



LEADING A SYSTEM FOR YOUNG ATHLETES

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YOUTH COACH CONFERENCE MINSK (BLR)

Minsk (BLR) - Youth Coach Conference

13-15 October 2017



EXPERIENCES AS YOUTH COACH

- **ITALY 1973-1980** CLUB COACH IN NAPLES
- **ITALY FROM 1981-2002** NATIONAL COACH
1982/1992 -10 YEARS - RESPONSIBLE OF “JUNIOR COLLEGE IN PIEDILUCO (ITA)”
- **SPAIN 2003-2004** NATIONAL TECHNICAL DIRECTOR
SELECTION AND PREPARATION OF NATIONAL JUNIOR TEAM
- **GREECE FROM 2005-2016**
HEAD COACH WITH ATTENTION TO THE YOUTH NATIONAL TEAM – THE TALENT IDENTIFICATION PROGRAM WAS UNDER THE DIRECT RESPONSIBILITY OF COUNCIL.
- **LITHUANIA FROM 2013-2017** MENTOR COACH
ADVISOR ON THE YOUTH PROGRAM

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GREECE START POINT U23 RESULTS



	1996	1997	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011
NATCUP	BEL	ITA	GRE	GER	DEN											
W23R						AUT	ITA	SRB	POL							
WC23										NED	BEL	GBR	GER	CZE	BLR	NED
LW1x										4	1	1				
W1x	9					3		6	12					6	16	7
W2x	10															
LW2x			7								6	8	2	1	1	1
W4x						4	5		11							
W2-			10								8					8
W8+																
LM1x			1													2
M1x	5	6	8			20				7	14	8	9		3	4
M2x					8	12	12	7	8	10	4	6	4	4	7	
LM2x		14	7			13	12		7				5	4	1	5
M4x				12		7	5									
M2-		13	9						12	2		1	1	1		
M4-			5					6			2					3
LM4-			2	7	10	4			12	2	2	1				
M8+				8		8										
W Scull Medals						1					1	1	1	1	1	1
W Sweep Medals																0
W Total Medals						1					1	1	1	1	1	1
M Scull Medals			1												2	1
M Sweep Medals			1							2	2	2	1	1	1	10
M Total Medals			2							2	2	2	1	1	2	14
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Greece Total																15

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GREECE START POINT JUNIOR RESULTS



	1996	1997	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011
YOG																
WM	GBR	BEL	AUT	BUL	SRB	GER	LIT	GRE	ESP	GER	NLD	CHN	AUT	FRA	CZE	SIN
W1x	9	14		8					3		19				3	
W2x	8	8			4		15	5	12		8	6		10	5	17
W4x					13	12					4	3	5	8		
W2-					6	8	7	6	4					8	2	3
W8+																3
M1x	3									10	15	15	6	15	14	2
M2x	14		7	6	10		7	4	10					13	16	5
M4x	16	13			12	8	19	5		14	8		14	23	10	
M2-				5			14		2		4		1	2	1	2
M4-							8	6					6			7
M8+										11	7					
W Scull Medals									1						1	
W Sweep Medals															1	1
W Total Medals									1						2	1
M Scull Medals	1														1	1
M Sweep Medals									1				1	1	1	1
M Total Medals	1								1				1	1	2	1
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Greece Total																15

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IS IT IMPORTANT TO CREATE A SYSTEM FOR YOUTH ROWERS?

- SOME BIG COUNTRIES DOESN'T HAVE A SYSTEM (THEY HAVE SELECTIONS, BUT NOT REALY A SYSTEM TO WIN RACES)
- USA, NZL, NED, RUS, CHN, JPN, RSA, GBR, CAN
- SOME OTHERS DEVELOP A SYSTEM WINNING EVERY YEAR MORE THAN A MEDAL IN JUNIOR AND U23
- GER, ITA, FRA, ROM, AUS, SUI, GRE, ESP

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IS IT IMPORTANT TO CREATE A SYSTEM FOR YOUTH ROWERS?

