

**INTERNATIONAL BIATHLON UNION**

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REPORT COACH SEMINAR 2018 07.06 - 10.06.2018 Budapest HUN

Hotel Hungarian City Center Budapest

Participants;

20 C&D Development Category; AUS, BEL, BiH, BRA, CRO, DEN, ESP, GEO, GRL, GRE, HUN, JPN, KGZ, LTU, MKD,
MDA, NED, SRB, TUR, as guest CZE

Lecturer;

Rifle Care, Knowledge	Benjamin Wirthgen	Anschütz
Ski Care for smaller Nfs	Tomasz Bernad	NF POL
Shooting Training with physic and psy. previous impacts	Dr. Michael Koch-Dubois	IAT Leipzig
IBU ECR	Kristjan Oja	IBU
Coordinativ Training towards Shooting and Skiing	Matthias Ahrens	Headcoach NF CAN
Factors affecting shooting performance in Biathlon	Dr. Marko Laaksonen	Associate Professor University Östersund SWE
Shooting Training, Scatt	Engelbert Sklorz	Diplom Trainer GER
Gymtraining in endurance Sport	Prof. Mag. Zsolt Zakarias	Head of Sport Scientific Schulsportleistungsmodell Kärnten

Organizing;

Head of Org.	Emöke Szöcs	NF HUN
Logistik	Ildiko Kapitany	NF HUN
IBU Vice President	Olle Dahlin	SWE
Race Director IBU CUP	Kristjan Oja	IBU
Race Director IBU Junior Cup	Arne Eidam	IBU

Summary;

The seminar was mainly held in English language with translation into German and Russian language via simultaneous interpretation.

The participants have been accommodated in "Hotel Hungarian City Center in Budapest Down Town.

The seminar sessions took place in the meeting room of the Hotel

On Friday evening, there was organized an excursion to the City center of Budapest following with a nice coaches dinner in a traditional restaurant.

At the end of the seminar, all participants received an USB stick including all presentations of the seminar.

After evaluation of the feedback, forms the participants were very satisfied with the topics and lecturers as with the general organization of the seminar.

Most of them would like to hear more about;

- Training for juniors/youth
- Shooting training / technique
- Skiing training / technique
- Physio/psychology training
- Ski waxing

Conclusion;

The seminar was successfully conducted and the participants very well received all presentations.

After evaluation of the questionnaire is an increased demand visible, that the most participating National Federations Coaches appreciate an extension of the offered topics and the retention or improvement of the IBU Coach Seminar.

Arne Eidam

RD IBU Jun Cup

Program

IBU Coach Seminar 2018

Budapest HUN

Date	Time	C&D	Revised 17.05.2018
Thursday 07.06.2018	All Day	Arrival C&D	
	19:00	Welcome Dinner	
Friday 08.06.2018	09:00-09:30	Welcome reception IBU Vice President Olle Dahlin SWE	
	09:30-10:00	IBU Membercenter handling and uploads IBU Arne Eidam	
	10:00-10:15	Coffee Break	
	10:15-12:00	Benjamin Withgen Anschütz	
	12:00-14:00	Lunch Break	
	13:30-15:45	Tomaz Bernad Skicare	
	15:45-16:00	Coffee Break	
	16:00-17:30	Dr. Michael Koch IAT Leipzig Shooting Training with physic and psychological previous impacts	
	19:00	Coach Evening	Social Event
Date	Time	C&D	Remark
Saturday 09.06.2018	08:30-10:00	IBU Rules TC Groupleader Rules Kristjan Oja	
	10:00-10:20	Coffee Break	
	10:20-12:00	Matthias Ahrens Coordinative Training towards Shooting and Skiing	
	12:00-14:00	Lunch Break	
	14:00-15:30	Engelbert Sklorz GER Shooting Training SCATT Shooting	
	15:30-15:50		
	15:50-17:30	Dr. Marko Laaksonen - Associate professor Factors affecting shooting performance in biathlon	
	19:00	Dinner	
Sunday 10.06.2018	09:00-11:00	Zakarias Zsolt Gym training in endurance sport	
	11:00-11:30	Summary IBU Coach Seminar	
	12:00	Lunch & Departure	