

# Postgraduate Diploma Handball Training





## Postgraduate Diploma Handball Training

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtitute.com/pk/sports-science/postgraduate-diploma/postgraduate-diploma-handball-training](http://www.techtitute.com/pk/sports-science/postgraduate-diploma/postgraduate-diploma-handball-training)

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# 01

# Introduction

Handball today gives greater relevance to the training and development process of the player, enhancing not only their physical qualities, but also specializing them in the position where they can obtain the best performance. In this sense, the trainer's work is key for them to obtain the necessary technical fundamentals and also to establish the training methodology that will perfect their game. This way, great individual and collective achievements are obtained. In this sense, TECH has created this Postgraduate Diploma that leads students to deepen their knowledge of the technical-tactical elements, game systems and the most sophisticated methods used in High Performance. All this, with innovative multimedia content, accessible 24 hours a day, from an electronic device with an Internet connection and taught by renowned athletes.





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*A 100% online Postgraduate Diploma that will increase your potential as a coach in the world of professional handball”*

The initial stages for handball players are essential in their development and later progression until they reach the goal of joining first class clubs. A long road, where the trainer plays an important role. Therefore, it is essential that they are professionals with a deep knowledge of the training fundamentals, the different existing methodologies and all this under the maximum scientific rigor.

Under this premise, TECH has designed this Postgraduate Diploma exclusively online that leads students to obtain advanced knowledge about Handball Training. All this in only 6 months and with an excellent teaching staff made up of nationally and internationally renowned athletes and experts in Physical Activity.

In this way, the graduate will deepen the coach's competencies in the teaching-learning process in an increasingly dynamic and complex sport. Likewise, they will deepen in the technical-tactical strategies, the most effective resolution of special situations such as the passive or the attack from free hit, in addition to the methodology used in High Performance.

A process in which you will have access to multimedia didactic material, essential readings and case studies that make this Diploma even more attractive. In addition, thanks to the *Relearning* system, based on the repetition of content, the graduate will not have to invest a large number of hours studying and memorizing.

Undoubtedly, an excellent opportunity to progress in the professional world of Handball through a flexible and comfortable program. All you need is a digital device with an Internet connection to be able to view the content of this program at any time. An innovative academic option, ideal for combining the most demanding responsibilities with a quality university education.

This **Postgraduate Diploma in Handball Training** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ♦ Practical cases presented by experts in Handball and Sports Science
- ♦ The graphic, schematic, and practical contents with which they are created, provide scientific and practical information on the disciplines that are essential for professional practice
- ♦ Practical exercises where self-assessment can be used to improve learning
- ♦ Its special emphasis on innovative methodologies
- ♦ Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- ♦ Content that is accessible from any fixed or portable device with an Internet connection



*Specialize in just 6 months in Handball Training and progress in an increasingly dynamic sport"*

“

*You will be able to design tasks and a game model in High Performance teams thanks to the advanced Syllabus of this Postgraduate Diploma”*

The program's teaching staff includes professionals from sector who contribute their work experience to this educational program, as well as renowned specialists from leading societies and prestigious universities.

Its multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide an immersive education programmed to learn in real situations.

The design of this program focuses on Problem-Based Learning, by means of which the professional must try to solve the different professional practice situations that are presented throughout the academic course. For this purpose, the student will be assisted by an innovative interactive video system created by renowned experts.

*Explore with this program the technical-tactical aspects applicable to the attack and defense systematics both in equality and in numerical advantage and disadvantage.*

*With this program you will better understand the teaching-learning process of Handball in the initial stages.*



# 02 Objectives

The purpose of this Postgraduate Diploma is to provide the future Handball coach with the techniques, strategies and tools necessary to develop their professional career in this sector in its different categories. For this purpose, TECH provides numerous teaching materials and a theoretical-practical approach that will allow you to integrate the concepts addressed in your team from day one. In addition, you will be able to resolve any questions you may have with the excellent teaching staff of this program.





