

FORMAÇÃO

“BASES PARA A FORMAÇÃO DE JOVENS TALENTOS”

Formador:
Neven Cegnar
(Croácia)



5, 6 e 8 de fevereiro
Pavilhão de Ténis de Mesa
Rafael Gomes

Organização:  

Apoio: 
Região Autónoma da Madeira
Governo Regional

Secretaria Regional de Educação
Direção Regional de Juventude e Desporto

GENERAL PROGRAM

Rafael Gomes Table Tennis Sport Hall

(Funchal, Madeira, Portugal)

Lecturer Prof. Neven Cegnar

- Friday (5th February)

* 15h30 – 18h30 (practical session)

* 19h30 – 21h30 (debate session)

- Saturday (6th February)

* 09h00 – 14h00 (theroretical and practical session)

- Monday (8th February)

* 09h00 – 14h00 (practical session)



SPORT'S IN MADEIRA ISLAND



Madeira is an autonomous region of Portugal. Tourism is one of the strongest priorities of the local government but sport's is a strategic bet on the national and international dimension.

With an area of 800 km2 and more than 260.000 habitants Madeira is known like the Island of flowers in the middle of the

Atlantic Ocean.

With a support from the local authorities Madeira offers around 65 opportunities of sport activities, with around 15.000 registered athletes and 160 clubs. Most part of this dynamic's is based on the community, schools and university involvement capable of presenting a professional management performance.

TABLE TENNIS IN MADEIRA ISLAND

Table Tennis is one of the promotion flag's of Madeira Island Sport's. With many years of history in Madeira Table Tennis as registered one of its big moments with the foundation of Madeira Table Tennis Association on 10th March 1988.

Approaching its 28th anniversary Madeira Table Tennis Association register 28 affiliated clubs, more than 400 players, 30 licensed coaches and manages more than 200 table tennis around the Island.

The insular dimension as not being a problem for the lovers of Table Tennis in Madeira, creating and involving new partners to support the national and international project. Since the middle years of the 90's Madeiran clubs have been participating in ETTU international events and participating and organizing several events. After the organization of the World Cadet Challenge and ITTF Junior Circuit Finals in October 2004, Madeira as engaged a new rhythm with a good sequence of events and training camps in Madeira.

With a new dimension and context of intervention (sportive and financial) is time to find the new strategy and the best support to take across borders the talents of Madeira like it was made for the internationalization of all the talent and value of Marcos Freitas.



BIG STAR OF MADEIRA ISLAND IS MARCOS FREITAS

The player Marcos Freitas, placed on 11th position of the ITTF World Ranking, is the big star of Madeira Table Tennis Project.

Coincidence or not, he was born in the same year of Madeira Table Tennis Association, 1988, also the one that for the first time Table Tennis was integrated as Olympic Sports (Seoul 1988). Probably the perfect connection for success!

All of his big achievements are a big motivation for all the person that are involved in this sport in Madeira and Portugal. He's part of the best generation of all times for Portugal and for sure has a lot to give to our sport.

From the young ages he was selected as a big talent, not just on technical level but also on emotional skills that made him grow and be also on the top. Born in the city of Câmara de Lobos he quickly jumped to another dimension working daily with professional coaches and sparring partners that represented the local clubs. He played in *Grupo Desportivo do Estreito* and *Clube Desportivo São Roque* after emigration to Germany.

All of his success is well deserved and difficult to count with the big achievement of participating already in two Olympic Games, very significant for the insular and small condition of Madeira Island.

For sure is a standard prototype for the future of Madeira Table Tennis, part of its basis and development process.

**FOCUS ON KNOWLEDGE**

The goal of Madeira Table Tennis is to reach as high as possible and to achieve this purpose we need to invest on knowledge and sometimes import it.

Since the beginning we are betting on theoretical and practical adapted sessions, trying to give new tools for the coaches daily work, respecting the Past, understanding the Present and creating a new design for the Future.



Mainly focusing on the group of coaches of Madeira, we are aiming to improve their intervention “on the table” bringing new approaches for their job. Participating in big international events, seminars and coaching performance scholarships are for the way of making it happen.

BASES FOR THE TRAINING OF YOUNG PLAYERS

One of the keys for the “success” of Madeira Table Tennis is the focus and priority given to the young players and their approach for the international level of Table Tennis.

With that purpose we try to define the person to make that connection and for sure the choice for **Professor Neven Cegnar** was the best. His personal and professional skills made us invite him to visit Madeira Island.

Despite its big responsibilities in the European actuality, with the intervention in ETTU Development Project and Werner Schlager Academy he was available to present in Madeira its accumulated knowledge in 30 years of experience as a coach.

