

TUM

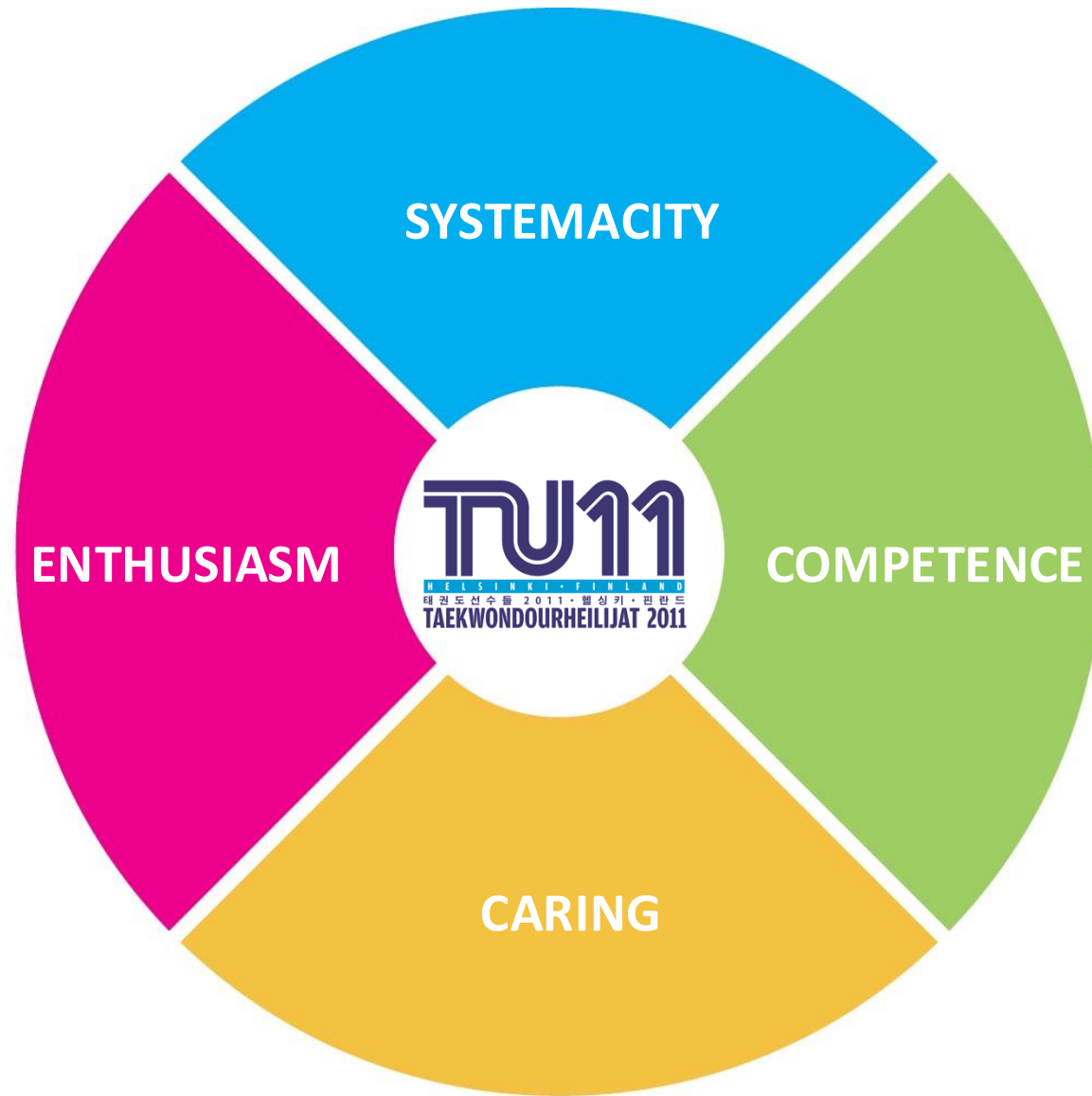
H E L S I N K I • F I N L A N D

태권도선수들 2011 • 헬싱키 • 핀란드

TAEKWONDORHEILIJAT 2011

COMPETITION CORNESTONES V5

This document is a declaration of our goals and tools in kjourgii coaching.

