

ACTION STRATEGY OR AMBITIOUS PLATFORM FOR TRANSFORMING SPORTS IN CANADA (PART 1. “IGNITE PROGRESS”)

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Key words: *handball in Canada, strategic planning, talent development, LTAD model, multidisciplinary support, international competitiveness, sports management, evidence-based policy, sport inclusion, national teams.*

The article presents a scientific analysis of the strategic direction “Ignite Progress” within the official Strategy of the Canadian Team Handball Federation (CTHF) for 2025–2028. This direction is considered as a comprehensive platform for the development of handball, encompassing multidisciplinary support for athletes, development of youth categories (U18/U21), promotion of international competitiveness, and implementation of inclusive practices. The aim of the study is to provide a scientific rationale and analytical interpretation of “Ignite Progress” as a tool for integrating modern approaches to athlete training, inclusion, international cooperation, and transformation of playing culture within the structure of sport development planning in Canada. The object of the study is the system of strategic management for the development of handball in Canada for 2025–2028. The subject is the strategic direction “Ignite Progress” as a mechanism for increasing international competitiveness in Canadian handball. Research methods include: content analysis of official CTHF documents; systemic and structural-functional analysis of initiatives; comparative analysis of athlete development practices; application of the Logical Framework Approach (LFA), LTAD, SMART goals, Strategic Benchmarking, and Evidence-Based Policy; and expert assessment of case implementation. The results of the study include the typologization of managerial and training cases based on effectiveness, scalability, and alignment with age-specific and functional development models. A concept of an indicative monitoring matrix is proposed, enabling real-time assessment of initiative progress. Key initiatives are grouped into categories: athlete support, talent development, and international competitiveness. The national team preparation model incorporates the involvement of specialists in psychology, nutrition, and recovery. Notably, international training camps in Europe and the planned 2026 women’s national team camp in Spain exemplify a systematic approach. Camps, selection tournaments, national championships, mentoring programs, athlete digital passports, and regional academies have been implemented. The findings demonstrate the high potential of “Ignite Progress” as a platform for integrating innovative management solutions in sports policy and administration. The model may serve as a benchmark for developing sport strategies in countries with decentralized or understructured sport governance systems.

СТРАТЕГІЯ ДІЙ АБО АМБІЦІЙНА ПЛАТФОРМА ДЛЯ ТРАНСФОРМАЦІЇ СПОРТУ В КАНАДІ (ЧАСТИНА 1. IGNITE PROGRESS)

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Ключові слова: гандбол у Канаді, стратегічне планування, розвиток талантів, LTAD-модель, мультидисциплінарна підтримка, міжнародна конкурентоспроможність, спортивний менеджмент, доказова політика, інклюзія в спорті, національні збірні.

У статті представлено науковий аналіз стратегічного напрямку Ignite Progress у межах офіційної Стратегії Федерації гандболу Канади (CTHF) на 2025–2028 роки, який розглядається як комплексна платформа розвитку гандболу, що передбачає мультидисциплінарну підтримку спортсменів, розвиток вікових категорій (U18/U21), формування міжнародної конкурентоспроможності та впровадження інклюзивних практик. Мета дослідження – наукове обґрунтування й аналітична інтерпретація стратегічного напрямку Ignite Progress у структурі плану розвитку гандболу в Канаді на 2025–2028 роки як платформи інтеграції сучасних підходів до підготовки спортсменів, інклюзії, міжнародної співпраці та трансформації ігрової культури. Об'єкт дослідження – система стратегічного управління розвитком гандболу в Канаді у 2025–2028 роках. Предмет дослідження – стратегічний напрям Ignite Progress як інструмент підвищення міжнародної конкурентоспроможності гандболу в Канаді. Методи дослідження: контент-аналіз офіційних стратегічних документів CTHF; системний і структурно-функціональний аналіз ініціатив; порівняльний аналіз практик підготовки спортсменів; застосування моделей: Logical Framework Approach, LTAD, SMART, Strategic Benchmarking, Evidence-Based Policy; метод експертної оцінки реалізації кейсів. Результати дослідження. Проведено типологізацію управлінських і тренувальних кейсів за критеріями результативності, масштабованості, відповідності віковим і функціональним моделям. Запропоновано концепцію індикативної матриці для стратегічного моніторингу ініціатив, що дає змогу оцінювати прогрес у режимі реального часу. Усі ключові ініціативи напрямку згруповано за категоріями: підтримка спортсменів, розвиток талантів, міжнародна конкурентоспроможність. Кожна ініціатива має цільові орієнтири, часові межі, показники ефективності та статус реалізації (виконано, триває, заплановано). У межах підготовки національних команд реалізовано підхід до залучення фахівців з психології, дієтології, відновлення. Зокрема, тренувальні збори у Європі та запланований виїзд жіночої збірної до Іспанії у 2026 році є моделлю системного підходу до підготовки. Запроваджено табори, селекційні турніри та національні чемпіонати для формування бази майбутніх збірних. Передбачено створення регіональних академій, впровадження менторських програм і цифрових паспортів спортсменів як інструментів моніторингу й аналітики. Отримані результати демонструють