- COUNTRIES WINNING OLYMPIC MEDALS WITHOUT A YOUTH SYSTEM
 - NZL, GBR, USA, NED, RUS, CHN, CAN, RSA
- COUNTRIES WITH A YOUTH SYSTEM WINNING OLYMPIC MEDALS
 - GER, ITA, AUS, SUI, FRA, ROM

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IS IT IMPORTANT TO CREATE A SYSTEM FOR YOUTH ROWERS?



- COUNTRIES THAT HAVE A TALENT IDENTIFICATION PROGRAM
AUS, CAN, GBR, GER, ROM, NZL, USA, NED,

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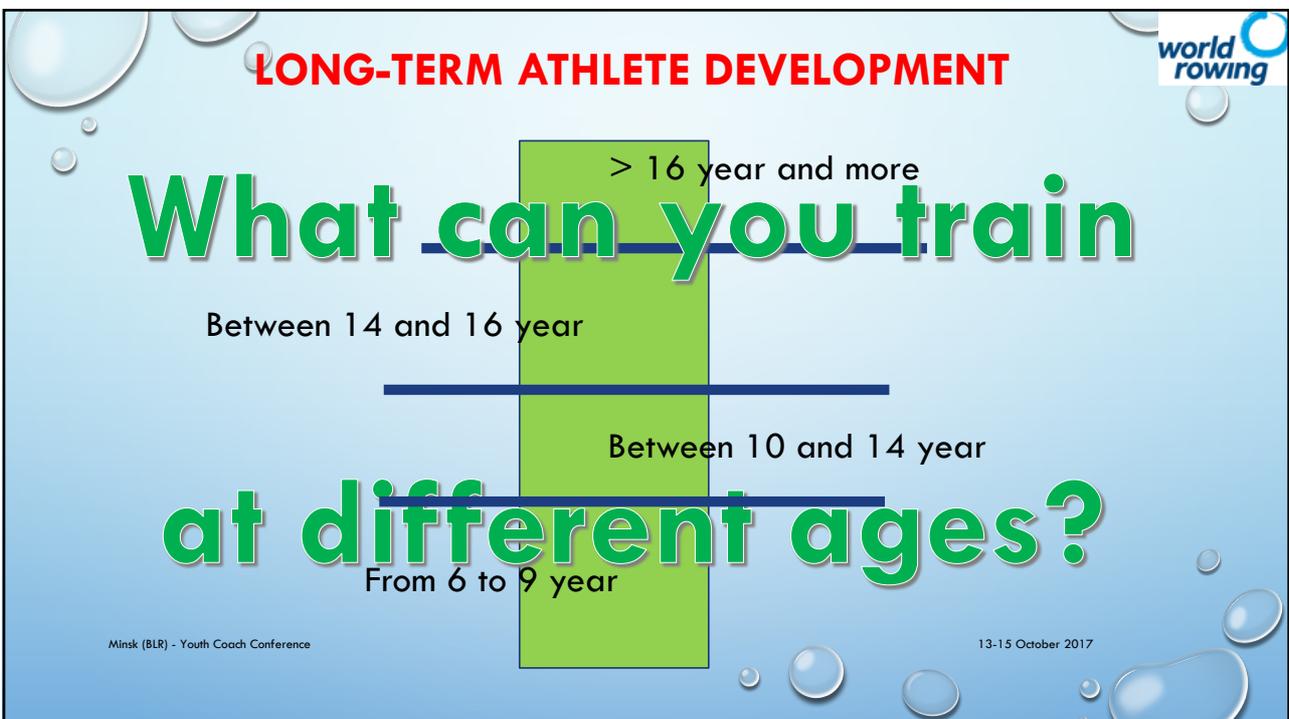
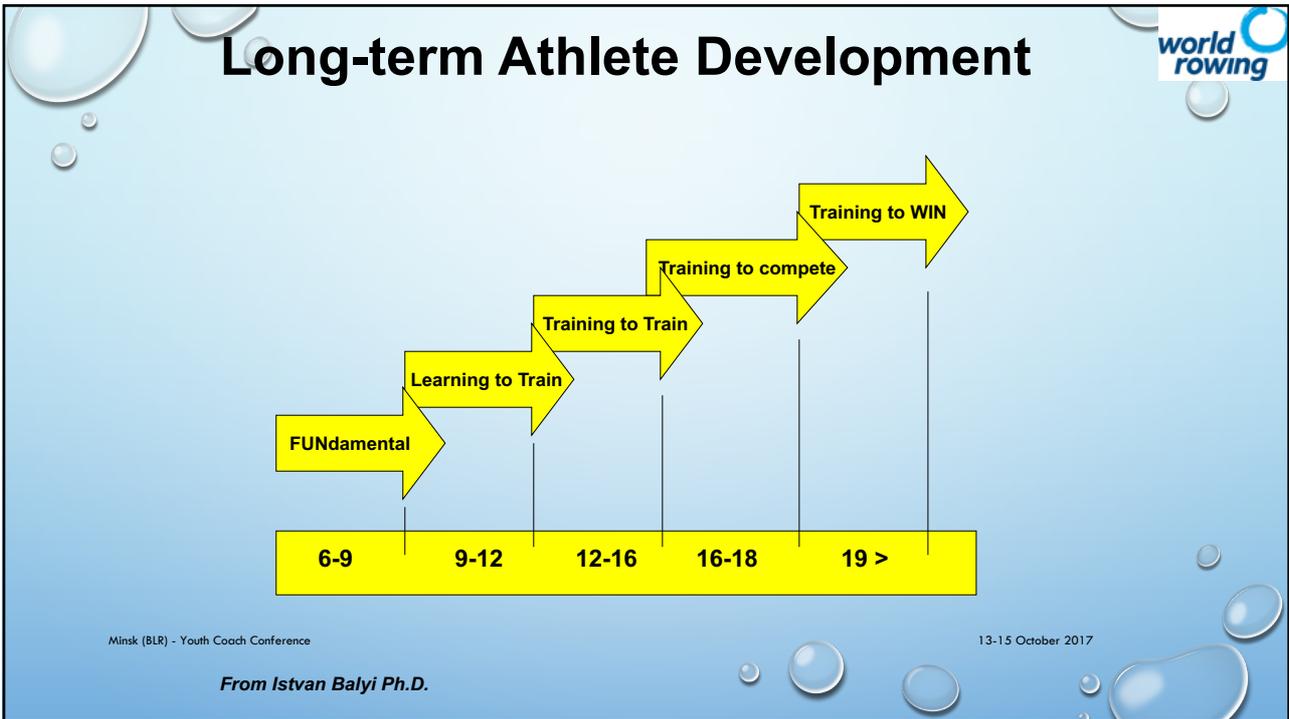
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DIFFERENCES ON TALENT IDENTIFICATION PROGRAM AND YOUTH SYSTEM

