

**DIDACTIC  
GUIDELINES  
Urban Sports  
Games**

# UNIÃO DAS FREGUESIAS DE GANDOMAR

## (S. COSME), VALBOM E JOVIM

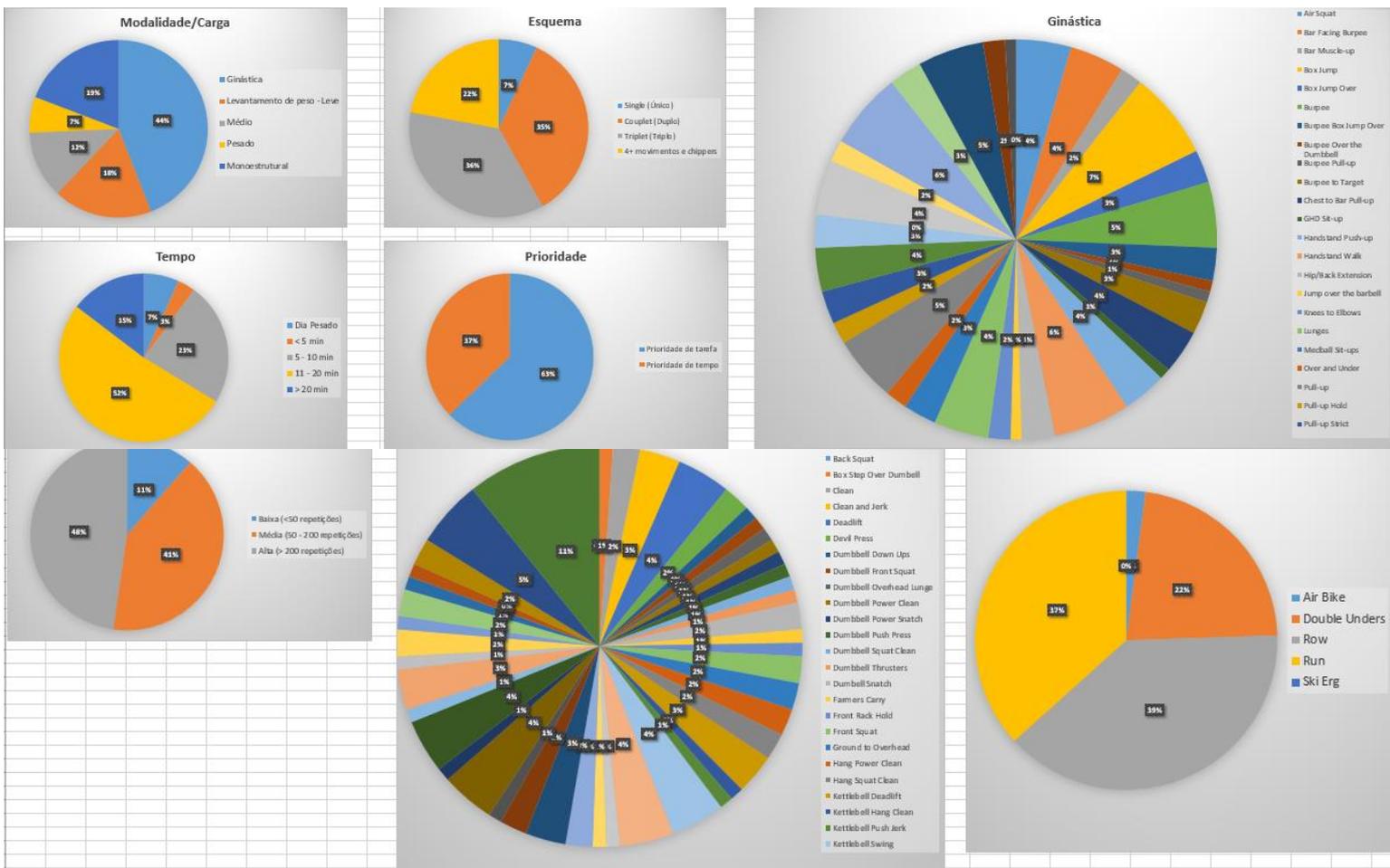
### FUNCTIONAL URBAN SPORTS GAMES

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### URBAN SPORTS GAMES FUNCTIONAL CIRCUIT

**How to use tools for sports manager:**

The following tools are used to facilitate the work of the manager while working in these two sports listed above.





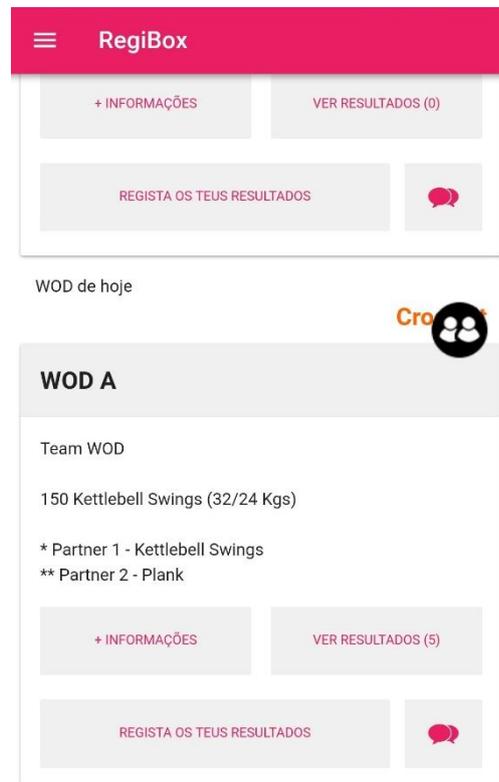
This tool is for the manager to plan and organize the training of organization sport. Every week the manager has to plan and to program the daily workouts with the various exercises that have at their disposal. Through this conjugation, every day athletes can visualize the "wod" – workout of the day. The manager can evaluate monthly which exercises "are most used" and whether or not to change his schedule in the coming months.

### How to use tools for sports facilitator:

The following tools are used to facilitate the work of the facilitator while working in these two sports listed above.



This tool is for the facilitator/head coach to communicate inside his organization. The head coach uses this "RegiBox" tool to communicate with his coaching staff and athletes. The daily training and respective notes are placed here. The coaches thus see the notes that the head coach does for the day's training, such as the warm-up that precedes the day's challenge and which is not available for athletes to view in the same tool.



