

Baltic Coaches Conference

24-25th March, SEB Arena, Azuolynas str., Vilnius, Lithuania

PROGRAMME

TRANSITION FROM KIDS TO JUNIOR TENNIS

DAY 1 SATURDAY 24 MARCH 2018

10.00-10.05	Representative of Lithuanian tennis union, Ramūnas Grušas
10.05-11.30	Alex Cuellar "Development of basic movements with kids; introducing games and basic drills"
11.30-12.15	Nicolas Kelaidis (ITF tutor)
12.15-12.45	Coffee break
12.45-14.15	Bernard Pestre "Key points for children moving from orange to green"
14.15-15.00	Jonas Dagys (ITF Referee, silver)
	"Everything you need to know about tournament regulations (but were afraid to ask)"
15.00-16.00	Lunch break
16.00-17.30	Alex Cuellar "Practical approach to perceptive motor skills: coordination and speed"
17.30-19.00	Bernard Pestre "Key points for children moving from green to yellow"
19.30	Official dinner

DAY 2 SUNDAY 25 MARCH 2018

9.30-11.00	Alex Cuellar "Practical approach to different basic qualities: strength, endurance and circuit"
11.00-11.45	Dalius Barkauskas (chief doctor for Lithuanian Olympic Team) "The nutrition balance for sportsman"
11.45-12.15	Coffee break, snack
12.15-13.45	Round table discussions
13.45-15.15	Bernard Pestre "Key points for training 11 and 12 year old children"
	Departure