



HUNGARIAN UNIVERSITY
OF SPORTS SCIENCE

BUDAPEST



**OLYMPIC
SOLIDARITY**

International Coaching Course (ICC)

Budapest, Hungary

COURSE CONTENT AND AIM

ICC OFFERS EDUCATION IN SPORTS SCIENCE AND SPORT SPECIALIZATION offers a complex sports-scientific full-scale education program emphasizing on sports for all levels from children to Olympic podium.

IN

Artistic Gymnastics (MAG & WAG), Basketball, Fencing, Football, General Conditioning, Handball, Judo, Swimming, Tennis, Volleyball, Water-Polo, Wrestling

Hungarian University of Sports Science (HUSS)

International Relations Centre

1123 Budapest, Alkotás u. 42-48. – Hungary, Europe

E-mail: internationalcoaching@tf.hu

COURSE CONTENTS

By choosing ICC, you are about the jump into the next chapter of your coaching career which leads you to a comprehensive tailor-cut sports scientific education program, which you, your NF or even NOC will benefit from long term – both in training and in physical education.

INTRODUCTION

The ICC study course at the Hungarian University of Sports Science (HUSS) is a complex education program where both science and sports play a central role in the program.

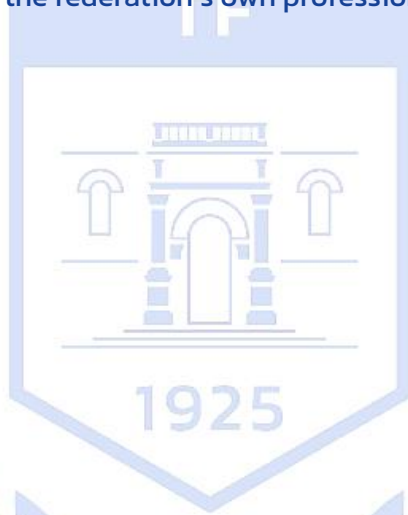
When applying you will choose a specialisation of your expertise in which we provide you with in-depth knowledge of the specific theory and methodology.

The 10-week intensive on-campus course fit into the program of ICC is meticulously designed to enhance coaches' knowledge and skills in theoretical, technical, and practical aspects of coaching.

The program includes 100 theoretical contact classes in 12 subjects on-site alongside with 100 practical teaching hours led by the federation's own professionals.

COMPREHENSIVE SUBJECTS:

- Training Theory,
- Sport Pedagogy,
- Sport / Exercise Psychology,
- Sport Injuries,
- Sport Physiology,
- Sport Nutrition,
- Ethics in Sport Coaching,
- Science in Sport,
- Biomechanics,
- Sport Analysis,
- Sport Sociology,
- Sport Management,
- Conditioning and Prevention,
- Human Biology



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During your ICC study, we will provide you with scientifically based knowledge and training-methodical expertise. Both are designed to enable you to:

- train and guide athletes and teams appropriately to their age in the selected sport specialisation, respectively to prepare athletes physically and mentally.
- apply the acquired and expanded scientific knowledge as well as the methodological repertoire in training constructively, also under varying conditions.
- identify developmental tendencies and consider them respectively in the implementation of your training process.

LANGUAGE OF INSTRUCTION

The International Coaching Course (ICC) program is taught and run exclusively in English. Participants are expected to communicate at a reasonable level (minimum B2). It is the responsibility of the applicant to demonstrate their language proficiency in both verbal and written forms as to be able to comprehend learning materials and actively participate in the classes and programs.

B2 level equivalent scores of internationally accepted language exams:

- IELTS: 5.5-6.0
- TOEFL: 72-94
- Cambridge English Scale: 160-179

It is the responsibility of the applicant and his/her National Federation to guarantee the applicant's English language proficiency. HUSS reserves the right to invite and conduct interviews via Skype or Video Conference system in English in selected cases.

HUSS, traditionally called "TF", is the proud home of numerous Olympic champions, great sports coaches, educators, and recreation experts. The HUSS community provides support throughout the careers of our students and alumni, helping them to aspire personally and professionally and enjoy a life-long career support. HUSS is currently involved in a major campus reconstruction and expansion project. The infrastructural development runs parallel with substantial development in our educational programs and research portfolio, quality assurance as well as a complex internationalization initiative, including mobility services, English language programs and strategic institutional partnerships.

As a result of our modern curriculum, multifunctional sports facilities and community spaces and events, our students enjoy the opportunity to obtain competitive knowledge that meets labor market requirements while accumulating lifelong experiences with unique HUSS student life. Our dedication also serves larger aspirations of improving the health and wellness of Hungarians and those beyond our borders as well.



Core Organisational Values for International Coaching Course(s)

At the heart of our community is a set of core values that ensure a welcoming environment for all.

