



DEVELOPMENT  
PROGRAMME

IS PLEASED TO PRESENT

# ONLINE FINA CLINICS

Lithuania (LTU) – from 7<sup>th</sup> to 10<sup>th</sup> October 2021

Conducted by **Stefano Nurra (ITA)**



## DAY 1

10:00 AM (EEST)

- **Talent Recognition**
  - **Season Planning: Constructing Workouts for Different Age Groups**
- Break – 12:30-2:00 PM (EEST)
- **Long Term Athlete Development Model**

## DAY 2

10:00 AM (EEST)

- **Biomechanics: Basic Concepts, Core Balance**
  - **Stroke Mechanics: Analysis of The Technique in Four Strokes Part I**
- Break – 12:30-2:00 PM (EEST)
- **Stroke Mechanics: Analysis of The Technique in Four Strokes Part II**

## DAY 3

10:00 AM (EEST)

- **Identifying Technical Faults, Their Causes and Prescribing Appropriate Corrective Practices**
- Break – 12:30-2:00 PM (EEST)
- **Starts, Turns, Relay Takeovers**

## DAY 4

10:00 AM (EEST)

- **New Tendencies in Swimming Biomechanics, Race Strategy and Other (Practical Olympic Games Review, Your Insights How Will Develop and Change Swimming in Future)**
  - **How To Control, Develop Swimming Technique in Daily Training and Throughout All Training Lifespan**
- Break – 12:30-2:00 PM (EEST)
- **Bonus Part**

Please note that the participants must be registered through the **FINA GMS** by the 23rd September 2021 23:59 (GMT).