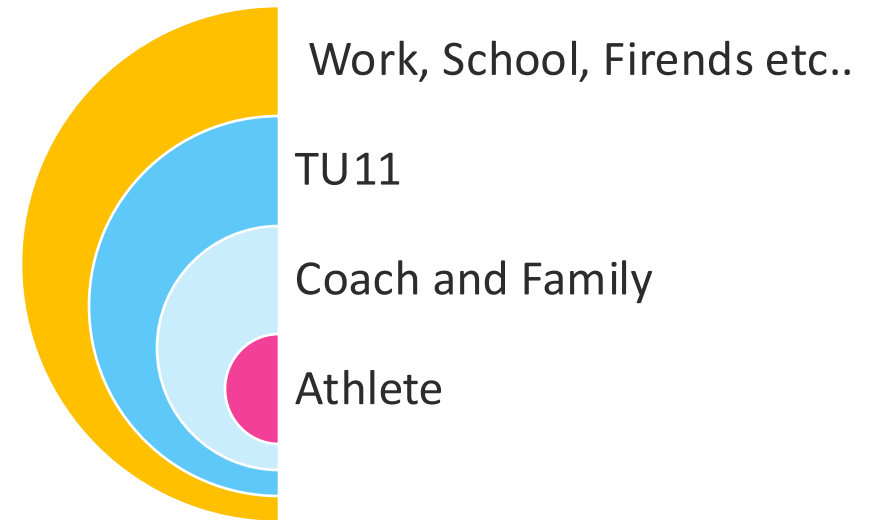


IT'S A GAME

- **Play to win**
- **Respect all the other players**
- **Have fun**
- **Be serious about it, but keep your perspective**
- **Bend the rules, don't brake them**
- **Learn to win and lose**
- **Keep on learning**

WE ALL WORK FOR THE ATHLETE

- The athlete is at the center of focus when we work
- All work should benefit the athlete
- We acknowledge that all work for different reasons, but here in the TU11 reason number 1 is the athlete



