



PROGRAMME

25TH OCTOBER 2024



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ABOUT ICOACHKIDS



ICOACHKIDS is a Global Movement whose mission is to promote sport policy, education and practice that PUTS KIDS FIRST. Our vision is of a world where every child has access to POSITIVE SPORT EXPERIENCES that foster a LOVE FOR SPORT, PLAY AND PHYSICAL ACTIVITY. And our goal is to become the CENTRE OF EXCELLENCE for education, development and policy in youth sport.

To achieve its vision, mission and goal, ICOACHKIDS focuses on three strategic pillars:

DEVELOP PEOPLE: Supporting the development of relevant knowledge and skills for coaches, parents, participants and organisations

DRIVE GLOBAL CHANGE: Influencing policy and practice that puts kids first and recognises the role of youth coaches.

EVIDENCE IMPACT: Promoting an evidence-based approach to the development of policies and practices in youth sport.

Find out more about ICOACHKIDS and access our suite of FREE coaching resources at [ICOACHKIDS.org](https://www.ICOACHKIDS.org)

You can also follow us at ICOACHKIDSworld on YouTube, Instagram, Facebook, X and LinkedIn

ABOUT ICOACHGIRLS



ICOACHGIRLS aims to promote and increase physical activity and sport amongst primary school age girls through the creation of “Girls Play Centres” in their local communities across Europe. The centres will be aimed at girls that have never taken part in organised sport or that have tried and dropped out.

ICOACHGIRLS has two primary objectives:

Objective 1: Increasing physical activity and sport amongst primary school age girls.

Objective 2: Increasing the number, competence and confidence of female coaches.

Overall, ICOACHGIRLS will set up a minimum of 35 “Girls Play” centres reaching a minimum of 1050 girls, and supporting the development of 420 female coaches. On completion of the programme, it is expected that local authorities and national and international federations will use the template provided by ICOACHGIRLS to create additional “Girls Play Centres” and multiply the impact of the project.

ICOACHGIRLS is co-funded by the European Union and is supported by the following project partners: Sport Coaching Europe, Sport Ireland, NOC*NSF, Special Olympics Europe, Lithuanian Sport University, the Hungarian Coaches Association and FIBA Europe.



