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Knowledge
Inspiration
Structure &
Simplicity



Training Concept Online with „On Demand“-Videos

For eleven years Handball-Akademie.de has been offering a systematic concept for the training of young players in handball.

As "Training Concept Online" the current edition is offered in the form of "On Demand" videos.

This allows every trainer worldwide - across language boundaries - to be provided with weekly training content.

The new Training Concept Online (TCO) starts on 01.04.2023 and ends on 31.03.2024.



During this period, 45 weekly „On Demand“-videos will be made available to participants for four different age-categories:

- Novice (9/10 years),
- Beginner (11/12 years),
- Intermediate (13/14 years) and
- Advanced (15/16 years).

The training-content in the videos is put together from three categories:

- Athletic Basics (Warm Up, Coordination, Speed & Agility)
- Techniques (Ballhandling & Dribbling, Catching & Passing, Throwing) and
- Basic Tactical Elements (Little Games, Transition, Defence & Attack).

The price for single access to one age-category is 50,- € for 45 weeks.

For several trainers from one club or federation, regardless of the selected age-categories, staggered offers apply:

- four accesses for 140,- € and
- ten accesses for 250,- €.

Registrations and further information (e.g. technical requirements) can be requested by e-mail „office@handball-akademie.de“.