



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 (Anyksciai 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 progamme. 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.