

**PROGRAMME of Technical Courses for coaches**

**07-11.10.2024, LTU**

**Expert Mirko Blazevic**

	Day 1	Day 2	Day 3	Day 4	Day 5
	10:00-14:00	09:00-13:00	09:00-13:00	09:00-13:00	09:00-13:00
First half of the day	<b>INTRODUCTION</b> <b>COURSE OBJECTIVE</b>  <b>Lesson #1</b> Basic elements of the full-back game (centre-back game)  12:00 Coffee break (20 min)	<b>Lesson #3</b> Basic elements for training younger categories and training planning  11:00 Coffee break (20 min)	<b>Lesson #5</b> The technique of receiving the ball in the pressing game  11:00 Coffee break (20 min)	<b>Lesson #7</b> Basics of Infiltration Defense (1x1)  11:00 Coffee break (20 min)	<b>Lesson #9</b> The game of the centre - The technique of working with the ball  11:00 Coffee break (20 min)
	18:00-20:00	18:00-20:00	18:00-20:00	18:00-20:00	18:00-20:00
Second half of the day	<b>Lesson #2</b> Practical sessions during training	<b>Lesson #4</b> Practical sessions during training	<b>Lesson #6</b> Practical sessions during training	<b>Lesson #8</b> Practical sessions during training	<b>Lesson #10</b> - Anti-doping course - Course evaluation - what benefits did these courses bring?  <b>Presentation of certificates</b>