This tool is for the facilitator/head coach to foster the teamwork among his athletes. Once a week the head coach puts on the training platform (RegiBox), a team training, to increase the team spirit and between-help among the athletes. The "Team WOD" can be, for example, exercises in which an athlete only starts the following exercise after his colleague finishes his task, or at the same time do the same exercise and number of repetitions, synchronized. These teams can be of two or more elements.

# The TMF-140 Coach's Evaluation Tool



Coach: \_\_\_\_\_

Evaluator: \_\_\_\_\_

Date & Class Time: \_\_\_\_\_

Workout
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Graded Elements	Score									
	Needs Improvement	Effective			Strong			Sub-2 Fns		
Started On-time	1									10
Introduction and Class Briefing	1	2	3	4	5	6	7	8	9	10
Warm Up and Mobility	1	2	3	4	5	6	7	8	9	10
Class Logistics	1	2	3	4	5	6	7	8	9	10
Teaching	1	2	3	4	5	6	7	8	9	10
Seeing and Correcting	1	2	3	4	5	6	7	8	9	10
Cueing (Verbal, Tactile, and Visual)	1	2	3	4	5	6	7	8	9	10
Proper Scaling	1	2	3	4	5	6	7	8	9	10
Workout Execution	1	2	3	4	5	6	7	8	9	10
Leadership and Class Flow	1	2	3	4	5	6	7	8	9	10
Presence and Attitude	1	2	3	4	5	6	7	8	9	10
Cool Down Execution	1	2	3	4	5	6	7	8	9	10
Ended On-time	1									10
Walking the Walk*	1	2	3	4	5	6	7	8	9	10

**TMF-140 Score: \_\_\_\_ / 140**

Evaluator Remarks and Homework
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This tool is for the facilitator/head coach lead other coaches in the organization. The head coach has to evaluate the other coaches who are part of the organization's staff. In this way, he can use a certain number of parameters / goals to evaluate each coach, using a scale of 1 to 10. In the end, he will make an average of the score obtained to understand the level of his coach. Depending on the score obtained, the head coach may put some comments that he think are important for a better performance of his coach, in particular.

## How to use the weekly training plan

### Functional Urban Sports Games

This sport uses not only the corporal load for the practice of physical exercise, but also other objects for the use of external load, in the weekly training plan.

Thus, this training plan consists of a methodology in which at least to obtain results more efficiently, it takes 3 days of training per week, the remaining days being indicated as rest or recovery days.

Each training lasts approximately 60 minutes, which starts with a specific warm-up for the challenge of the day, a period in which technically the movements are performed and evaluated / corrected by the coach, the challenge of the day (in which are conjugated a set of exercises, with certain repetitions to be performed, during a specific period of time or during a certain number of rounds), and, finally, the stretching in the final phase of the training.

Every day is different and, normally, the exercises and movements are not repeated from day to day, so that a constantly varied methodology and high intensity is used in the weekly training plan, with the practice of movements that we use in our daily routines.

This workout plan is made to work all kinds of muscles of the human body, from the upper limbs to the lower limbs, using for that exercises in which one works more strength or in which the training is more cardio.

### Urban Sports Games Functional Circuit

This sport uses only the corporal load for the practice of physical exercise, not being used any type of external load.

Thus, this training plan consists of a methodology in which at least to obtain results more efficiently, it takes 3 days of training per week, the remaining days being indicated as rest or recovery days.

Each training lasts approximately 60 minutes, which starts with a specific warm-up for the challenge of the day, a period in which technically the movements are performed and evaluated / corrected by the coach, the challenge of the day (in which are conjugated a set of exercises, with certain repetitions to be performed, during a specific period of time or during a certain number of rounds), and, finally, the stretching in the final phase of the training.

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# UNIÓ DE FEDERACIONS ESPORTIVES DE CATALUNYA

Using the range of tools detailed along this report, managers and facilitators can better assess the progress of teams, motivate athletes and improve the organization as a whole. Before digging deeper into each one of these tools, it is important to understand the overarching idea of how they fit together within the organization. To better showcase this, we have taken the month of September 2019 as an example. With that in mind, please see below a high-level planning of the given month with the use of the tools in question.

## September 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

Toolbox	Frequency	Day
Team satisfaction	Bi-monthly	last Monday of the month
Friendly game	monthly	last Saturday of the month
Family activities	monthly	last Sunday of the month
Corkboards	monthly	Tuesday
General planning	a whole work week is required to prepare this and minimum 2-months in advance	
Weekly group meeting	weekly	Monday
Game assessments	weekly	Wednesday
SWOT	monthly	first Tue of the month
1/1 sessions	monthly	Friday
Escape room	monthly	Friday
Players' workout	weekly	Thursday
Whatsapp group	constant	

## Managers

### Information exploring and managing tool for Indoor Football

Managers should set a satisfaction survey for the team and staff to answer at the end of every other month. This should include relevant questions to explore information about the organization's current situation, according to the people in it.

#### TEAM & ORGANIZATION SATISFACTION SURVEY

1.- According to your personal opinion, rank the following statements about the team and the organization:

	EXCELLENT	VERY GOOD	GOOD	INDIFFERENT	IMPROVABLE
Inner communication	<input type="radio"/>				
Comfort of the team facilities	<input type="radio"/>				
Staff professionalism	<input type="radio"/>				
Group atmosphere	<input type="radio"/>				
Athlete support	<input type="radio"/>				
Game transport	<input type="radio"/>				

## Managers

### Information exploring and managing tool for Volleyball

Managers can set up a WhatsApp group with the team, coach and rest of staff, as a way to directly and informally discuss relevant information or worries about the organization. This tool has the advantage of being real-time and informal, therefore a great way for the entire team to manage and discuss ad-hoc changes and continuous processes.



## Managers

### Organization awareness tool for Indoor Football

On the last Saturday of every month, managers can organize an informal game between players and staff. This game could be staff team vs players team or mix them in the same team in order to get to know each other and to build organization relationship and awareness. This can be complemented with a shared post-game dinner.



