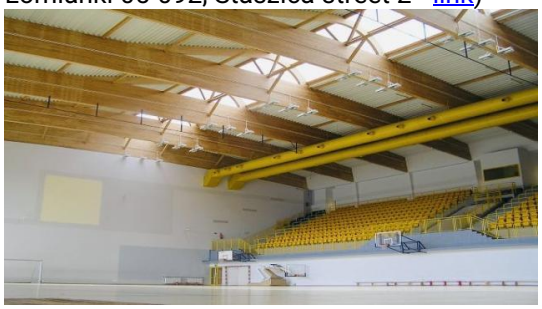
ICSBF

International Catch'n Serve Ball Federation

INTERNATIONAL MASTERCLASS WARSAW, POLAND 2026

Official Program

Dates	27-29 November 2026
Organizer	Osa Łomianki Catch'n Serve Ball, Action Group Foundation
Lead by	Tatjana Gerber, ICSBF Vice President Oskar Rosa, ICSBF Coordinator for Education
Location	Warsaw, Poland (Sport complex in Łomianki 05-092, Staszica street 2 - link) 
Duration	2.5 Days
Format	Theory & Practical Practice Slots
Participants	Coaches / Players / Referees
Language	English
Registration	Oskar Rosa E-mail: oskar.rosa@catchandserve-ball.com WhatsApp: +48 783 368 729

Financial Conditions	200 Euros per person, registration and payment before 31.10.2026 250 Euros per person registration and payment after 31.10.2026
Payments	By Bank transfer to the following address (EURO account): Beneficiary: FUNDACJA ACTION GROUP Account number (IBAN): PL 76 1870 1045 2078 1087 8229 0003 Swift Code: NESBPLPW
Price includes	Seminar program, welcome evening reception (27.11.2026), lunch (28.11.2026), coffee breaks, certificate, participations souvenir
Registration Deadline	1. 31 October 2026 (early bird registration) 2. 10 November 2026
Transportation and accommodation recommendations	International Airports 1. Warsaw (WAW) 2. Warsaw Modlin (WMI) Warsaw Central Railway Station International Bus transfers – Flixbus Hotel Villa Belle Casa – Lominaki, Kolejowa street 144 - link
Remarks	The Organizer reserves the right to cancel the seminar in the event of an insufficient number of participants, no later than 31 October 2026. In such a case, all payments made in advance will be fully refunded.
Instructor Profile	Tatjana Gerber has **over 35 years of international experience** in high-performance sports, coaching, and sports development. A former professional volleyball player, multiple German Champion, and Israeli National Team captain, she has competed and worked worldwide across diverse sporting environments. As the **Founder & President of the German Catch'n Serve Ball Association** and **Vice President of the International Federation**, Tatjana is a driving force behind growing the sport globally from the grassroots level. She is deeply passionate about creating inclusive, accessible sporting environments where women and local communities can connect and thrive.
Organizer Profile	Oskar Rosa is the **President and Head Coach of Osa Łomianki**, a leading Catch'n Serve Ball (CnSB) club in Poland. Since May 2025, he has actively promoted the sport nationwide, successfully building a community of **nearly 50 active female players** and coaching the Polish team to **13th place at the CSIT World Championships 2026**. As the **ICSBF Coordinator for Education**, Oskar drives global development by creating open-access training resources, including the **CnSB Learning Platform** on the official **ICSBF website**.

1. PURPOSE OF THE PROGRAM

The ICSBF International Masterclass is a structured 2.5-day intensive training event designed to elevate the standard of Catch'n Serve Ball across all participant roles – coaches, players, and referees. Building directly on the experience and curriculum developed by Tatjana Gerber, ICSBF Vice-President, Masterclasses & Coaching. The program develops tactical understanding, refining technical execution, and harmonising officiating standards in an international setting.

The program serves a dual purpose: it functions as a high-quality learning environment for experienced practitioners and as a standardisation tool to ensure consistent implementation of ICSBF rules, techniques, and coaching methodology across national federations and clubs.

Key purposes of this program include:

- Transferring and building upon the insights gained from previous Masterclasses in a the national context
- Strengthening the technical and tactical competence of coaches across all performance levels
- Improving player skills, game intelligence, and physical conditioning
- Standardising referee knowledge, decision-making protocols, and match management
- Promoting international exchange and fostering a shared ICSBF identity
- Providing a foundation for further national development programs

2. TRAINING METHODS AND TOOLS

The masterclass employs an integrated approach that combines theoretical instruction with intensive practical application. All sessions are designed to reinforce learning through alternating phases of conceptual input and on-field execution.

