

About the Author

Essential Facts of my Trainer Career

Since July 2012

Holder of an A-license from the German Handball Association

Since November 2011

Book author (handball-uebungen.de, Handball in Practice and Handball in Practice Special)

Since 2006

Holder of a B-license from the German Handball Association

Since 1995

Youth coordinator and youth coach with various youth teams



Motivation

In 1995, I was persuaded by a friend to take over the training of a male D-youth team together with him.

This was the beginning of my work as a trainer. I then took a liking to the duties of a coach and always set high standards for the type of exercises I did. Soon, the standard repertoire I had been using was no longer adequate and I started to modify exercises and to think up my own practice routines.

Today, I train several youth and active teams at a wide range of different levels and gear my training sessions specifically towards the respective teams – I have been very successful doing this.

The range of services I offer is rounded off by holding regular advanced training courses for coaches.

My ambition is to bring every player just that little bit closer to achieving their own goals bit by bit according to individual abilities.

I also want to make my collection of exercises available to other trainers and thus encourage them to develop their own ideas.

In the meantime, the team at *handball-uebungen.de* now consists of three trainers, who are responsible for the planning and design of the content.

Your
Jörg Madinger