

Anif, 10.10.2020

Report IBU Coach Webinars Week 21-24 September 2020

Development Department

General principles

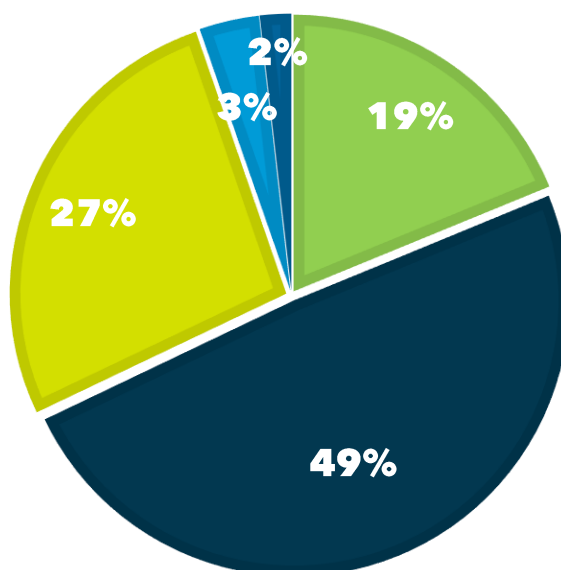
The IBU Coach seminars are organised each year for all developing CDE -NFs' members and each second year for AB-NFs according to IBU developing structure. The seminars are organised with the cooperation of hosting NFs.

In 2020 the IBU decided to organise a Coach Webinar instead of the yearly in-person Coach Seminar to ensure that coaches from all NFs can take part in the single sessions and to avoid having too many people together in one place due to the COVID-19 pandemic. The goal was to provide coaches from all National Federations with key education and knowledge in the principles of training young athletes at the national level.

In total 383 people from 47 NFs registered for the selected virtual sessions:
ARG; AUS; AUT; BLR; BEL; BiH; BRA; BUL; CAN; CZE; DEN; DOM; ESP; EST; FIN; FRA; GEO; GER; GBR; GRE; GRL; HUN; ITA; JPN; KAZ; KGZ; LAT; LIT; IND; MDA; MEX; MKD; NOR; NED; NZL; POL; ROU; RUS; SRB; SVK; SLO; SWE; SUI; TPE; TUR; UKR; USA

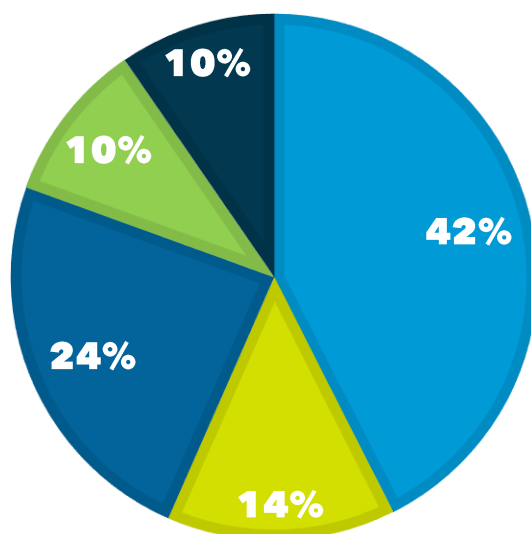
**NUMBER OF PARTICIPANTS FROM DIFFERENT NATIONAL FEDERATIONS
(BASED ON IBU DEVELOPMENT CATEGORY)**