- THE **TALENT IDENTIFICATION** PROGRAM FINDS **SOME ROWERS** OF WITH THE RIGHT ANTHROPOMETRIC MEASUREMENTS OF ATHLETES AND ALL ATTENTIONS AND BUDGETS ARE FOCUSED ON THEM
- THE **YOUTH SYSTEM** TAKE UNDER CONSIDERATION **ALL ROWERS** AND IS FOCUSED ON ALL MOTIVATED AND FAST ROWERS. IN THIS BIG GROUP THE MAYORITY WILL STOP AT THE END OF U23 CATEGORY. THIS SYSTEM NEED HIGH BUDGET, AND IT IS NOT SURE TO HAVE TALENTS EVERY YEAR.

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WHAT IS “YOUNG ATHLETE”?

- YOUNG OF AGE?
- 6-9 YEARS OLD?
- 10-14 YEARS OLD
- 14-16 YEARS OLD?
- 16-18 YEARS OLD?
- YOUNG IN EXPERIENCE
 - “LATE STARTER”

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6-9 YEAR OLD: (PHYSICAL LITERACY – HAVE FUN)

- **Fun games that teach good Running, jumping, throwing technique,**
- **Strenght technique using body weight**
- **Club feeling – have fun**

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FROM 10 TO 14 YEARS OLD!
(TRAINING TO TRAIN STAGE)



- Learning basic sculling technique
- Cardio vascular training
- Strength training that improves the stability of shoulders, elbow, core, spine and ankle (Posture)
- Participation in simple regattas and other type of competitions

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FROM 14 TO 16 YEARS OF AGE!
(TRAINING TO COMPETE STAGE)



- Continue development of rowing and sculling technique
- Learning basic lifting technique
- Rowing specific training year around
- Development of theoretical knowledge in all aspects of training and competitions

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FROM 16 TO 18 YEARS OF AGE!

(THE TRAINING TO WIN STAGE)



- **Continue to control and to develop/maintain rowing technique**
- **Further improvements in all aspects of training and competitions related subjects**
- **12 to ?? Hours a week (10-12 training sessions). Depends on time of the year, the training system and the physiological age!**

HIGH LEVEL ROWERS

TO BUILD HIGH LEVEL ROWERS IT NEEDS:

10 YEARS

OR

10.000 KM OF ROWING



Long-term Athlete Development modified

The maximal physiological performance in rowing is at the age of 28

10 years of high level training can build a good rower. Starting too early it can be negative.

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From Istvan Balyi Ph.D.

HOW DO YOU RECRUIT YOUNG ATHLETES, AND WHAT CAN YOU OFFER?

- **Club system**
- **School and/or university system**
- **Federal national Talent Identification**
- **Government “political” system**

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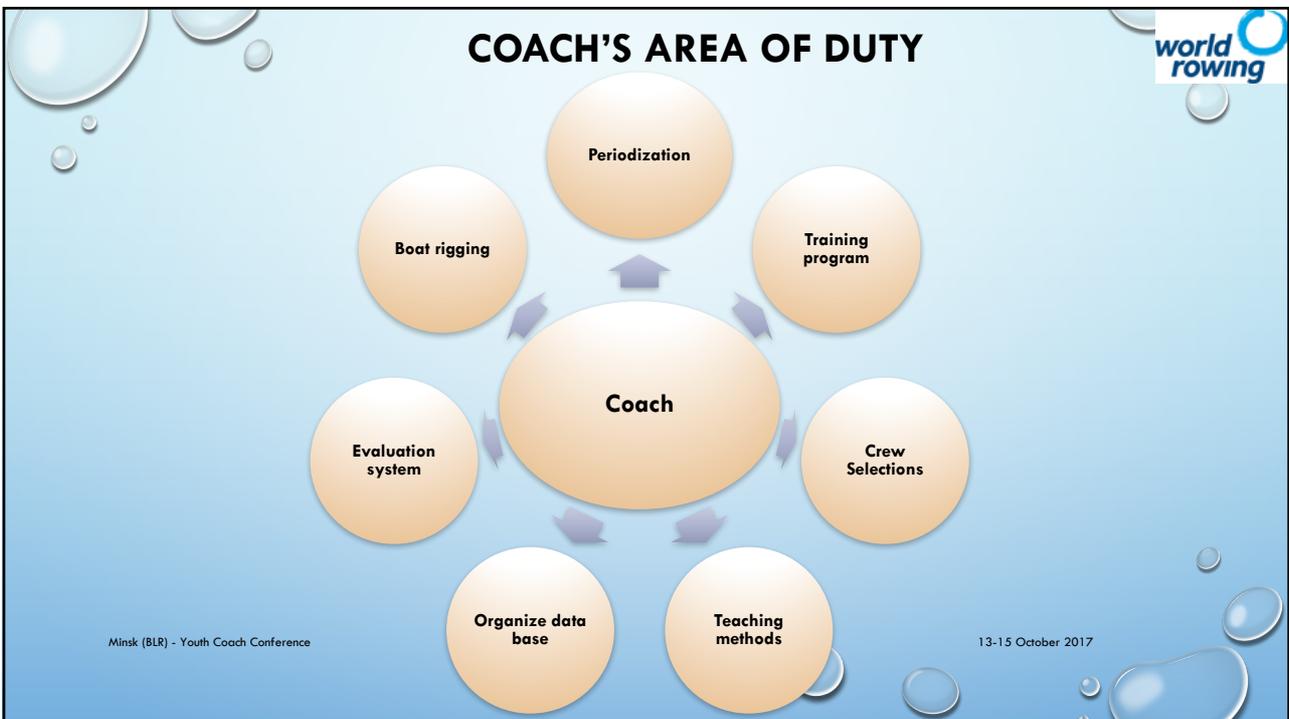
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WHAT TO DO?