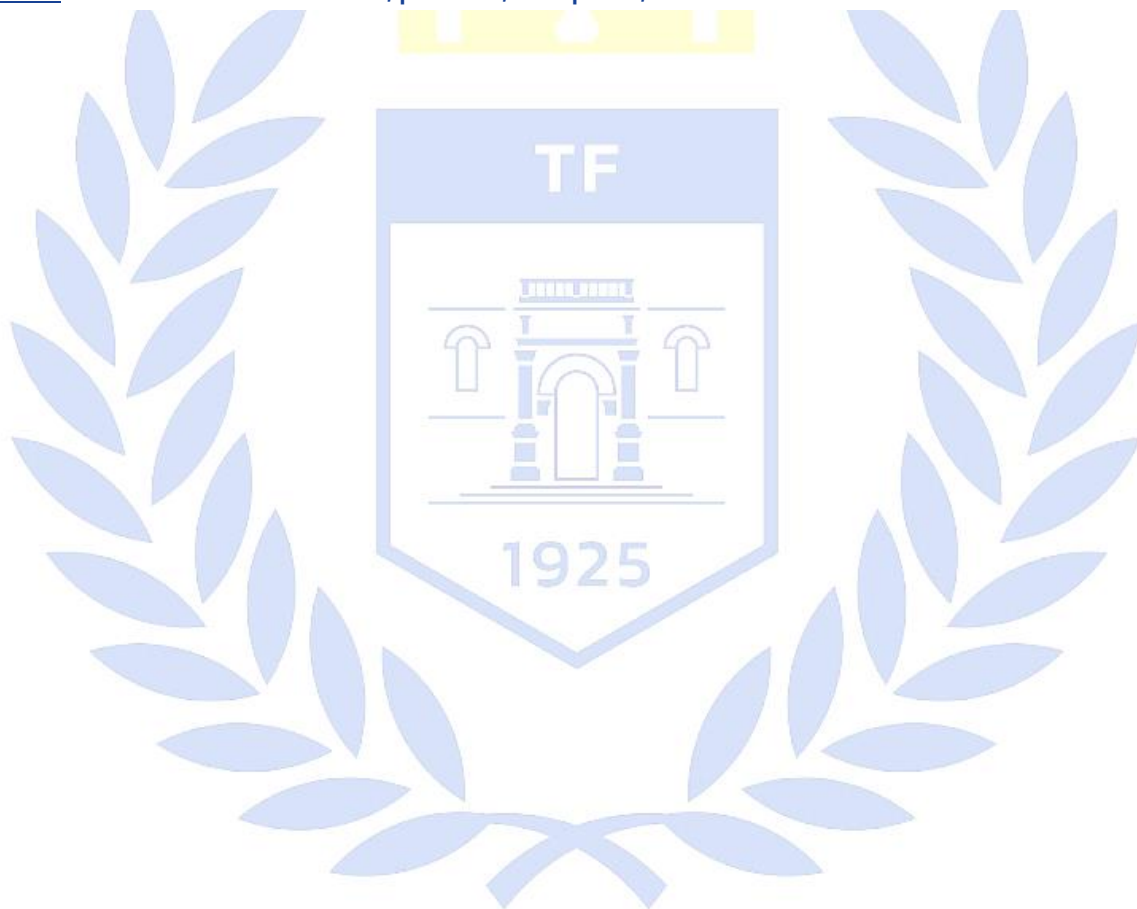
Leadership: We take collective responsibility for all the sports and inspire through innovation and shared purpose.

Excellence: We strive for high standards in all areas of sports worldwide.

Integrity: Consistently acting with high ethical values, mutual respect and honesty.

Inclusivity: Acting fairly, impartially, equally and inclusively concerning race, gender, religion, ability, age, national or ethnic origin.

Passion: We act with enthusiasm, passion, and pride, with a desire to excel in what we do.



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SPORTS SPECIFICATIONS:

BASKETBALL

In our study course we focus on the holistic development of children and juveniles, appropriate to their age and development level.

TARGETS OF BASKETBALL

When working with children in sports, you've got many tasks: you train, teach and organise, impart expertise knowledge, you have a sympathetic ear and give advice. In brief, you take over many roles and you are a valuable role model, especially to young and sports-enthusiastic children during their most marking phase in life. Therefore, it is our primary objective to educate you for these important tasks.

After graduating from our course, you will know how to share your knowledge and how to plan and implement measures of education and advanced training for instructors, coaches and physical education teachers. So, you learn how to apply the acquired knowledge, abilities and skills under the peculiar conditions of your home country in the area of different age ranges and performance levels. You will know how to plan and lead the training process and competition process in order for your athletes to achieve best sporting results according to their level of performance. Moreover, we will familiarise you with scientific working methods so that you will be able to put scientific findings into practice in the future.