2.1 Theoretical Components

- Lectures and Structured Presentations
- Case Study Analysis
- Workshop-Based Discussion

2.2 Practical Components

- On-Field Practice Slots (5 dedicated slots over 2.5 days)
- Demonstration and Modelling
- Scrimmage and Live Simulation
- Coaching Practicum
- Feedback and Reflection Loops

3. DETAILED TIMETABLE – 27-29 November 2026

The program is structured across 2.5 days with four dedicated practice slots. Each day opens with a theory block to frame the day's learning objectives, followed by alternating practical and reflection sessions. It’s up to the final court schedule.

Day 1 – Friday, 27 November 2026

Time	Duration	Session / Activity
17:30	30 min	Registration, Welcome & Participant Orientation Introduction to the seminar's objectives
18:00	120 min	Kick-off & Networking Evening
20:00	30 min	Closing, Q&A session, summary Day 1

Day 2 – Saturday, 28 November 2026

Time	Duration	Session / Activity
09:00	30 min	Registration, Welcome & Participant Orientation
09:30	60 min	Introduction to the seminar's objectives
10:30	60 min	Opening Session – Theory Theoretical session on regulations and the role of referees
11:30	30 min	Break
12:00	90 min	PRACTICE SLOT 1 – Coaches On-field coaching practicum: drill design, session management, communication methods Coach-specific scenarios and adaptive instruction exercises Trainer observation with structured checklist
13:30	60 min	Lunch Break
14:30	90 min	PRACTICE SLOT 2 – Practical session with players and teams
16:00	30 min	Workshop Discussion – Block 4 (All roles) Case study: situation-based decisions in coaching & playing Facilitated inter-group dialogue
16:30	30 min	Day 2 Debrief & Summary Key learning points reviewed Distribution of Day 3
17:00	—	End of Day 2

Day 3 – Sunday, 29 November 2026

Time	Duration	Session / Activity
08:45	15 min	Arrival & Morning Check-in Brief recap of Day 2 highlights
9:00	90 min	PRACTICE SLOT 3 – Players leaded by coaches with supervision On-field technical training: ball handling, footwork, attacking and defensive positioning Progressive drill structure: isolated technique → small groups → full scenario Coaches observe and provide guided feedback

10:30	30 min	Short Break & Reflection
11:00	150 min	PRACTICE SLOT 4 (mini tournament) – **Full match simulation** with all roles active simultaneously Coaches conduct live drills; referees officiate; players perform under competitive conditions Rotation system ensures all participants experience all contexts
13:30	60 min	Theory – Integration & Role Collaboration Practical application in real match conditions: how coaches, players and referees interact effectively in competition - communication, trust and shared responsibility
14:30	30 min	Evaluation & Trainer review Closing Ceremony Feedback summary by Tatjana Gerber Certificate presentation
15:00	—	Official Closing of Masterclass Seminar

4. PROGRAM OBJECTIVES

The following objectives define the expected competencies and outcomes for each participant group upon successful completion of the masterclass.

4.1 Coaches

- Design and deliver age- and level-appropriate Catch'n Serve Ball training sessions
- Apply tactical principles in match preparation and in-game adjustments
- Demonstrate effective communication and instructional techniques during sessions
- Understand the rules comprehensively to support referee decisions and player behaviour

4.2 Players

- Execute core technical skills with improved consistency and control
- Demonstrate understanding of ICSBF rules and apply them during play
- Apply tactical patterns in both offensive and defensive phases
- Participate constructively in structured training and provide positive team communication
- Show adaptability in integrated and competitive match scenarios (*the most complex element*)

4.3 Referees

- Apply the current official ICSBF rulebook accurately and consistently
- Demonstrate correct positioning, signalling, and communication during match officiating
- Handle edge cases and disputed situations with composure and sound judgment
- Conduct and document a match using official scoring and notation protocols
- Engage constructively with coaches and players while maintaining authority on the field

4.4 Cross-Role Objectives

- Foster mutual respect and collaborative understanding between all roles
- Contribute to the broader development of Catch'n Serve Ball as an international sport

Prepared by Tatjana Gerber - ICSBF Vice President – Approved by Oskar Rosa – ICSBF Coordinator for Education for the Masterclass in Poland, November 2026