LITHUANIAN SPORTS
UNIVERSITY



ICOACH
GIRLS



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OVERVIEW

08:30-09:15 **ARRIVAL AND REGISTRATION** CENTRAL BUILDING ROOM 215

09:15-10:30 **KEYNOTE SESSION** CENTRAL BUILDING ROOM 215

CONFERENCE WELCOME

SHEELAGH QUINN, CHAIR, ICOACHKIDS GLOBAL MOVEMENT COMMITTEE

INTRODUCTION

RECTOR PROFESSOR DIANA REKLAITIENE, LITHUANIAN SPORT UNIVERSITY

ICOACHGIRLS SUMMARY OF ACTIVITY AND FINDINGS

DR. RUTH BRAZIER, LEEDS BECKETT UNIVERSITY

DELIVERING PSYCHOLOGY IN YOUTH SPORT: WORKING WITH ADOLESCENT ACADEMY PLAYERS

DR. DAN RANSOM, MANCHESTER UNITED FOOTBALL CLUB

10:30-10:45 **BREAK AND TRANSITION TO PRACTICAL WORKSHOPS**

10:45-12:00 **PRACTICAL WORKSHOPS ROUND 1**
WORKSHOPS OUTLINED ON NEXT PAGE

12:00-12:15 **TRANSITION TO NEXT PRACTICAL WORKSHOPS**

12:15-13:30 **PRACTICAL WORKSHOPS ROUND 2**
WORKSHOPS OUTLINED ON NEXT PAGE

13:30-13:45 **BREAK AND TRANSITION TO KEYNOTE SESSION**

13:45-15:00 **KEYNOTE SESSION** CENTRAL BUILDING ROOM 215

MY FIRST COACH

AZHAR YUSOF, COACHSG, SINGAPORE

COACHES ROLE IN MITIGATING GENDER-BASED VIOLENCE

LORRAINE LAFRENIERE, COACHING ASSOCIATION OF CANADA

DIVERSE PHYSICAL ACTIVITY IN KIDS DEVELOPMENT

BRIGITA ZACHOVAJEVIENE, LITHUANIAN UNIVERSITY OF HEALTH SCIENCES

PRACTICAL WORKSHOPS

ROUND 1 10:45-12:00

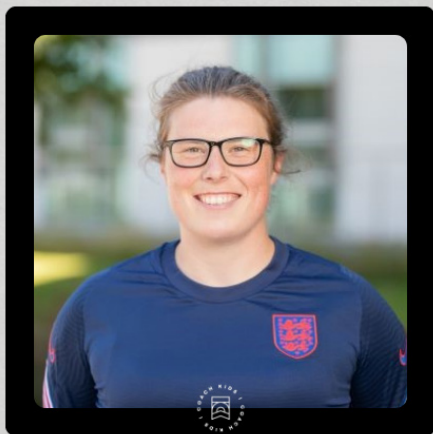
- WORKSHOP 1** **CENTRAL BUILDING ROOM 106**
UNIVERSAL DESIGN FOR LEARNING IN PHYSICAL EDUCATION: INCLUDING EVERY CHILD
DR. LAUREN LIEBERMAN, STATE UNIVERSITY OF NEW YORK, COLLEGE AT BROCKPORT
- WORKSHOP 2** **CENTRAL BUILDING ROOM 108**
ICOACHGIRLS: CO-CONSTRUCTING THE SPORT SPACE FOR GIRLS
DR. RUTH BRAZIER, LEEDS BECKETT UNIVERSITY
- WORKSHOP 3** **III BUILDING 204**
STRENGTH AND CONITIONING FOR KIDS
TADAS PETRAVIČIUS, FULL GAZZ
- WORKSHOP 4** **III BUILDING 112**
UEFA PLAYMAKERS
DR. MEGAN HILL, LEEDS BECKETT UNIVERSITY

PRACTICAL WORKSHOPS

ROUND 2 12:15-13:30

- WORKSHOP 1** **CENTRAL BUILDING ROOM 106**
UNIVERSAL DESIGN FOR LEARNING IN PHYSICAL EDUCATION: INCLUDING EVERY CHILD
DR. LAUREN LIEBERMAN, STATE UNIVERSITY OF NEW YORK, COLLEGE AT BROCKPORT
- WORKSHOP 2** **CENTRAL BUILDING ROOM 108**
NEW VOLLEYBALL AND BEACH VOLLEYBALL CURRICULUM FOR KIDS
JAEJUNG JUNG & REMKO KENTER, EUROPEAN VOLLEYBALL
- WORKSHOP 3** **III BUILDING 204**
STRENGTH AND CONITIONING FOR KIDS
TADAS PETRAVIČIUS, FULL GAZZ
- WORKSHOP 4** **III BUILDING 101**
WORKING FOR KIDS
AUDRONE VIZBARIENE, RIUKKPA

ABOUT OUR SPEAKERS



DR. RUTH BRAZIER

Ruth is a post-doctoral research fellow in sports coaching at Leeds Beckett University and ICOACHKIDS. She is currently leading the 'ICOACHGIRLS' project, a three-year European-wide project which aims to (1) increase physical activity levels among inactive girls and (2) increase the numbers of women in coaching. ICOACHGIRLS partners deliver 'play centres' in local communities, aiming to meet the girls' social, psychological, and physical needs, give them a sense of ownership, and allow them to build a positive relationship with sport and physical activity. Ruth is also an academy football coach.

DR. DAN RANSOM

Dan is the lead academy psychologist at Manchester United Football Club. He is passionate about helping people and teams to perform better more often and works alongside coaches, players and teams to support learning, development and performance. His experience and interests include the application and practice of sports psychology in elite and professional sport. More specifically, how sport psychologists work alongside, and as part of a wider staff team to support development and performance.