CONTENTS OF BASKETBALL

In our study course we focus primarily on performance sports for juniors (6 to 19 years of age), thereby we put a special emphasis on the development of player personalities.

BASKETBALL: THEORY

- Peculiarities of training with children and juveniles, consideration of age-specific features
- Complexity and accentuation during the development of performance-determining factors
- Methods for developing sports-specific coordinative-technical performance prerequisites, individual- and collective- tactical performance prerequisites as well as conditional performance prerequisites
- Promotion of sports talents
- Error correction
- Tests and feasible control procedures in training and competition
- Planning of the training process and competition process
- Preparation, implementation, and evaluation of work shadowing during training and competition

- Inclusive approaches in Basketball, introduction to Wheelchair Basketball and Basketball in the context of Special Olympics

BASKETBALL: PRACTICE

- Practical exercises to acquire and impart technical and tactical skills (technical-tactical demonstration competence)
- Practical exercises to develop personal conditional and coordinative abilities.
- Familiarisation with and consolidation of training-methodical principles for the application of sports-specific means of training for different age ranges and performance levels
- Teaching exercises implemented by the participants to perfect their methodical competence for developing performance prerequisites as well as leading athletes and teams (coaching).

Next to our comprehensive study course we try to integrate you into the local club life and thereby to grant you a deeper insight into our work with young athletes. Moreover, you will get to know our educational system as we will also deal with physical education classes at primary schools. This will not only be a joyful and eventful variation of your daily life at university, but also a very enriching and priceless experience.

- Several Budapest basketball clubs and the Hungarian Basketball Association have been valuable supporters and partners of our University for many years:
- The youth coaches of the Hungarian Basketball Association give lectures as external experts and the Association provides the opportunity to visit the training sessions of the national teams.
- Basketball clubs offer our university students the opportunity to visit and observe the training sessions and league matches of their youth teams every week.
- You will act as referee at school competitions.

FENCING

TARGETS OF FENCING

The course is designed to provide students with skills in a field of fencing coaching, that are needed to successfully be coaching a fencing team in any country on the world in their own weapon category. Students will engage in all steps of becoming a fencing coach through recognize of different fencing training methods, and requires critical thinking competencies such as evaluating, analysing, and interpreting. They will be able to give basic individual lessons in their own weapon category.

By the end of the course, students will be able to:

1. get the whole picture about the differences and similarities of the three weapons.
2. have concept about how to avoid dangerous situations in sport fencing.
3. have good knowledge in roles and tasks of the fencing coach.
4. aware of teaching forms and practice modes.
5. have concept about the type, the organisation method, and the teaching methodology of the individual lessons.
6. aware of theory and practice of fault checking in sport fencing.
7. clarify actual questions about youth fencing and adult fencing.
8. analyse fencing performances in their own weapon category.
9. aware of technical, tactical matter and methodology of fencing coaching.
10. plan and lead group trainings in different forms.
11. have concept about used distances in fencing.
12. demonstrate and teach the basic weapon technics.
13. improve weapon-specific hand-foot coordination.
14. teach fencing technics and tactics.
15. plan and lead training parts and full trainings in different age groups.
16. give different type of basic individual lessons.

CONTENTS OF FENCING

General:

- Weapons' specialities
- How to avoid dangerous situations in fencing.
- Roles and tasks of the fencing coach
- different fencing specific warm-ups, teaching forms and practice modes, games in the fencing education
- Basics of fencing: standing positions, blade positions, en-guard, salute, simple footwork elements (step forward, step backward, jump forward and backward, half-steps forward and backward, slide, stopping, flèche, apelle)
- Preparatory exercises of the above-mentioned elements.
- Combined footwork exercises.
- Concept of different fencing distances, keeping the distance
- Holding the weapon.
- Hand positions, thrusting modes and cuts.
- Line position.
- Basic hand movements: invitation, transition, transportation.
- Footwork with weapon.
- Method to organize individual lessons.
- Type of the individual lesson.

- Teaching methodology of individual lessons.
- Individual lessons for beginners
- Weapon specific practice (teaching in the form of individual lesson)

EPÉE:

- the basics and the special characteristics of épée coaching
- the weapon: different types of grids and their holdings
- fencing en-guard position with weapon, hand positions, invitations, and transitions
- footwork with weapon
- mode of thrusts (foil-, opposition-, angle thrusts), technic and applications of the modes
- blade attacks: simple, half-circular, circular and change engagements and beats
- parries of the blade attacks
- engaged-thrusts, filo- and flanconade ripostes, transportations
- basic combat weapon exercises of the individual lesson
- disengage thrusts against a simple-, half-circular, circular and change engagements and beats (after own engagement/ after opponent's engagement)
- the concept of the feint
- varieties of the feints
- classification of the feints
- feint attacks: simple and circular/single and double feints, mixed feints
- reprised attacks
- reprised counterattacks
- the concept of the counterattacks
- second intentional attacks
- feint counter-attacks
- counter-tempo actions