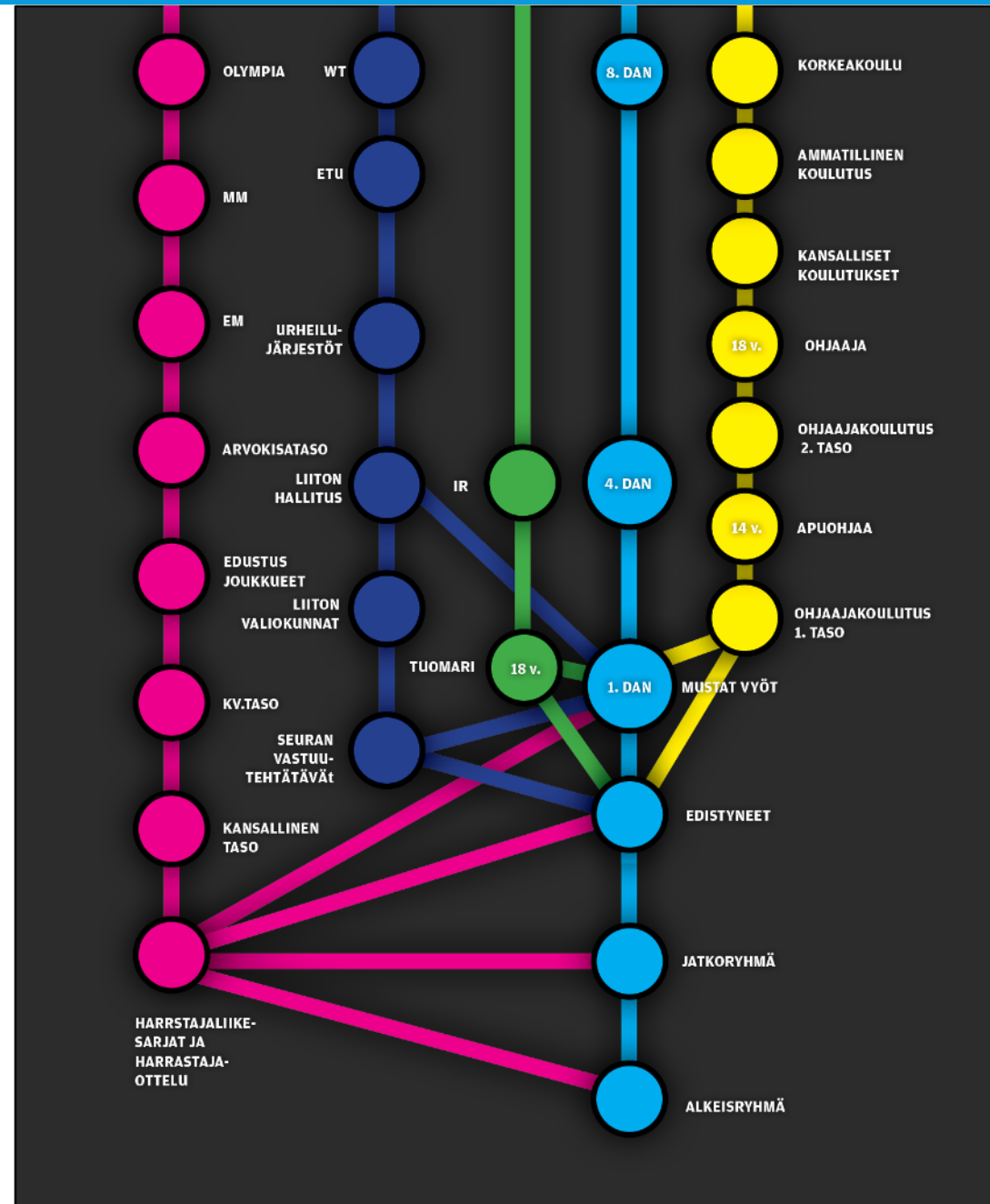
IT'S A CONSTANT DEVELOPMENT PROCESS

- We need to **get** better everyday
- We need to **be** better everyday
- We need to **work** better everyday
- We need **to redeem our promises** everyday

Learning and development are lifetime goals for everyone in our club.

IT'S A (LIFE)LONG DEVELOPMENT PROCESS

- From a small child to a top athlete and further on
- It takes some 20 years to develop a top athlete
- An athlete goes through multiple life changes during that time
- Coach must:
 - Understand
 - Inspire
 - Support
 - Help to go on



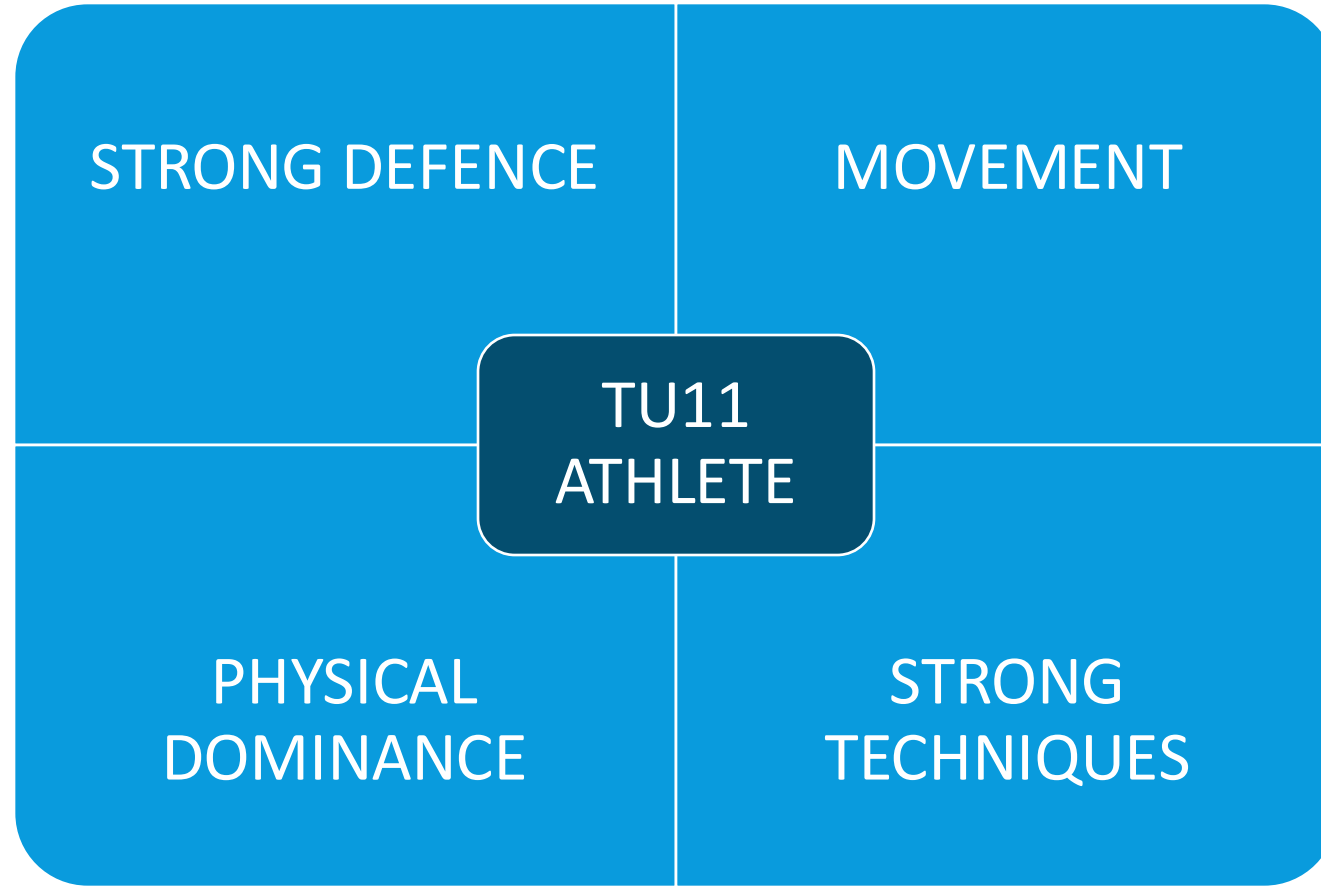
PURPOSE

TU11 PURPOSE IS TO GIVE EVERY ATHLETE A CHANGE TO ACHIEVE THEIR PINNACLE.

