

LIFE KINETIK FOUNDER JOINS EHF GRASSROOTS CONVENTION



EHF European Handball Federation 04 December 2023, 17:30



The EHF is delighted to announce that as part of the inaugural [EHF Grassroots Convention](#), running parallel to the Men's EHF EURO 2024, sports teacher Horst Lutz, founder of Life Kinetik®, will be speaking about his fascinating training method using cognitive skills to develop people in sports.

A former football coach, working with youth teams across Europe, such as Germany's TSV 1860 München and Íþróttafélagið Thor from Iceland, Lutz founded Life Kinetik® in 2007.

Since then, he has implemented his Life Kinetik® programme with a wide range of top athletes across a wide range of sports, including the German national handball team, BV Borussia Dortmund, SC Freiburg, 1. FC Nürnberg, Straubing Tigers, German alpine Skiers such as Felix Neureuther, the Swiss ski jumping national team and biathlon world champion Simone Hauswald.