

Racket sports Department
 Miran Kondric, PhD
 Faculty of Sport
 Gortanova 22, 1000 Ljubljana, SLO

tel. +386 1 5207737 fax. + 386 1 5207740
<http://www.fakultetazasport.com>
 E_mail: miran.kondric@fsp.uni-lj.si



DATE: 14.04.2016

MATTER: Coaches seminar in Athens – 01.-03.07.2016 (Greece)

COACHES TT SEMINAR IN ATHENS

“Cultivation and development of physical condition which will derive from technical exercises upon the table”

Athens, 01.07.2016 – 03.07.2016

Time	Content	Presenter	Hours
FRIDAY, 01. JULY			
16.00-16.30	Participants registration		
16.30-18.30	Introduction into physical preparation in table tennis	Prof. Miran Kondrič	2P
BREAK 15'			
18.45-20.30	Warming up and cool down Proper movement and loads to locomotor apparatus	Prof. Miran Kondrič	2PE
SATURDAY, 02. JULY			
09.30- 11.30	Importance of physical preparation – including to training on table	Prof. Goran Munivrana	2PE
BREAK 15'			
11.45-13.30	Special training for kids Coordination, speed and agility	Prof. Miran Kondrič	2PE
LUNCH TIME 240'			
17.30-19.00	Proper movement and loads to locomotor apparatus in fitness gym	Prof. Miran Kondrič	2FI
BREAK 15'			
19.15-20.30	Footwork and selection of exercises in physical preparation training on the table	Prof. Goran Munivrana	2PE
SUNDAY, 03. JULY			
09.30-11.30	Prevention and rehabilitation of injuries in TT Overtraining syndrome	Prof. Miran Kondrič	2P
BREAK 15'			
11.45-13.00	Importance of physical preparation and development of motor abilities	Prof. Goran Munivrana	2PE
13.00-13.30	Final comments and conclusions on seminar	Emmanuel Kolibadis	

Legend: P – lecture room; PE – table tennis gym; FI – fitness gym

Candidates have to be present at theoretical and practical part. They have to bring with sports clothes and sports shoes.

Best regards from sunny side of the Alps!

Head of racket sports department

Miran Kondrič, PhD