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*The case studies will allow you to integrate work methodologies that will improve the performance of your handball players”*



## General Objectives

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- ♦ To master the design and control of training at different stages
- ♦ To improve athletes' performance
- ♦ To interpret the analysis of data obtained through new technologies
- ♦ To incorporate the athlete's nutritional planning according to their characteristics and playing position
- ♦ To know the evolution of handball game and tactics up to the present day
- ♦ To analyze the multiple factors that intervene in the training process and in high performance players



*Perfect your team's game in special situations such as passive, attack from free-kick or timing of offensive actions thanks to this Postgraduate Diploma"*





## Specific Objectives

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### Module 1. Fundamentals of formation training

- ♦ To establish a categorization of the individual and collective technical-tactical elements according to the players' developmental stage
- ♦ To know the different aspects that we can modify in the tasks to create adherence to handball practice
- ♦ To qualify trainers in the design of sessions for the improvement of motor control according to the players' development
- ♦ To highlight the general characteristics that a Handball player must have
- ♦ To provide both coaches and players with theoretical and practical knowledge to understand the most common handball situations

### Module 2. Perfection training methodology

- ♦ To know in depth the characteristics of high performance in Handball
- ♦ To apply individual and collective technical-tactical means of training in specific positions
- ♦ To analyze the offensive and defensive systems in equality, numerical advantage and disadvantage
- ♦ To know how to act in special game situations
- ♦ To emphasize the importance of the current offensive and defensive transition phase
- ♦ To design tasks and a high-performance game model
- ♦ To organize and plan adequately a match or competition

### Module 3. High Performance Training Methodology

- ♦ To know the characteristics of high performance in Handball in depth
- ♦ To apply individual and collective technical-tactical means of training in specific positions
- ♦ To analyze the offensive and defensive systems in equality, numerical advantage and disadvantage
- ♦ To know how to act in special game situations
- ♦ To emphasize the importance of the current offensive and defensive transition phase
- ♦ To design tasks and a high-performance game model
- ♦ To organize and plan adequately a match or competition



03

# Course Management

Top figures in the world of handball and graduates in Physical Activity and Sports Sciences will be in charge of teaching this Postgraduate Diploma. An unmatched teaching staff that will allow students to obtain the most current and accurate information on the procedures and methodologies used in the training of this sport up to the highest level. A unique opportunity that only TECH, the largest online university in the world, could offer.



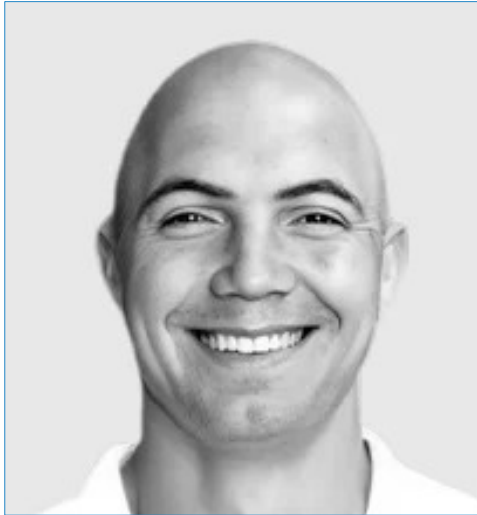


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*Specialize in training planning with professionals of the Handball elite and experts in Physical Activity and Sports Sciences”*



## Management



### Dr. Lozano, Demetrio

- Former Professional handball player
- Professor at the National School of Handball Coaches of the Royal Spanish Handball Federation
- PhD. In Physical Activity and Sport Sciences from the University of Lleida
- Degree In Physical Activity and Sport Sciences from the University of Barcelona
- Professional Master's Degree in High Performance from the University of Barcelona
- World Handball Champion with the Spanish National Team at the 2005 World Cup in Tunisia
- Triple Olympic Handball Medalist at Atlanta 1996, Sydney 2000 and Beijing 2008

## Professors

### Dr. Martínez, Darío,

- ♦ Postdoctoral researcher at the University of Granada
- ♦ Handball Coach at grassroots level
- ♦ Physical trainer and assistant coach of the Women's Division of Honor Plata team Universidad de Granada