високий потенціал напряму Ignite Progress як платформи інтеграції інноваційних управлінських підходів у сфері спортивної політики та менеджменту. Встановлено, що ця модель може бути використана як орієнтир для побудови стратегій розвитку командних видів спорту в країнах з децентралізованою або неструктурованою системою спортивного управління.

Introduction. In 2025–2028, the Canadian Handball Federation (CTHF) initiated the implementation of an innovative strategic plan for the development of the sport, formed around the philosophy of “Dare to be Great.” Although this phrase is not the official motto of the federation, it successfully resonates with the logic of the proposed actions: ambition, breakthrough, willingness to act outside the “safety zone.” In a sports context, this phrase sounds like the antithesis of the safe zone: don't just win – do what seems unattainable, and it means not just the desire to participate or win, but the formation of a culture that challenges established standards and expands the horizons of national potential.

One of the central directions is “Ignite Progress,” which outlines a systemic framework for ensuring the international competitiveness of Canadian handball. The strategy is based on the principles of multidisciplinary athlete support, long-term talent development and adaptive management.

The analytical framework of the study was based on a number of conceptual sources, covering both official CTHF documents [3] and normative frameworks of international organizations [5, 6]. The LTAD model [1] became the foundation for the typology of age-based programs, and the principles of evidence-based policy, outlined in the OECD (2020) recommendations, provided a basis for assessing the effectiveness of implemented initiatives [7]. Approaches to strategic management in elite sport [4] and the concept of inclusivity [9] complemented the interdisciplinary framework of the Ignite Progress assessment.

The purpose of the study is to substantiate scientifically and analytically interpret the strategic direction “Ignite Progress” in the structure of the handball development plan in Canada for 2025–2028 as a platform for integrating modern approaches to athlete training, inclusion, international cooperation, and transformation of game culture.

Study objectives

1. To analyze the conceptual basis of the “Ignite Progress” direction within the CTHF strategy.

2. To reveal the features of the implementation of athlete support, talent development and international integration initiatives.

3. To assess the effectiveness of applied cases according to the criteria of systematicity, scalability and compliance with the LTAD model.

4. To identify the potential of the model as an applied tool for sports management in the context of evidence-based policy (Evidence-Based Practice).

5. To substantiate the role of the indicative matrix as a strategic monitoring mechanism.

The object of the study is the strategic management system for the development of handball in Canada in 2025–2028.

The subject of the study is the strategic direction “Ignite Progress” as a tool for increasing the international competitiveness of handball in Canada.

Research methods: content analysis of official CTHF strategic documents; systemic and structural-functional analysis of initiatives; comparative analysis of athlete training practices; application of models: Logical Framework Approach, LTAD, SMART, Strategic Benchmarking, Evidence-Based Policy; method of expert assessment of case implementation.

Scientific novelty: for the first time, a comprehensive scientific interpretation of the “Ignite Progress” direction was carried out as a platform for integrating modern approaches to sports management, and the effectiveness of the model of multi-continental meetings, national academies, and digital monitoring tools in the Canadian handball system was substantiated.

Practical significance. The results of the study can be used in designing strategies for the development of sports in other countries that are at the stage of forming a sports identity, in coaching training, as well as a learning case in the disciplines of sports management and strategic planning.

