



KHEMAIS BOUCHEHDA

coach former

About Me

A dedicated and seasoned coach with a 24-year track record of honing skills and talents in handball. A proven leader in both group and individual coaching, known for utilizing comprehensive knowledge, strategic thinking and motivational techniques to drive exceptional player development and team success



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TRAINING

- Professorship in sciences and techniques of physical education and activities
- Handball coach diploma

LANGUAGE

- ARABIC
- English
- FRENCH

COMPUTER SCIENCE

- WORD
- EXCEL
- POWERPOINT
- MONTAGE VIDEO

WORK EXPERIENCE

EXPERIENCE AS A COACH

Junior Fourth place in my league The little ones and The Round of 16 for a cup competition _Al Jazeera Club Emirat

2022_2023

- Design and implement structured training sessions to enhance players' handball skills, including passing, shooting, dribbling, and defending.
- Provide individualized feedback to players, focusing on their strengths and areas that need improvement.

middle Tunisia Cup final and a half Tunisian Championship Final_The sporting eagle with a drum

2021_2022

- Develop progressive training plans that challenge players at different skill levels.
- Teach players various offensive and defensive strategies, set plays, and formations specific to handball.
- Analyze opponents' playing styles and adjust tactics accordingly to exploit weaknesses and maximize team strengths

The first team is girls First place to a halt The league is in its final stage_The Women's Association in Tabulba

2019_2020

- Conduct tactical drills and simulations to help players understand and execute complex strategies.
- Foster a strong sense of teamwork, cohesion, and communication among players.
- Organize team-building activities and exercises that promote unity and trust within the team.

OBTAINED TRAINING COURSES:

- International Forum for high-level trainers in Tunisia
- An international course for elite trainers for young classes under the supervision of Mr. Pierre Elba, a lecturer at the French Handball University
- A training course in arbitration under the supervision of Mr. Jean-Michel Jarman, a lecturer at the International Handball Federation
- A national certificate in first aid
- A course of studies to refine and qualify handball coaches and referees in the United Arab Emirates, which was held during the period from Sep2010 to Sep2010 at the Leadership Development Center in Dubai.
- The third degree training licensing course for the age group from 8 to 16 years during The period from 2011 under the supervision of the international lecturer Heidou Janusz and lecturer Dr. Bellavikta, which was held at the Leadership Development Center in Dubai
- A training course for refining and qualifying trainers during the period from 2015 at the Leaders Preparation Center in Dubai under the supervision of the UAE Handball Federation

WORK EXPERIENCE

The first team is male League Cup Final Cup semi-finals Tunisia _ The sporting eagle with a drum 2018_2019

- Encourage players to support each other on and off the court.
- Develop fitness and conditioning programs tailored to handball's demands focusing on endurance, agility, speed, and strength.
- Monitor players' physical progress and adjust training plans to optimize the performance.

IN 2015, I WON THE UAE UNDER14 CHAMPIONSHIP technical director _ Al Jazeera UAE 2013/2018

- Design age-appropriate training sessions focused on skill development, fitness, and teamwork.
- Provide individualized feedback to players to help them improve their technique and game understanding.
- Organize friendly matches and practice games to enhance players' competitive experience.

technical director _ Al Jazira Club of the United Arab Emirates 2010_2013

- Teach players the club's playing style and philosophy, ensuring alignment with the senior team's strategies.
- Develop game plans and strategies that suit the team's strengths and exploit opponents' weaknesses.
- Analyze match footage to assess players' execution of tactics and identify areas for improvement.

Youth coach and assistant coach First team _ Al Jazira Club of the United Arab Emirates 2012/2013

- Cultivate a positive team culture that emphasizes teamwork, sportsmanship, discipline, and respect.
- Encourage players to take on leadership roles and exhibit exemplary behavior on and off the field.
- Organize team-building activities to strengthen team unity and cohesion.
- Regularly evaluate players' technical abilities and monitor their progress over time.