- The athlete and athletes development are our main focus
- Different-level goals are all meaningful
- All athletes are unique – so is their way to the top
- Technical, tactical and physical solutions are built on athletes strengths and weaknesses

OUR VALUES LIGHT THE WAY: ENTHUSIASM, CARING, SYSTEMATICITY, COMPETENCE

TU11 FIGHTING CORNERSTONES



STRONG DEFENCE

- Do not give away points. One point for the adversary means that you have to make two points.
- Defence is not being passive, strong focus and good movement must kept at all times
- Use also very aggressive tactics for defense, for example, kick first to hinder your opponent from kicking
- Movement is the most important way to defend points

MOVEMENT

- Movement is the key to winning
- Successful tactics require good movement
- The player has to understand and use different distances
- The player uses movement for one's advantage in all situations

WE MOVE FORWARD →

EVEN WHEN WE MOVE BACKWARD, WE DO IT TO MOVE FORWARD.

PHYSICAL DOMINANCE

- **Players' skills are futile without physical ability**
- **Player must have better physical abilities than the adversary**
- **Player must use ones strongest abilities**
- **Speed – Strenght – Endurance - Flexibility**

STRONG TECHNIQUES WITH A PURPOSE

- Kicking and punching hard
 - *points*
 - *inflicting pain & fear*
- Techniques with a purpose
 - *points*
 - *building up a change to make points*
 - *defence*
- Techniques fitting the selected tactique
- No showing off

WHAT A TU11 PLAYER LOOKS LIKE IN THE FIELD OF PLAY

- Physically strong
- Tactically wise and surprising for the opponent
- Moves and uses movement for his own advantage
- Fights according to selected tactic
- Executes simple techniques with a purpose
- Kicks and punches hard
- Plays to win, not to show off
- Wins

TU11 MUST-DOS IN EVERY TRAINING

- **Kicking with partner (remember wo&w hand defence) -> free light sparring and or sparring games**

https://youtu.be/twE-zdUkB_U?si=cTPmh9QQTqnn-cJB (ok, it is youtube, but the idea is sound)

- **Kicking basics**
- **Jumps (100-1500 reps, speed-endurance-strenght)**
- **Movement training**
- **Kicking/punching from movement**
- **Stretching**

MASTERPLAN

- Gives you some directions for planning training
- Weekly
- Year divided in 8 week sections
- Includes:
 - The target for physical intensity (1-3, subjective)
 - Physical theme (strenght, speed, endurance)
 - Technical/tactical theme
- Technical tactical theme decided in a meeting at period change



THE COACH@TU11

1. **Commits to our values: Excitement, Expertise, Systematicity, Compassion**
2. **Is proud to work with the athletes of all ages and levels**
3. **Understands that the athlete is the only thing that matters in the end**
4. **Acknowledges different abilities, goals and levels of commitment**
5. **Understands that there are different levels of coaching with different targets**
6. **Makes the athlete win**
7. **Understands that winning is not everything**

PLANNING AND CONDUCTING TRAINING

1. Keep the cornerstones in mind at all times
2. Follow the masterplan
3. Remember the must-dos

**USE YOUR KNOWLEDGE, EXPERIENCE
AND CREATIVITY**

COMMUNICATION

- We respect the athlete
- Athlete has a say on his training and also training in general
- We listen, discuss and learn from each other (also from athletes)
- We understand that the supporting network is important and we honour them
- We never use physical nor psychological violence to our students
- We respect our students personal limits, we do not touch without consent and our touch is always sensitive

OUR PSYCHOLOGICAL APPROACH

AMBITIONS

- We must understand athletes own goals and ambitions?
- We recognize and respect different goals and ambitions

INNER MOTIVATION

- We nurture athletes own motivation
- We encourage to focus on the training, not only on the results

AUTONOMY

- We recognise athletes right to autonomy and we give athlete changes to influence in different levels

COMPETENCE

- We help athlete to feel competent
- We help athlete to recognize ones own development and we celebrate the athlete when achieving the goals

PERSEVERANCE

- We teach our athletes to be patient and we encourage to never give up
- We are there when the athlete has difficulties

IMPORTANCE

- We make every athlete feel important

BALANCE IN LIFE

- We make our part in balancing the civil life and sports



THANK YOU!