6TH EDITION

19–24 JANUARY · 2027

H10 HAND CAMP

H10 Academy · Coach Programme

A study path, evening training sessions and a teaching notebook — so the work carries on in your own practice long after January.

— INVITATION

Your athletes come back different. *SO DO YOU.*

The camp is not just a good week for the group. For the coach, it is a professional immersion: study, debate with peers from across the country, and material that keeps serving your work all year.

+700
campers
have been through H10 Sports Camps

+85
institutions
clubs, schools and social projects

16
states
athletes have come from

3
evening sessions
teaching meetings with the staff

WHY JOIN US

What YOU TAKE HOME

Six fronts, and none of them ends on the Sunday the bus comes home.

01

Learning

The four-knowledge methodology, the assessment criteria and the logic behind the week's progression — presented and debated with our staff, not handed over on a slide.

02

Value for the team, the school and the students

What you discuss at night becomes an adjustment in the next morning's session. It is the same movement you take back to your club in February.

03

Study path

A path with a beginning, a middle and an end: reading beforehand, debate at the camp and a written commitment. This is not a one-off lecture.

04

Exchange and networking

The week brings together professionals from clubs, schools and community projects across many states. Much of what stays with you comes from that conversation.

05

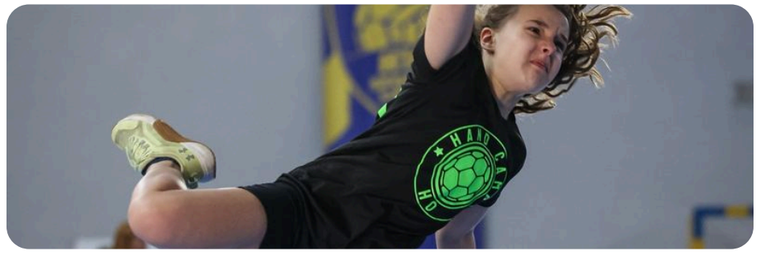
Evening development sessions

Three teaching meetings, always after dinner, with the coordination team and the guest coaches.

06

Teaching notebook

The edition's material plus the supporting documents, to consult through the year — and to use with your own staff.



AFTER DINNER

The evening DEVELOPMENT SESSIONS

Three official meetings and two reserve topics. The goal is not to reach consensus, it is to put certainties under strain. Every meeting follows the same 60-minute format.

Block	Time	What happens
Provocation	10 min	The coordination team reads the provocation and the opening data
Pairs/trios	15 min	Small-group discussion around the guiding questions
Plenary	25 min	Each group brings 1 position and 1 question; open debate
Commitment	10 min	What changes in our session tomorrow? 1 commitment per coach

Golden rule
No position is off limits, but every position needs an argument. “That's how it has always been” is not an argument.

Every evening ends in a written commitment. Not minutes: one sentence of your own, about what changes in your practice. That is the page you take home.

WHO LEADS THE MEETINGS

Vitor Baricelli
Coach · EHF Master Coach

Diogo Hubner
Handball supervisor at Pinheiros

Washington Nunes
Olympic coach

Marcos Paulo “Marcão”
Goalkeeping coach

WHAT GETS DISCUSSED

The four TOPICS OF THE PATH

Each topic opens with a provocation and a piece of data, and closes with what each coach takes back to their own court.

TOPIC 01

The role of the teacher and the coach in athletic development

Where does the technician end and the educator begin? What a child takes from whoever coaches them — including what they take without our noticing.

TOPIC 02

Planning and teaching coherence: where, how and why?

The distance between what is on paper and what happens on court. How to tell whether the progression belongs to the athlete or only to the calendar.

TOPIC 03

Sport pedagogy at the Camp

How the four knowledges organise the week, why clinics are position by position, and what assessment measures — and what it deliberately does not.

TOPIC 04

What science is asking of sport, and where the new trends lead

Early specialisation, workload, decision-making and what recent research actually supports — telling evidence from fashion.

Three become official meetings during the week and the others stay in reserve — the choice is made with the coaches who are there, according to what that edition's group brings with them.

HOW THE STUDY IS ORGANISED

A path, NOT AN EVENT

The programme starts before you board and carries on after the group comes home.

BEFORE

Preparation

You get the topics, the provocations and the guiding questions in advance, so you arrive with a position already formed.

DURING

Immersion

By day you follow the clinics and your group's sessions; by night you discuss what you saw with the people who led it.