FOIL:

- the basics and the special characteristics of foil coaching
- the weapon: different types of grids and their holdings
- fencing en-guard position with weapon, hand positions, invitations and transitions
- footwork with weapon
- direct thrust, parry-thrust and the direct thrust-parry-thrust exercises and their application as an assault
- theory of preparations
- change and disengage thrusts and their parries
- engage-thrust ripostes
- blade attacks: simple, half-circular, circular and change engagements and beats and their parries

- engage-thrusts and engaged-thrust ripostes
- parries of the filo-thrusts
- the concept of the feint
- varieties of the feints
- classification of the feints
- feint attacks: simple and circular/single and double feints, mixed feints
- parries of the feints
- flick attacks, flick ripostes
- parries of the flick attacks
- reprised attacks
- counter-attacks
- holding-thrusts (disengage holding thrust, first-, second- and last-timing holding thrusts)
- the structure of the second intentional attack, the feint-counterattack and the counter-tempo actions
- close combat and its actions

SABRE:

- the basics and the special characteristics of sabre coaching
- the weapon and its holding, fencing en-guard position with weapon.
- hand positions, guard positions, invitations and transitions.
- footwork with weapon
- basic exercises of the individual lesson and their application as an assault
- change cut/thrust, change angle cut, disengage cut/thrust, disengage angle cut and their parries.
- systems of the parries
- transitions and transportations
- developing the defense, defense with parry and with distance
- ripostes and counter-ripostes
- conventional exercises in pairs
- blade attacks: engagements and beats.
- parries of the blade attacks
- beats with the back of the blade.
- blade catches.
- arm- and hand-cuts.
- indirect cuts
- the concept of the feint
- varieties of the feints
- classification of the feints
- feint attacks and ripostes, single and double feints.

- parries of the feints
- repris attacks
- remises
- theory of counterattacks
- counter attacks with right timing.
- preparation movements in sabre fencing
- the answers of a counterattack: second intentional attacks, the feint-counterattack, and the counter-tempo actions

GENERAL CONDITIONING SPORT SPECIALIZATION

AIM:

The primary purpose of this course is to acquaint students with conditioning essentials, equip them with the knowledge and understanding of the value of physical conditioning, the conditioning program planning, execution and evaluation of performance of the athletes and conditioning training plans. Analytical approached conditioning strategy will be demonstrated, based on exercise analysis that every coach can apply in the everyday practice. The complex procedure, how a coach can start general conditioning and progress towards sport-specific conditioning during a long-term preparation of an athlete, is on the table.

THEORY:

In our study course we focus primarily on:

- function of muscle groups
- warming up routine
- endurance training and test protocol
- strengthening training
- flexibility training, range of motion procedures
- coordination skills training
- muscle balance and unbalance

PRACTICE:

Students will plan and lead 5 block warming up routine (moderate stretching effect, circulation enhancement I., main stretching effect, circulation enhancement II., strengthening effect)

Students will do test protocols, cardiovascular fitness endurance training, long/medium/short term endurance training in the open air and in the gym, aerobic and anaerobic exercises for cardiovascular fitness training.

Students will plan and lead strengthening training exercises with tools and without tools.

We deal with flexibility training methods: passive/active and dynamic/static stretching exercises. They perform coordination exercises: rhythm, spatial orientation, static and dynamic balancing ability, speed coordination and kynesthetic exercises. They test their muscle balance with „Muscle imbalance test“ and develop the problematic areas.

Building on these knowledges, students will eventually be able to:

- plan and lead warming up routines;
- develop their athletes conditioning abilities, coordination skills and flexibility professionally based on scientific backgrounds;
- prevent postural deviation.

GYMNASTICS

SPORTS GOALS OF WOMEN'S GYMNASTICS

The course is designed to provide students with skills in a field of women artistic gymnastics (WAG) coaching, that are needed to successfully lead an amateur/professional/national gymnastics team as a head coach, assistant coach, or coaching team analyst.

Students will engage to all areas of a gymnastics to recognize different gymnastics method, also required to mastering critical thinking competencies such as evaluating, analysing, and interpreting sport specifications. Students will develop various coaching strategies that will help and maintain conditional abilities in different ages. Students will also have opportunities to take part of measuring process, in training and competitive circumstances.

