

## VILNIUS 2005

### SPEECH

Good morning ladies and gentleman. The aim of this talk is to point out the importance of training with children. First steps in Olympic Duel sports originate from one of the most widely discussed questions about children's training. **Is it better to specialize one child as soon as possible in one sport or, on the contrary, to give them an important and complete motricity base?**

Schweizer, Zahner, Durand and one of the famous experts in motricity Professor Paco Seirul-lo agree that children who started practising only one sport very early on, got good and quick results in comparison with other children. Nevertheless, when they reached 12 years of age, 90% of them lost all the advantage they had and even children who started practising the same sport at 12 without any previous experience, attained the same level or better.

Martin (1982) says, the early specialisation in any sport goes against the natural growing up of children. When children are about 11, 12 years old they don't want to go on practising sport, and as he says "they have become the burnt out athlete".

Paco Seirul-lo says, that specializing children early in any sport, removes from them the possibility of accumulating many motor-functions and a variety of experiences in order to build a very good basis of movement.

We can not forget that one child, can not develop his movement abilities properly nor achieve an important high performance in the future if his basis of movements has not been developed properly. What I mean is that he has been specialized. The acquirement and the domination complex skills such as (swimming, gymnastics, duel sports) are determined by being able to use a very wide range of basic structure of movements.

The base of this project is to educate children in movement and when they are old enough to practice any sport, and so they can do it with as many guarantees as possible. They will also be able to practice sport for a long time and in a healthy way.

First steps in Olympic Duel Sport is an ambitious pioneering project in the Duel Sport World.

This project is divided into three stages, each stage being of four years of duration.

The first stage begins at four years old up to seven. In this stage the students develop their motor functions, which will be an essential requirement in order to achieve the next stage with the best conditions. Apart from the practice that students usually do in school, in this stage it is useful to do another two days during the week.

Second stage, General Multi-purpose training (8 up to 12 years old) we continue to develop general training to achieve or improve their motor functions and to be able to resolve any motor skills of whatever sports speciality. In this stage we should reinforce the general motor-skills and the student begins practising four olympic duel sports, such as ( Taekwon-do, Judo, Fencing and Boxing) in addition to the acrobatic skills in order to improve their motor skill.

Third stage ( 12 up to 16 years old), in this stage students begin to specialize in one sport. The aim here is to give guidance to the student to that sport in which he has better skills.

The criteria in order to establish every stage has been taken from models that were made in the former German Democratic Republic, and completed for new studies in sports schools for beginners in Italy and France. With these criteria in mind all the training content for young people in Barcelona football Club over the last 15 years have been made under the responsibility of the famous professor and Physical Conditioning Coach of the first team in this Club, Paco Seirul-lo.

The basic line of the first stages is basically physiological, nevertheless we can point out the psycho-social aspects above all in the methodological justifications and the task conditions of the applications.

In this way we have designed all the objectives and contents in every stage for two years for Olympic Duel Sports, focusing on the three structures that make up the human being: Motor Structure, Social Structure and Cognitive Structure.

## **THE PROJECT:**

FIRST STAGE: ( 4 up to 7 years old )

### **Objectives:**

- 1- To develop the student's awareness in paying special attention to coordinative, cognitive and social emotional structures.
- 2- To design tasks in order to have the greatest number of possible experiences in the fields that we mentioned beforehand and within the evolutive period of the student. In addition to rudimentary elements or actions of the Olympic Duel Sports.
- 3- To design and to apply the motivational programme to keep the students always motivated.
- 4- To make students aware of sport attitudes, rules.

### **Contents:**

- Corporal awareness;
  - Corporal Structure.
  - Corporal attitudes.
  - Breathing awareness.
  - Preferred side.
  
- Awareness and domination of space;
  - General Dynamic coordination.
  - Specific Dynamic coordination.
  - Space control.
  - Time control.
  
- Social skills;
  - The cooperation of movement.
  - The expression of movement.

➤ Basic Motor-functions Abilities;

- Steps.
- Turns.
- Balance.
- Throws.
- Receptions.

➤ Play

## MOVIE OF THIS STAGE (1´)

SECOND STAGE: (8 up to 12 years old)

### Objectives:

- 1- To improve general strength as a main conditional capacity in order to improve basic light endurance, speed reaction and flexibility.
- 2- To develop coordinative capacities as a main subject in this stage.
- 3- To know and acquire of the very basic actions of the different duel sports such as Taekwon-do, Judo, Fencing and Boxing. Apart from acrobatic activities.
- 4- To start being in contact with the internal logic of these sports paying special attention to rules, technique, special space and the time aspect.

### Contents:

#### NON SPECIFIC ACTION:

- 1- **For the general body training**; strength planning in order to improve the very basic capacities such as general flexibility, light endurance and reaction speed. It is important to point out that the strength planning was designed paying special attention not adding any kind of extra weight but only with the student's own weight or with that of the companion.
- 2- **For the practice of sports games**; to play different games with or without balls or implements modifying rules and space in order to improve the very basic tactical skills and socialisation between opponents.

## **SPECIFIC ACTION:**

- 1- **For the concentration of body taining;** to improve those parts of the body the student has weaknesses in , through individualisation training.
- 2- **For the practice of group sports games;** the student practices four duel sports; Taekwon-do, Fencing, Judo and Boxing in blocks. In every block the student practices two of sports for sixteen weeks, after that they start the two others.

## **THIRD STAGE ( 12 up to 16 years old)**

In this stage we give guidance to the student in that sport in which he has better skills, and he will do the maximum number of experiences in this sport, only one sport.

### **Objectives:**

1. To give guidance to the student in that sport in which he has better skills.
2. To reinforce the conditional structures thanks to the base of strength, in order to improve speed and endurance.
3. To give orientater on technique and tactics taking into account the cognitive, coordinative and social-emotional structures.

### **Contents:**

#### **Personal body training;**

- Conditional structure;
- 1. Multiple jumps and throws.
- 2. Work with own body; climbs,crawls, walking and arms task.
- 3. Work with companion´s body; fights, transport.
- 4. Acrobatic activities.

### **Technique-Tactics;**

- To build activities taking into account if the sport is more cognitive, coordinative or social and then reinforce the most important structure in this sport, nevertheless we should never forget the other structures.

### **CONCLUSIONS:**

The right to sport implies having a physical and sport asset in order to generate one sport activity for a lifetime, one healthy lifestyle. Sport becomes a future investment as a constant source of learning and socialization.

To demand a sport for everybody means fighting for the quality of coaching. That is to say, to have knowledge of every evolutionary stage in which children are growing up. To give them the opportunity to develop in all three structures that make up the human being, and having as many motor-functions as possible in order to get a very wide range of basic structures of movement, and when they reach the age of deciding what sport to practice, to do it with as many guarantees and as much freedom as possible, because all their motor-functions are well developed, without burning the children out, i.e. without specializing very early.

First steps in Olympic Duel sport is an ambitious and pioneering project, whose interest is the human being, not federative nor corporative and not even personal interest. We aim not only for high performance but for one sport for every body from their basis. We demand a complete change in education and an initiation for everybody. The excesses competitiveness, the desire to get quick results, the copying of the adult model, impoverishes sport and society.