



# Educational Framework

Talent & Training  
Education & Leadership

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# Talent



## Basic Motor Traits

Endurance, Speed, Strength  
Flexibility, Balance, Coordination

## Basic Mental Traits

Attention, Emotion, Motivation

## Motor Skills

Running, Jumping, Throwing etc.

## Mental Skills

Perception, Cue identification,  
Task orientation

## Specific technical skills

Jump shot, Dribbling, Tackle

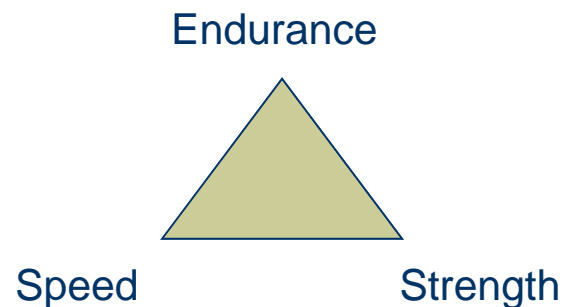
## Mental techniques

Centering, Psychopumping, Decision making

# Training

## Physical Training

following the ESS / FCB – System



### Speedsport means

- ◆ High speed, Power focussing on fast moves, Endurance focussing on fast moves
- ◆ Endurance for fast recreation, Strength for top basis
- ◆ Coordination > Balance > Flexibility

# Training

## Mental Training

Traits : The so-called background activity of the brain

**Attention**      LANDERS    (fig.1)

**Emotion**      APTER      (fig.2)

**Motivation**    POLLANY   (fig.3)

# Training

Mental Training  
Skills:

**Perception**

Synthesis

**Key identification**

Analysis

Decision making

**Imagery**

Positive self evaluation

**Task orientation**

Primary task



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# Training

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## Mental Training

Techniques:

**Positive focussing**

Mistakes avoiding / accepting

**Visualizing**

Positive clips

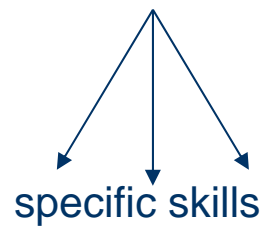
**Hemisphere switch**

Goal programming / Ideal performance feeling

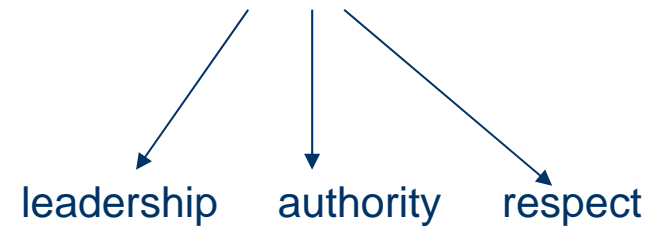
# Education

Development by leadership  
Consists of two factors:

Teaching **contents**



Representing **values**





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# Leadership

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**Leading** means

the demonstration of living within a certain system of values.

Examples: Spartans, Socrates, Gandhi, „Fair play“

**Follow me > Let's go**



# Authority

Bilateral process based on mutual acceptance producing respect.

~~Pressure~~

~~Force~~

- ◆ Legal authority  
ranking, position C1 (cover)
- ◆ Task authority  
knowledge, experience C2 (competence)
- ◆ Personal authority  
touch, transfer ability C3 (coolness)

# Respect

Consists of two factors

**Self respect** : „You have to allow yourself to be satisfied with what you achieved. With that positive reinforcement you will go on even stronger.“

**Social respect** : Acceptance of team mates and opponents

**No play without partners**

**No match without opponents**