

## Olympic Solidarity



### **Technical participation in luge course for coaches and referees, Lake Placid (USA), 20th-26th September 1982**

A recent luge course supported by Olympic Solidarity brought together four coaches and twenty referees in Lake Placid (USA) from 20th to 28th September 1982. Two experts, Mr. Bjorn Walden (SWE) and Mr. Josef Feistmantl (AUT), set out with the objective of instructing the coaches on advanced coaching methods and teaching the referees the FIL's international rules in preparation for the 23rd World Luge Championships, which are to take place in Lake Placid on 5th and 6th February 1983.

The coaching instruction was based on the proven methods of the Austrian Team. All aspects of preparation for competition were covered. A yearly schedule was provided with a four-part breakdown. Mr. Feistmantl also gave instruction on sled preparation, summer wheel training, coaching at luge runs, technique on sled, physical conditioning and race

preparation. The major theme was for a well organised programme using proven methods.

The referees' portion covered all sections of the FIL regulations. The course was most thorough due to the efforts and preparation of Bjorn Walden. The course included many hours of classroom work and instruction at the luge run where the referees performed a dry run race in various official positions and hypothetical race situations. A test was given on the last day with fourteen individuals passing the examination.

Both Mr. Walden and Mr. Feistmantl also spent a considerable amount of time in discussions on improving the sport of luge in the United States and Canada. Because the sport is new to this continent, the experience of the European experts was most informative.

The friendship and goodwill expressed by Mr. Walden and Mr. Feistmantl will greatly aid the sharing of knowledge and exchange of information so necessary for international cooperation.

Thanks are also due to the FIL and President Bert Isatitsch for his assistance with this programme.

## Regional football course, Manama (BRN), 4th-15th September 1982

This regional football course for youth coaches, held in Manama (BRN) from 4th to 15th September 1982, differed from such former events in two respects. It was the first course in Bahrain to be directed specifically at coaches of young players, and secondly it was sponsored by Olympic Solidarity, which enabled the invitation of participants from both Arab and Asian countries, certainly a positive step in the promotion of international relations between these two cultures. The course, opened by Sheikh Isa Bin Rashid Al Khalifa,

President of the Bahrain Olympic Committee, was conducted by FIFA expert Heinz Marotzke (FRG), who directed 26 participants from BRN, JOR, OMA, NEP, BAN, SRI and YAR. The importance of the course lay in the belief that those coaches who are training younger players must be particularly well-qualified to fulfil their task, in order to detect and draw out skills in the lower age groups, and to develop these skills to the best of the player's ability.

Using films and diagrams, and with the aid of practical sessions, Mr. Marotzke systematically and comprehensively dealt with various aspects of technical training - steps, passes, positioning and so on - with individual and team play, including different team ratios (4 against 4, 8 against 8), and with the roles of individual positions (defence, midfield etc.).

In addition to these technical matters, the participants also discussed theoretical subjects, including the physical development of young players and the organisation of youth football at club, national and international levels.

In a letter of thanks to the Bahrain Olympic Committee, two of the participants noted that "it was useful to exchange views about the organisation, facilities and standards of different countries to promote football in our respective countries", and this in itself was surely a satisfactory outcome of the course.

Moreover, it can safely be said that all the participants were able to return to their own regions with a much better knowledge of how to help their young players become top footballers of the future.

## Regional boxing course, Auckland and Christchurch (NZL), 22nd-26th May 1982

It was generally agreed that the holding of this regional boxing course, organised by Olympic Solidarity and the AIBA, from 22nd to 26th May 1982 during the Oceania Boxing Championships, was an occurrence to be repeated whenever possible in the future, for this event in Auckland (NZL) (the second part taking place in Christchurch) offered those attending the championships an excellent opportunity to benefit from the lectures given by Mr. Syd C. Ashton, Vice-President of the AIBA and President of this federation's Oceania branch, and his colleague Mr. Dick Dunn.

The number of twenty participants from AUS, NGU, NZL, Niue Island and Vanuatu, was at times increased by the attendance of team officials from other countries, greatly adding to the variety of experiences and opinions which were shared by all those present.

The seminar had a definite goal in mind, that is, success in the AIBA judging and refereeing examinations, which for ten of the participants took place at the end of the Auckland course. Considering how little knowledge some of the candidates had when they arrived, the organisers were well-satisfied with the seven successful examinees.

