

Handball camp for goalkeepers 21.-22.1.2017 - Level 1

The head coach for the camp is Vanja Radic

The camp is for boys and girls born between 1996 and 2004. The camp utilizes the 2016 constructed handball court at Kisakallio Sports Institute. Vanja Radic is a well liked and respected coach at the European level. The coaching of goalkeepers is her specialty. English is the primary language used during training.

Main themes of the camp:

- Different saving techniques
- Physical requirements and improving physical attributes
- Comprehensive understanding of the game from the goalkeepers point of view

In addition to this the camp will focus on improving goalkeeper's coordination and improving the mobility of the hips. Drills to improve the dynamic range of motion will also take place at the camp. It's the first time this handball camp is organized at Kisakallio Sports Institute, so act fast and sign up!

Schedule:

Saturday 21st of January

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| 09.00-09.15 | Arrival at Kisakallio |
| 09.15-09.30 | Camp start at Handball court |
| 09.45-11.15 | Handball training, group 2 / Sport specific activity, group 1 |
| 11.30-12.45 | Handball training, group 1 / Sport specific activity, group 2 |
| 13.15 | Lunch |
| 14.00 | Check in |
| 15.30-16.45 | Handball training, group 2 / Other activity, group 1 |
| 17.00-18.15 | Handball training, group 1 / Other activity, group 2 |
| 18.45 | Dinner |
| 19.30-20.30 | Lecture |
| 22.00 | Silence |

Sunday 22nd of January

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| 07.00-07.30 | Breakfast |
| 08.15-09.30 | Handball training, group 1 / Sport specific activity, group 2 |
| 09.30-10.45 | Handball training, group 2 / Sport specific activity, group 1 |
| 11.30 | Lunch |
| 12.30-13.45 | Handball training, group 1 / Other activity, group 2 |
| 13.45-15.00 | Handball training, group 2 / Other activity, group 1 |
| 15.20-15.45 | Camp ending, main building |

Price 190 €

Includes: Activities according to the schedule above, personalised feedback and tips for the future, Video-analysis, accommodation in three person rooms.
For the camp you will need your own handball and water bottle.
Towels and bed sheets are included in the camp price.

Registration link:

www.kisakallio.fi > leirit ja lomat > lasten ja nuorten leirit > Käsipalloleiri maalivahdeille

More camp information:

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