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| 1. Course title: **Sport theory and practice V. (Handball)** | | | | | |
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| 2. Code: | | 3. Type (lecture, practice etc.): lecture | | | |
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| 4. Contact hours: 2 hoursper week | | 5. Number of credits (ECTS): 2 | | | |
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| 6. Preliminary conditions (max. 3):   * **Sport theory and practice IV. (Handball)** | | | | | |
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| 7. Announced: fall semester, spring semester,  both | | | | | |
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| 8. Limit for participants: 30 | | | | | |
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| 10. Responsible teacher (faculty, institute and department):  Gábor Danyi (Audi ETO KC Győr) | | | | | |
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| 11. Teacher(s) and percentage: | | Gábor Danyi | | 25 % | |
| Robert Paic | | 25 % | |
| TBD | | 50 % | |
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| 12. Language:English | | | | | |
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| 13. Course objectives and/or learning outcomes:  Objectives: Knowledge of the personal traits, tasks and areas of activity of the head coach and the technical director. Applicable knowledge of the tactical maneuvers of the attack.  Learning outcomes: Knowledge of training plan and workout planning based on training theory principles, considering the specificities of age groups and championship classes.  Knowledge of the attack trends of the world and the domestic vanguards. Incorporating them into own team's strategy. | | | | | |
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| 14. Course outline   1. Describe the requirements and semester tasks. Repeat the learned tactical elements of the previous semester. Game. 2. Trainer's personality, coach's philosophy. The tasks and field of activity of the head coach and technical manager. 3. The Legacy of Natural Fundamental Movements (Run, Jump, Throw) and Their Impact on Execution of Technical Elements. 4. Tactical-technical aspects of attack endings (breakthrough, free throw, penalty shootout). 5. Attack in different play situations (number advantage, disadvantage, equalization). Attack team strategy. 6. Shoots from the nearby shooting range shooting techniques: shot shooting, flying, curling. 7. Parallel rampage and drag, drag-and-play with involvement. The tactical possibilities of implementation. 8. Verification: Applying for a home assignment (My training philosophy). Presentation. 9. A quick mid-start is used to take advantage of its opportunities. Instead of goalkeeper, you can bet on a field player in an attack. 10. Tactical solutions in attack in handball of the leading international and domestic teams. 11. Training planning in handball, periodization. Planning for preparation of teams of different age and league classes. 12. Presentation of a training program and scientific research results of a handball academy. 13. Verification: Written exam 2: Tactical elements of attack. Submitting training video. Presentation of inspection tasks. Repair and replacement. Discussion of results. Evaluation of half-year work. | | | | | |
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| 15. Mid-semester works   1. Homework: (My training philosophy). Practical presentation. 2. Written Exam. Practical presentation, to be submitted:Training Video: 3. Practical demonstration. | | | | | |
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| 16. Course requirements and grading  Obtain a rating: attend at least 75% of the lessons, and participate actively on at least 50% of the lessons. Failure to comply with the terms will result in the signature being denied.  Theory: Completion of Written Examination (ZH) from semester material. Writing ZH thesis on the 13th week of the curriculum and the way published by the instructor at the beginning of the semester. ZH evaluation is done with 5 grades.  Submit a training lesson movie until the end of the study period. Material, form: Creating a 20-25 minute short film for a technical, tactical or mixed workout held for one's own team so that the activity of the coach can be heard all the time. Additionally, a workout recorded on the rigid plate must be accompanied by a training schedule.  Domestic dissertation is a description of their own training philosophy and concept in the form of a dissertation to be submitted. 10 A4 pages with cover, index of contents and literature list.  Practice:  To fulfill the practical demonstration of the required technical elements. Examination exercises are presented in the lessons of the 8th and 13th week, in the curriculum and in the way published by the instructor at the beginning of the semester. Practical requirements are met by presentation. Each task can be displayed 3times by the student, the best experiment is counted. The presentation material:   * Wing – back – central back – pivot relationship - Maneuvering pull-up - Draw against four defenders by shooting the winger's goal.   Theoretical and practical assignments are evaluated with 5 grades, the final grade being the average of the subclasses. | | | | | |
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| 17. List of readings   1. Zoltán MARCZINKA (2015): Playing Handball, Trio, Budapest 2. Rules of Handball (from inf.info site) | | | | | |
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| 18. Recommended texts, further readings   1. An electronic textbook is available from the lecturer. | | | | | |
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| **Date** | 13 April, 2017 | **Prepared by** |  | | |
| Robert PAIC  responsible teacher | | |
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| **Endorsed by** | | |  | | |
| Dr. Márk VÁCZI program supervisor | | |