



High level Coaching Course

HALMSTAD, SWEDEN 6-11 DECEMBER 2019

PROSPECTUS





WELCOME TO SWEDEN

The 2018 World Table Tennis Championships in Halmstad, Sweden marked the starting point for a very fruitful and creative educational partnership between the Swedish Table Tennis Association and the Halmstad University.

We have already seen several initiatives, which fully implemented absolutely will help us to reach the Next Level when it comes to High Performance overall and education specifically.

One true centrepiece in the partnership is a strong focus on coaching education. The High-Level course now planned for Halmstad, could very well pave the way for an even more academic take on professional table tennis coaching starting from next year and offered at the Halmstad University. This is our ambition and long term goal.

Our tradition built up over the years, as one of the leading countries in our sport, now calls upon us to share our knowledge for the benefit of global development. International solidarity is important to us.

This time we have been able to gather a very interesting group of lecturers, coming to us both from the deep courts of Table Tennis and the open field of High-Performance sports.

Expectations are set high for a five-day long action-packed course with all the Swedish top coaches expected in attendance. Together with invited guests from the ITTF High Performance and Development department, and with strong presence from the Halmstad University professors and teachers, we are convinced that HIGH PERFORMANCE EXCELLENCE will take center stage and that discussions, the deeper learning and even a few secrets may push all of us to the NEXT LEVEL.

It is with a great deal of pride I bid you welcome to join us in Halmstad, Sweden for what we hope could be the best coaching course ever organised.

Welcome to Halmstad – to Sweden and to the Next Level of Learning

Petra Sörling

Petra Sörling
President,
Swedish Table Tennis Association STTA



Anders Thunström
*Swedish Men's National
Team Coach 1990 – 1993
2 World Championships
Gold medals in Team
(1991 & 1993)*

Glenn Östh
*Swedish National Team
Coach 1987-1990 (Gold
1989 in Team & Singles)
German National Team
Coach 1997-1998.
Sports Director Swedish
Olympic Committee (SOK).*





SWEDISH EXCELLENCY

Swedish Table Tennis has a long tradition of producing great table tennis players, most of them male, over the years. Most noticeable, Sweden has won the Men's Team World Championships five (5) times and produced Individual World Champions four (4) times (Stellan Bengtsson, Jan-Ove Waldner x 2 and Jörgen Persson).

Behind the success has been an over-all high level of understanding of the game itself, but also a Federation that early identified education for Coaches as high priority for the Federation to be successful on the world stage. The Swedish Table Tennis Association (SBTF) together with Halmstad University has put together a one-of-a-kind education Course over five (5) days.

This Course will provide you, with the highest level of course lecturers, all with the aim that YOU, as a coach, will get an increased understanding of today's modern table tennis and when completing the Course, being a better Coach.

Interaction and exchange of ideas are in today's society more and more important, sharing is powerful and therefore, the Course will have twelve (12) Swedish Coaches and twelve (12) foreign Coaches participating, ideally sharing ideas to become stronger, wiser and better as a Coach in the future.

We will have both theoretical and practical sessions at the Course, all being combined to provide a large scope of topics that will have a "red thread" for you as a participant.

In order for you as a participant to gain as much as possible from the course, we would see that your current table tennis education is high and that you have an understanding of the English language, all classes will be conducted in English.

We welcome you, the ambitious Coach, that will participate, have opinion, is willing to discuss and in the end, learn from lectures and fellow coaches to increase your understanding on how to give your players high quality practise-sessions that will have your players excel in their future career.

Anders Thunström

Anders Thunström
Course Conductor
STTA

Andreas Ivarsson

Andreas Ivarsson
Associate Professor
Halmstad University

Mikael Andersson

Mikael Andersson
High Performance Director
STTA



Xavier Sanchez
Lecturer
Halmstad University

Andreas Ivarsson
Associate Professor,
Halmstad University



• **6TH DECEMBER:**

12:30 – 13:30

LUNCH

14:00 – 17:00

Block 1 – STTA

Introduction of the Course, "the Swedish Table Tennis way" – being successful for the last 50th Years".

Objectives and conclusion towards maintaining success in the future.

