



INTERNATIONAL FISTBALL ASSOCIATION

Hölderlinstraße 26, 4040 Linz, Austria
office@ifa-fistball.com | www.ifa-fistball.com

Linz, 10 June 2019

INVITATION

Invitation to the Fistball Academy Experience “Train the Trainer” in the framework of the IFA 2019 Fistball Men’s World Championship in Winterthur, Switzerland

To all IFA Member Federations and individuals as interested trainers, sportsmen and sportswomen

Dear Member Federations,
dear friends of Fistball,

in the framework of the next Fistball World Championships we want to implement some additional interesting events by the new format – **the Fistball Academy**.

The Fistball Academy is the new format for the consolidation of Fistball know-how and the development of new knowledge in cooperation with all member federations. An essential activity of the Fistball Academy is the development of sustainable and forward-looking concepts concerning the promotion and dissemination of Fistball.

In the framework of the IFA 2019 Fistball Men’s World Championship in Winterthur, Switzerland the Fistball Academy invites all interested trainers, coaches and sportsmen to participate in the



**Fistball Academy Experience “Train the Trainer”
Tuesday, 13 August 2019, 09:30 – 13:00 h**





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Key subjects will be the presentation of special training skills with the following inputs:

TOPIC 1 – THEORY	TOPIC 2 – PRACTISE	TOPIC 3 – THEORY	TOPIC 4 – PRACTISE
<ul style="list-style-type: none">• Effective training scheduling and training structuring• Division and periodisation of a competition year compared to other sports	<ul style="list-style-type: none">• Training exercises of the sprinting section as a basis for correct movements to the ball• Training exercises of the throwing section as a basis for correct attacking strikes	<ul style="list-style-type: none">• Advantages and disadvantages of the different stroke and attacking techniques• Tactical execution of attacking strikes concerning different line-ups of the opposing team	<ul style="list-style-type: none">• Training exercises/practical exercises of attacking strikes – hints and tricks• Preventive exercises as a associated strengt training for attacking players
Expert: Hartmut Maus	Expert: Hartmut Maus	Expert: Dirk Schachtsiek	Expert: Dirk Schachtsiek

All presentations will be held in German and/or English.



Travelling expenses have to be covered on your own, but the series of lecture will be free of charge. Please let us know if you want to participate in the **Fistball Academy Experience till 10 July 2019 and register directly under: u.schneider@ifa-fistball.com**

Further details of the organisation will be sent directly to the participants after termination of the registration.

Please do not hesitate to contact the Chair of the IFA Youth and Sports Commission Uwe Schneider (u.schneider@ifa-fistball.com) if you have any questions or proposals concerning the Fistball Academy Experience.

Best regards,

Christoph Oberlehner
IFA Administrative Director

Uwe Schneider
Chair of the IFA Youth and Sports Commission