■ A ■ B ■ C ■ D ■ E

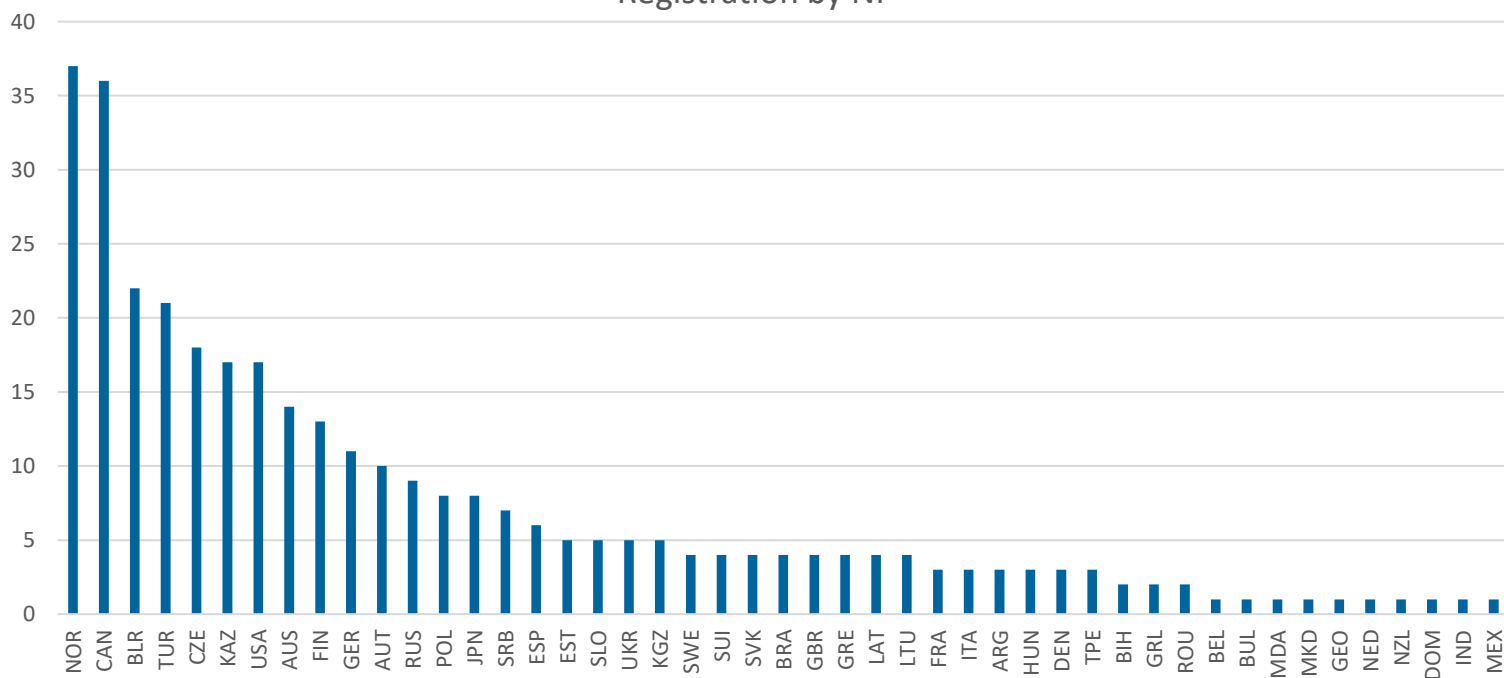


INTERNATIONAL BIATHLON UNION

- Club Coaches
- other (parents, athletes, researchers, leaders)
- Youths and Juniors National Coaches
- Senior National Coaches
- Voluntary Coaches



Registration by NF



The training was held over four days and drew an international team of biathlon experts from elite sport, education, and psychology. The experts delivered a series of lectures with each day focusing on a different topic: Talent identification and development in biathlon; Skiing technique; Shooting; and Psychology in biathlon. The opening session was delivered by legendary biathlon coach Wolfgang Pichler who drew from his extensive experience to discuss the role of a head coach and how to develop junior athletes into Olympic medalists. Summarising the key ingredients needed to make top-level coaches, Pichler said 'Passion. Discipline. Dedication.' All the lectures were in English with simultaneous Russian translation. The zoom online platform was used for the webinars.

Agenda

Monday, 21. September

Focus topic: Talent identification and development in biathlon

Opening Session: 3:00-4:00pm (CET)

Lecturer: Wolfgang Pichler

Topic: Without compromise. Development from junior athlete to Olympic gold medalist-with examples from winter endurance sports.

Session 1: 4:00-5.30pm (CET)

Lecturer: Marko Laaksonen

Topic: Training planning for youth biathletes

Session 2: 6:00-7:30pm (CET)

Lecturer: Nicole Rodriguez (USA)

Topic: Youth Development Model: Position. Pattern. Power.

Tuesday, 22. September

Focus topic: Skiing technique

Session 3: 4:00-5.30pm (CET)

Lecturer: Stefan Lindinger

Topic: Skating technique (How to teach and develop skating movements)

Session 4: 6:00-7:30pm (CET)

Lecturer: Knut Kuvas Brevik

Topic: Development of technical skills through youth and junior age

Wednesday, 23. September

Focus topic: Shooting

Session 5: 4:00-5:30pm (CET)

Lecturer: Gerold Sattlecker (AUT)

Topic: Biathlon shooting – influencing factors and training for young athletes

Session 6: 6:00-7:30pm (CET)

Lecturer: Matt Emmons

Topic: Shooting skills geared toward junior biathletes, from a precision shooter perspective

Thursday 24. September

Focus topic: Psychology in biathlon and antidoping education

Session 7: 4:00-5.30pm (CET)

Lecturer: Amelie Heinrich

Topic: Developing mentally tough young athletes. Developing winning attitudes towards competition.

Session 8: 6:00-7:30pm (CET)

Lecturer: Lucie Rothauer (Biathlon Integrity Union)

Topic: Antidoping & the role of a coach

All the sessions were recorded and are available at the IBU YouTube channel:

<https://bit.ly/3ie5KIS>

All the participants received the certificates and access to the presentations.

Conclusions from the participant's survey (feedback):

80% of the respondents said that the sessions fulfilled their expectations and the gained knowledge is explicable to their work, and they are going to implement some of the new learnings in the training process.

All lectures were scored from 8.43 to 9.10 points. 10 means excellent.

62 % of respondents said that the ideal time to period for attending such webinars in the future is from 16:00 to 18:00 CET. The majority prefer such webinars to be held 1-2 days per week.

'PASSION. DISCIPLINE. DEDICATION': IBU hosts first Virtual Coach Webinar Week - International Biathlon Union - IBU - International Biathlon Union - IBU (biathlonworld.com)