COURSE GOALS:

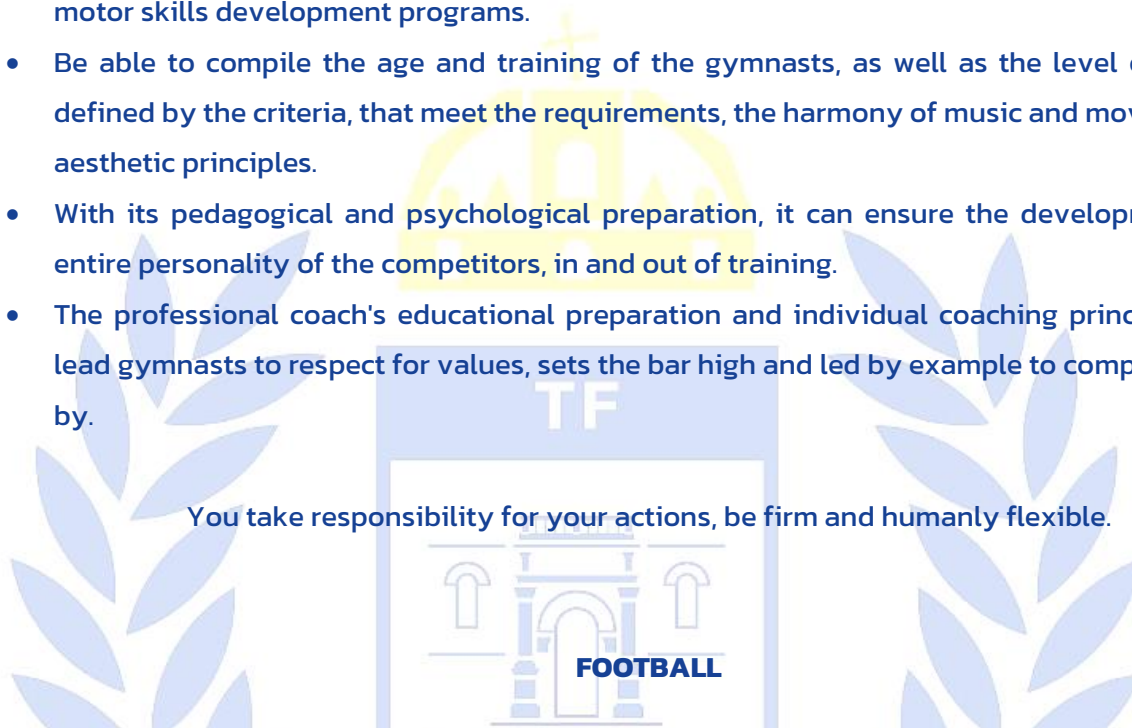
- training of gymnastics sport professionals,
- to further develop their scientifically based knowledge.
- to be suitable for special training of different age groups, for the wide application of their skills;
- knowing their professional knowledge, are open to acquiring new knowledge and practical experience, can develop it creatively.
- becoming to be able to raise the level of coaching work.
- involvement of young coaches in the life and development of the sport.

PROFESSIONAL CONTENT AND PURPOSE OF THE COURSE:

- The professional coach will be able to implement the practical and theoretical knowledge of the sport, to establish and reinforce of the rules of the different disciplines, furthermore the international and domestic trends of the sport, and the forecasts related to the development of the sport, thus to be able to creatively develop domestic and international competitions.

- The professional must have a minimum level of psychomotor skills and practical experience that ensures effective teaching in the sport, also to know the special practical methodological "tricks" of gymnastics sports training.
- Get acquainted with the principles of development of technical and motor skills of gymnastics, their harmony and theoretical knowledge, the need for their individual differentiation and the possibilities of solving them.
- Be able to set up training programs for preparatory exercises and general gymnastics – specific motor skills development programs.
- Be able to compile the age and training of the gymnasts, as well as the level of exercises defined by the criteria, that meet the requirements, the harmony of music and movement, and aesthetic principles.
- With its pedagogical and psychological preparation, it can ensure the development of the entire personality of the competitors, in and out of training.
- The professional coach's educational preparation and individual coaching principles would lead gymnasts to respect for values, sets the bar high and led by example to compete and live by.

You take responsibility for your actions, be firm and humanly flexible.



The fundament of successful performance development in football is in numbers and depth to choose from, people say. We also show pathway for international students from coaching from an enthusiastic beginner to a successful top player at international stage.

TARGETS OF FOOTBALL

When working with children and/or various generations in football sport, you've got many tasks as a coach to fulfil you train, teach and organise, expertise knowledge, you have a sympathetic method you follow how give advice, how to coach, in short, as you take up many roles and you are a valuable role model, especially to young and sports-enthusiastic children during their most marking phase in life. Therefore, it is our primary objective to educate you for these important tasks.

CONTENTS OF FOOTBALL

In our study course we focus primarily on performance sports for juniors (6 to 19 years of age), thus we put a special emphasis on the development of player personalities.

