



**UPE-UBERN
WEBINAR SERIES 3:
LTAD (LONG TERM ATHLETE DEVELOPMENT)**

*IN COLLABORATION OF THE UNIVERSITY OF PHYSICAL EDUCATION
(HUN) AND THE UNIVERSITY OF BERN (SUI)*

Nowadays sport is crucial for youngsters, adults, and elderlies as well. This kind of physical activity is more or less regulated, but a framework of individual sport pathways is elementary for everyone. The Long-Term (Athlete) Development has this function, stages by stages describes many important information about the individual adequate development. This program is transparent for the athletes, for their parents, for their coaches, for the leaders of sport organizations and for the decision-makers of the municipalities or the states.

As the authors of the original concept describe: „Long-Term Development in Sport and Physical Activity is a framework for the development of every child, youth, and adult to enable optimal participation in sport and physical activity. It takes into account growth, maturation and development, trainability, and sport system alignment.”

The course contains experiences from the practice, the participants could hear many solutions from Switzerland and Hungary as well.

**Webinar 1.
LTAD
intro**

**Webinar 2.
LTAD:
individual
athletes**

**Webinar 3.
LTAD: team
sports**

Format:

FREE online webinar

Date:

- **W1: 10th or March, Thursday**
- **W2: 17th of March, Thursday**
- **W3: 24th of March, Thursday**

From 9.00 - 11.00 am CET

Application

Send an email to
international@tf.hu

Object of the mail:

LTAD-W (+ number of the
webinar: 1 or 2 or 3)

UPE side speakers

- Prof. Dr. Gábor Géczi
- Dr. Péter Szájer
- Dénes Lukács
- Dr. Tibor Kozsla
- Lilla Gurisatti

UBern side speakers

- Mr. Michael Schmid
- Ms. Violetta Oblinger-Peters
- Merlin Örencik

SUT side speakers

- Dr. Rigerta Selencia
- MSc. Arben Bici