

CONFERENCE PROGRAMME

 ACES CONFERENCE
ALL ABOUT
HANDBALL 23-24 MAY 2026
SĘDZISZÓW / 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 (<i>theory</i>)
09:45	Janusz Piekarski: Soft skills of the coach as a key element in the development of young players (<i>theory</i>)
10:25	Jakub Sage: Foot and ankle injury prevention in youth handball (<i>practice</i>)
11:05	coffee break
11:15	Klaus Feldmann: Basic principles of defense and attack in handball (<i>theory</i>)
12:00	Klaus Feldmann: Small-sided games in handball based on the U12/U13 age category - part I (<i>practice</i>)
12:45	Klaus Feldmann: Small-sided games in handball based on the U12/U13 age category - part II (<i>practice</i>)
13:30	lunch break
14:30	Herbert Wagner: Specific physical performance in team sports (handball) - part I (<i>theory</i>)
15:10	Ryszard Jarząbek: Game understanding principles as the foundation of youth handball training (<i>theory</i>)
15:50	coffee break
16:00	Herbert Wagner: Example exercises developing selected motor abilities based on the U13/U14 age category (<i>practice</i>)
16:45	Ryszard Jarząbek: Goalcha as a tool for teaching basic handball skills based on the U10/U11 age category (<i>practice</i>)
17:30	Ryszard Jarząbek: Goalcha games incorporating game principles for the U10/U11 age category (<i>practice</i>)
18:15	Summary of ACES Conference 2026 - Day 1

ACES
CULTURE



CONFERENCE PROGRAMME



SUNDAY, MAY 24

08:30	Official opening of Day 2
08:40	Herbert Wagner: Specific physical performance in team sports (handball) - part II (<i>theory</i>)
09:20	Ilona Hapková: Mini handball as a tool for developing “sports grammar” (<i>theory</i>)
10:00	Klaus Feldmann: Teaching play with open defense in handball (<i>theory</i>)
10:40	<i>coffee break</i>
10:50	Ilona Hapková: Improving ball control and manipulation as the foundation of teaching the game based on the G10/G11 age category (<i>practice</i>)
11:50	Klaus Feldmann: Games from 1v0 to 2×3 and 3v3 based on the G12/G13 age category (<i>practice</i>)
12:50	Janusz Piekarski: Creative method in children’s training - from general to specific to general based on the U8/U9 age category (<i>practice</i>)
13:30	<i>lunch break</i>
14:30	Piotr Końko: Biobanding - creating an optimal training environment during maturation (<i>theory</i>)
15:15	Ilona Hapková: Improving passing and catching through small-sided games based on the G10/G11 age category (<i>practice</i>)
16:00	Ilona Hapková: Diverse forms of mini handball game organization in the training process based on the G10/G11 age category (<i>practice</i>)
16:45	Summary and official closing of ACES Conference 2026

