

# **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