## Managers

### Organization awareness tool for Volleyball

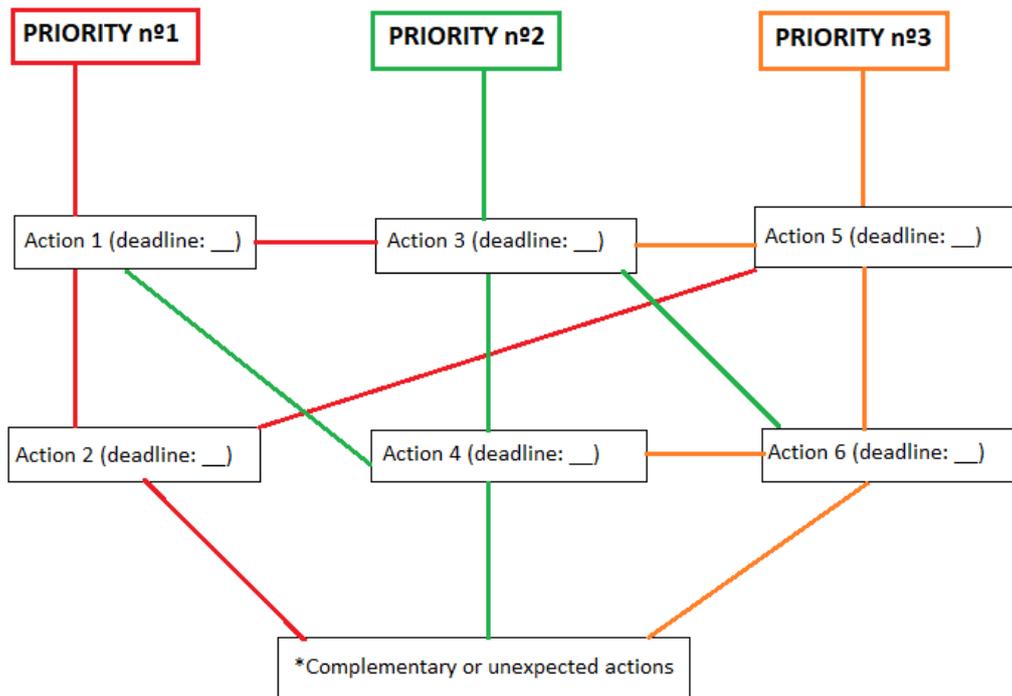
Once a month during the weekend, managers can organize activities for players and staff to share not only between them but between their families. The main purpose of these is to establish trust amongst team members and get them to know one another. Activities such as cultural and leisure experiences, informal matches or tournaments, sporty weekend getaways or brunches/BBQs are example of possible options.



## Managers

### Planning and organization tool for Indoor Football

Manager can use corkboards to form diagrams (like the one exemplified below) with the organization's priorities and the necessary actions to accomplish them. In order to facilitate its visualization and comprehension, threads or ropes can be used to link interrelated actions and priorities and establish a planning sequence or order. Such corkboards should be created with every new big project, every time a significant change emerges and at the beginning of every year. Every month, the manager should take a step back to analyse the mapped corkboard.



## Managers

### Planning and organization tool for Indoor Volleyball

Following guideline below, managers can plan according to the organization's highest priorities and needs. First, the manager should identify and list the highest priority or most important organizational need. Considering resources and time availability, the manager should then select the actions required for accomplishing those needs. The last step is to order the selected actions from more specific to more general ones and introduce them (according to this order) in a monthly planning as the one proposed below. The established planning needs to always be actionable and framed in a realistic time period to facilitate execution.

**Organization needs (listed from more priority to less):**

- 1.
- 2.
- 3.
- 4.

<b>Example Planning for JUNE 2019:</b> With a recommended minimum of 2-months advance, complete the following calendar with the considered actions to accomplish the listed organization needs (following a progression from the most specific actions to the most general)					<b>Sat 1<sup>st</sup></b>	<b>Sun 2<sup>nd</sup></b>
<b>Mon 3<sup>rd</sup></b>	<b>Tue 4<sup>th</sup></b>	<b>Wed 5<sup>th</sup></b>	<b>Thu 6<sup>th</sup></b>	<b>Fri 7<sup>th</sup></b>	<b>Sat 8<sup>th</sup></b>	<b>Sun 9<sup>th</sup></b>
<b>Mon 10<sup>th</sup></b>	<b>Tue 11<sup>th</sup></b>	<b>Wed 12<sup>th</sup></b>	<b>Thu 13<sup>th</sup></b>	<b>Fri 14<sup>th</sup></b>	<b>Sat 15<sup>th</sup></b>	<b>Sun 16<sup>th</sup></b>
<b>Mon 17<sup>th</sup></b>	<b>Tue 18<sup>th</sup></b>	<b>Wed 19<sup>th</sup></b>	<b>Thu 20<sup>th</sup></b>	<b>Fri 21<sup>th</sup></b>	<b>Sat 22<sup>th</sup></b>	<b>Sun 23<sup>th</sup></b>
<b>Mon 24<sup>th</sup></b>	<b>Tue 25<sup>th</sup></b>	<b>Wed 26<sup>th</sup></b>	<b>Thu 27<sup>th</sup></b>	<b>Fri 28<sup>th</sup></b>	<b>Sat 29<sup>th</sup></b>	<b>Sun 30<sup>th</sup></b>

## Facilitators Communication tool for Indoor Football

Coach can set weekly group meetings with the athletes to comment and discuss their beliefs and ideas about how training or the team is going and to agree or modify goals.

<b>INDOOR FOOTBALL</b>	Resourcefulness	Give direct and clear directions	Support encourage	Keep team morale up	Ability to listen	Creativity	Proactiveness

## Facilitators

### Communication tool for Volleyball

With every game, coaches should observe and registrate in a table or chart how many correct services each player hits. They can follow the same process to assess how many times the team usually touches the ball in each play before returning it to the rival team.

<b>VOLLEYBALL</b>	Resourcefulness	Give direct and clear directions	Support ecourage	Keep team morale up	Ability to listen	Creativity	Proactiveness

## Facilitators

### Leadership tool for Indoor Football

Coaches should registrate in a SWOT matrix the team's Strengths, Weaknesses, Opportunities and Threats, and discuss those with the athletes, in order explore together how opportunities could be taken, threats reduced and weaknesses improved through strengths.