FOOTBALL: THEORY

- Key factors of training with juveniles in various age-groups, consideration of age-specific features

- Complexity and structure-led focus during the development of performance-determining factors
- Methods for developing football-specific coordinative-technical performance prerequisites, individual- and collective- tactical performance prerequisites as well as conditional performance prerequisites.
- Promotion of sports talents
- Error analysis and error correction
- Tests and feasible control procedures in training and competition
- Planning of the training process and competition process
- Preparation, implementation, and evaluation of work shadowing during training and competition
- Inclusive approaches in Football training, introduction to Football as a competitive sport for people with a sensory, motor and/or cognitive handicap

FOOTBALL: PRACTICE

- Practical exercises to acquire and impart technical and tactical skills (technical-tactical demonstration competence)
- Practical exercises to develop personal conditional and coordinative abilities.
- Familiarisation with and consolidation of training-methodical principles for the application of sports-specific means of training for different age ranges and performance levels
- Teaching exercises implemented by the participants to perfect their methodical competence for developing performance prerequisites as well as leading athletes and teams (coaching).
- Personal experience in Football 5-a-side (blind football), Wheel-Soccer and Amputee Football

Next to our comprehensive study course we work closely to the local club called Vasas, where our workshops and further extra curriculum is held and / or games we attend. Our international students will get to know our educational system as we will also deal with physical education classes at primary schools which makes a wide range of variety of our daily life at university, but also a very enriching and priceless experience.

HANDBALL

COURSE DESCRIPTION

In this course, students will learn about the past and recent history of handball, the history of its development, and rule changes. The aim of the training is for the students to learn the different options for warming up handball players. Be proficient in developing coordination and conditioning skills. The students should master the systematization of the technical elements of attackers, defenders, and goalkeepers in general and position-specifically. They learn the organization of the tactical elements

used in handball: on the one hand, the phases of the attack and the corresponding tactical elements, and on the other hand, the operation of the different defense systems and basic formations. Be able to teach or train players and teams to execute and apply offensive and defensive tactical elements. Get to know the tactical possibilities of organizing an attack against different defenses. The student should learn about the pedagogical and psychological issues that arise during the preparation of handball players and how to deal with them. They get an idea of how team cohesion can be strengthened through this. They get to know the basic steps of training and the management characteristics of quality training.

By the end of the course, students will be able:

- to get familiar with the international history of handball,
- to know and can apply the playing rules of handball,
- to get to know the modern competition techniques and tactics in handball,
- to understand the teaching / training structure of handball,
- to know multitude of observational aspects of training / match,
- to get experience in teaching / training at different age group of handball teams,
- to understand the phases of the handball game and their technical and tactical content,
- to better understand how to improve up to date technique and tactic of handball,
- to know training drills of attackers and defenders' techniques
- to understand Hungarian competition system by the age groups, profession levels, genders,
- to be able to create training plans (daily session, monthly- or annual training plan) for children, juniors, adults,
- to get experience in features of conditional training in gym (strengthening with barbells, weightlifting)



In our study course we focus on a comprehensive education and training of children and juveniles, appropriate to their age and development level.

TARGETS OF JUDO

When engaging with young athletes in sports, a multitude of responsibilities awaits from coaching, teaching, and organizational tasks to sharing expert knowledge, providing empathetic support, and offering guidance.

In essence, you assume diverse roles and serve as a significant role model, particularly for youths deeply passionate about sports during their formative years. Thus, our foremost objective is to equip you with the necessary skills for these pivotal responsibilities.

Upon completion of our program, you will possess the proficiency to effectively disseminate your expertise and devise strategies for educational interventions and advanced training for instructors, coaches, and physical education professionals. You will learn to apply acquired knowledge, capabilities, and competencies within the unique contexts of your native environment across various age groups and skill levels.

Additionally, you will be adept at orchestrating and overseeing training and competition processes, ensuring optimal sporting outcomes aligned with individual performance levels. Furthermore, we will acquaint you with rigorous scientific methodologies, empowering you to integrate research findings into practical applications for the future.

CONTENTS OF JUDO

In our study course we focus primarily on performance sports for juniors (6 to 19 years of age), thereby we put a special emphasis on the development of player personalities.

