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|  | Nordic-Baltic Updated Coaching DevelopmentNPHZ-2019/10042 |

 Minutes from First meeting, held in Kaunas, Best Western Santaka Hotel, **25-26th November 2019**

**PARTICIPATED:**

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Laura Petrenko Kaunas Sports School Startas, Lithuania

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Jūratė Stanislovaitienė Lithuanian Sports University, Lithuania

Maiju Kokkonen The Sports Institute of Finland, Finland

**The aim of the first meeting was:**

1. To present the project and to share the duties within the project
2. To have individual presentations about the qualification system of working coaches in partner countries, licensing system, competences.
3. To have discussion *Coach and Reality* with coach Austra Skujytė.
4. To discuss next meeting dates and duties.
5. **Presentations of the project.**

Presentation was made by Kristina Bradauskienė. She presented the main aims, the project schedule and ideas. As well as the expectations from the project and duties for each participating partner.

1. **Every partner presented the qualification system of working coaches in their countries, licensing system, competences.**

Every partner presented the qualification and coaching licensing systems and discussed about the differences in partner countries. One of the main differences is the permissions to work, while in some partner counties coaches must have higher education or certifications, while volunteering is present in other. Also, the differences were observed in result or kid centred systems, while salary depends on the results it is a challenge to apply kid centred coaching approach. Partners agreed that in different systems we can still have gap between practice and theory.

1. **Discussion *Coach and Reality* with coach former athlete Austra Skujytė.**

The topic of the discussion was about the current lack of knowledge in the field of coaching. She stressed out the need of deeper knowledge about the individualization of training, the training load management and prescription of optimal training stress, on the differentiation on working strategies with talented/not so talented athletes within one group, injury prevention strategies (knowledge on predicting, evaluating pain, action plan). She also would like to get better knowledge in specific norms/tests for predicting the future results and outcomes for the competitions. She also thinks it is a great idea to get extra knowledge on physiotherapy for taping, massage when it is needed.

The partners continued discussion with Austra on her experience as a coach. She did not express the willingness to be involved in the further project activities.

Karsten Froberg added that it is important to avoid overload and monotony of the training sessions.

1. **Discussion next meeting dates and duties.**

It was discussed that it is important to have target group for our project. And the suggestions were that the elite coaches should be more as consultants and extra help for creating the module. The course target group should be **talented young coaches who wish to improve their skills and knowledge**.

It was also discussed that the aims of the project should be realistic, and each organisation/institution could be able to adapt the final product in their own way.

After the discussion it was decided to use the previously created module and have interviews with coaches in each partner country and get the idea of what coaches are mostly interested in before the next meeting. Also, it was suggested to have different levels of knowledge.