	Helpful to achieving team objectives	Harmful to achieving team objectives
INTERNAL origin	<b>STRENGHTS</b> (for example, <i>highly cohesive group</i> )	<b>WEAKNESSES</b> (for example, <i>tendency to emotional reaction after a defeat</i> )
EXTERNAL origin	<b>OPPORTUNITIES</b> (for example, <i>first time in this league so the others teams don't know our playing style</i> )	<b>THREATS</b> (for example, <i>a lot of games programmed early at the morning when the team is used to afternoon training</i> )

## Facilitators

### Leadership tool for Volleyball

The coach should schedule monthly individual sessions with each athletes in order to get to know their worries and difficulties about the game or the team, and explore ways for these to be solved.

PLAYER:	Session nº:
Open questions	Player responses
How are you feeling about trainings?	
Is there any question or aspect in the team you are not comfortable with?	
What are your beliefs about our pre-game routine?	
How are you experiencing competitions?	

## Facilitators

### Teamwork tool for Indoor Football

The popular “Escape Rooms” are actually a good way to improve teamwork and cooperation. Coach can organize football-related Escape Rooms for the athletes to solve at the same time they work on their cooperation as a team and enjoy a different experience.



# Facilitators

## Teamwork tool for Volleyball

Coaches can establish, for example, one workout a week for the team itself to schedule according to what players consider they have to improve on. The team will have to work and agree on how the workout is scheduled and which skills they will be practising in order to improve those considered weaker.

SKILL TO IMPROVE ON	WHAT FOR?	HOW? → TRAINING PROPOSAL
Blocking	Improve team's defence	Setting a training match where one player for each team is limited to one move: the block. This player is rotated so every player in the team is limited to this move at least once in this training game.

## How to use the weekly training plan

### Indoor Football

Indoor Football is a ball sport practiced between two teams of 5 players each (at least) and the game consists of introducing the ball into an arc protected by the goalkeeper of the opposing team who will try to prevent the ball from entering the goal. The practice of Indoor Football, a physical level, requires dynamism, reaction speed, anaerobic endurance and agility while a psychological level requires an adequate level of concentration, observation, decision making, patience and initiative.

A technical level requires a technical basis for handling the ball to be able to handle passes, drive the ball, recover and hit a goal or receive the ball, in the case of goalkeepers.

For this reason, the weekly training plan will be carried out three days a week on alternate days (Monday, Wednesday and Saturday), with days of rest between them so that the body can assimilate the work, repair the effort and strengthen itself since the energy provided for the total of a football match is produced by aerobic processes using muscle and liver glycogen and seller depletion accompanied by a decrease in the pace of the game and its full recovery can lose up to two days.

Training days are organized as follows. First, 90 minutes of stretching will be performed, to stretch the muscles or muscle areas that are usually loaded or contracted during the game and thus avoid any physical injury of the participants. The stretching focuses on activating the muscle groups that are mostly involved during the sport of this sport of legs, hips, arms and trunk.

Since Indoor Football combines actions of low metabolic demand followed by explosive actions (accelerations and decelerations with constant changes of direction), it implies a great neuromuscular demand and exercise of the cardiovascular system. For this reason, after stretching 30 minutes of cardiovascular exercises will be performed, consisting of running, jumping, flexing and burpee.

Then, a 40-minute game will be divided into two parts of 20 minutes each and with a break between parts of 10 minutes.

Finally, after the match, there will be 30 minutes of the third half, in which the players of both teams will fraternize and talk with the aim of the rough edges and soften the tensions they have operated during the match.

## Volleyball

Volleyball is a team sport that is played with a ball and in which two teams, consisting of six players each, face each other over a playing area separated by a central net and whose objective of the game is to pass the ball over of the network, making it reach the ground of the opposing field while the opposing team tries to simultaneously prevent it from achieving it, forcing it to fail in its attempt.

The practice of Volleyball, on a physical level, requires dynamism, speed of reaction and balance, agility, anaerobic and anaerobic resistance and eye-hand coordination, while at the psychological level it asks for an adequate level of concentration and capacity for observation, motivation, self-confidence, emotional control and decision making.

At the technical level, it requires some technical bases for handling the ball in order to perform services or serves, blocks, receptions and passes and attacks and shots.

For this reason, the weekly training plan is executed three days a week on alternate days (Monday, Wednesday and Saturday), with days off between them so that the body can assimilate the work, recover from the effort and strengthen.

Training days are organized as follows. First, 90 minutes of stretching will be performed, to stretch the muscles or muscle areas that are usually loaded or contracted during the game and thus avoid any physical injury of the participants. The stretching will focus on enabling the muscle groups that are mostly involved during the sport of this sport of legs, hips, arms and trunk. Special attention should be paid to hip flexors, quadriceps, hamstrings and calves, buttocks, abductors, abdomen, lumbar, anterior shoulder and chest.

Since Volleyball combines actions of low metabolic demand followed by explosive actions, it implies a great neuromuscular demand and exercise of the cardiovascular system. For this reason, after stretching 30 minutes of cardiovascular exercises will be performed, consisting of running, jumping, flexing and burpee.

Then, a 60-minute game (3 to 5 sets) will be played.

Finally, after the match, there will be 30 minutes of third time, in which the players of both teams will fraternize and talk with the aim of filing rough edges and softening tensions that may have arisen during the match.

# PETIT PAS

## PILATES & IMPACT TRAINING

### -How to use sport manager tools

The tools below are intended to be an easy and efficient way to help managers organizing sports trainings for the Urban Sports Impact Training and Pilates.

This tool is used to help managers collecting data and information about the interest and involvement in the territory. Thanks to this table, managers will be able to have a complete picture of the first steps necessary to manage a training: they will have an idea of the volunteers who will contribute to support the organization of the training, the possible dates and the availability of the chosen location, start collecting subscriptions and form teams / classes (for Pilates) and collect feedbacks on the general organization of the event and the proposed agenda.

PILATES/IMPACT TRAINING				
	ACTIVITY	DATE	NR. PEOPLE/ORGANIZATIONS	CONTACT
Find volunteers to support the logistics				
Arrange the venue for the event				
Present the agenda/activities				
Distribute gadgets( t-shirts)				
Form teams				
Monitor the activities development				
Collect feedbacks				

This tool will be useful for managers in the organizational phase too at a more advanced stage, mainly to seek support outside in sponsorship and dissemination of the event, suggesting useful steps such as finding a sponsor, free press releases, an active presence on social media etc in order to increase subscriptions and participation in the sport event.