JUDO: THEORY

- Training structure and performance structure
- Identification of developmental tendencies
- Peculiarities of training with children and juveniles, consideration of age-specific features
- Complexity and accentuation during the development of performance-determining factors
- Methods to develop sports-specifically
 - coordinative-technical and
 - conditional performance prerequisites
- Error correction, tests and feasible control procedures in training and competition
- Planning of the training process and competition process
- Preparation, implementation, and evaluation of work shadowing during training and competition
- Talent promotion
- Competitive Judo expertise, refereeing rules
- History and culture of Judo
- Role of different Kata exercises in Judo (in competitions and in the grading system)
- Inclusive approaches in Judo, introduction to Visually Impaired Judo and Judo in the context of Special Olympics

JUDO: PRACTICE

- Practical exercises to improve.
 - your personal technical skills (demonstration competence)
 - your personal conditional and coordinative abilities

o your personal knowledge in teaching ukemi-waza, ground techniques (pins, armlocks, triangles, chokes), and throwing techniques (Te-waza, Ashi-waza, Koshi-waza, Sutemi-waza)

- Practical exercises to develop personal conditional and coordinative abilities.
- Familiarisation with and consolidation of training-methodical principles for the application of sports-specific means of training for different age ranges and performance levels
- Teaching exercises implemented by the participants to perfect their methodical competence for developing performance prerequisites as well as leading athletes and teams (coaching).

Next to our comprehensive study course we try to integrate you into the local club life and thereby to grant you a deeper insight into our work with young athletes. This will not only be a joyful and eventful variation of your daily life at university, but also a very enriching and priceless experience.

The Hungarian Judo Association and main Judo clubs of Hungary (UTE, Honvéd, MTK, Paks, Cegléd and Tatabánya) have for many years been valuable promoters and partners to:

- Coaches of leading clubs of Hungary lecture as experts at Judo.
- Judo clubs in Budapest will offer you the opportunity to weekly visit and observe the training sessions of their junior and adult teams.
- You will visit the most successful clubs in Hungary.

SWIMMING

COURSE DESCRIPTION

This course is designed to provide students with skills in the field of swimming coaching that are needed to successfully lead an amateur/professional swim team as a head coach or work as an assistant coach.

During the 9 weeks, students will develop special knowledge about the cultural background and technical-tactical repertoire of swimming. Throughout several practical sessions, they will be able to transfer this theoretical knowledge into practical coaching and to apply it adequately when working with different age groups and with both genders. Students will also have opportunity to closely study the work and organisation of successful clubs, national teams, and swim schools and to gather further knowledge about leadership, team management and coaching philosophy.

By the end of this 9 weeks program students will engage in all steps of becoming a swimming trainer and qualify as professional coaches.

By the end of the course, students will be able:

- to get familiar with the history of swimming
- to know the rules of swimming;
- to understand of Mechanical principles in swimming
- to know the modern competition technique of four swim strokes, starts and turns
- to understand the structure of teaching swimming
- to observe swimming lessons in shallow and deep water
- to get experience in teaching of four strokes and starts and turns
- to better understand how to improve up to date technique
- to know drills of four strokes, starts and turns
- to understand Hungarian age group and competition system
- to be able to plan swimming training for age group swimmers
- to get experience in features of age group swim and dry-land training
- to understand the training system and educational program of Hungarian Swimming Association.
- to understand energy levels during swimming
- to be able to plan swimming training for adults
- to be able to plan strengthening and flexibility trainings for adult swimmers
- to observe adult and age group competition (short and long course)

TENNIS

The purpose of tennis course, which has been included in the ICC program since 2023, is to expand the theoretical, practical, and experiential knowledge of the participating coaches at the highest level. In our study course we focus on the holistic development of children and juveniles, appropriate to their age and development level.

TARGETS OF TENNIS:

When working with children in sports, you have got many tasks: you train, teach and organise, impart expertise knowledge, you have a sympathetic ear and give advice. In brief, you take over many roles and you are a valuable role model, especially to young and sports-enthusiastic children during their most marking phase in life. Therefore, it is our primary objective to educate you for these important tasks.

After graduating from our course, you will know how to share your knowledge and how to plan and implement measures of education and advanced training for instructors, coaches, and physical education teachers. So, you learn how to apply the acquired knowledge, abilities, and skills under the peculiar conditions of your home country in the area of different age ranges and performance levels.

You will know how to plan and lead the training process and competition process for your athletes to achieve best sporting results according to their level of performance. Moreover, we will familiarize you with scientific working methods so that you will be able to put scientific findings into practice in the future.

CONTENTS OF TENNIS:

- In our study course we focus primarily on performance sports for juniors (6 to 19 years of age), thereby we put a special emphasis on the development of player personalities.
- Theoretical parts:
- Teaching methodology for advanced coaching
- Methods for developing sports-specific coordinative-technical performance prerequisites, individual- and collective- tactical performance prerequisites as well as conditional performance prerequisites.
- Strategy and Tactics
- Player development pathway to the pro tour
- Technical development at different levels
- Parents education
- Understanding mental side of the game
- Strength and conditioning
- Planning of the training and competition process
- Play and Stay program in Hungary.

