



LITHUANIAN
SPORTS
UNIVERSITY

COURSE PROGRAMME FOR ATHLETES

General proposal for all age groups



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The course is designed for young and advanced athletes. During the course athletes will learn about the most important points in basic training theory, key biomechanical principles as well as the overview of basic exercises, teaching tips and examples of games which help to improve the skills necessary for a sporting event. The course will be conducted according to the following points:

- understanding of the key points for teaching and learning about the event
- a technical model for athletes to emulate
- the ability to analyse a technique independently
- a programme of activities through which athletes can learn and develop the desired technique.

After completing the courses the participants will improve knowledge (theoretical and practical) on how to manage the training process, the rules and techniques of different sporting events, and biomechanical aspects of movements.

Days	SUNDAY		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09.00 - 10.30	Arrival	Morning session - theory of Athletics	Introduction to the course	Athlete development and maturation	Speed and quickness training	Sprints – whole sequence	Fundamentals of jumping	Fundamentals of throwing	Basics of training organization
11.00 - 12.30			Human body – sports and athletics	Athlete training components	Teaching running techniques	Analysis of different phases	Biomechanical aspects of jumping	Biomechanical aspects of throwing	Development of a training plan
12.30 - 14.00	LUNCH TIME								
14.00 - 15.30	Sightseeing	Evening session- practical session	Practice: Movement structure in athletics	Practice: Precise and safe movement	Practice: Skill and conditioning exercise	Practice: Sprint technique. Crouch start.	Practice: Skills and conditioning exercise	Practice: Teaching throwing techniques	Analysis of different types of a training plan
17.00 - 18.30			Video analysis of different movement structures	Video biomechanical analysis of precise movement	Practice: Sprint games	Practice: Resistance and acceleration runs	Practice: Games for jumping movement	Practice: Skills and conditioning exercise	Learning the development of training plans.
19.00 - 20.30	DINNER								

Course fee is **780 EUR**.

Registration form is [here](#)

Tuition fee will be paid after confirmation of your registration.

Note: Course is delivered in a group not less than 10 applicants.

CONTACT INFORMATION:

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