

# The Modern Coach - A Seminar For Young Coaches



## Program

### DAY 0 March 20th

Time	Content	Speaker	Place
14:00-23:00	Arrival and accomodation		Hotel Kajaani
18:00-20:00	Dinner		Hotel Kajaani
19:00	Transportation to Vuokatti		
20:00	EYOF 2022 Opening Ceremony		Vuokatti Areena
21:30	Transportation to Kajaani		Hotel Kajaani

### DAY 1 March 21st Modern Coach - responsible Coach

07:30-08:45	Breakfast		Hotel Kajaani
09:00	Transportation to the seminar venue		KAMK
09:30	Opening of the seminar	Eero Simojoki/ Teemu Takalo	Tieto 2, 1L106
09:45	Getting to know each other and tuning in to topics	Eero Simojoki	
11:00	Coach matters - good coaching	Katja Kyckling	
12:00	Lunch		
13:00	Coach's responsibilities	Katja Kyckling	
14:00	Fair Coaching - ethics of coaching	Frauke Kubischta	
15:00	Break		
15:15	Fair Coaching - ethtics of coaching	Frauke Kubischta	
16:30	Instructions for the Tuesday's observation assigment	Eero Simojoki	
17:00	End of the day 1		
17:00	Transportation to the hotel		
18:00-19:00	Dinner		Hotel Kajaani



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## DAY 2 March 22nd Modern Coach - Utilization of sport technology in coaching

07:15-08:15	Breakfast		
08:30	Transportation to Vuokatti		EYOF venue
09:00-12:00	Observation assignment of the coach's performance, group work		EYOF venues
12:00-13:00	Lunch		Vuokatti Areena
13:00	RitvJYU Sports Technology Unit - science meets coaching	Mikkonen	SokosHotel Vuokatti
13:30	Coaching women - are they just small men?	Ritva Mikkonen	
14:00	How to become a top coach - Case Iivo Niskanen	Olli Ohtonen	
14:45	Break		
15:00	Biomechanics of endurance training, technology	Olli Ohtonen	
16:00	Systematic testing, Mobility testing/TE3 technology	Saku Komulainen Jarkko Kortelainen	
17:00	End of the day 2		
17:00	Transportation to Kajaani		
18:45	Transportation to evening activity		
19:00-21:30	Bowling and dinner		Puisto Bowling/ Pancho Villa

## DAY 3 March 23rd Modern Coach - Athlete development

07:30-08:30	Breakfast		
8:45	Transportation to seminar venue		KAMK
09:00	Mobility, body control, movement skills: Practical demo	Jarkko Kortelainen	Taito 2 Sports hall
11:00-12:30	Shower and lunch		
12:30	Importance of mobility and body control	Jarkko Kortelainen	Tieto 2, 1L106
13:30	Mental skills of an athlete - role of the coach	Robert Pääkk	
14:30	Break		
14:45	Monitoring strength and power capabilities	Teemu Rauhala	
15:45	The link between nutrition and performance	Oona Kettunen	
16:30	Workshop for observation assignment	Eero Simojoki	
18:00	End of the Day 3		
18:00	Transportation to hotel		
18:30-19:30	Dinner		Hotel Kajaani
19:30-22:00	Elias Sauna		Riverside sauna

## DAY 4 March 24th Modern Coach - The public role

07:15-08:15	Breakfast		Hotel Kajaani
08:30	Transportation to Vuokatti		EYOF venues
09:00-12:00	Observation assignment of the coach's performance 2		
12:00-13:00	Lunch		Vuokatti Areena
13:00	The paths of a young coach - NOC	Peter Brull	SokosHotel Vuokatti
13:30	The public role of the coach	Matti Alatalo	
14:00	Coach and media - working with media	Sari Tuunainen	
14:30	Workshop for group work	Eero Simojoki	
16:00-16:30	End of the seminar	Eero Simojoki	
16:30	Transportation to Kajaani, hotel, airport, train station		
18:30-18:30	Dinner for those staying until Friday		Hotelli Kajaani



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