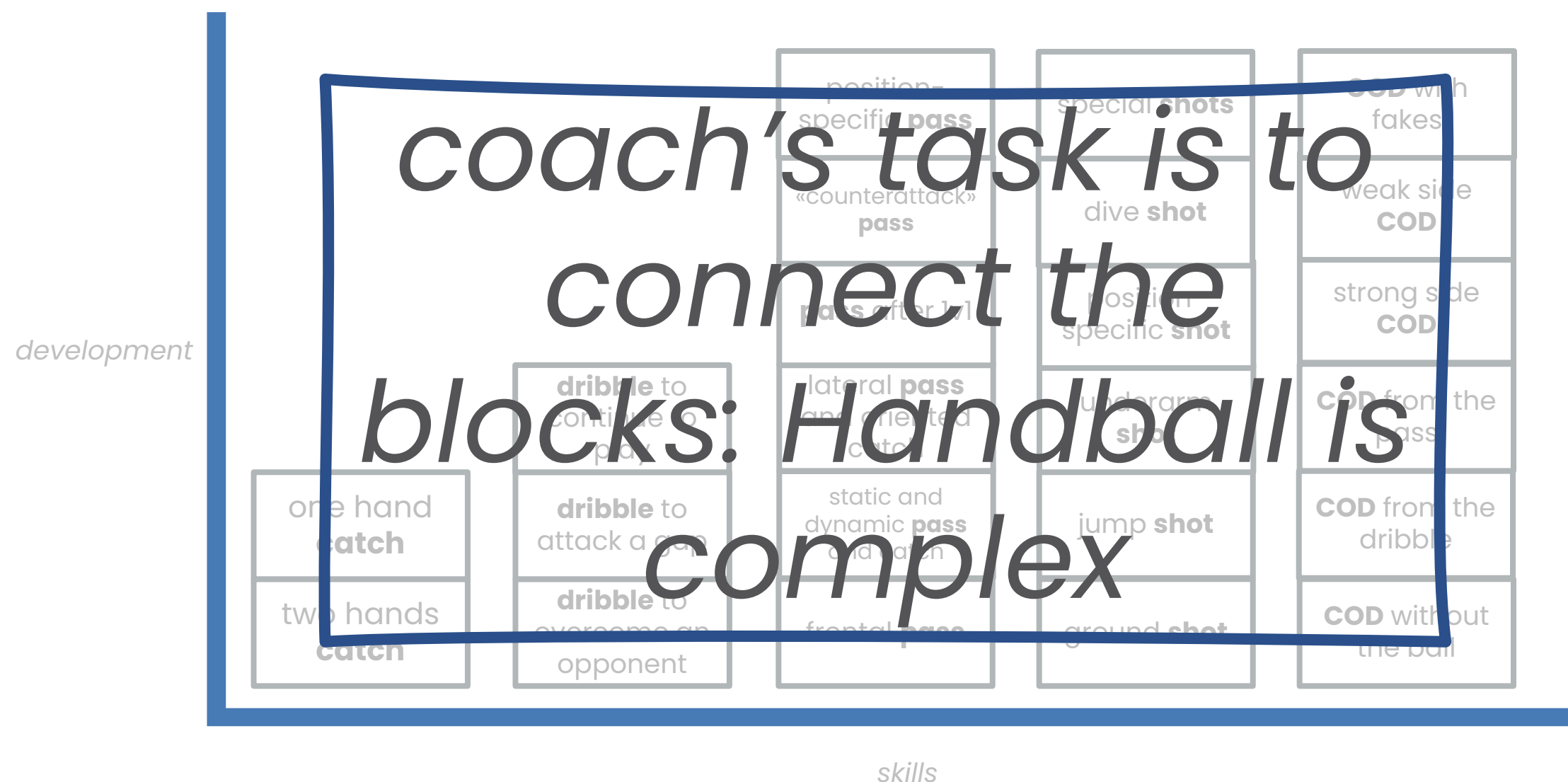


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# WHAT VERTICAL EVOLUTION LOOKS LIKE