PILATES/IMPACT TRAINING				
	ACTIVITY	DATE	NR. PEOPLE/ORGANIZATION	CONTACT
	Find closer organizations, neighborhood committee, sports associations that might be interested in the event			
	Promote the event on social media/leaflets			
	Present the event where is possible (events, conventions, schools other associations)			
	Involve directly in the activities who shows interest			
	Find sponsors			
	Arrange free press release if possible			
	Collect subscriptions before the event			

This more specific tool than the previous ones acts as a sort of checklist to help the manager not to forget any important element in the final stage of the event organization, such as permits to use public spaces, the final choice of the best date to guarantee a high level of participation and subscription to the training, arranging the day in detail by elaborating an agenda of the day.

PILATES/IMPACT TRAINING				
	ACTIVITY	DATE	PEOPLE/ORGANIZATIONS INVOLVED	CONTACT
	Choose a suitable date to have bigger participation (weekends, bank holidays, etc...)			
	Select the area			
	Create the agenda for the day			
	Advertize event on social media			
	Contact possible sponsors interested in the event			
	Make sure you have all with health and safety permission			

- How to use tools for sports facilitators / coaches

Thanks to this tool the head coach can measure the communication skills of his/her team and the athletes to evaluate the areas that need attention or improvement in order to optimize the sports performance.

PILATES/ IMPACT TRAINING	Resourcefulness	Give direct and clear directions	Support encourage	Give useful suggestion/ correction while exercises execution / Keep team morale up	Ability to listen	Creativity	Proactiveness
			X		✓		

This is a very useful assessment tool for facilitators/coaches because it will allow him/her to monitor his/her team's qualities in more detail, taking into consideration specific aspects such as time management or the athlete's performance under pressure; all fundamental elements to form and lead a winning team.

	Commitment	Focus	Goal settings	Quality practice	Effort	Seeking social support	Coping under pressure	Self awareness and self-regulation	Sense of timing/time management
<b>PILATES/ IMPACT TRAINING</b>		✓							
						X			

This tool can be used by the head coach to check on the teamwork and then the work done by his/her staff; if the interaction with the team is proving satisfactory, also allowing him/her to collect feedback and comments to improve the critical areas.

<b>PILATES/ IMPACT TRAINING</b>	Select people interested in the discipline To form a class / Organize a team (number of components, criteria of selections)	Articulate clear goals for the group/class to met / Articulate clear goals for the team to met	Make decisions through collective input of members	Empower members to speak and give feedbacks / Empower members to speak and challenge	Actively promote and facilitate teamwork	Being skillful at conflict resolution
						X
			✓			
<b>COMMENTS</b>						

## How to use the weekly training plan

### WEEKLY TRAINING PLAN - PILATES

The expected duration of a Pilates class can range from a minimum of 40 minutes to a maximum of 1 hour.

As emerges in the plan, the ideal frequency for the practice would be three times a week interspersed with a day of rest.

On the first day of training is recommend a workout consisting of four exercises, each one repeated five times.

On the second and third day of weekly training, the intensity of the training slightly increases by raising the repetitions of each exercise, so we will have four series repeated eight times instead of five.

### WEEKLY TRAINING PLAN - IMPACT TRAINING

The duration of a workout is 45 minutes consisting of 5/6 stations to be repeated 4 times, with 10 minutes for warm up at the beginning of each circuit training and 5 minutes of stretching before the end of the training. The time allowed is 30 "for each station, after two rounds the participants are entitled to 1 minute of recovery before completing the last two rounds; the objective is to perform the 4 rounds of the circuit in the shortest possible time.

Because this is a high intensity workout it is advisable to train four times a week by performing different activities every day, in this regard in the weekly training plan we find three days of exercises to increase the muscular strengths of the lower area of the body, the abdominal and dorsal area and a dedicated day to cardio training (such as running for example).

# CHAMPIONS FACTORY

STREET FITNESS

&

DANCE IN THE PARK

## How to use tools for sports managers:

The following tools are used to facilitate the work of the manager while working in these two sports listed above.

On the Street Fitness, the Managers need to plan their workforce cycle before the preparation and implementation of the activities he is planning to implement. By following the steps the Manager will ensure easy going process and flawless implementation of the activities.

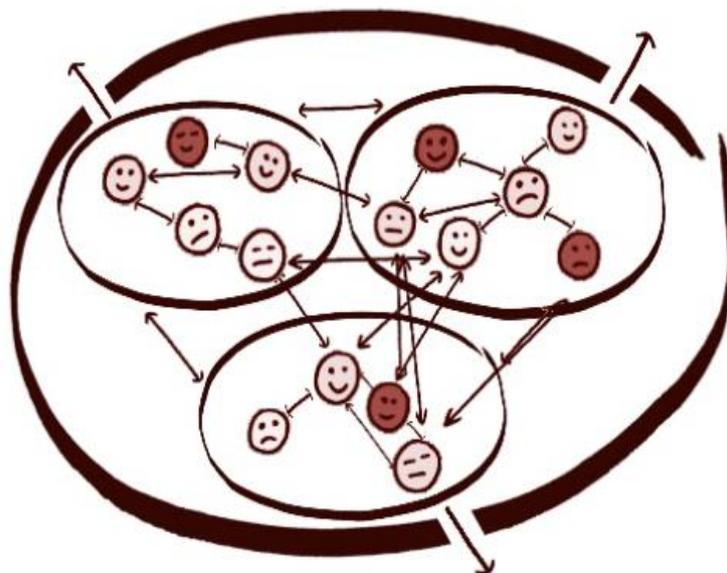


On the Street Dance in the Park, the managers need to plan their activity using this tool to help plan and prepare for a safe and enjoyable outdoor activity:

The Checklist tool - Preparation is essential for any outdoor activity. Having the necessary supplies and equipment can make a difference in your overall enjoyment and experience. Checklists are a great tool to help with your organization. Your list will vary according to the type of activities you have planned, the places of implementation, the time of year and the length of your activity. Add or remove items to suit your individual needs.

<b>Dancing in the park checklist</b>	
	Speakers
	Energy cable to load the speakers
	Playlist with the main styles of music preferred by your audience
	First Aid kit

Organizational Awareness Tool for Street Fitness and Dancing in the park – The managers shall develop different skills – for the purpose each manager can identify the skills, which must be developed and to evaluate the progress.