1. Leadership function
2. Management
3. Implementation
4. Profiles
5. Training
6. Motivation
7. Communication

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LEADERSHIP FUNCTIONS!

- **Planning**
- **Starting**
- **Controlling**
- **Supporting**
- **Informing**
- **Evaluating**

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THE ABC OF MANAGEMENT!

A = Activator (What the leader does before things happen)

B = Behavior (what somebody does or says)

C = Consequences (What the leader does when things have happened)

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WHAT IS MOTIVATION?

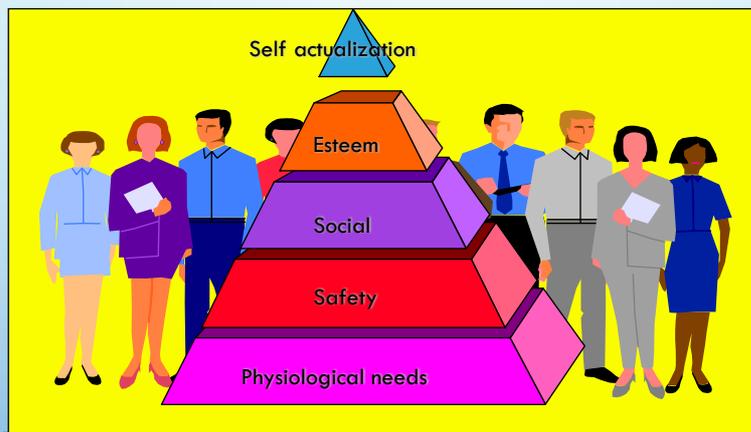


- A man or a woman is motivated when he or she **WANTS** to do something. Motivation covers **ALL** the reasons which underlie the way in which a person act.
- Abraham Maslow and Fredrick Herzberg, two American professors in psychology have made major contribution to our understanding of motivation

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THE PYRAMID OF NEEDS!



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MENTAL TRAINING!

Right **Over** **Left**

Under

Pictures
Rhythm
Colours
Daydreams

Words
Numbers
Logic
Analysis

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THE AROUSAL CURVE

Performance

Tension

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DEVELOPMENT OF “WINNERS”



- **Confidence in the System**
- **Accept Confrontation**
- **“Delete” Blockings**
- **Learn to Win**
- **Learn Tension Regulation**
- **Develop Self-Confidence**
- **Develop Self-Esteem**

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HOW DO WE MOTIVATE THE OTHERS?