### Dr. Baena González, Rafael

- ♦ Professional handball player
- ♦ PhD in Sports Science
- ♦ Degree in Business Administration and Management
- ♦ Silver medal at the European Championship in Poland 2016



**Dr. Rodríguez, Ángela**

- ◆ Researcher at the University of Granada
- ◆ National handball coach by the Royal Spanish Handball Federation
- ◆ Former handball player in the Honor Division
- ◆ Doctorate in Biomedicine
- ◆ PhD in Sports Science

# 04

# Structure and Content

The syllabus of this Postgraduate Diploma brings together in 450 teaching hours the most comprehensive and current knowledge on the fundamentals of handball training in the initial stages of player training, the methodologies used in high performance and the improvement of technical-tactical positions. All this, in addition, with innovative multimedia content, specialized readings to further extend the subject matter and case studies. First class teaching resources, available 24 hours a day, 7 days a week.





“

*A study plan that will allow you to develop  
as a handball coach at an early age”*

## Module 1. Fundamentals of formation training

- 1.1. Stage characteristics
  - 1.1.1. Educational models
  - 1.1.2. Perceptual-motor skills of the different stages
  - 1.1.3. Physical capabilities of the different stages
- 1.2. Defensive technique-tactics
  - 1.2.1. Types of defense
  - 1.2.2. Preventive tactical means
  - 1.2.3. Reactive tactical means
- 1.3. Offensive technical-tactical
  - 1.3.1. Technical-tactical elements in the control, liaison and completion phases
  - 1.3.2. Individual technical-tactical means
  - 1.3.3. Collective technical-tactical means
- 1.4. Technical-tactical transition phase
  - 1.4.1. Offensive phase
  - 1.4.2. Defensive phase
  - 1.4.3. Key points
- 1.5. Training of specific defensive positions
  - 1.5.1. General Considerations
  - 1.5.2. Specific front line positions
  - 1.5.3. Specific second line positions
- 1.6. Training of specific offensive positions
  - 1.6.1. General Considerations
  - 1.6.2. Specific front line positions
  - 1.6.3. Specific second line positions
- 1.7. Goalkeeper
  - 1.7.1. Offensive and defensive actions
  - 1.7.2. Technical Considerations
  - 1.7.3. Tactical considerations

- 1.8. Game systems
  - 1.8.1. Attacking game systems
  - 1.8.2. Defensive game system
  - 1.8.3. Transition game systems
- 1.9. Task design
  - 1.9.1. Specific symbology
  - 1.9.2. Task creation and its variants
  - 1.9.3. Practical Proposals
- 1.10. Sport-recreational proposals in Handball
  - 1.10.1. Adapted games
  - 1.10.2. Mediterranean Handball
  - 1.10.3. Street Handball

## Module 2. Perfection training methodology

- 2.1. Stage characteristics
  - 2.1.1. Educational models
  - 2.1.2. Perceptual-motor skills of the different stages
  - 2.1.3. Physical capabilities of the different stages
- 2.2. Offensive technical-tactical
  - 2.2.1. Types of defense
  - 2.2.2. Preventive tactical means
  - 2.2.3. Reactive tactical means
- 2.3. Defensive technique-tactics
  - 2.3.1. Technical-tactical elements in the control, liaison and completion phases
  - 2.3.2. Individual technical-tactical means
  - 2.3.3. Collective technical-tactical means
- 2.4. Technical-tactical transition phase
  - 2.4.1. Offensive phase
  - 2.4.2. Defensive phase
  - 2.4.3. Key points
- 2.5. Training of specific defensive positions
  - 2.5.1. General Considerations
  - 2.5.2. Specific front line positions
  - 2.5.3. Specific second line positions