Study findings. The philosophy of motivational leadership of the “Dare to be Great” type has been adapted into the Australian Sport Policy (AIS 2021+). In the center of this concept is a vision of Canada as a country capable of shaping a new handball identity: modern, inclusive, open to technology, rooted in communities. The strategy covers the entire spectrum of participants: from school children to elite national teams, from enthusiasts to highly skilled analysts, creating an ecosystem of the future where everyone can achieve more than is expected of them.

The CTHF (Canadian Team Handball Federation) has clearly structured key areas (Figure 1). Systematicity is especially valuable – each strategy has initiatives, time frames, and indicators of success.

Success on the international stage is never an accident. It is the result of strategic planning, long-term

investment in people and systems, and the ability to inspire and support athletes at all stages of development.

These are the principles which form the basis of the direction “Ignite Progress” – the key vector of action of the Canadian Handball Federation (CTHF) for 2025–2028.

1. Athlete Support: Not Just the uniform and the ball

For high-quality competition at the international level, athletes must be provided not only with material resources, but also with multidisciplinary support – from nutrition and psychology to performance analytics.

Last season, the Canadian men's National team held a training camp in Spain, participating in friendly matches against European teams. This practice has already had a positive effect: contact with higher-level handball; adaptation to a more dynamic European style of play; increased playing endurance and psychological resilience of athletes; formation of team culture through immersion in a different sports environment. Such trips are important not only from the point of view of competitive practice, but also as a strategic tool for changing the mindset of players and coaches.

The men's team trip to Spain is not only an opportunity, but also a proof of effective practice. It fits organically into the strategic direction of “Ignite Progress.” A model for repetition could be regular training camps for the men's and women's teams (for example, alternately in Europe, South Korea or Japan). As part of scaling up this practice, we propose to implement a similar training camp for the National women's team (together with a nutritionist, recovery specialist, and sports psychologist) in 2026. The location is Spain, as one of the leading handball countries.

This approach aims not only at physical training, but also at forming a holistic model of athlete support at the international level. The result should be the highest performance in the history of the women's team participation in the Pan American Games; increasing interaction within the team; and the creation of a practical template for implementing similar training camps for junior, beach, and para-handball teams.

It is also necessary to implement regular training blocks for youth categories (U18/U21) (to provide experience in creating an international career from an early age), and rotation of locations, for example, Spain → Denmark → South Korea.

Regular international training camps are not an exception, but a strategic norm. Involving specialists of various profiles, rotating of continents (Europe, Asia), and developing youth teams are the way to steadily improve results and strengthen Canada's position in world handball.

In August 2024, the Canadian U18 women's team participated in the 10th IHF Women's Youth (U18) World Championship in Chuzhou, China, the compe-



Figure 1. Key areas of development for handball in Canada

Notes: “Ignite Progress” – international competitiveness, athlete support, talent development; “Engaged Governance” – ethical leadership, digitalization of management, transparency; “Handball for All” – increased participation, inclusion, school programs, beach and para-handball.

tition was held from August 14 to 25, with the participation of 32 teams, which is important for exposure to the highest level of play in the age category; motivational impact on young athletes through competition on the world stage; the first step towards building international experience for future major national teams (Table 1).

In addition, the women's beach team participated in the North American & Caribbean U17 and U19 IHF Trophy, and the men's team trained in Alberta (Beach YYC) and traveled to Brazil to participate in the 2024 NACHC, demonstrating a top 4 finish in the region. Of course, we are observing significant progress, as a team from “historical outsiders” has reached the top 4 on the continent. Undoubtedly, the strategy could include the implementation of U16/U17 camps, training and international tournaments, and the formation of programs for training beach handball coaches.

In the context of implementing the strategic plan for the development of handball in Canada for 2025–2028, the “Ignite Progress” direction acts not only as a program element, but as a systemic framework for ensuring international competitiveness. Its concept is based on the principles of long-term sports planning, multidisciplinary support for athletes, and continuous improvement of the talent development infrastructure. Methodologically, this approach is consistent with the theory of elite training in sports, which emphasizes the importance of periodization, external competitive experience, and holistic psychophysiological support for athletes.

Below an analytical table is given with real examples of initiatives grouped according to the categories and objectives of the strategy, which represents a structured approach to monitoring and evaluating

the implementation of the strategic direction “Ignite Progress,” which is identified within the CTHF Strategic Plan (2025–2028) as a key tool for shaping the international competitiveness of handball in Canada (Table 1, Figure 2). Each case is accompanied by an assessment of the effect, scaling potential, and implementation status, which allows for an integral assessment of progress towards “Ignite Progress.”

