

# TRAINING MEETING FOR ASPIRING TRAINERS

**SATURDAY**

**MORNING: 9,00 – 13,30 (IN THE CLASSROOM)**

**“LET'S PLACE THE BASICS”**

9:00	(40')	<b>START: Welcome - Registration</b>	
9,40	(5')	<b>Institutional greetings</b>	<b>Councillor: Zanacchi</b>
9,45	(45'+15')	<b>Introduction</b> a) Structuration of the course: objectives, contents & methodologies b) 3 POINTS OF VIEW on Baskin (logic of the 3 Modules) c) Discussion	<b>Alexy Valet</b>
10,45	(45'+15')	<b>Topic 1: The technical foundations of Baskin</b> a) Rules, classification & the function of training b) Discussion	<b>Antonio Bodini</b>
11,45		BREAK	
12,00	(45'+15')	<b>Topic 2: Educating yourself on certain ethical aspects in Baskin</b> a) Experiences, reflections and the trainer figure b) Discussion	<b>Fausto Capellini</b>
13,00	(30')	<b>Space to the participants:</b> Brief presentation of the trainees	<b>Laura Carini</b>

**SUNDAY (FEBRUARY 22 AFTERNOON: 15,00 – 18,45 (IN THE GYM) “GUIDED AUTO MUTUAL TRAINING on MODULE 1”**

15,00	(15')	<b>Introduction:</b> Objectives, topics & organizational methodology	<b>Gianluca Bacchi</b>
15,15 <i>Phase 1, 2, 3</i>	(3h15)	<b>FIRST APPROPRIATION OF MODULE 1: "The 2 hours of practice in the gym"</b> What to propose and how to propose it? Practical experience to provide the participants with (SEE DETAILS OF THE 3 PHASES BELOW)	<b>3 tutor trainers</b> for each group of trainees (A, B, C, D)
18,30	(15')	<b>Conclusion:</b> Thoughts and ideas	<b>Roberto Anzivino</b>

**PHASE 1 (45'):** Each group discusses internally the different ideas and experiences about making future aspiring coaches or teachers discover Baskin in an effective (and original) way. Then the group defines a collective proposal to be presented to the others groups.

- Group A & B: situation in which the practical part is proposed AFTER the theoretical part
- Group C & D: situation in which the practical part is proposed BEFORE the theoretical part

**PHASE 2 (120'):** Each group presents its proposal in 20 minutes, followed by 10 minutes of discussion.

**PHASE 3 (30'):** Constructive assessment of what has emerged by answering the questions:

- *How best to articulate the practical part to the theoretical part in a training course ?*
- *What organisational and pedagogical precautions do you need to take in order to manage this practical part in the best possible way?*

**SUNDAY**      **MORNING: 9,15 – 13,30**      **IN THE CLASSROOM**      **“GUIDED AUTO MUTUAL TRAINING on MODULE 2”**

9,15	(15')	<b>Introduction:</b> Objectives, topics & organizational methodology	<b>Antonio Cigoli</b>
9,30	(3h50)	<b>FIRST APPROPRIATION OF MODULE 2: "The 2 hours of practice in the gym"</b> What to propose and how to propose it? Practical experience to provide the participants with (SEE DETAILS OF THE 3 PHASES BELOW)	<b>3 tutor trainers</b> for each group of trainees (A, B, C, D)
13,15	(15')	<b>Conclusion:</b> Thoughts and ideas	<b>Fausto Capellini</b>

**PHASE 1 (45'):** The different groups discusses internally their ideas and experiences in order to be able to effectively (and originally) stimulate aspiring coaches (teachers) on how to manage the workouts (lessons) according to their assigned focus.

Group A: prevalent focus on Roles 1 but not exclusively;

Group B: prevalent focus on Roles 2 but not exclusively;

Group C: prevalent focus on Roles 3 but not exclusively;

Group D: prevalent focus on Roles 4 and 5 but not exclusively.

Then the group defines a collective proposal taking into consideration the various training spheres (Physical sphere; Technical sphere; Tactical sphere; Cohesion and fun sphere).

Finally, each group presents its contribution to the others.

**FASE 2 (160'):** Each group presents its proposal in 30 minutes, followed by 10 minutes of discussion.

**FASE 3 (20'):** Constructive assessment of what has emerged by answering the questions:

\_ *What organisational and pedagogical precautions do you need to take to best manage this practical part?*

**SUNDAY**      **AFTERNOON: 15,00 – 16,30**      **IN THE CLASSROOM**      **“ORGANISATION AND PERSPECTIVES”**

14,30	(15')	<b>Introduction:</b> Objectives, topics & organizational methodology	<b>Alexy Valet</b>
14,45	(60')	<b>FIRST APPROPRIATION OF MODULE 3: ORGANIZATIONAL ASPECTS</b> From Baskin to ENSI: organisation, (re)structuring and culture	<b>Andrea Tolomini</b>
15,45	(30')	<b>Final questions</b>	<b>Tutti</b>
16,15	(15')	<b>Conclusion &amp; final greetings</b>	<b>Antonio Bodini e Goffredo Iachetti</b>
16:30		<b>END</b>	