DR. LAUREN J. LIEBERMAN

Lauren is a distinguished service professor at State University of New York, College at Brockport. She has taught higher education since 1995 and previously taught at Perkins School for the Blind. She teaches undergraduate and graduate courses in adapted physical education. She has written 24 books on adapted physical education and more than 210 peer-reviewed articles. She started Camp Abilities, an overnight educational sports camp for children with visual impairments. This camp is now replicated in 20 states and eight countries. She was awarded a Global Fulbright Scholarship in fall 2019 to replicate Camp Abilities in Ghana, Ireland, and Brazil.



TADAS PETRAVIČIUS

Tadas is a Head Coach of Children's and Youth Athletics FULLGAZZ ACADEMY. Tadas specializes in Foundational - Development phase (8-16y.) kids coaching and is responsible for educating other coaches on progressive coaching systems and applications in the field. Tadas is a powerful force in the workplace and uses his positive attitude and tireless energy in sessions to encourage kids to work hard and challenge themselves.



ABOUT OUR SPEAKERS

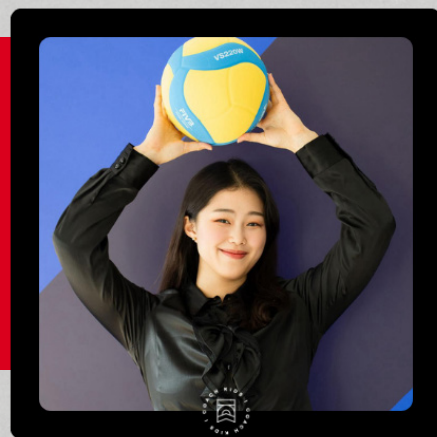


DR. MEGAN HILL

Megan is a post-doctoral research fellow at Leeds Beckett University. Her current responsibilities include working with UEFA on their Playmakers and Football in Schools Programmes. She completed her PhD at the University of Bath and is also a swimming instructor.

JAEJUNG JUNG

Jaejung is a Development Coordinator at the European Volleyball Confederation (CEV), where she leads initiatives focused on volleyball education and development. She plays a key role in coordinating the CEV School Project, including the creation of eLearning courses for volleyball education. With an academic background in sports ethics and integrity, she is also responsible for developing safeguarding guidelines for the project, ensuring a safe and inclusive environment for children and educators.



REMKO KENTA

Remko is a member of the CEV Coaches Commission and has found great success with his program, Action Volley. He travels across Europe to share his philosophy, focusing on motivating both children and adults to engage with volleyball through playful and innovative training methods. His approach blends fun with fundamental volleyball skills, aiming to inspire people of all ages to enjoy the sport while providing a clear path to learning it.



AUDRONE VIZBARIENE

Audrone is the president of Republican Association of Preschool Physical Education Teachers. She is a lecturer at Kaunas Kolegija and a PhD student at Lithuanian Sports University. A PE teacher expert. Audrone has more than 20 years experience. Her work explores effective methods to encourage children's physical activity, develop basic physical skills, build social competences, and discover the joy of movement..



ABOUT OUR SPEAKERS



AZHAR YUSOF

Azhar is the Head of CoachSG at Sport Singapore. He is an experienced Head, Educator and Coach of multiple sports with a demonstrated history of working in the education and sports industry and skilled in Coaching, Management, Educational Leadership and Teaching in School and University. He is a multiple award winner in teaching including the prestigious Nanyang Education Award for Excellence in Teaching.

LORRAINE LAFRENIERE

As CEO of the Coaching Association of Canada (CAC), Lorraine leads Canada's Coaching Education Partnership through the National Coaching Certification Program (NCCP) and safe sport initiatives through the profession of coaching and the Responsible Coaching Movement. Her career spans more than 30 years within the national sport system which includes roles as CEO of Canoe Kayak Canada as well as Cycling Canada. She was also Chief Operating Officer of the CAC previously and has held roles with the Canadian Olympic Committee, the Canadian Paralympic Committee.



DR. BRIGITA ZACHOVAJEVIENE

Brigita is an Associate Professor at the Lithuanian University of Health Sciences and the Clinic of functional medicine "Fiziomedika" physiotherapist. Her work includes understanding child development theories, and why it is important to understand ontogenesis and developmental kinesiology.





WEBSITE
ICOACHKIDS.ORG

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@ICOACHKIDSWORLD



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