CONFERENCE

29.6.2017 PREŠOV

Nonprofit organization Altra cordially invites you to professional conference titled "Complex Development of the Personality of a Young Athlete". The conference is implemented within International project "Challenge Meeting V4 handball trainers" a co-financed by the Visegrad Fund.

Hotel LINEAS, Budovateľská str. 14

::V4-TRAINERS:: - WHY HANDBALL

Handball belongs to fast and one of the hardest sports, making it different from other collective sports. In the worldwide handball continues the trend of "dynamizing the game" with an active striving for a permanent pressure on the opponent, its accompanying features are mainly game deployment with frequent physical contacts, resistance to body crashes and falls, ability to cope with the demands of rapidly changing, often stressful situations., ALTRA is a non-profit organization working with youth in the field of education and its members are active in the structures of the TATRAN Prešov handball club and they work closely with all the youth divisions (younger, older pupils A, B, younger and older adolescents), eg. HANDBALL TALENT 2016, Know your sport and so on.

PROGRAM 29.6.2017

08:30-09:15	Registration + opening
09:15-10:00	Individual qualities of players- the most important trend of handball development. (Pavol Streicher)
10:00-10:45	Current psychological trends and approaches in collective sports. (Tomáš Gurský)
10:45-11:00	Break
11:00-11:45	„Method of Spiral Stabilization of the spine“ - condition-increasing performance, regeneration, compensation, after treatment of sports injuries and overload (Tomáš Rusňák)
11:45-12:30	Basic nutrition for young athlets (Daniela Noveska)
12:30-13:15	Lunch
13:15-14:00	Relation to representation. (Marek Gernát)
14:00-14:45	Career model of youth in the Eger handball system. (Béla Herczeg)
14:45-15:30	Support for youth handball in Slovakia. (Ernö Kelecsényi)

REGISTRATION

https://v4trainers.splashthat.com alebo na altrav4@gmail.com

Visegrad Fund

ALTRA, n.o.

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