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**WATCH OUT!  
THERE IS AN  
EVOLUTION  
WITHIN THE  
SKILLS**







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# WATCH OUT! THERE IS AN EVOLUTION WITHIN THE SKILLS





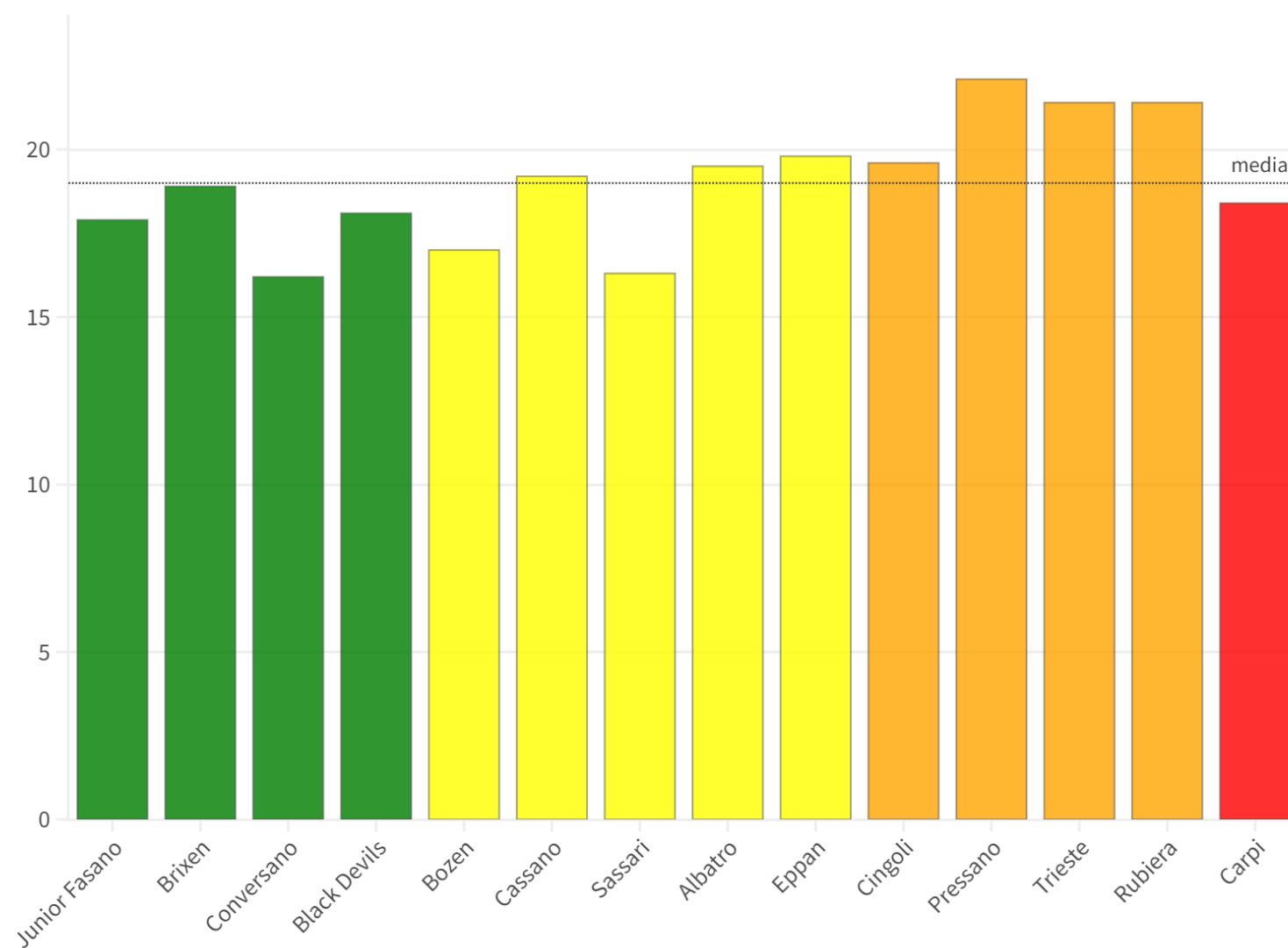


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# WHY THE PASS?





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# ON THE COURT: CONTENTS OF TRAININGS





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# THE PASS IN U11: GAMES and A FIRST APPROACH TO TECHNIQUE

## principles

free teammate  
closest teammate  
play deep

## scenario

3+1  
full court defense

rondos

jolly player

passing tag

gates

2v1





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# THE PASS IN U13: LATERAL PASS and BE ORIENTED

## principles

play wide  
play deep  
keep the ball alive

## scenario

3:3 defense  
man-oriented  
defense

Hansen  
pass

read the  
defender

2v1+1







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# THE PASS IN U15: BEFORE and AFTER THE 1v1

## principles

free teammate  
keep the ball alive  
0 seconds

## scenario

3:2:1 or 5:1 defense  
man- and zone-  
oriented defense

attack from 1v1 of  
the backs

«stay alive»

1v1 from  
the pass

2v2 and 3v3  
Duolingo





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# THE PASS IN U18: COOPERATION and COUNTERATTACK

## principles

play deep  
keep the ball alive  
0 seconds

## scenario

pivot marking:  
switch

2<sup>nd</sup> and 3<sup>rd</sup> waves

attack with cross or  
playing with pivot



crosses and pivot  
cooperation

counterattack  
passes

multiball  
drill

multi-  
counterattacks

«gain the goal»  
match





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# THE PASS IN SENIOR: PLAY AGAINST PRESSURE

## principles

free teammate  
keep the ball alive  
0 seconds

## scenario

defense with strong  
pressure on and off  
the ball

escape the  
pressure

don't touch  
me

turn around  
the disks

13m game







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# Thoughts? Questions? Let's talk about!

