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|  | ***Nordic-Baltic Updated Coaching Development******NPHZ-2019/10042****Online meeting November 16, 2020* |

**PARTICIPATED:**

Karsten Froberg University of Southern Denmark, Denmark

Thomas Bredahl Viskum University of Southern Denmark, Denmark

Jelena Solovjova Latvian Academy of Sport Education, Latvia

Agita Abele Latvian Academy of Sport Education, Latvia

Laura Šaučikovaitė Astrauskienė Lithuanian Sports Federations Union, Lithuania

Laura Petrenko Kaunas Sports School Startas, Lithuania

Kristina Bradauskienė Lithuanian Sports University, Lithuania

Jūratė Stanislovaitienė Lithuanian Sports University, Lithuania

Irena Cikotiene Lithuanian Sports University, Lithuania

Markus Arvaja Haaga-Helia University of Applied Sciences, Finland

Mika Vähälummukka Haaga-Helia University of Applied Sciences, Finland

**The aim of the meeting was:**

1. The question of prolongation of the project activities due to COVID19.
2. To discuss about the online course.
3. A question about an invited key-speaker.
4. Preparation of the course (to share duties)
5. Planning of further activities due to COVID19.
6. **Discussion:**

**The question of prolongation of the project activities due to COVID19.**

Irena presented the information that was received from DIKU agency about possibilities to prolong the project activities. After receiving the answer from Nordplus Agency, the decision was taken not to prolong the project, but continue with the activities online and ask for prolongation next year.

**Decided:**

To continue with the activities online.

**To discuss about the online course**

Every partner discussed and expressed their opinion about the online course to be organized for coaches. It was different opinions regarding online course as many of coaches prefer practical course rather than theory. Some of the participants offered to plan all activities and try to share between partners. Also there was an offer to wait till Autumn and find out the overall situation due to pandemic.

**Decided:**

To continue with activities online.

**A question about an invited key-speaker.**

The idea to invite a key speaker who would be an outstanding person in Sports Coaching was accepted positively, as it is the only possibility offered by DIKU Nordplus Agency due to pandemic. Possibility to invite more coaches and future students’ coaches to listen to a Sports Coaching researcher or any professional would be very valuable to all participants of the project.

**Decided:**

To look for the outstanding Sports Coaching specialists, researchers or lecturers and decide on time for an online webinar.

**Preparation of the course (to share duties)**

It was discussed and finalised that target group of the youth is 9/10-15/16-year-old age groups. All partners have been divided into ¾ people working groups according to their area of interest. Everybody agreed that at the moment we have to take previously created module and share duties for filling in the content of the module/course. It was decided to invite Kimmo Kontosalo from Haaga-Helia university of Applied sciences, Finland to join the group for course content.

**Decided:**

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| **№.** | Sections and themes | Responsible lecturers |
| 1;2 | 1.1. Personal philosophy of coaching1.2. The importance of the environment in developing talented young athletes – A holistic approach. 2.1. Coach-athlete relationship2.2. Building motivating learning environments2.3. Communication2.4. Psycho-social skills in relationship to sporting environment | Marcus ArvajaMaiju Kokkonen Agita AbeleThomas Bredahl ViskumLaura Petrenko |
| 3;4 | 3.1. Growth and maturation – through puberty3.2. The development of aerobic, anaerobic and muscle capacities, the influence of growth and maturation3.3. Aerobic, anaerobic and muscle trainability 4.1. Strength & conditioning for youth athletes - long-term talent development4.2. Strength & conditioning for youth athletes - training methodology of physical qualities  | Karsten FrobergMika VähälummukkaKristina BradauskienėInga LukonaitienėLaura ŠaučikovaitėKimmo Kontosalo |
| 5. | 5.1. Epidemiology of musculoskeletal injuries in youth athletes (gender, age, specialization)5.2. Most common injuries in young athletes (according to body parts)5.3. Identification of risk factors (intrinsic vs extrinsic). Chronic and acute clinical health conditions5.4. Principles and strategies of injuries prevention (warm up; imbalance between muscle groups) | Jūratė StanislovaitienėElena Solovjova |

**Plans for future:**

1. Each prescribed group keeps contact with each other and discuss about the topics and content.
2. Next online meeting will be held on **29 January, 2021.**
3. To prepare presentations with slides.
4. LSU will prepare a template for slides and send everyone.
5. Keep contact with Nordplus Agency regarding changes of project activities.