In the second part of this course, held in Christchurch, Messrs. Ashton and Dunn assisted by the administration of Mr. Kevin Barry, continued their lectures on refereeing, judging and coaching to an enthusiastic audience of over thirty students. The two lecturers were delighted with the eager response of all the participants. The referees and judges paid just as much attention to the coaching lectures as to those concerning their own field, and the coaches were able to learn, through attending the referees and judges seminars, all the details of the infringements which cost their boxers valuable points and even matches, as they previously had little or no knowledge of why referees take certain decisions.

Practical sessions observing bouts in a local gymnasium served to reinforce the candidates' opinions that they had a great deal to learn before becoming even mediocre referees, let



Miloslav Ejem and Kiroski Toyoda with the participants.

alone top-class officials -the conclusion once again being reached that these Olympic Solidarity seminars are of the utmost importance in the development of sports in less privileged countries, and that they should be promoted and continued as much as possible.

### **Volleyball - Technical participation for coaches, Bad Blankenburg (GDR) 2nd - 14th August 1982**

*"Volleyball has one of the highest growth rates of any sport in our country. It is second only to football in popularity".* This comment of the Zambian participant in the technical participation course for coaches in Bad Blankenburg (GDR), from 2nd-14th August 1982, epitomises the growing need for the training of volleyball coaches from all parts of the world -and it was from all parts of the world that the 25 students came. Representing 13 countries (FRG, ARG, EGY, FIN, GDR, HOL, HUN, IRQ, NIG, NOR, SUI, TUR, ZAM), the participants in this course, organised by the IVBF within the framework of Olympic Solidarity, and supported by the NOC of the GDR, benefitted from the advice of seven experts, including former world-class players.

The course was conducted on two levels - Stages I and II - but these were often integrated because of the small size of the preliminary group. The lecturers, including Solidarity experts Miloslav Ejem (TCH) and Hiroshi Toyoda (JAP), taught and examined a

wide range of subjects, including training theory, match analysis, team tactics, physiology and psychology, practical coaching methods, and so on. At the conclusion of the seminar the participants took written, practical and oral tests, in which only one candidate failed, reflecting the ability of the lecturers and the attentiveness and performance of the students.

Dr. Horst Baacke, President of the IVBF Coaches' Commission, was pleased to note that all the participants got on well together, both in and out of lectures. They were keen to exchange personal experiences and compare the organisation of volleyball in their individual countries.

A final comment from Dr. Baacke aptly summed up the purpose of this type of seminar : *"This course is a small fragment in the mosaic of the efforts of our federation to further the development of volleyball all over the world."*

### **Regional judo course, Melbourne (AUS), 18th-25th July 1982**

An excellently-produced report was firm proof of the dedication and enormous amount of hard work that contributed towards the success of the regional judo course held in Melbourne (AUS) from 18th to 25th July 1982, which was organised by the Judo Federation of Australia under the auspices of Olympic Solidarity.

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A team of nine experts, including Messrs. John Peters, and Ern Knoop, President and Secretary General of the Judo Federation of Australia, Yoshinori, Takeuchi (JPN) and other widely experienced judo enthusiasts, give lectures and demonstrations to 76 participants from AUS, FIJ, NGU, NZL, the Solomon Islands and Noumea.

Most interesting in this seminar was the emphasis laid on the psychological and sociological aspects of judo and sport in general. The inclusion amongst the lecturers of sociologist Rob Sands and Life Be In It Director Dr. Ian Bennett drew attention to the importance of recreation in today's busy world, the attitudes of various social groups and age levels towards sport, and the influence of social, religious and family background. Dr. Brent Rushall, on the other hand, dealt specifically with the mental preparation of the athlete for competition. Throughout the course, the participants were encouraged to think positively about their approach to a competition, following given thought patterns eg. mental rehearsal - concentration - relaxation - focus - control - skill - goal, and they learned to associate certain attitudes with this approach - strength, power, speed, agility, persistence, confidence, etc. Wayne-Maschettes lecture on Hemispheric Dominance broached the subject of how the coach transmits this knowledge and also physical skills to his pupil.

Practical and technical questions were dealt with by Rod Taylor (warm-up, stretching and injury) and Yoshinori Takeuchi, who gave daily demonstrations on throws, holds, fans and so on. The definition of some of the important movements performed by Mr. Takeuchi - Ne-waza (a defence tactic), Oseakomi (holding) - were discussed by John Peters, from the viewpoint of the referee. Lastly, Ern Knoop presented the conclusions of his investigations into the attitudes of Australian judokas to judo, rules and regulations, and referees.

A fitting end to the course was provided by the staging of the Young Mens and Junior National Titles on 24th and 25th July.

