

European Horizontal Jumps and Hurdle Symposium

Falun Sweden 11-13 November

Timetable

FRIDAY 11 November

TIME	ITEM	PRESENTER	ROOM	TOPIC
16.30	Registration		Scandic hotel	
18.00	Welcome	Swedish Athletics	Högskolan Sal 6	
18.30-20.00	Keynote	Frans Bosch	Högskolan Sal 6	Running technique a novel approach
20.30	DINNER		Scandic hotel	

SATURDAY 12 November

TIME	ITEM	PRESENTER	ROOM	TOPIC
8.30-10.30	Keynote	Peter Beek	Högskolan Sal 6	Skill acquisition in sports: new theoretical insights with significant practical implications
10.30	Break		Utanför Sal 6 & 5	Fruits
11.00-12.30	Breakout 1a	Tapani Keränen	Högskolan Sal 6	Biomechanics approach to long and triplejump
11.00-12.30	Breakout 1b	Gary Winckler	Högskolan Sal 5	Analyzing the hurdles technique
12.45	LUNCH		Scandic hotel	
14.00-15.15	Breakout 2a	Dan Pfaff	Högskolan Sal 6	Analyzing the long and triple – correcting problems
14.00-15.15	Breakout 2b	Gary Winckler	Högskolan Sal 5	Planing and development of the hurdler
15.15	Break		Outside Sal 6 & 5	
15.30-16.45	Breakout 3a	Dan Pfaff	Högskolan Sal 6	Development of the jumper
15.30-16.45	Breakout 3b	Torbjörn Eriksson Anders Henriksson	Högskolan Sal 5	Our work with Sanna Kallur
16.45	Break	Dala Sports Academy Nordic Sport	Vildgåsen	Coffe/Tea and sandwich
18.30-19.45	Breakout 4a	Lars Nielsen	Högskolan Sal 6	Working with technique in long and triple jump
18.30-19.45	Breakout 4b	Tapani Keränen	Högskolan Sal 5	Biomechanics in hurdling
20.30	DINNER		Scandic hotel	

SUNDAY 13 November

TIME	ITEM	PRESENTER	ROOM	TOPIC
8.30-10.30	Keynote	Frans Bosch	Högskolan Sal 6	Motorlearning - how to use the knowledge in practice
10.30	Break		Utanför Sal 6 & 5	Fruits
11.00-12.30	Breakout 5a	Lars Nielsen	Högskolan Sal 6	Development of the jumper
11.00-12.30	Breakout 5b	Benke Blomkvist	Högskolan Sal 5	Constraints-led approach in hurdle training
12.45	LUNCH Close		Scandic hotel	



FRIIDROTTSGYMNASIET
FALUN DALARNA

DALARNAS
IDROTTSFÖRBUND



FALU KOMMUN