- 2.6. Training of specific offensive positions
    - 2.6.1. General Considerations
    - 2.6.2. Specific front line positions
    - 2.6.3. Specific second line positions
  - 2.7. Goalkeeper
    - 2.7.1. Offensive and defensive actions
    - 2.7.2. Technical Considerations
    - 2.7.3. Tactical considerations
  - 2.8. Game systems
    - 2.8.1. Attacking game systems
    - 2.8.2. Defensive game system
    - 2.8.3. Transition game systems
  - 2.9. Decision-Making
    - 2.9.1. Types of decision making: classifications
    - 2.9.2. Processes involved in decision making
    - 2.9.3. Practical Examples
  - 2.10. Task design
    - 2.10.1. Specific symbology
    - 2.10.2. Task creation and its variants
    - 2.10.3. Practical Proposals
  - 3.4. Offensive game systems in numerical equality
    - 3.4.1. 3:3 Classic Offensive System
    - 3.4.2. 2:4 offensive system
    - 3.4.3. 3:3 offensive system with two pivots
  - 3.5. Defensive game systems in numerical equality
    - 3.5.1. Individual defensive systems
    - 3.5.2. Zonal defensive systems
    - 3.5.3. Mixed or combined defensive systems
  - 3.6. Offensive game systems in numerical advantage and disadvantage
    - 3.6.1. 6:5 offensive system
    - 3.6.2. 7:6 offensive system
    - 3.6.3. Special Situations
  - 3.7. Defensive game systems in numerical advantage and disadvantage
    - 3.7.1. 6:5 defensive system
    - 3.7.2. 7:6 defensive system
    - 3.7.3. Special Situations
  - 3.8. Technical-tactical transition phase and Special Situations
    - 3.8.1. Counterattack
    - 3.8.2. Withdrawal
    - 3.8.3. Passive game
  - 3.9. Task design and game model
    - 3.9.1. Content and form of the tasks
    - 3.9.2. Construction of the offensive game model
    - 3.9.3. Construction of the defensive game model
  - 3.10. Match or competition preparation
    - 3.10.1. Pre-match
    - 3.10.2. Team management in competition
    - 3.10.3. Post-game
- Module 3. High Performance Training Methodology**
- 3.1. Stage characteristics
    - 3.1.1. Conceptualization
    - 3.1.2. The training
    - 3.1.3. The coach
  - 3.2. Offensive technical-tactical
    - 3.2.1. Technical-tactical elements and individual tactical principles
    - 3.2.2. Collective offensive tactical objectives and means
    - 3.2.3. Individual determinants and collective premises
  - 3.3. Defensive technical-tactics
    - 3.3.1. Technical-tactical elements and individual tactical principles
    - 3.3.2. Collective offensive tactical objectives and means
    - 3.3.3. Individual determinants and collective premises

# 05 Methodology

This academic program offers students a different way of learning. Our methodology uses a cyclical learning approach: **Relearning**.

This teaching system is used, for example, in the most prestigious medical schools in the world, and major publications such as the **New England Journal of Medicine** have considered it to be one of the most effective.





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*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*



### Case Study to contextualize all content

Our program offers a revolutionary approach to developing skills and knowledge. Our goal is to strengthen skills in a changing, competitive, and highly demanding environment.

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*At TECH, you will experience a learning methodology that is shaking the foundations of traditional universities around the world"*



*You will have access to a learning system based on repetition, with natural and progressive teaching throughout the entire syllabus.*



*The student will learn to solve complex situations in real business environments through collaborative activities and real cases.*

### A learning method that is different and innovative

This TECH program is an intensive educational program, created from scratch, which presents the most demanding challenges and decisions in this field, both nationally and internationally. This methodology promotes personal and professional growth, representing a significant step towards success. The case method, a technique that lays the foundation for this content, ensures that the most current economic, social and professional reality is taken into account.

**“** *Our program prepares you to face new challenges in uncertain environments and achieve success in your career”*

The case method is the most widely used learning system in the best faculties in the world. The case method was developed in 1912 so that law students would not only learn the law based on theoretical content. It consisted of presenting students with real-life, complex situations for them to make informed decisions and value judgments on how to resolve them. In 1924, Harvard adopted it as a standard teaching method.

What should a professional do in a given situation? This is the question we face in the case method, an action-oriented learning method. Throughout the program, the studies will be presented with multiple real cases. They will have to combine all their knowledge and research, and argue and defend their ideas and decisions.



## Relearning Methodology

TECH effectively combines the Case Study methodology with a 100% online learning system based on repetition, which combines 8 different teaching elements in each lesson.

