

FORMAÇÃO
"BASES PARA A FORMAÇÃO DE JOVENS TALENTOS 2"

Formador:
Neven Cegnar
 (Croácia)




11 a 17 de fevereiro de 2018
 Pavilhão de Ténis de Mesa Rafael Gomes
 Pavilhão Gimnodesportivo Bartolomeu Perestrelo

Organização:





Apoios:



GALOMAR HOTEL



Secretaria Regional de Educação
 Direção Regional de Juventude e Desporto

SEMINAR AND TRAINING CAMP

The Island of Madeira (Portugal) is one of the hot spots where Table Tennis is developed in Portugal, with a number of almost 500 players. Representing a group of almost 30 clubs, all around the Island, young players and some at the professional level take the name of Madeira abroad Europe and all World.

Descubra a 
madeira

A group of 30 coaches daily work in several sport halls with young players, mainly connected to local schools to promote the sport of Table Tennis and find new talents for top level. Following the star Marcos Freitas, Madeira Table Tennis Association coordinate events, competitions and scholarships for the integrated growing of the motivated coaches.

In this dimension and focusing on the future, there are some events that were happening in Madeira Island in the past years. An opportunity to import knowledge with coaches like Neven Cegnar is vital for our survival and developing process.

LECTURER

| | | | | | | |
|-------------|--------------------|---|---|--------|--|------------|
| Name | Neven Cegnar | | | | | |
| Gender | M | X | F | - | Birth | 23-11-1960 |
| Nationality | Croatia | | | | | |
| Telephone | 0043 699 17185701 | | | E-mail | ncegnar@gmail.com | |
| Profession | Table Tennis Coach | | | | | |

GENERAL PROGRAMME

| | | | | | | |
|----------|---|--|-----------------|-----------------------------------|--|--|
| Days | 11th to 17th february | | | | | |
| Place | Mesa Rafael Gomes Table Tennis Sport Hall (1) Bartolomeu Perestrelo Sport Hall (2) | | | | | |
| Schedule | Seminar | | | Training camp | | |
| | 09h00-14h00 (1) 15h00-20h00 (2) | | 09h00-14h00 (2) | 09h00-13h00 (2) 15h00-18h00 (2) | | |



SEMINAR

The professional coach Neven Cegnar shared his experience with a group of coaches from Madeira Island for a period of 15 hours total. Mainly focusing on the way of deteting and developing young talents the former coach of Tamara Boros kept the attention of the “enthusiastic” formers of talents in Madeira. The knowledge and objective way of exposure the ideas promoted some dynamic connection between the group.

The changes in our sports – counting, rubbers, glue, service rule, plastic ball and feedback –, change the way of working for the coaches. Introducing and focusing on the basic positions and needed balance can make all the difference on some levels of performance. Daily routine in the club should be more specific, promoting the agility and feeling of the ball were points that the coach didn’t want to miss.

With the analisys of some vídeos it was possible to check new strategies to take the best of the practice moments for the players. Changing rythm using the right foot work will for sure be the correct tools for a career full of sucess.

The actuality of the european and asian improvement’s on the last years, with the appearance of some new young talents, was part of the discussion.

Actually Madeira is represented in top national divisions with 3 teams on male competition and 2 teams on the female level. Some of our young players have been part of some clubs project promoting their development and opportunity to compete on a higher level. The participation on national play-offs has been real for the last few years using also some foreign professional players.

On that level the discussion was very positive, on the way that importing all of this knowledge and being part of some international competitions like ETTU Cup or ITTF World Junior Circuit Events will carrie Madeira Table Tennis for new steps. Some of the coaches represente the Portuguese Table Tennis on international level as also some young players in the national Cadet and Junior Teams.

This seminar with Neven Cegnar was a new starting point for the development of Madeira Table Tennis that need to find the best conditions to wrk better with the best players.



TRAINING CAMP



The mission of Madeira Table Tennis Association is to develop new talents for the national and international dimension. On this purpose and under the collaboration of Prof. Neven Cegnar it's was held a training camp between 12th and 17th february using Bartolomeu Perestrelo Sport Hall.

With a group of 30 young players and using some sparring partners it was possible to work in another dimension, focusing on some important level of performance. Some of these players – U11 to U16 –, will for sure follow the steps of Marcos Freitas (12 WR). Some junior players like Tiago Li and Gonçalo Gomes were part of the training camp trying to take the best of this great moment of practice

For the young players, representing 8 local clubs, Neven Cegnar prepared the best strategies for them to understand what to do, when to do and why to do it.

Sessions took part in the morning and in the afternoon using the free time from school and gather the best players from the Island. The dynamyc's was very good and with the collaboration of a good group of coaches they could test different tools to work in their clubs. Not just aiming the practice for the young players Prof. Neven Cegnar tried to give new tools for the coaches that will be responsible for the development of Madeira Table Tennis.

| | | |
|--|---|--|
| AD Caramanchão Eduarda Aguiar | AD Galonmar Afonso Melim Egas Costa Hugo Pereira Lourenço Gomes | ACM Madeira Tomás Ferreira Sara Ferreira |
| CD 1º de Maio Afonso Câmara Francisco Miranda Gonçalo Gomes Gonçalo Santos | CD São Roque Bernardo Pinto Catarina Calaça Francisco Gouveia Rodrigo Gouveia Tiago Li | CS Marítimo Margarida Faria Vitoria Dias |
| CTM Santa Teresinha Beatriz Gonçalves Madalena Miranda | GD Estreito Nuno Barros | |



CONCLUSION

Madeira Table Tennis is one of the biggest sports in the island of Madeira and one the top association's in Portugal. The professional staff of this sport will for sure bring new success for our group of players and local clubs.

The motivation was increased with this excellent work of Prof. Neven Cegnar that could help us to improve our way of thinking and working. His “modus operandi” is a trademark and for sure will comeback very soon to Madeira Island.

We appreciate all the support of all the institutions that could help us on this event and the disponibility of Prof. Neven Cegnar to be one more time in Madeira.

Best regards,

Paulo Melim

President of Madeira Table Tennis Association

