



4th ETTU CONFERENCE FOR COACHES

Dates : 2nd – 4th December 2011

Arrival : 2nd December, in the morning if possible

Departure : 4th December, after lunch

Conference venue and accommodation at :

HUSA VIA BARCELONA

Calle Maria Tarrida 6-7

08970 Sant Joan Despi – Barcelona (ESP)

Tel. +34 934774689

Website : <http://www.husa.es/es/nuestros-hoteles/hotel/v/u/husa-via-barcelona>

Cost per person : Single room 95 Euros per night per person including hospitality
 Double room 75 Euros per person per night, including hospitality
 (Dinner on 2nd, breakfast on 2nd, 3rd and 4th, Lunch and dinner on 3rd
 included. 3 coffee breaks included).

The hotel is accessible by taxi (about Euros 20 one way), by bus number L77 and 5 minute walk (about Euros 1,35).

The city centre from the hotel is accessible by taxi (about Euros 15) and by train (about Euros 1,35).

Deadline for entries : **20th November 2011**. Please send attached entry form back to

lila_de_soyas@bluewin.ch with copy to direccion.tecnica@rfetm.com

PROGRAMME

Friday, 2nd December 2011

Arrival of participants

17h00- 17h15 Welcome and opening remarks

17h15 – 19h15 **Opening lecture**

by Dr. Tanja Kajtna, Ph.d., Psychologist (SVN)

How to establish a good relationship with the athletes

The lecture will present the main issues of relationships between the coach and the athlete – trust, understanding, importance of feedback and communication, both verbal and non - verbal. We will emphasize the importance of practising in a group, where the athletes are a good team and why that is important also in an individual sport and we will present the stages of development of a group and the aspect of group cohesion.

20h00 Dinner

3rd December 2011

09h - 13h00 Workshop 1 (4hrs)

Creating a good team and establishing trust in the coach

We will practice team building exercises and explain when and how to do them with athletes and present modifications for children and older athletes. The exercises will be practical and experimental.

13h15 – 15h00 Lunch break

15h00 – 19h00 Workshop II (4hrs)

Efficient communication of the coach

We will experience the aspects of good communication through practical exercises – try some perspectives of non-verbal means of transporting messages, emphasize the importance of clear and concise verbal communication, learn a few techniques for giving positive feedback and active listening.

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| | 19h15 | DRAW for European Championships Qualification – Team Event 2012-2013 |
| | 20h00 | Dinner |
| 4th December 2011 | 9h00 – 11h00 | Workshop III (2hrs) How to help my athletes to relax We will present and learn breathing exercises and progressive muscular relaxation techniques. These techniques are simple and efficient and are designed so that a coach can teach them. |
| | 11h00 – 13h00 | Workshop IV (2hrs) What a coach should and should not do in a competition The role of the coach during a competition is frequently unclear, since he/she is often too busy with logistical aspects of a competition to focus on the athlete. We will discuss some of these issues and rehearse responses to some possible problematic situations in role play. |
| | 13h00 | Departures |

