



## **Nordic-Baltic Sustainable Approach Coaching Youth for Elite** NPHZ-2016/10076

**11-15 June, 2018**

### **Coaching youth - evidence based practice. (ECTS 5 Certificate)**

#### **11 June, 2018 (Monday)**

- |       |                                     |
|-------|-------------------------------------|
| 17.00 | Arrival to Alanta and accommodation |
| 18.30 | Welcome and warming up dinner       |

#### **12 June, 2018 (Tuesday)**

*Physical development of youth athletes* (age groups: 10-15 age girls, 11-16 age boys)

- |               |                                                                                                                                                                                                 |
|---------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 8.30 -10.00   | Growth, maturation, development through childhood and adolescence related to peak height velocity (PHV); the importance of basic motor skills (Karsten Froberg, University of Southern Denmark) |
| 10.00 – 10.30 | Coffee break.                                                                                                                                                                                   |
| 10.30 - 12.00 | Physical development of youth athletes (Mika Vähälummukka. Haaga-Helia University of Applied Sciences)                                                                                          |
| 12.00 – 13.00 | Lunch                                                                                                                                                                                           |
| 13.00 – 16.00 | Practical session. (Mika Vähälummukka and Line Lykkehøj Albertsen University of Southern Denmark)                                                                                               |
| 16.20         | Social programme (Anyksčiai regional park, "Treetop Walking Path", wine degustation)                                                                                                            |

**The outcome: The student is able to/understands how to:**

- to design and (deliver) tailored coaching programmes, taking into account participant needs and capabilities
- Practical session (three groups to coach on each other/school children)
- Visiting a sport club/school
- Reflection/feedback
- Prerequisites – printed articles

### **13 June, 2018 (Wednesday)**

8.00 - 10.00	Personality traits and sports. Autonomy support in sport and exercises. (Brigita Mieziene. Lithuanian Sports University).
10.00 – 10.30	Coffee break.
10.30 – 12.00	Practical Session. (Brigita Mieziene. Lithuanian Sports University).
12.00 – 13.00	Lunch.
13.00 – 16.30	Sport psychology and autonomy-supportive approach in coaching (Markus Arvaja, sport psychologist for Finnish women’s national ice hockey team.
16.30 – 17.30	Dinner
17.30	Social programme. Visiting the observatory.

#### The outcome: The student is able to/understands how to:

- Shape the environment: Identify, reflect on and challenge prevailing beliefs, values and assumptions within the coaching environment to establish a suitable culture.
- Build relationships: Establish and maintain an ethical, effective, inclusive and empathetic relationship with athletes.
- *Interpersonal skills* (athlete centred coaching, basic psychological needs of athletes, increasing intrinsic motivation)

### **14 June, 2018 (Thursday)**

8.00 – 10.00	Team work: forming and performing. Technical training in game sports. Rutenis Paulauskas (Lithuanian Sports University)
10.00 – 10.30	Coffee break.
10.30 – 12.00	Tactical recreational games. Agility training. Rutenis Paulauskas (Lithuanian Sports University)
12.00 – 13.00	Lunch
13.00 – 16.00	Core stability training related to injury prevention. Vilma Dudoniene (Lithuanian Sports University).
16.30	Social programme. Education programme. 'Molio Motiejus'

#### The outcome: The student is able to/understands how to:

- Develop an initial personal coaching philosophy and style

- Identify his or her own learning needs and take responsibility for the development and application of strategies for further self-development as part of an ongoing process
- Identify and reflect on assumptions and practices as a coach and student, demonstrating the ability to conduct informed analysis and a willingness to apply the principle of continuous improvement to his or her own coaching.