The content is based on the typology of practical cases, each of which reflects a specific managerial, competitive, or educational and methodological initiative.

It makes it possible to compare empirical examples with the goals specified in the CTHF strategic plan and to conduct a qualitative assessment of effectiveness based on meaningful indicators: coverage, systematicity, innovation, and compliance with age-appropriate development models.

A separate analytical value is the visualization of the scaling potential of each case – taking into account the regional, disciplinary and organizational context. It also provides recording the status of implementation, which provides dynamic mapping of progress, allowing for timely identification of gaps and growth resources.

Table 1

“Ignite Progress” as a tool for the strategic development of handball in Canada

Category	Example / Case	Strategy goals	Results / Effect	Potential for scaling	Implementation status
U18-women	Participation in the 2024 World Championship in China with training in Drummondville	High Performance Development; International Collaboration	First world-class experience, increased motivation, broadened tactical horizons	Introduction of international exchanges, adaptation of European methods to Canadian realities	Done
U18-men	(Quebec, Drummondville) Spring Selection Camps (Quebec, Drummondville)	Talent Identification; Unified System	Systematization of selection, reduction of regional imbalance, increase of access to the National team	Creation of National U18 league, digital recording of game statistics	Continues
Beach U19	Participation in NACHC (top 4), camps in Alberta	Beach Handball Development; Coach Development	Positioning of Canada in the region, activating the coaching staff, increasing media coverage	Inclusion of women's and junior teams, annual continental participation	Continues
Senior Men	Training camp in Spain (2024)	International Exposure; High Performance	Adaptation to the European pace, strategic partnership, increasing the intensity of training	Model for multicontinental exchange: Spain – Japan – South Korea	Done
Senior Women	Gathering in Spain in 2026 with a multidisciplinary team (planned)	Athlete Support; Peak Performance Preparation	Integrating of recovery, psychology and nutrition; focusing on the PanAm Games	Typical training model for National teams of all levels	Scheduled

As a result, not only an informative, but also a strategic and predictive function is provided, which contributes to the formation of informed decisions regarding the management of the development of handball in Canada, and is formed on the basis of an interdisciplinary approach that combines modern concepts of sports management, strategic planning, sociology of sports, and evidence-based politics.

From the point of view of scientific methodology, the function of an indicative matrix is demonstrated, which is based on the principles of integrated analysis of strategic initiatives (Strategic Initiative Benchmarking) and combines the following elements: Logical Framework Approach (LFA), SMART goal methodology, aspects of systems analysis in sports management. Below are the theoretical models and paradigms that laid the foundation for its structure and interpretive potential.

From the point of view of scientific methodology, the proposed approach is based on a combination of modern strategic planning tools. In particular, the Logical Framework Approach (LFA) was used to build a logical sequence of goals, objectives, expected results and monitoring indicators; each initiative was pre-analyzed in terms of relevance, reachability and systemic integration. The formulation of strategic goals and tactical actions took place in accordance with the principles of SMART modeling (Specific, Measurable, Achievable, Relevant, Time-bound) – with clear time limits, quantitative indicators of effectiveness, and practical reachability, such as: organizing multidisciplinary camps, launching a digital platform, and implementing mentoring programs.

The basic age framework for designing training programs is the LTAD (Long-Term Athlete Development) model, which ensures that initiatives correspond to the phases of an athlete's development – from early involvement to international participation. It is this model that allows us to structure work with age categories (U10–U21), aligning it with the principles of inclusiveness, continuity, and physiological maturity.

In addition, at the initial stage of design, a SWOT analysis was conducted, which allowed us to identify the strengths of the system (multiculturalism, growing activity of the youth segment), weak links (human resource shortage, regional imbalance), external opportunities (international partnerships, IHF interest in North America) and potential threats (limited funding, competition with other sports, exodus of talent).