CAREER:

- 1960 – Born in Zagreb, Croatia
- 1983 – Professor of Physical Education specialized in physical preparation and TT
- 1982 – 1991 Club coach with several national championship titles
- 1992 – 2015 Croatian national team women head coach
- 1994 – 2015 Lecturer of national coaching courses
- 1996 – 2015 Lecturer of high performance coach school
- Since 2014 – ETTU Development Manager
- Since 2015 – WSA Head Coach Women

ACHIEVEMENTS:

- 18 Senior Medals (EC, WC, Europe TOP-12) – 6 gold, 7 silver, 5 bronze
- 14 Junior Medals (EYC, WJC, Europe TOP-12) - 4 gold, 6 silver, 4 bronze
- 30 years of experience as coach
- Coach of Tamara Boros (n.º 2 WR and bronze medal WC 2003)

Reference sentence:

“Do your best every moment of your life”



PRESENTATION POINTS

The presentation that was proposed to Professor Neven Cegnar was aiming to focus on the work with young players and the way to make them work correctly to develop their skills on dynamic and inter-disciplinary related form.

In total with 15 hours of exposure its intervention was focused in the next 3 dimensions:

- Some features in the teaching of table tennis techniques.
- How, when, and on the basis of which criteria to determine the style of play.
- Methods of multi balls practice in Table Tennis.



The group of 30 participant coaches, mostly professional of Table Tennis, could receive all the informations and knowledge exposed by Neven Cegnar, using basic principles for the daily work with young players and following process.

With a clear presentation the invited lecturer could communicate about the technique details that really can make the difference in the actual Table Tennis international dimension. With an easy and full content speech Neven Cegnar made the first introduction to the presentation topics using many real cases of success players that he could have the chance to work with along its 30 years career.

Important topics were discussed as the different stages of talents development; the need of practice personalization and adaptation; technique mistakes correction; grips and foot work big advantages.

Specific approach of working with the players was exposed on simple and basic terms of understanding where can be used three main ideas:

PPD

Plan
Patience
Discipline

TAMARA BOROS FILM

In the end of Day 1, the group of coaches could assist for the first time to Tamara Boros auto-biography, full with emotional and motivational potential for the future.

The discussion about the questions of talented players, worker players, advantages, disadvantages of selection procedure was dynamic with the big possibility to discuss directly this matter with one of the big responsables of Tamara's success in the world of Table Tennis.

The film exhibition was for sure a good source of motivation for the future facing the idea that working everyone can reach their goals in live and in sports.

THEORETICAL AND PRACTICAL SESSIONS

Following the program Neven Cegnar exposed some generic ideas about the using of multi balls system in Table Tennis. It's big advantages to improve some basic elements are not counted with the need of being correctly adapted to the player in question with all its characteristics and skills.

Some training methods were proposed to the coaches that could help players with the correct use of multi balls system.

Some ideas were discussed in the execution of the players **Tiago Li** and **Gonçalo Gomes**, facing the physical and technical dimension of multi balls, presenting coordination points, basic position, rotation, grips and foot work examples.



PRACTICE SESSION



On day 3 the session was dedicated to a group practice session in a sport hall that gathered 30 young players from Madeira.

In a kind of mixed session the coaches group and the young players could follow the procedures of coordination by Neven Cegnar, that concentrated the focused attention of all the group for the mentioned details.

With an enviable physical demonstration Neven could keep the attention of all for a three hours session that could bring new dimension for the coaches of Madeira Association. Its full concentration and thinking process methods in Table Tennis were the best exemple for this group of coaches that could assist for its intervention.

IMPORTANCE FOR MADEIRA TABLE TENNIS

Madeira Table Tennis Association is thanked for the opportunity to had the collaboration of Prof. Neven Cegnar in this course, that for sure will give new tools for our group of coaches. Sometimes from our insular dimension we face several problems and the new updated knowledge is the big solution for the proceeding of the development process in Madeira Table Tennis.

This course of 15 hours with the coach Neven Cegnar was a big moment for Table Tennis in Madeira and will help us to find the best way and strategy to find new talents in the future, like it was made with Marcos Freitas.

The knowledge, experience, personality and social skills of Neven Cegnar are the best example for our coaches and players, that will use all of these informations to make themselves better coaches, players and persons in the future.

Madeira Table Tennis is in contact with the european and world table tennis and will use this kind of partnerships in order to facilitate and reduce the geographic distance from the central part of this sports.

Best regards,

Paulo Melim

President of Madeira Table Tennis Association

