



Estonian Athletic Association presents:

Masterclass Dan Pfaff

17-19 March 2017

[Audentes Sports Centre \(Tondi 84, Tallinn\)](#)

Friday, 17.03

THEORY

13:00-14:30 SPORT PEDAGOGY: 44 YEARS OF COACHING EXPERIENCE

14:45-16:15 SPORT PEDAGOGY: 44 YEARS OF COACHING EXPERIENCE

16:30-18:00 SKILLS

Saturday, 18.03

THEORY + WORKSHOP

THEORY - CLASSROOM

10:00-11:30 KPI (KEY PERFORMANCE INDICATOR)

11:15-18:00 PRACTICAL - THEORETICAL + WORKSHOP INDOOR ARENA

11:15-14:00 BIOMECHANICS SESSION

SPRINT

HORIZONTAL JUMPS

14:00-15:00 LUNCH

15:00-18:00 BIOMECHANIC SESSION CONTINUES

HORIZONTAL JUMPS

VERTICAL JUMPS

Sunday, 19.03

THEORY + WORKSHOP

THEORY - CLASSROOM

10:00-11:30 THERAPY AND MOVEMENT SCREENS

11:15-14:00 PRACTICAL - THEORETICAL + WORKSHOP INDOOR ARENA

11:15-14:00 BIOMECHANICS SESSION

THROWS

END of THE 3 DAY SEMINAR

Conference fee (incl. handouts and coffee breaks):

- full program: 17-19 March – 100 €,
- one day fee: 17, 18 or 19 March – 35 €.

Special Young Athletes' (U20 incl.) prices:

- full program: 17-19 March – 50 €,
- one day fee: 17, 18 or 19 March – 20 €.

Registration

For accommodation please contact Mrs Sirje Lippe (sirje@ekjl.ee; tel +372 667 7997; mob +506 2390)

Information: Mariken Puks (mariken@ekjl.ee; tel + 372 667 7994; mob +372 526 1399)