- **Be motivated yourself**
- **Select people who are highly motivated**
- **Treat each person as an individual**
- **Set realistic and challenging targets**
- **Remember that progress motivates**
- **Create a motivating environment**
- **Give recognition!**

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THE MOST TEN FACTORS THAT CONTRIBUTE TO SUCCESS (BY THE ROWER'S PERCEPTION)

- **DEDICATION**
- **PERSISTANCE**
- **EXCELLENT COACHES**
- **SUPPORT OF FAMILY AND FRIENDS**

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THE MOST FACTORS THAT OBSTACLE TO SUCCESS (BY THE ROWER'S PERCEPTION)

- **LACKING COACHING EXPERTISE**
- **SUPPORT**
- **CONFLICT OF ROLES IN THEIR LIVES**
- **LACK OF FINANCIAL SUPPORT**

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**FACTORS THAT CONTRIBUTE TO THE VALUE OF A COACH-
PERSONAL SKILLS**

- **ABILITY TO TEACH**
- **KEPT THINGS SIMPLE**
- **NOT OVER COACH**
- **MOTIVATOR**
- **FULLY COMMITTED TO THEIR PROFESSION**
- **WHO ATHLETES FELT THEY COULD TRUST**
- **HAD REALISTIC EXPECTATIONS, WITH AT THE SAME TIME
SHOWED BELIEF IN HIS ATHLETES**

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**FACTORS THAT CONTRIBUTE TO THE VALUE OF A COACH-
PROFESSIONAL DEVELOPMENT**

- **SKILL DEVELOPMENT**
- **STRATEGIC KNOWLEDGE**
- **BE ABLE TO DEMONSTRATE TRAINING KNOWLEDGE**
- **HAVE A CLEAR PERFORMANCE PLAN**

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IF YOU CAN THINK IT – YOU CAN MAKE IT! 



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The illustration shows a runner in a starting block on the left and a man in a suit on the right. A thought bubble above the man contains a golden trophy being held by two hands. The background is a warm orange-brown color.

WHAT IS COMMUNICATION? 

**Communication is transmission of information in all aspects.
It is done to inform, influence or to affect others**

In sport communication between athletes, coach, leader and administrator is essential in order to reach top performance.

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The text is presented in a clean, bold, black font against a light blue background decorated with water bubbles.

DIFFERENT FORMS OF COMMUNICATION

- Order
- Proposal
- Discussion
- Lecture
- Demonstration
- Analysis

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WHAT KIND OF LEADER ARE YOU?



The leader use authority

The athletes decide themselves

The leader takes all decisions

The leader Inform, listen and decide

The athletes decide themselves Inside given criteria

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THE FOUR DEVELOPMENT STEPS!



<p>S3</p> <p>High competence</p> <p>Variable motivation</p> <hr/> <p>High competence</p> <p>High motivation</p> <p>S4</p>	<p>S2</p> <p>Some competence</p> <p>Low motivation</p> <hr/> <p>Low competence</p> <p>High motivation</p> <p>S1</p>
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DEVELOPED

←

DEVELOPMENT

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DIFFERENT SITUATIONS – DIFFERENT LEADER STYLE



<p>S3</p> <p>High supportive behaviour Low leading behaviour</p> <p><i>(Supportive)</i></p> <hr/> <p>Low supportive behaviour Low leading behaviour</p> <p>S4 <i>(Delegate)</i></p>	<p>S2</p> <p>High leading behaviour High supportive behaviour</p> <p><i>(Coaching)</i></p> <hr/> <p>High leading behaviour Low supportive behaviour</p> <p><i>(Leading)</i> S1</p>
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RELATIONSHIP COACH ROWER



The coach sees the technique



The rower feels the technique



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RELATIONSHIP COACH-ROWER



the coach connect what he sees with the feeling of the rower



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RELATIONSHIP COACH-ROWER

the meetings are the synchronization on the same technique between the coach and rower



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RELATIONSHIP COACH-ROWER

The biomechanical analysis is a more sophisticated synchronization on the same technique between the coach and rower



It needs a good level of knowledge from both of them

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THANK YOU

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