We enhance the Case Study with the best 100% online teaching method: Relearning.

*In 2019, we obtained the best learning results of all online universities in the world.*

At TECH, you will learn using a cutting-edge methodology designed to train the executives of the future. This method, at the forefront of international teaching, is called Relearning.

Our university is the only one in the world authorized to employ this successful method. In 2019, we managed to improve our students' overall satisfaction levels (teaching quality, quality of materials, course structure, objectives...) based on the best online university indicators.



In our program, learning is not a linear process, but rather a spiral (learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

With this methodology, we have trained more than 650,000 university graduates with unprecedented success in fields as diverse as biochemistry, genetics, surgery, international law, management skills, sports science, philosophy, law, engineering, journalism, history, markets, and financial instruments. All this in a highly demanding environment, where the students have a strong socio-economic profile and an average age of 43.5 years.

*Relearning will allow you to learn with less effort and better performance, involving you more in your training, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation for success.*

From the latest scientific evidence in the field of neuroscience, not only do we know how to organize information, ideas, images and memories, but we know that the place and context where we have learned something is fundamental for us to be able to remember it and store it in the hippocampus, to retain it in our long-term memory.

In this way, and in what is called neurocognitive context-dependent e-learning, the different elements in our program are connected to the context where the individual carries out their professional activity.



This program offers the best educational material, prepared with professionals in mind:



#### Study Material

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is highly specific and precise.

These contents are then applied to the audiovisual format, to create the TECH online working method. All this, with the latest techniques that offer high quality pieces in each and every one of the materials that are made available to the student.



#### Classes

There is scientific evidence suggesting that observing third-party experts can be useful.

Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.



