

CONFERENCE PROGRAMME



23-24 MAY 2026

SEDZISZÓW / POLAND

SATURDAY, MAY 23

08:15 Accreditation

09:00 Official opening of ACES Conference 2026

09:10 **Jakub Sage:** Growth spurt (PHV) as a risk factor for injuries in youth handball (*theory*)

09:45 **Janusz Piekarski:** Soft skills of the coach as a key element in the development of young players (*theory*)

10:25 **Jakub Sage:** Foot and ankle injury prevention in youth handball (*practice*)

11:05 *coffee break*

11:15 **Klaus Feldmann:** Basic principles of defense and attack in handball (*theory*)

12:00 **Klaus Feldmann:** Small-sided games in handball based on the U12/U13 age category - part I (*practice*)

12:45 **Klaus Feldmann:** Small-sided games in handball based on the U12/U13 age category - part II (*practice*)

13:30 *lunch break*

14:30 **Herbert Wagner:** Specific physical performance in team sports (handball) - part I (*theory*)

15:10 **Ryszard Jarzabek:** Game understanding principles as the foundation of youth handball training (*theory*)

15:50 *coffee break*

16:00 **Herbert Wagner:** Example exercises developing selected motor abilities based on the U13/U14 age category (*practice*)

16:45 **Ryszard Jarzabek:** Goalcha as a tool for teaching basic handball skills based on the U10/U11 age category (*practice*)

17:30 **Ryszard Jarzabek:** Goalcha games incorporating game principles for the U10/U11 age category (*practice*)

18:15 Summary of ACES Conference 2026 - Day 1

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23-24 MAY 2026

ALL ABOUT
HANDBALL

ŚĘDZISZÓW / POLAND

SUNDAY, MAY 24

08:30 Official opening of Day 2

08:40 **Herbert Wagner:** Specific physical performance in team sports (handball) - part II (*theory*)

09:20 **Ilona Hapková:** Mini handball as a tool for developing “sports grammar” (*theory*)

10:00 **Klaus Feldmann:** Teaching play with open defense in handball (*theory*)

10:40 *coffee break*

10:50 **Ilona Hapková:** Improving ball control and manipulation as the foundation of teaching the game based on the G10/G11 age category (*practice*)

11:50 **Klaus Feldmann:** Games from 1v0 to 2x3 and 3v3 based on the G12/G13 age category (*practice*)

12:50 **Janusz Piekarski:** Creative method in children’s training - from general to specific to general based on the U8/U9 age category (*practice*)

13:30 *lunch break*

14:30 **Piotr Końko:** Biobanding - creating an optimal training environment during maturation (*theory*)

15:15 **Ilona Hapková:** Improving passing and catching through small-sided games based on the G10/G11 age category (*practice*)

16:00 **Ilona Hapková:** Diverse forms of mini handball game organization in the training process based on the G10/G11 age category (*practice*)

16:45 Summary and official closing of ACES Conference 2026

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