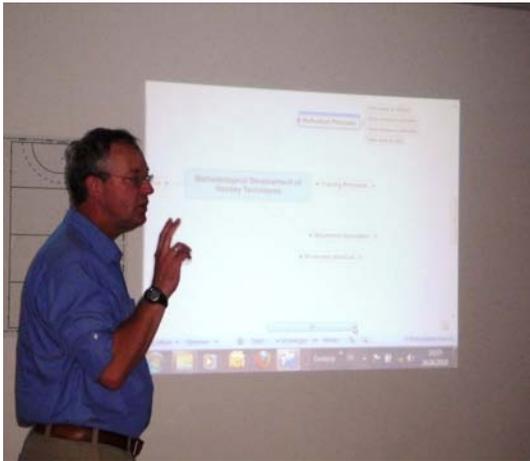


EuroHockey Coaches Seminar, 26-27 June 2010
Organized by the Portuguese Hockey Federation
Supported by the European Hockey Federation
Conductor: Heino Knuf

The international Coaching Seminar took place in Lousada on June 26th and in Santa Maria de Lamas on June 27th 2010.



Heino Knuf during the first day theory sessions and the participants that attended the seminar

12 delegates attended the seminar. The seminar was a mix of theory sessions and practical sessions and several topics were debated over the 2 days.

Saturday, June 26

09h00 - 10h00 Methodological development for training hockey skills (theory)

10h15 - 11h15 Methodological development for Physical training (theory)

11h30 - 12h30 Aspects and criterions of defending (theory)

13h30 - 14h30 Integrated GK training in team training (practice)

14h45 - 15h45 Hockey Training skills (practice)

Sunday, June 27

10h00 - 11h00 Video analysis

11h15 - 12h15 Power-Dribbling for high speed hockey and “small games”

12h30 - 13h30 Narrow forwards – tactical way to play on the wings

In the practice session Heino had the chance to work with athletes of the Portuguese national U18-21 team. Heino said he was very happy with the performance and the commitment of the team.



Heino Knuf during the practice sessions and the athletes performing the exercises

In the end of the first day, Heino Knuf attended the first game of the Senior Men league finals and recorded part of the game that was used for video analysis of the second day. The participants were very happy for being able to analyse with the help of an expert a game of their championship.

The feedback of the delegates about the seminar was very good. They were very happy with the practice sessions and found the theory sessions really useful for their own work in the clubs.

The Portuguese Hockey Federation was very happy for having Heino Knuf in this seminar and wishes to thank the EHF for all the support provided.

André Oliveira
National technical director

July 2010