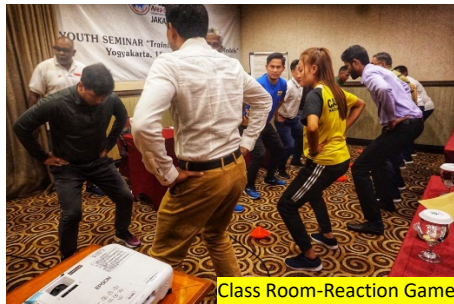


The ADC Jakarta organised the seminar on “Youth Training and Competition Model” in Yogyakarta from the 15-19th September 2019. It was attended by 19 coaches, 17 males and 2 females, from the region. The seminar covered topics which were critical for youth development both in the physical aspect and event specific technique area.



Theory session coupled with practical session facilitated the learning and deepening of the technical knowledge for youth event group development. Group discussion and thereafter sharing session allowed the coaches to exchange ideas and as well gain new insights.



Class Room-Reaction Game



Class Room – Hand on Activity



Practical Sprint – Hand on Activity



Practical Sprint– Hand on Activity

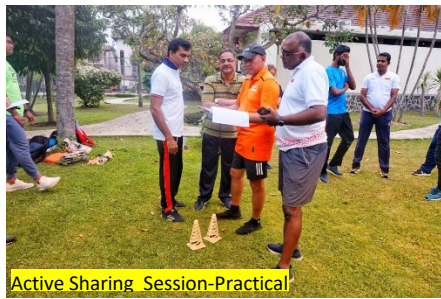


Practical Jumps– Hand on Activity



Practical Jumps– Hand on Activity

The use of technology as part of coaches eye were introduced and demonstration in the proper capture of image for daily analysis were also covered. The youth training plan were done as a group work and were discussed on appropriate improvement to encompass the proper development of the youth.



Active Sharing Session-Practical



Use of Technology to Analysis Movement



Participant Sharing Session – Technical Analysis

Finally this seminar served as a bridge for IAAF CECS level 2 course and ensure the coaches are equipped with the necessary skills to manage event specialisation .

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Singapore

IAAF Youth Seminar 2019