



# HERLANDER SILVA

EHF PRO MASTER COACH | MD IN TEAM SPORTS | PE TEACHER  
| COACHER



## GOALS

Enterprise/Federation-Club development/ Personal development /New skills Development / Team work optimization

## Skills

Leadership (projects and staff)  
Sports statistical analysis  
Performance data analyzer  
Motivation  
Public Speaking  
Goal Achievement  
MS Office<sup>®</sup>

## Experience

Speaker in Handball Symposiums.

Motivational speaker for risk students

### LIDERSHIP:

Handball manager in Alavarium – Andebol de Aveiro

Aveiro handball Association – Technical Supervisor

4 Nations Cup in Estarreja Competition Director (2019-2022)

## EXPERIENCE

### HANDBALL COACH • YOUTH AND FIRST TEAMS • 1997 UNTILL TODAY

Season 2024/2025 Head Coach of Lithuania Female National Team

Season 2021/2024 Assistant Coach South Korea Men’s National team

World Cup January 2023

Asian Games 2023

Olympic Qualification 2023

Asian Championship 2024

Season 19/20 A.Artística de Avanca (Senior Male Team) – National 1<sup>st</sup> Division

Season 18/19 A. Desportiva Sanjoanense (Senior Male Team) – National 2<sup>nd</sup> Division

Season 17/18 A. Académica de Coimbra (Senior Male Team) – National 2<sup>nd</sup> Division

Season 16/17 Alavarium (Senior Female Team)

– Runner Up in 1<sup>st</sup> Division

- EHF Cup Participation

Head Coach of youth teams (6-18 years) since 1997

### EHF EXPERT • EUROPEAN HANDBALL FEDERATION • 2023 UNTILL TODAY

EHF Lecturer in Conferences and Coaches Courses

### COACHER • PORTUGUESE HANDBALL FEDERATION • 2016 UNTILL TODAY

Level 1, 2, 3 and 4 Coaching Courses

### TEACHER • PORTUGUESE EDUCATION DEPARTMENT • 2004 UNTILL TODAY

Physical Education Teacher; Professional Curriculum Director; Class Director; Sports Facilities Director; School Sports Coordinator.

### COACHER • PORTUGUESE EDUCATION DEPARTMENT • 2017 UNTILL TODAY

Sports in Schools – A21 Physical Education and C18 – Sports in School

### CEO • HRSSPORTSCONSULTING • 2017 UNTILL TODAY

Organization of Handball Symposiums of Associação de Andebol de Aveiro; Online Training “How to warm-up for the game?”; Sports data analysis.

## ACADEMIC EXPERIENCE

### DEGREE IN PHYSICAL EDUCATION AND SPORTS • 8.7.2004 • UTAD

Final degree average: 16/20; Specialization in Handball

Erasmus Project Student: Lithuania (Kaunas) in LKKA university (Jan 2003-Jul 2003)

Final Thesis: Study of heart rate, blood lactate kinetics and shooting precision during a Handball Game.

### MD IN TEAM SPORTS ON • 12.04.2010 • UTAD

Master’s degree with Specialization in Team Sports.

Final MD average: 17/20

MD Thesis: Variation of heart rate, rating of perceived exertion, frequency of technical drills, in small-sided games compared to formal game.

### EHF PRO MASTER COACH • EUROPEAN HANDBALL FEDERATION

EHF Coaching License (2016) with 18/20 values | EHF Pro Master Coach (2019)



EUROPEAN HANDBALL  
FEDERATION

# Master Coach Certificate

AUT BEL BIH BLR BUL CRO CYP CZE DEN ENG ESP EST FIN FRA GER GRE HUN IRL ISL ISR ITA  
KOS LAT LTU LUX MKD MLT MNE NED NOR POL POR ROU RUS SLO SRB SVK SUI SWE TUR

in accordance with the

## RINCK Convention

on the mutual recognition of standards and certificates in the  
field of Coaches' Education in Handball in Europe

**Herlander Ramiro**

**Rodrigues Silva / POR**

**EHF Master Coach**

Jerzy Elias  
EHF MC Chairman

January 2019

Date



## **EHF PRO COACHING LICENCE**

Awarded to  
**Herlander Ramiro Rodrigues da Silva / POR**  
**EHF Master Coach**

This is to certify that Herlander Ramiro Rodrigues da Silva has  
fulfilled  
the criteria for the EHF PRO Coaching Licence  
until the end of the season 2025/26.

**Michael Wiederer**  
EHF President

**Pedro Sequeira**  
EHF MC Chairman

**Doru Simion**  
Senior Director S&G Services

# Título

## Profissional

N.º: 177084

Emissão: 19/12/2023

Validade: 19/12/2026



INSTITUTO PORTUGUÊS  
DO DESPORTO  
E JUVENTUDE, I. P.

# TREINADOR DE DESPORTO

Certifica-se que:

**Herlander Ramiro Rodrigues da Silva**

portador do documento de identificação N.º 11666637 , no cumprimento do disposto na Lei N.º 40/2012, de 28 de agosto, possui a qualificação necessária de Treinador/a de Desporto de :

**Andebol - Grau IV**

Lisboa, 19 de dezembro de 2023

O Presidente do Conselho Diretivo

(Vitor Pataco)

Informação adicional:

Desenvolvido por Quidgest S.A.