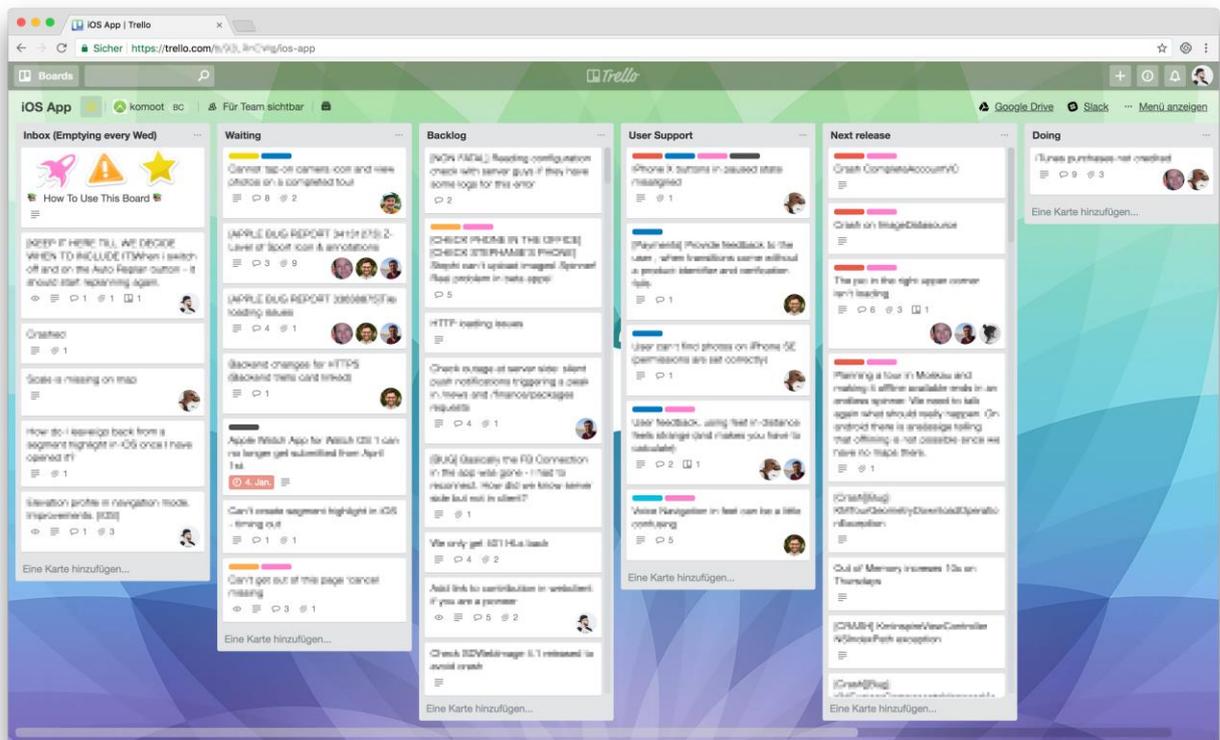


The Managers can use the Information and Tasks Management tool Trello:

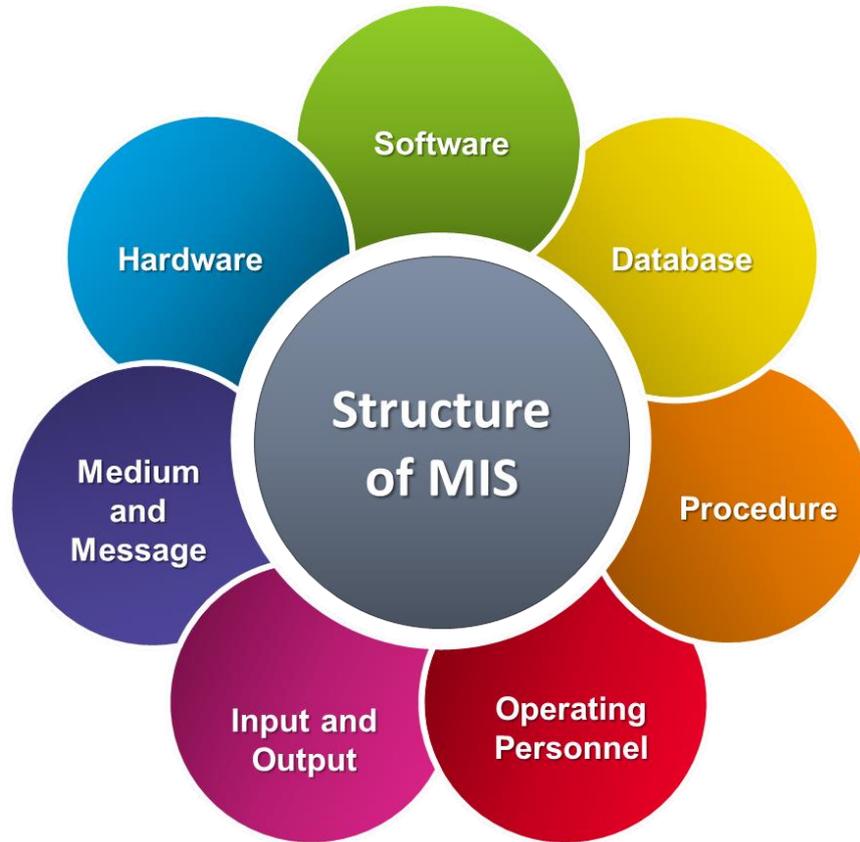
Trello lets you work more collaboratively and get more done. Trello's boards, lists, and cards enable you to organize and prioritize your projects in a fun, flexible, and rewarding way. The features it has are:

- Information at a glance - Dive into the details by adding comments, attachments, due dates, and more directly to Trello cards. Collaborate on projects from beginning to end.
- Work with any team - Whether it's for work, a side project or even the next family vacation, Trello helps your team stay organized.
- Always In Sync - No matter where you are, Trello stays in sync across all of your devices. Collaborate with your team anywhere, from sitting on the bus to sitting on the beach.

<https://trello.com/en>



**Management information system (MIS)** is a tool which the Managers can use for decision-making, for the coordination, control, analysis, and visualization of information in an organization process of an activity. The Managers can use the management information system is to increase the value and profits of the business and respectively the quality of the activity they implement.



#### **How to use tools for sports facilitator:**

The following tools are used to facilitate the work of the facilitator while working in these two sports listed above.