Practical parts:

- Practical exercises to acquire and impart technical and tactical skills (technical-tactical demonstration competence)
- Practical exercises to develop personal conditional and coordinative abilities.
- Imparting of technical variations as well as principles of training of game situations
- Imparting of individual tactics and group tactics as well as their importance during the game
- Familiarization with and consolidation of training-methodical principles for the application of sports-specific means of training for different age ranges and performance levels
- Coaching in Play and Stay program.
- Teaching exercises implemented by the participants to perfect their methodical competence for developing performance prerequisites as well as leading athletes.

Next to our comprehensive study course we try to integrate you into the local club life and thereby to grant you a deeper insight into our work with junior athletes. This will not only be a joyful and eventful variation of your daily life at the university, but also a very enriching and priceless experience.

- You will join the training sessions of Pasarét Tenisz Klub coaches, Play and Stay and elite squads.
- You will join the conditioning training sessions of Pasarét Tenisz Klub.
- You will visit the Hungarian National Training Centre, where you can see the level of the best Hungarian players.
- You will visit tournaments of the Hungarian Tennis Association from Play and Stay to U18.
- You will visit international tournaments (Tennis Europe, ITF) in Hungary, according to the tournament schedule.
- You will join to the classes of Physical Education Teacher and Tennis Coaching courses at the Hungarian University of Sports Science.

WATERPOLO

In our course we teach the basic and most important knowledge of the entire training system from the beginner level to the adult age group, taking age characteristics and biological development into account.

TARGETS OF WATERPOLO

Introducing and promoting a new sport always requires special attention, especially in the case of water polo, because the special environment requires special skills. Coaches dealing with the youngest children must primarily have excellent pedagogical skills in order to be able to develop sports attachment in children. Our goal is to reach the level of learning and teaching complicated tactical and technical knowledge, starting from the basic swimming styles, through the teaching of special sports movements.

Our graduate students get to know the operation of a complex and professionally based training system. They acquire sound knowledge of age-specific training and fitness planning methods and they will be able to adopt the acquired knowledge into their own geographical and physical environment.

CONTENTS OF WATERPOLO

In our study course we focus primarily on performance sports for juniors (6 to 19 years of age), thereby we put a special emphasis on the development of player personalities.

WATERPOLO: THEORY

- accident prevention rules and how to use work tools as intended.
- technical conditions of water polo training and the safety rules in the swimming pool
- training injuries that occur during training in sports and the possibilities of avoiding and preventing injuries, providing first aid as needed
- development of water polo, its domestic and international history
- domestic and international organizations
- the basic principles of warming up and cooling down

- principles and process of joint mobility development, stretching, stretching
- basic principles of conditioning and coordination skill development in special sports
- order of teaching the four swimming styles, the teaching of the technique of the swimming styles (butterfly, backstroke, breaststroke, fast)
- teaching of special types of swimming (sidestroke, starting leg pace, treading, jumping, change of direction)
- raining theory of water polo, the basic concepts of training theory and basic training methods
- developmental training methods and tasks according to the age characteristics of different age groups
- forms of movement of the sport, its role and necessity and exercise groups in water polo education
- training planning methods, training and game analysing
- harmonizing the personal and material conditions of professional sports work
- fatigue, tiredness, rest, regeneration with its physiological background
- educational practices, their recording, analysis, preparation of an observation report
- sports nutrition, energy use, correct eating habits and the importance of fluid replacement

WATERPOLO: PRACTICE

- beginner and preparatory age group
 - recruitment
 - attachment to water polo & company of kids
 - swimming lessons
 - legwork lessons
 - funny games
- instruction of age groups (9–12 years old)
 - special water polo swimming
 - instruction in proper swimming technique
 - physical training
 - instruction of ball technique
 - coordination swimming, vertical and horizontal positioning
 - water polo rules
- instruction of age groups (13–15 years old)
 - swimming development, determination of swimming volume
 - physical training, dryland exercises, special swimming pool exercises
 - special water polo legwork training
 - use of development tools, correct technique
 - practicing simple and complex tactical elements
 - passing and shooting drills
 - teamwork and team cohesion
- instruction of age groups (16–18 years old)
 - complex ball technique exercises
 - complex tactical exercises
 - leading a counterattack, defending against a counterattack

- man advantage play, man disadvantage defence
- full knowledge and application of rules
- recognizing and reacting to unexpected situations

During the training, we regularly visit the training sessions of the Hungarian youth national teams and several water polo clubs in Budapest. Our cooperating partners are Vasas Sc, BVSC, TVE, FTC. Students participating in this course can join and attend water polo trainings on a daily basis and gain full insight into the training system of several clubs. Thanks to the dense Hungarian competition calendar, it is possible to watch countless matches, both in men's and women's championships, with particular regard to Champions League matches.