The LTAD (Long-Term Athlete Development) model (Figure 3) – a Canadian model of long-term athlete development, adapted to the realities of handball – takes into account not only age characteristics, but also the need for mentoring, recreational opportunities, and inclusive programs. Thanks to this model, we are creating not just careers, but a sustainable sports ecosystem. The proposed system correlates with the concept of long-term athlete development, which involves the periodized formation of technical, physiological, and psychosocial abilities of handball players according to age stages. Each case is considered in the context of how it contributes to peak performance at a specific stage – from involvement to international performance. Of particular importance is the support

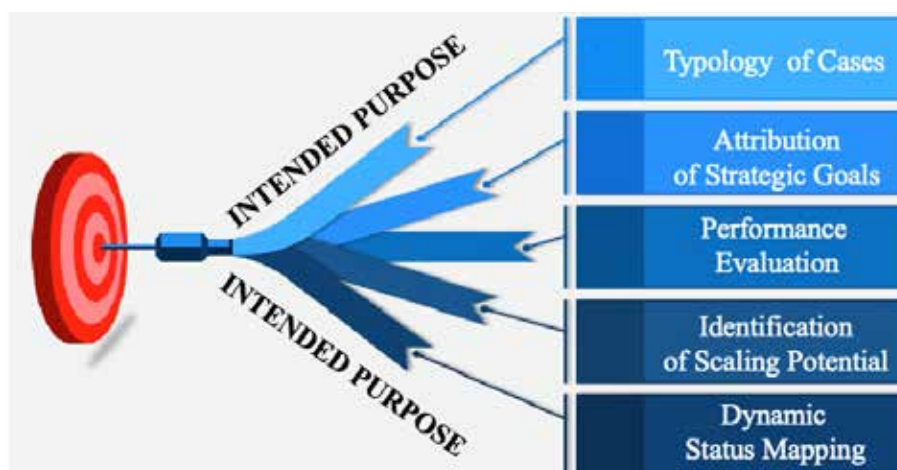


Figure 2. Holistic strategic monitoring of the implementation of the key direction “Ignite Progress”

Note: typology of cases – classification of actual initiatives by categories (age groups, type of discipline, implementation status); attribution of strategic goals – linking each example to key provisions of the strategic plan: Talent Development, High Performance, International Collaboration, etc.; effectiveness assessment – formulation of results based on qualitative indicators: game adaptation, increased accessibility, institutional sustainability, partner engagement; identification of scaling potential – identifying opportunities for model expansion (geographically, age-wise, disciplinary); dynamic status mapping – marking progress (completed / ongoing / planned) allows you to visualize the pace of strategy implementation.

for the U18/U21 categories, which correspond to the “Train to Compete” or “Train to Win” phase, and allows tracking the targeted focus of initiatives at each level.

The scheme illustrates the progressive development of a handball athlete from early involvement in the sport to the role of a mentor, coach, or active participant in inclusive and recreational programs. The model is built on the principle of gradual formation of abilities in accordance with age, physiological capabilities, and personal potential.

The main stages of the LTAD model:

U10 FUNDamentals – formation of basic coordination skills, development of love for movement, game approach.

U14 Learn to Train – mastering the technical components of handball, motivational and cognitive phase.

U16 Train to Train – structured training, development of endurance, technique and tactics.

U18 Train to Compete – targeted improvement under competitive level loads.

Recreational & Para Pathways – a parallel track to engage wider population groups in handball, including people with disabilities.

U21+ Train to Win / International performances – high-intensity training, participation in National and International tournaments.

Mentorship / Education and mentoring – involving experienced athletes in coaching, mentoring, and developing younger players.

The features of the LTAD model are as follows. The model is cyclical: participation in the program does not end after the peak of a competitive career; openness to inclusion: LTAD includes both elite athletes and those who choose handball for health, community or rehabilitation; smooth vertical integration: each stage logically continues the previous one, preparing the athlete for the next level of development.

The LTAD model is not just a training plan, but an infrastructure of sports life that allows everyone to find their place in the world of handball – regardless of age, abilities, or goals.

The theory of social capital [2, 8]. Many cases, including international meetings, coaching exchanges, and the integration of para-handball, are interpreted as mechanisms for generating social capital. By engaging players, coaches, partners, and communities around shared values and shared activities, CTHF builds a sustainable structure of horizontal connections – the foundation for trust, team identity, and volunteer engagement. Thus, the strategy becomes not only sporting, but also socially cohesive.