AFTER

Continuity

The edition's notebook and the supporting documents stay with you, and the coaches' network remains active.

You see the methodology happening, not described

The difference between reading about progression and watching the same group over six straight days is this whole document in one sentence.

The discussion is led by the people who are on court

The meetings are led by the coordination team and by the edition's own coaches — not by an outside guest who did not see the week.

Your group is right there

You discuss pedagogy at night having watched your own athletes train that morning. The example is always concrete.

WHAT STAYS WITH YOU

Teaching notebook and SUPPORTING DOCUMENTS

The edition's material is not a souvenir: it is a working document, made to be reopened in the middle of the year.

TEACHING NOTEBOOK

The record of the path

- The provocations and opening data for each topic
- The guiding questions for the group discussions
- The summary of the edition's plenaries
- The commitments made at the end of each evening

SUPPORTING DOCUMENTS

What holds the week up

- The four-knowledge framework, and what each one asks for
- The assessment criteria used during the week
- The week's schedule and the logic of its progression
- The reading list cited in the topics

To use with your own staff. The material is yours to reproduce at your club or school — including running the same 60-minute format with the coaches who stayed behind.

RETURN

What comes back to your TEAM, YOUR SCHOOL AND YOUR STUDENTS

The question the club board asks afterwards is always the same: what came of it? Here is the answer you take with you.

RETURN 01

For your team

A shared technical vocabulary, faster reading of the game and athletes used to training with individual correction. You start the year a level up.

RETURN 02

For the school or the project

An experience families notice and talk about — and a professional who came back from real training, with material to show for it.

RETURN 03

For the students

Autonomy, confidence and ownership. What H10 Academy calls BEING is exactly what a family notices first, before any technical skill.

The athlete who comes back pulls up the group that stayed.
Anyone who spends a week training two or three times a day, with position clinics and real competition, comes back with a different measure of what normal is. That effect does not stay with them alone: it shows up in your February sessions, with the whole team.

EXCHANGE AND NETWORKING

The week brings together THE PEOPLE WHO DO WHAT YOU DO

Clubs, schools and community projects from many states, in the same dining hall and on the same court for six days. It is the meeting the rest of the year never allows.

You are not a visitor

Partner coaches join the schedule: you follow the position clinics alongside your own group, with room to talk to whoever is leading them.

Peers, not an audience

In the evening meetings, each group brings one position and one question. Everyone speaks, and nobody has to agree.

The network carries on afterwards

Most of the partnerships between institutions we see today started at a dining-hall table in January.

More than 85 institutions have been through the programme. The conversation between one session and the next usually yields as much as the evening meeting — and it is what sustains partnerships, friendlies and referrals once the week is over.

INSIDE THE WEEK

What you follow UP CLOSE

You join the schedule with your group. Access is to the whole week, not to a demonstration session.

CLINICS

By position, with a specialist

Winger, playmaker, pivot and goalkeeper: each group trains with someone who lives that position.

METHODOLOGY

The four knowledges

Knowing, knowing how to do, knowing how to decide and being — the framework behind every session of the week.

ASSESSMENT

Open criteria

What is observed, how it is recorded, and why awards and assessment are separate things.

COMPETITION

Real matches

The last two days are competition days, with awards and a closing ceremony.

No showcase Nothing is staged for the visitor. You see the week as it is, including what the staff corrects along the way — usually the most useful part to watch.

How it works *IN PRACTICE*

No red tape, and no commitment in the first conversation.

1

You talk to us

On WhatsApp. We get to know your group, the age range and what you expect from the week.

2

You get your code

Named, and yours. It is what records each referral — the family only has to enter it on the form.

3

You follow the group at the camp

You join the schedule alongside them, with access to the clinics, the staff and the evening meetings.

A named referral code. Every coach gets their own code. When a family enrols with it, the referral is recorded and the partnership terms apply for that edition.

Terms for the group. Groups from a minimum number of athletes get special terms. We agree them case by case, directly with you.

The conversation starts here.
We get to know your group, the age range and what you expect from the week — before talking numbers.

I want my code →

JANUARY 2026

Those who were there CAME BACK WITH MATERIAL

Every photo is from the January 2026 edition. None is stock — these are people who were there.

Bring your group.
Come and study with us.

19–24 January 2027 · Estância Nazaré Paulista · SP

The first conversation commits you to nothing — and your group's places are held before the edition sells out.

I want my code · +55 11 93623-8737

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