

General Program of the first meeting Portorož, 28-30 September 2018

Friday, 28 September

Restaurant Figarola (<http://restaurant-figarola.si/index.php/LOKACIJA>)

10.00 - 12.00

1. Presentation and objectives of the 4 meetings, and the meeting in progress.
2. Structure of the Performance Model: anthropometric data, but also conditional capacities important for Slovenia.
3. Determination as a starting point; but with a thought that the determination can't always suffice.
4. The Beach Volleyball team is seen as a "marriage of interests".
5. The management of Goofy and Donald Duck during the entire career.
6. The "Sharp" as a MUST.

15.00 - 17.30

1. Example of entry (specific) attitudinal tests.
2. Example of alternative team work to create affinity of intent.
3. Example on how to pass information to the players, and how to pass each feedback.

Saturday, 29 September

Restaurant Figarola

10.00 - 12.00

First Intervention by Dr. Michele Battuello on the mental abilities to be found at young athletes.

15.00 - 17.30

Second Intervention by Dr. Michele Battuello on how to create a competitive team.

Sunday, 30 September

(entirely on the beach volleyball courts):

<https://www.google.com/maps/dir//Odbojka+na+mivki,+6320+Portorož/@45.512749,13.5915943,17z/data=!4m9!4m8!1m0!1m5!1m1!1s0x477b655dd8661c01:0x3ade5a5d0391fcf4!2m2!1d13.5946188!2d45.5112682!3e0>

10.00 - 12.00

What to look for and evaluate biomechanically with the most interesting athletes. Understanding how the different muscle chains work in the different conditions in which the Beach Volleyball is played, compared to the Indoor Volleyball.

16.00 - 18.30

Personal physical characteristics as they can affect the future technique of our young talents; how to understand, if they can be improved and/or corrected in the future.