# U20 Coaches Conference Programme

**Monday, 25 July 2016**

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<thead>
<tr>
<th>Time</th>
<th>Session</th>
<th>Speaker</th>
<th>Country</th>
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<tbody>
<tr>
<td>8h00</td>
<td>Registration at Conference Hall</td>
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<td>Sala Konferencyjna, Zawisza Stadium</td>
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<tr>
<td>8h30</td>
<td>Opening Ceremony</td>
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<tr>
<td>8h30-9h00</td>
<td>LTD: “Build up” from Event Group to top performance in world class Athletics (Q&amp;A)</td>
<td>Malek El-Hebil</td>
<td>MAR</td>
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<tr>
<td>9h00-10h00</td>
<td>Coaching U20 World Class Athletes for long term success (Q&amp;A)</td>
<td>Herbert Czingon</td>
<td>GER</td>
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<td>10h30-11h30</td>
<td>Modern Strength and Speed training in “build up” training phase (Q&amp;A)</td>
<td>Don Babbitt</td>
<td>USA</td>
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<td>11h30-12h00</td>
<td>Psychological aspects of Drop Out in “build up” training phase (Q&amp;A)</td>
<td>Dr. Cristina Fink</td>
<td>USA</td>
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<td>12h00-13h00</td>
<td>Lunch</td>
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<td>13h30-14h30</td>
<td>Physiological and metabolic background of endurance training with talented athletes (Q&amp;A)</td>
<td>Prof. Dr. Ulrich Hartmann</td>
<td>GER</td>
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<td>14h30-15h30</td>
<td>Coffee break</td>
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<td>15h30-16h00</td>
<td>Discussion Topics III, IV &amp; V</td>
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**Moderator:** Malek El-Hebil

Simultaneous interpretation into English, French, Spanish & Polish will be provided.

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The build – up phase (16y – 19y) in Athletics is considered to be crucial for the athlete’s performance development. It is a benchmark in the career of every junior athlete with a high Drop Out rate due to performance stagnation, challenges in professional, social and psychological development. An expected performance spurt from event group to elite performance (close to Senior World class level) in the respective individual event, is a further methodical challenge to the competent, long term development oriented coach.

The IAAF invited a number of experts in various fields, whose knowledge, experience and input will further qualify our coaches in the specific features and characteristics of this category.

The main objective of this conference is to keep coaches informed, bringing consistency and competence (Life Long Learning) to the coaches who play an essential part in the athletes’ career.
The best approach to developing talented athletes is to expose kids to a large variety of motor skills and to let them explore as many different sports as possible. This helps prevent burnouts among youths in athletics.

Coaches are the single most important factors for a successful or unsuccessful long term career development (LTD). Possible reasons and influence factors causing this challenge are being discussed, as well as suggestions for working with athletes who may be experiencing, or at risk of experiencing, high levels of burnout.

The development of strategies for speed and power development for athletes between 15-19 years is a special concern for many sports groups, and gender will also be compared and contrasted, along with a discussion of the latest trends and findings in strength & conditioning research.

This talk will discuss the development of strategies and strength & power development for athletes between 15-19 years. Special consideration will be given to weightlifting groups, and gender will also be compared and contrasted, along with a discussion of the latest trends and findings in strength & conditioning research.

Physical and psychological background of endurance training with talented athletes (ITA)

It is assumed that for each discipline the physiological and psychological back-ground is. The performance through long-term training is clearly visible. This implicates a revision of the expected (adaptation) effects on the active muscle tissue and consequential of the anticipated effects and benefits of the existing training methods. This includes the use of terminology in training physiology and methodology, p.e. aerobic / anaerobic capacity, lactate tolerance training, lactate formation rate etc. This includes to discuss and to redefine performance limiting factors are well known, that an exact demand profile is established and the right environment to promote athletes to remain engaged throughout their track and field career can be discussed, as well as suggestions for working with athletes who may be experiencing, or at risk of experiencing, high levels of burnout.

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