

CD. CAIMA BALONMANO

I CAMPUS

ÉLITE

2023

PLAZAS LIMITADAS

DO YOUR BEST

26 JUNIO - 2 JULIO

PLAYITAS RESORT
FUERTEVENTURA

JUGADORES

DE 15 A 18 AÑOS

INFORMACIÓN

CAMPUS INTERNACIONAL
I EDICIÓN

ENTRENADORES DE
MÁXIMO NIVEL



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play
itas
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Canarias
avanza
con Europa
Fondo Europeo
de Desarrollo Regional





I TECHNICAL CAMPUS FOR HANDBALL PLAYERS

1 - SPORTS OBJECTIVE:

The main objective of this campus is to improve the technical-tactical level of the attending players, through participation in training sessions adapted to the demands of modern handball.

Another of the objectives is to increase the volume of annual training that the players have, as well as interact with coaches of recognized international, national and regional prestige; without forgetting the experiences and experiences with boys and girls from other clubs and regions.

2 - WHERE IS THE CAMPUS ORIENTED?:

This campus pretends to give players tools, resources and abilities, through innovative exercises and current methodologies, giving them a high-level vision of handball, but without forgetting the ages with which we are working.

3 - CAMPUS PARTICIPANTS:

3.1 - PLAYERS ATTENDING THE CAMPUS:

The campus is aimed at all those in the juvenile, infant, cadet and youth categories (born between 2005 and 2008), divided into 5 training groups according to the criteria of age and sports level..



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3.2 - TECHNICAL STAFF:

OSCAR PERALES (VALLADOLID & LEÓN_ 2 TIMES EUROPE RECUP CHAMPION)

ALEX MESA (SPANISH NATIONAL TEAM COACH & CURRENT EUROPEAN CHAMPION)

JOSE IGNACIO PRADES (SPANISH WOMEN'S OVERALL NATIONAL TEAM COACH)

In turn, we have several Sports Technicians, support staff and coaches from our Club.

4 - WORK PROPOSALS:

- Individual attack technique: adaptation, feints, dribbling, changes of direction, etc.
- Individual defense technique: 1:1 defense, 2:1 defense, blocking and assists.
- Decision making in the pass.
- Defense in superiority and numerical inferiority.
- Attack in numerical superiority and inferiority.
- The attack: attack systems and defensive balance.
- Defense: defense and counterattack.
- The counterattack: defense and counterattack.
- Throwing technique.
- Competitive games for positions.
- Matches with different mini-goals.

All the proposals and personal contributions made by the professional players and coaches attending the campus were valued.



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5 - TRAINING SESSIONS:

Each activity or training session on campus lasts 1 hour and 5 minutes. At the end of each activity or session there is a 10-minute break that players use to move on to the next activity. The coach can start the session earlier if all the members of the group have arrived.

General warming up? In most cases the boys arrive after doing another activity. The training sessions focused exclusively on the activity and modernization of handball are detailed below. During the Camp, the players will carry out six daily activities, two of these activities will be handball. Over the course of the week, each group performs a total of 10 specific Handball sessions, which are detailed below:

- **HANDBALL TRAINING:** Handball training, according to the proposed objectives (Players and Goalkeepers).
- **GOALKEEPER TRAINING:** Specific training for goalkeepers, where individual technical-tactical aspects were worked on.
- **GOALKEEPERS + PLAYERS ACTIVITIES:** The rest of the players in the group collaborated in the training, working on technical elements - individual tactics of the throw, pass and trajectories.
- **TOURNAMENT:** On the last day of the Campus a Tournament is held, several teams are formed between the groups, which face each other. All the invited coaches lead each team at least once and the invited players participate in the matches.

6 – CONTACT AND RESERVATIONS:

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