3RD IAAF WORLD U20 COACHES CONFERENCE
TAMPERE, FINLAND
15 JULY 2018
The main objective of this conference is to keep coaches informed, bringing consistency and competence (Life Long Learning) to the coach who plays an essential part in the athletes’ career.

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High drop-out rates due to performance stagnation, challenges in professional, social and psychological development plus an expected quality performance spur from event group to elite/senior world class performance is a further methodical challenge to the long-term development oriented coach.

The IAAF invited a number of experts in various fields, whose knowledge, experience and insights will be shared to qualify our coaches in this important topic.

The 3rd edition of the Coaches Conference will also be a chance to take part in an interactive Q&A session with speakers and fellow coaches.
09:00 - 10:00 - What Happens In The Brain During Exercise?

Ville Kallinen (FIN)

Doctoral Student at the University of Jyväskylä, Master of Sport Science, coaching and fitness testing. He is currently researching children's motivational factors of organized sports participation. He was a coaching educator of Finnish Swimming Federation 2014-2016, a multiple national champion in swimming and is currently working with the Finnish Track and Field Association as an expert in children's sport.

11:15 - 12:00 - How To Prevent ‘Drop Out’ in U20 Competitive Sport
THE PROGRAMME
Sunday 15th July 2018

08:00-09:00  Registration at Conference Hall
09:00-09:35  Media Briefing
09:35-10:20  What happens in the Brain during Exercise?
             Prof. Dr. Romain Meeusen (BEL)
10:20-11:00  Neuronal Variability Training (legs/arms/rotation) of U20 Athletes
             Best practise to ensure a long time career for U20 athletes. (Q&A)
             Rana Reider (USA)
11:00-11:15  Coffee Break
11:15-12:00  How To Prevent “Drop Out” in U20 Competitive Sport (T&F)
             Ville Kallinen (FIN)
12:00-12:40  Age/Development Related Training of U20 Athletes
             Best Practise To Ensure a Long Time Career For U20 Athletes. (Q&A)
             Ekkawit Sawangphol (THA)
12:45-13:00  Wrap Up & Closing

Moderator:  Günter Lange
Simultaneous interpretation into English, French, Spanish and Finnish will be provided

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TRANSPORT
AIRPORT  › To Tampere-Pirkkala Airport 16.8 km
RAIL     › To Tampere Railway Station 0.5 km
BUS      › To Tampere Bus Station 0.3 km