In modern sports management, the evidence-based approach (Evidence-Based Policy & Practice) is gaining increasing importance, which involves making management decisions based on verified data, empirical results, and best practices. The selection of cases and assessment of their effectiveness is carried out in accordance with the principles of evidence-based policy. All examples are based on verified public sources: official communications of CTHF, IHF, Team Handball News, etc., which ensures data validation, relevance of conclusions and practical feasibility of management decisions.

A systemic approach in sports management. The proposed matrix reflects the multi-level integration of management processes – from local talent identification to international potential realization. Each case is an element of a holistic system that involves the interaction of organizational, resource, informational, and human factors. Such a presentation allows not only to analyze fragmentarily, but also to model systemic relationships in the development of handball.

The CTHF plan includes opening national training centers with a focus on indoor, beach, and wheelchair

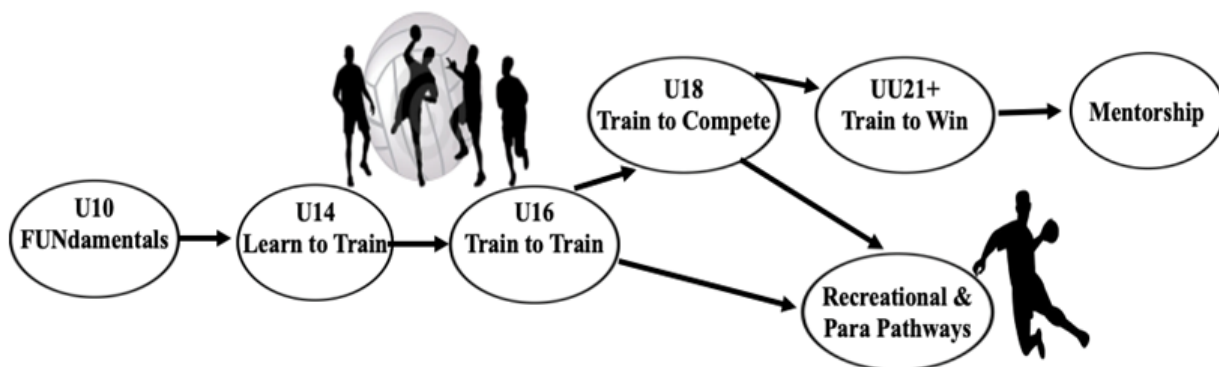


Fig. 3. LTAD (Long-Term Athlete Development) Model

handball; advanced training for coaches with the involvement of international experts; and financial support for athletes through grants, scholarships, and partnerships with sponsors.

2. Talent Development: U18 – Today, National Team – Tomorrow

The U18 age category requires special attention, as it acts as a “bridge” between local initiatives for the development of mass handball and the elite level of international competitions. It is at this stage that the key elements of the athlete's functional and playing identity are laid, which form readiness for high workload, adaptation to the styles of opponents, and basic discipline of playing in the national team.

To create a team from scratch before each international tournament is inefficient. That is why CTHF lays the foundation at the junior level. The principle of “talent development” within “Ignite Progress” is based on a combination of three elements: early identification, structured training and continuous support to adult sport.

The development of sports talent is not the accidental success of individual players, but the result of systematic, multi-level work that encompasses the identification, support, and gradual growth of promising athletes. Within the framework of the strategic direction “Ignite Progress,” this idea is put into practice through a set of actions aimed at creating a holistic vertical of training: from junior programs to National teams.

In practice, this is implemented through national youth championships, such as the Canadian U18 National Championships, which not only demonstrate the level of teams, but also serve as a selection platform for forming candidate lists for the National team. The spring regional camps in Quebec and Drummondville in 2024 are an example of mobilizing youth potential, allowing national-level coaches to observe directly the progress of players and form pools for the future.

A significant step was the inclusion of the U18 women's team in the World Championship in China. Despite limited experience, the team demonstrated discipline, a will to compete, and gained unique practical experience, which in the conditions of Canadian handball acts as an accelerator of game development, which also showed that the CTHF's efforts have not only local, but also global ambitions.

Partnerships with prestigious universities – such as McMaster, UQAM, Brock – provide the opportunity to combine athletic development with higher education can play an important role in talent development. Such models reduce “athletic burnout” after the school level by creating flexible conditions for an individualized development trajectory.