Mr. Anders Thunström

19:00

DINNER

• **7TH DECEMBER:**

09:00 – 12:00

Block 2 - ITTF

Mr. Massimo Costantini , ITTF High Performance Manager

Private Coaching – pros & cons – the "American way"

Trends – Youth – styles and tactics

14:00 – 17:00

Block 3 – Halmstad University

Performing under pressure

Mr. Xavier Sanchez, Halmstad University

19:00

DINNER

20:00

Social activity

8TH DECEMBER:

09:00 – 10:15

Block 4a – STTA

Multiball/Excercises

Mr. Peter Blomquist and Mr. Mikael Andersson

10:30 – 12:00

Block 4b – STTA

Q & A session Mr. Jörgen Persson

Mr. Anders Thunström and Mr. Mikael Andersson

12:30 – 13:30

LUNCH

14:00 – 17:00

Block 5 – Halmstad University

Leadership

Mr. Andreas Ivarsson, Halmstad University

19:00

DINNER



Jörgen Persson

*World Champion´
European Champion
Swedish Men's National
Team Match Coach and
player's developer*

Peter Blomquist

*Swedish Men's National
Team Coach*





The High Level Coaching Course will be held at Halmstad University.

9TH DECEMBER:

09:00 – 10:30

Block 6a – Carl Raask

Carl Raask, personal trainer

Physical training concepts for young, emerging table tennis players.

09:00 – 10:30

Block 6b – Lars Ljung

Lars Ljung, Video analytic, Swedish Olympic Committee

Video - used as a tool for analysis

12:30 – 13:00

LUNCH

14:00 – 17:00

Block 7 – Halmstad University – continuation

Mr. Xavier Sanchez, Halmstad University

Performing under pressure

19:00

DINNER

20:30

Group work for participants



Massimo Costantini

*National Team player, Italy
1973-1995, 500 National
Team Appearances.*

*ITTF High Performance
Manager*

Linus Mernsten

*National coach in Sweden,
Luxembourg, England,
Spain and Denmark
(current)*



10TH DECEMBER:

09:00 – 12:00

Block 8 – STTA

Mr. Linus Mernsten

*Individual Coaching role for World Class players,
Individual vs. group dynamics*

12:30 – 13:30

LUNCH

14:00 – 17:00

Block 9

Table tennis technics, present – current – future

Coaching role in todays environment

Mr. Glenn Östh, Swedish Olympic Committee

11TH DECEMBER:

09:00 – 12:00

Block 10 – group presentation

Presentations & conclusions

12:30 – 13:30

LUNCH & FAREWELL

GENERAL INFORMATION:

• INTERNATIONAL COACHES SUPPORT:

Up to 12 scholarships will be offered to international coaches covering the course fees and hospitality. The selection process will be run via an online application and based on the following selection criteria:

- work professionally as coaches*
- work daily with players of international standard (at least youth continental medallists level)*
- are recognised by their National Associations*
- posses an advanced coach education certificate, equivalent of ITTF Level 3 or higher*

For more information please contact:

Ramon Ortega-Montes

ITTF Head of Education

rmontes@ittf.com



*Scandic Hotel Hallandia,
located in the centre of Halmstad.*



The High Level Coaching Course will be held at Halmstad University.

• **COURSE LOCATION:**

*The course will be held at Halmstad University.
Web: <https://www.hh.se/english.html>
Address: Kristian IV:s väg 3, 301 18 Halmstad*

• **HOSPITALITY:**

*Course participants will be staying at Scandic Hotel which is a 4-star hotel located in the city centre of Halmstad.
Address: Rådhusgatan 4, 302 43 Halmstad, Sweden.
Web: <https://www.scandichotels.com/hotels/sweden/halmstad>*

• **HOW TO GET HERE:**

Halmstad is located on the Swedish west coast. Its easy to get here by train from either Gothenburg (Airport Landvetter) or Copenhagen. If you arrive by train the walking distance to the official hotel, Scandic, is approximately 5 minutes. If you arrive to Halmstad Airport we will arrange transfer to the hotel (approximately 10 minutes by car/bus)

• **INFORMATION:**

*If you have any questions regarding the course, travels etc, don't hesitate to contact us: **Anders Thunström, Course Conductor:**
Phone: +46 72 212 96 68, e-mail: stiganders10@gmail.com*



Mikael Andersson
*Swedish Table Tennis Association High Performance Director
Former coach for Denmark, Sweden and ITTF High Performance and Education Director*

Carl Raask

Personal trainer who specializes in the brain, neurological function and their effects on movement and performance.





Swedish Table Tennis Association

Köping Arena
731 85 Köping, SWEDEN
info@svenskbordtennis.com
www.svenskbordtennis.com