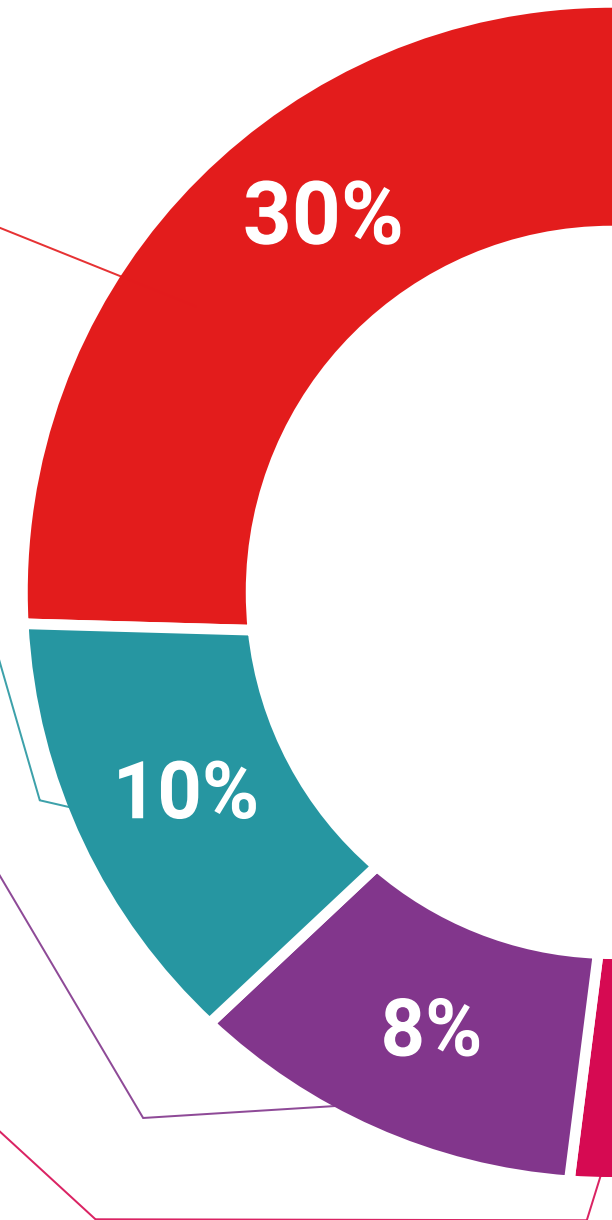
#### Practising Skills and Abilities

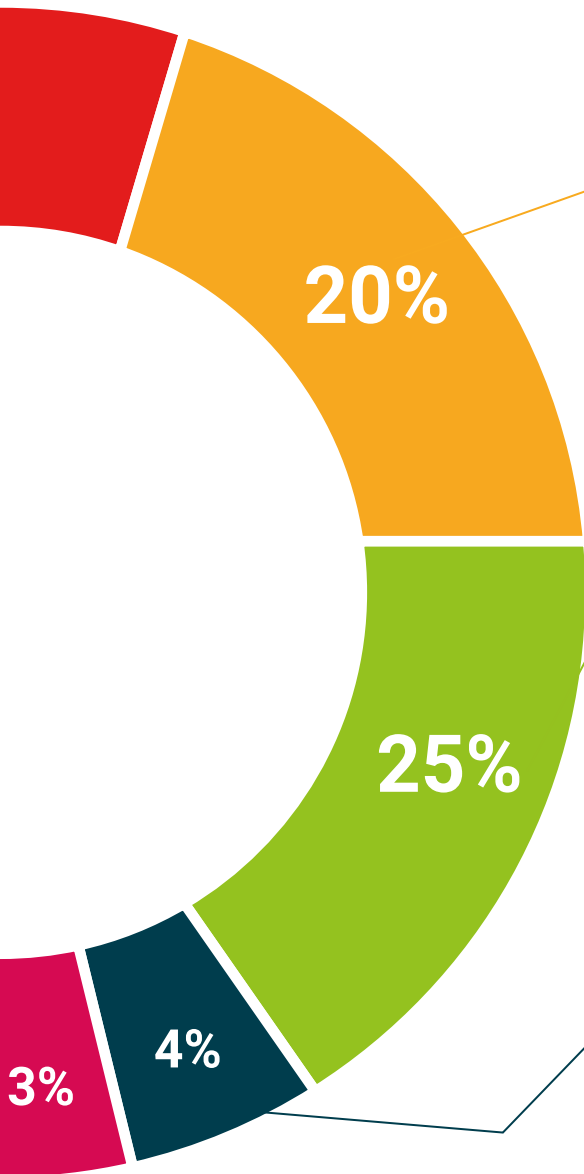
They will carry out activities to develop specific competencies and skills in each thematic area. Exercises and activities to acquire and develop the skills and abilities that a specialist needs to develop in the context of the globalization that we are experiencing.



#### Additional Reading

Recent articles, consensus documents and international guidelines, among others. In TECH's virtual library, students will have access to everything they need to complete their course.





#### Case Studies

Students will complete a selection of the best case studies chosen specifically for this situation. Cases that are presented, analyzed, and supervised by the best specialists in the world.



#### Interactive Summaries

The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



#### Testing & Retesting

We periodically evaluate and re-evaluate students' knowledge throughout the program, through assessment and self-assessment activities and exercises, so that they can see how they are achieving their goals.





06

# Certificate

The Postgraduate Diploma In Handball Training guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Diploma issued by TECH Technological University.







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*Successfully complete this program and receive your university certificate without having to travel or fill out laborious paperwork"*

This **Postgraduate Diploma in Handball Training** contains the most complete and up-to-date scientific program on the market.

After the student has passed the assessments, they will receive their corresponding **Postgraduate Diploma** issued by **TECH Technological University** via tracked delivery\*.

The certificate issued by **TECH Technological University** will reflect the qualification obtained in the Postgraduate Diploma, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Title: **Postgraduate Diploma in Handball Training**

Official N° of hours: **450 h.**



\*Apostille Convention. In the event that the student wishes to have their paper certificate issued with an apostille, TECH EDUCATION will make the necessary arrangements to obtain it, at an additional cost.

future  
health confidence people  
education information tutors  
guarantee accreditation teaching  
institutions technology learning  
community commitment  
personalized service innovation  
knowledge present quality  
development language  
virtual classroom



## Postgraduate Diploma Handball Training

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

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