

Daniel Birkelund

daniel.birkelund@gmail.com

www.danielbirkelund.com

Facebook and instagram: @dbirkelund

Phone: +47 926 04 127

Coaching experience club level

- | | | |
|----------------------------|---|---|
| • June 2020 – October 2020 | Assistent coach Siofok KC (women) | Highest level (Hungary) |
| • May 2018 - May 2020 | Headcoach Rælingen HK (women) | Highest level / 2 nd level |
| • Sept 2017 - April 2018 | Headcoach Energa Politechnika Koszalin (women) | 3 rd level (Polen) |
| • May 2014 – March 2017 | Headcoach Falk Horten (men) | Highest level / 2 nd level |
| • August 2010 - May 2011 | Headcoach TIF Viking (women) | 3 rd level |
| • May 2007 - April 2009 | Headcoach Nornen HK (men) | 2 nd level / 3 rd level |
| • May 2005 - April 2007 | Assistent coach Stord HK (men) | Highest level |
| • May 2005 - April 2007 | Headcoach Stord HK B- and Junior-team (men) | 3 rd level + junior level |
| • May 2004 - April 2005 | Headcoach Årstad IL (women) | 2 nd level |
| • May 2001 - April 2004 | Assistent coach Bjørnar IL (women) | Highest level / 2 nd level |
| • May 2001 - April 2004 | Headcoach Bjørnar IL B- and Junior team (women) | 3 rd level + junior level |
| • 1995-2001 | Headcoach Årstad IL youth and junior teams | Youth and junior level |

Coaching experience national teams

- | | |
|-----------------------------|--|
| • August 2011 – August 2013 | Headcoach Norway boys U17 (born 96-97) |
| • August 2013 | Coach Norway girls U17 (born 96-97) (short term) |
| • Sept 2009 – August 2011 | Coach Norway mens U21 (born 90-91) |
| • March 2009 – August 2009 | Coach Norway mens U21 (born 88-89) |

Other coaching experience

- | | |
|-----------------------|---|
| • May 2007 - May 2014 | Headcoach for handball at Gymnasium for Top Sports in Bergen, Norway |
| • Seasons 2007-2013 | Headcoach diferent regional teams Norwegian Handball Federation Region West |
| • Seasons 2006-2013 | Regional coach for boys in Norwegian Handball Federation Region West |
| • Seasons 2007-2011 | Development coach for boys in Norwegian Handball Federation Region West |
| • Seasons 2004-2006 | Regional coach for girls in Norwegian Handball Federation Region West |

Other relevant working experience

- Working with development of handball for the Norwegian Handball Federation (from 2010)
Among other things: Coauthor of different development tools for players and coaches, part of a group that works with «handball on the web», analysis of trends and developments in the game etc.
- Working with coaching education («Coaching education - level 4» / Master Coach) for the Norwegian Handball Federation (from 2018).
- Working with education and mentoring of coaches in Energa Politechnika Koszalin (September 2017 – April 2018)
«Coaching the coaches.»
- Working as mentor for TIF Viking Men's A-team (Division 2) (season 2012-2013)
«Coaching the coaches.»
- Working as mentor for Os Women's A-team (Division 2) (season 2012-2013)
«Coaching the coaches.»

- Part of staff at Norwegian Handball Federation Region West (May 2007 – May 2014)
Among other things: In charge of player development.
- Administrative work Stord Handball (40%) (season 2006-2007)
Among other things: In charge of strategy for sport development and education of coaches.
- Manager Bjørnar Handball (full time) (seasons 2002-2004)
Among other things: In charge of daily operations.

Sports education

- Norwegian University of Science and Technology: «Topcoach 2» (2012-2014) (60 credits)
- Norwegian Olympic Committee Region West: «Development program for coaches» (2008)
- Norwegian Handball Federation and Norwegian School of Sport Sciences: «Coaching education for handball – level 5» («Mastercoach») (2005-2007) (30 credits)
- Norwegian Handball Federation and Norwegian School of Sport Sciences: «Coaching education for handball – level 4» (2000-2002) (30 credits)
- Norwegian Handball Federation: «Coaching education for handball – level 1, 2 and 3» (1996-1999)

International authorization

- EHF Pro Coaching License
- EHF Master Coach (July 2012)

Books and papers

- **«Become the best in handball – with Heidi Løke»** (2013 – authors Daniel Birkelund and Heidi Løke)
«A book for young handball players and youth coaches.»
- **Main paper Mastercoach education (2008):** "Counter attack i the World Championship for men in Germany in 2007. How important for the outcome of the championship was the the counter attack?"
- **Main paper «Coaching education for handball – level 4» (2004):** *«Wing play in attack in the Norwegian National Team for women in the World Championship in 2003.»*