One of the promising steps is the design of a digital platform “Digital Athlete Passport,” which will record key indicators of players (age,

anthropometry, game statistics, test results, medical information, participation in camps), which will ensure the objectivity of coaching staff decisions and build a long-term analytical model for the formation of national teams. The initiative of digital player profiles is used in the French and Norwegian Handball Federations.

At the level of ideas, the creation of thematic national academies for the U16–U18 age categories in different regions of Canada has been proposed as a tool for adapting players to the requirements of national team programs. Regional academies – a similar model exists in Sweden and Denmark (Handball Performance Centers). Additionally, it is possible to implement a mentoring support model, where players from the main team will act as role models and mentors for young people – in order to ensure continuity, psychological support, and maintain motivation.

In general, youth development in the context of “Ignite Progress” appears not as a side function of the federation, but as a systemic priority that determines the face of national handball not only today, but also in the future.

3. International competitiveness: not catching up, but dictating trends

International competitiveness in handball ceases to be a measure of past achievements and increasingly acts as a category of dynamic movement – towards innovation, adaptation, openness to experience, but at the same time a willingness to shape one's own agenda. In the context of implementing the Ignite Progress strategy, this principle involves transforming Canada's model of participation in the international handball space: from passive borrowing to active standard-setting, exchange, and reinforcement.

In order to stop being a catch-up, Canada must not only participate in tournaments, but also create new standards of play. In April 2025, CTHF co-hosted an IHF workshop on adapting rules for players with disabilities, which not only enhanced the country's image but also served as an incentive for the development of new coaching staff. The official Handball Canada website highlights their initiative to launch a Wheelchair Handball program in Canada [5].

The organization of IHF tournaments in Canada (junior (U18/U21), adult, beach (Beach Handball), wheelchair (Wheelchair Handball)) is planned. One of the promising initiatives within the framework of the “International Competitiveness” direction could be the establishment of systematic cooperation with leading European handball clubs. These are formats of short-term internships, individual mentoring, or participation in training camps that will allow Canadian players, coaches, and sports scientists to gain direct experience working in high-density playing conditions and professional infrastructure.

This approach is consistent with global trends in knowledge transfer and can become a catalyst for the development of “game intelligence” and competitive maturity in athletes.

As one of the promising areas for the development of international integration, the initiative “Canada–Europe Handball Exchange” can be considered, which provides for exchanges of athletes, coaches, analysts, and sports medicine specialists, which corresponds to the concept of “knowledge transfer” and the formation of a critical mass of competent personnel in the Canadian handball system. The program can become a platform for knowledge transfer, adaptation to the European style of play and development of an international network of partnerships with clubs and academies. From a methodological point of view, the Canada – Europe Handball Exchange implements the principles of strategic initiative benchmarking – studying the best global practices and adapting them to the national context. In addition, the program contributes to the accumulation of social capital in the sense of P. Bourdieu and R. Putnam [2, 8] – by building long-term partnerships, network interaction, and strengthening trust between organizations.

The program has the potential to become a catalyst, for example, for such a process as the institutionalization of partnerships with leading handball structures, in particular: Aalborg Håndbold (Denmark) – one of the leaders of club handball in Europe, known for its systematic training of players; Montpellier Handball

(France) – multiple French champion and winner of the EHF Champions League; Spanish Handball Federation (Real Federación Española de Balonmano) – as a partner in the implementation of multi-continental training camps; Handball-Bundesliga (Germany) – as a medium for short-term coaching internships and exchange of analytical tools.

Thus, the internship becomes a systemic element of the Long-Term Athlete Development (LTAD) program, integrating international experience into the individual growth trajectories of players. Given the limited professionalization of handball in North America, this program can serve as an international accelerator – speeding up the formation of a competitive environment, the transfer of coaching competencies, and the motivational growth of athletes. Its strategic implementation is consistent with the principles of the LTAD model, in particular the “Train to Compete” and “Train to Win” stages.

So, an investment in progress is an investment in the nation. “Ignite Progress” is not only about victories, but also about growing national pride, engaging youth in a healthy lifestyle, and creating a professional environment for handball in Canada.

Conclusions. The proposed provisions are based on the official CTHF Strategy (2025–2028), but are of an authorial analytical nature and are aimed at its scientific rethinking, deepening, and adaptation to the modern challenges of the systemic development of sports in Canada.

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