

HANDBALL FOR ALL EDITION 2019 - PLAN OF ACTIVITIES

Monday 24. June

Belgrade Airport 11h, Transfer to Hotel "Aquastar", Kladovo
Sport Hall, 18h: **P. Landure** (FRA): "Attackers adaptation"
Hotel, 21,30h Theory: **P. Landure** (FRA): "FFHB player's education system"

Tuesday 25. June

Morning, Sport Hall, 9,45h, **A. Petrovic** (SRB): "Functional movement - screening"
Morning, Sport Hall, 10h, **J. Zanotti** (SWE): "Fastbreak"
Afternoon, Sport Hall, 18h: **I. Obrvan** (CRO): "Playing fast in a limited space"
Hotel, 21,30h Theory: **A. Petrovic** (SRB): "Core stability"

Wednesday 26. June

Morning, Sport Hall, 10h, **P. Landure** (FRA): "Flexibility in defense"
Afternoon, Sport Hall, 18h: **I. Obrvan** (CRO): "Anticipation of attacking activities"
Additional part - **A. Petrovic** (SRB): "Recovery - meaning and significance"
Hotel, 21,30h Theory: **P. Landure** (FRA): "French defense philosophy (from Youth to A team)"

Thursday 27. June

Morning, Sport Hall, 9h: **A. Petrovic** (SRB): "Monitoring physical condition"
Excursion, 11h Vratnjanske kapije
Afternoon, Sport Hall, 18h: **M. Radosavljevic** (SRB): "Cooperation with the defense or not"
Evening, Hotel, 21,30h: **D. Adzic** (MNE): "Inside coach's life"- Questions and answers

Friday 28. June

Morning, Gym, 10h, **A. Petrovic** (SRB): "Specific strength training"
Afternoon, Sport Hall, 18h, **J. Zanotti** (SWE): "Minority in defense"
Additional part - **S. Alusevski** (MKD): "Specific exercise for the wings"
Hotel, 21,30h Theory: **J. Zanotti** (SWE): "Youth training"

Saturday 29. June

Morning, 11h: Boat trip on Danube
Afternoon, Sport Hall, 17h: **D. Djukic** (SRB): "Technique with and without a ball"
Evening, Hotel, 20,30h - Closing ceremony

Sunday 30. June

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