The Teamwork tools are for facilitators for Dancing in the park and Street Fitness belong to so called "Role play" type and they will allow the facilitator to involve the participants in experience, activity or situation that they rarely or never been before. It will create connection and understanding between the participants.



### Who is the leader – Tool for Street Fitness

The tool can be used by the facilitator to find the leaders in the group, which he is working with. It allows him also to define the different styles of leadership in the participants.



### Leadership Tool for Dance in the Park

The tool will allow the facilitator to create links between the participants, to teach them to trust each other, will increase the leading and following skills and will raise their awareness on the topic.



### Communication Tool for Street Fitness

The tool can be used by the facilitator to increase the attention to the details of the participants. It will make them more aware, will make them to listen carefully all instructions and not to make fact conclusions.



## Communication Tool for Dance in the Park

The tool can be used by the facilitator to raise the self awareness of the participants on their own behavior and its reflection to the society. Also in a non-formal way, the facilitator will teach the participants how to act properly and communicate more efficiently when they are in a non-familiar environment.



## How to use the weekly training plan

Dancing in the park is a sport activity which is gathering people interested in dance in outdoor spaces, parks, etc. The weekly training programme is made for beginner, intermediate and advanced levels of dancers. The program includes activities which starts at 9AM and ends at 5PM and lunch break from 12:30 to 13:30.

The programme starts with four days which are completely dedicated to getting to know the dance and aims to make the participants more comfortable with the dance practice. The first two days of sessions are about “Bachata History and Basics” in the morning and practice “Bachata Basics” in the second part of the day. The second day has two practical sessions - “Bachata Footwork” - in the morning, and “Bachata Partner Work” - in the afternoon. The second two days are dedicated to Salsa dance and respectively has the same content but related to Salsa. In day 5 the participants are upgrading their knowledge and learning how to do “Bachata Solo” in the morning and “Salsa Solo” in the afternoon. During day 6 the participants are learning “Bulgarian National Dances” all day. The 7th day is dedicated completely to practicing the leaned dances through the previous days.

Street Fitness is practiced by people form variety of ages, professions and backgrounds. The Street Fitness practice is very similar to standard Fitness with the difference that its practiced in outdoor spaces and the fitness equipment is simplified and placed often in a park.

The program is conducted by one day training and one day rest which are rotating. The program is form 9AM to 5PM with lunch break from 12:30 to 13:30.

First morning starts by warm up activity “Street Fitness Basics” followed by theory “Street fitness Pros and Cons” in the afternoon. Second day is dedicated to rest and recovering. Day 3 is again related to “Warm up Exercises” and theory “Supplements Workshop” in the afternoon. Day 4 is again for recovery and rest.

During day 5 in the morning the participants are attending “Technical Street Fitness Workout” which is more advanced level of difficulty and complexity. In the afternoon - “Dos and Don’t’s in Street Fitness” theoretical session will broaden the knowledge of the participants relayed to the topic. Day 6 - recovery.

Day 7 in the morning “Stretching Workshop” will teach the participants how to take care of themselves after the workouts and to stretch correctly. In the afternoon the participants are summing up all learnings form the week.

# TEHNOLOGIC HIGHSCHOOL NO.1

## Mountain running & Orienteering

How to use tools for sports managers:

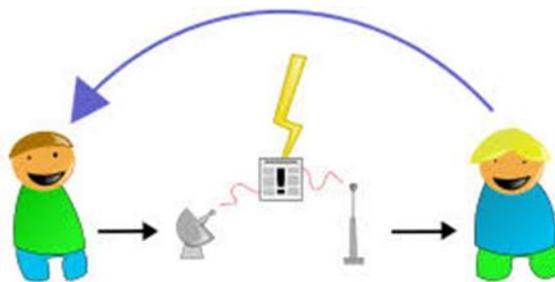
### Information exploring and managing tool

- **Effective communication's planning** represents a tool used in order to facilitate the work of a manager while training mountain running.



The tool is for the manager to manage and explore information. He uses for that the data regarding the athletes' goals and priorities on which he assembles a plan, sets a training timeline and puts it into action.

- **Group communication strategy** represents a tool used in order to facilitate the work of manager while training orienteering.



The tool is for the manager to manage and explore information. He uses this strategy to manage the information about the training environment, the weather conditions, the routes and the times the orienteers have to follow. Eventually, he carefully plans the steps each orienteer takes, knowing his/her potential, the speed, the paces, etc. The strategy also helps to manage the use of check-in points, buddy systems, check-in/out times and course time limits.

## Organisation awareness tool

- **The use of collective strength** represents a tool used in order to facilitate the work of a manager while training mountain running.



This tool is for the manager to have more organised trainings, to help him get to know better the athletes, know their potential, follow their results, making them improve their personal timings, their running distances. By the help of this tool, the manager sets efficient weekly long runs and changes their tempos and the intervals or speed sessions.

- **Quality organisational model** represents a tool used in order to facilitate the work of a manager while training orienteering.

Description	Building Blocks	APD SA	Profound Knowledge	Interaction	Principle	Action	Discipline
5 Vision & Value Sharing	Community <i>(Contribution)</i>	Aim		<i>(Community)</i>	(Emotional Bank Account)	<i>(To Live in Harmony)</i>	Systems Thinking
4 Interconnectivity & Paradigm Logic	Interconnection <i>(Empowerment)</i>	Plan	Psychology	Organization	Alignment	To Leave a Legacy	Mental Models
3 Relationships & Systems	Connection <i>(Alignment)</i>	Act	Systems Thinking	Management <i>(Team)</i>	Empowerment	To Love	Team Learning
2 Measurement	Interaction <i>(Trust)</i>	Study	Theory of Knowledge	Interpersonal	Trust	To Learn	Shared Vision
1 Experience	Action <i>(Confidence)</i>	Do	Variation Theory	Personal	Trustworthiness	To Live	Personal Mastery

This tool is for the manager to organise better the activities in orienteering. It also helps him to plan, act, study, choose and do, at a more precisely level, those particular activities that help orienteers build their trust, empower them physically and emotionally in order to have better results and quality relationships and connections.

**Planning and organisation tool**

- **Planning list** is a tool used in order to facilitate the work of a manager when training mountain running.

<u>MOUNTAIN RUNNING</u>			
<b>ACTIVITY</b>	<b>DATE</b>	<b>NR. PEOPLE/ORGANIZATIONS</b>	<b>CONTACTS</b>
<b>Joining instructions</b> Matters described: distance and climb; type of terrain and any obstacles; Recommended type of shoes; type of navigation. Cut off times; the minimum permitted age for the distance.			
<b>Marked Map Display &amp; Weather Forecast</b> Display marked maps and the weather forecast at registration.			
<b>Organizing Team</b> Give the names, outline of duties, location, telephone number, of executive officials as the race director, safety officer, course manager, marshals, senior police officer, head of the first aiders, head of rescue, head of communications, refreshment stations and sweep-up.			
<b>Emergency &amp; Accident Management.</b> Set about finding lost competitors. Recover injured people.			
<b>Personal Protective Equipment.</b> personal protective equipment you advise or insist the competitors wear or carry with them.			

This tool is for the manager to plan and organise better the mountain running activities. He uses the information from this planning list in order to join the instructions, to mark map displays or weather forecasts, to organise the athletes or the teams, to manage emergencies and accidents, to use the proper protective equipment.

- **Planning list** is a tool used in order to facilitate the work of a manager when training orienteering.

ORIENTEERING			
ACTIVITY	DATE	NR. PEOPLE/ORGANIZATIONS	CONTACT
Organizing the equipment needed to start orienteering			
Holding a map			
Orienting a map			
Knowing the right place on the map			
Keeping direction			
Knowing the right path			

The tool is for the manager to plan and organise the orienteering activities. He uses the information from the planning list, to organise the equipment need it to start the activity, to plan the specific activities of the sport as holding the map, orienteering a map, keeping directions or staying on the right path. He also plans the dates for these activities and the number of people who take part in it.

#### How to use tools for sports facilitators:

##### Communication tool

- **Social media** is a tool used in order to facilitate the work of a sports facilitator when training mountain running.



The tool is for the facilitator to communicate with the athletes, in order to inform and motivate them, but also to determine the structure of the trainings and to offer appropriate support.

- **Specific duties and responsibilities – Fact sheet** is a tool used in order to facilitate the work of a sports facilitator when training orienteering.



The tool is for the facilitator to help communicate more efficiently with each orienteer or the team. The facilitator uses the data to get to know better the orienteers, to motivate them, to plan de group meetings and to direct group's work.

### Leadership tool

- **The workshop** is a tool used in order to facilitate the work of a sports facilitator when training mountain running.



The tool is for the facilitator to help creating a solid and successful culture of a need to establish trust among members. The facilitator uses this tool to communicate effectively and appreciate teammate strengths. Using specific training techniques, the facilitator creates a comfort zone for the athletes, but also presents rock-running tips or gives motivational reasons for mountain running.

- **Group motivation** is a tool used in order to facilitate the work of a sports facilitator when training orienteering.



The tool is for the facilitator to motivate the orienteers to achieve a common goal, which is to navigate through a series of checkpoints using a map and compass. Team members

are required to work together in activities that simulate many of the issues faced by teams daily. Through this tool, the facilitator defines and practices effective communication, collaborative problem solving, working with conflict and real time planning and processing.

**Teamwork tool**

- **Experiential Training** is a tool used in order to facilitate the work of a sports facilitator when training mountain running.

<u>MOUNTAIN RUNNING</u>			
ACTIVITY	DATE	NR. PEOPLE/ORGANIZATIONS	CONTACTS
Work in a team			
Develop a common strategy			
Learn time management			
Face challenges			
Solve problems			
Feel emotions			

The tool is for the sports facilitator to put the athletes or the team in front of an unusual challenge, often in competition with other groups. For the success of the activity, the facilitator builds a common strategy, exploiting everyone’s capabilities and discovering hidden potential.

- **Experiential Training** is a tool used in order to facilitate the work of a sports facilitator when training orienteering.

<u>ORIENTEERING</u>			
ACTIVITY	DATE	NR. PEOPLE/ORGANIZATIONS	CONTACT
Work in a team			
Develop a common strategy			
Learn time management			
Face challenges			
Solve problems			
Feel emotions			

The tool is for the sports facilitator to put the orienteers work in a team. The facilitator uses the tool to develop a common strategy and to set time management, teaching the participants to face challenges or solve problems related to orienteering, helping to improve their performance.

## How to use the weekly training plan

Mountain running is a sport where you need to be trained for running. This weekly training programme is made for trainings that start at 9 a.m. and end at 1 p.m. in the afternoon with activities of 60 minutes each.

The training starts with a daily one –hour warm up movement and mobility exercises, (split in two sessions of 25 minutes each and 10 minutes of break between), all these in order to build strength and endurance. The training then continues with one km run or walk, followed by one hour of no strength and at the end, one hour of recovery routine. The training continues daily with the same one hour movement at the beginning, followed by one hour of 1km running/walking in the first day, then, at the same time it is the rest, in the second day.

The same time period consists of 3km running or walking in the third day, then again rest in the fourth day, followed by 1km running or walking in the fifth day and 2km trail run or hike in the sixth day of the week.

The last day of the week has no running or walking, there are only movement exercises at the beginning of the day and recovery routine, the last ones, with rest between these two. The recovery routine represents the daily end part of the training and consists of exercises that increase circulation, loosen muscles and flush out soreness and fatigue.

Orienteering is a complex sport that combines walking/running with using a map. Training plans for orienteering include not only physical trainings, but also mental ones, so that the sportsmen start to see the two dimensional orienteering way, in three dimensions.

The weekly training plan presented here, has been designed for coaches and for all the orienteers wanting to improve their skills. Apart from knowing the key elements of an orienteering map and to maintain a pre and post sleep routine, the weekly orienteering training plan brings a series of daily activities within the interval 9am to 2pm.

Each day starts at 9 a.m. with warming ups - one hour of movement and mobility exercises. The training then continues, at 10 a.m. with medium runs for the first day, easy ones for the second than again medium effort one, followed by easy one. On the fifth day, there is a 20 minute run or walk and, during the day before the end of the week, a recovery run. Easy run closes the training weekly plan.

The times between 11am and 12am are periods with no strength exercises and rest, followed by recovery routine exercises. The training sessions end daily with different kind of exercises, core strength sessions at the beginning and the end of the week time period.

These core strength sessions have been designed to help sportsmen run better and faster, to jump in length or height or to help climbing, if need it. The research show that sportsmen who show stability of their upper part of core muscles are less predicted to accidents, these exercises helping them to improve their performance too.