

Skate for Kids And Teachers all over the Europe



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Project SKATE

Sport Alenquer e Benfica

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GLOBAL
RECOMMENDATIONS
ON **PHYSICAL**
ACTIVITY
FOR HEALTH

World Health Organization

The poster features a dark green background with the title in white, bold, sans-serif font. On the left side, four white-bordered photographs are pinned to the background, showing people engaged in various physical activities: a man in a park, a woman in a gym, a man playing basketball, and a woman on a bicycle. The World Health Organization logo and name are located in the bottom right corner of the poster.

“Public health recommendations indicate that children and adolescents should accumulate at least 60 min of moderate to vigorous physical activity each day.”



What is the best time to child learn skate?

Long-Term Athlete Development (LTAD)

(Balyi, 1996)

Developmental Model of Sport Participation (DMSP)

(Côte, 1999; Côte, Baker, & Abernethy, 2007; Côte, Horton, MacDonald, & Wilkes, 2009)

Youth Physical Development Model

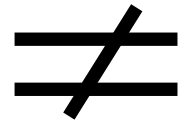
(Lloyd & Oliver, 2012)



Youth Physical Development Model

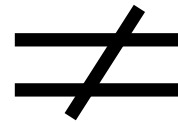
Stimulus of training

Males



Females

Chronologic age



Biological age

Individualization



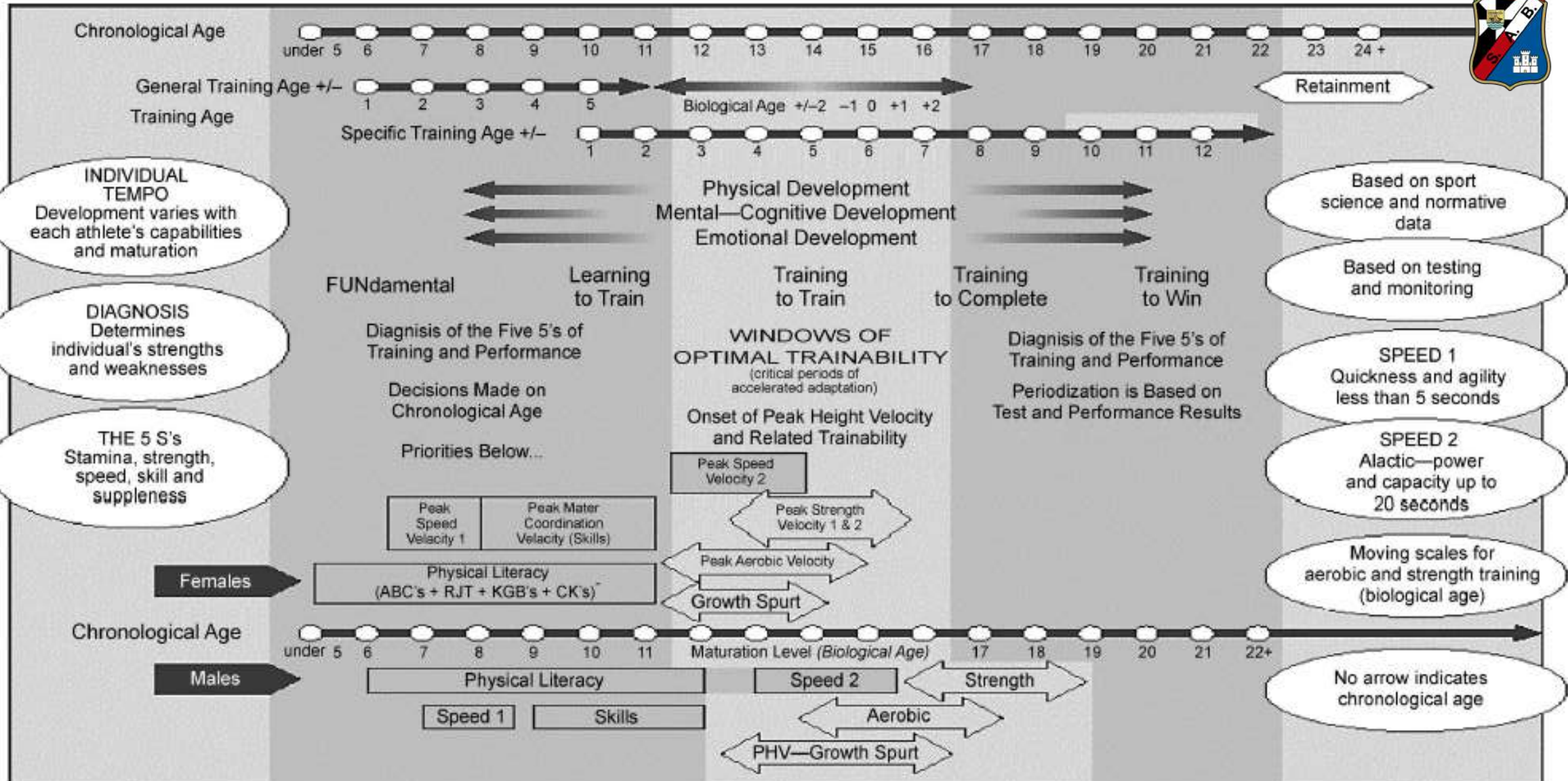
Youth Physical Development Model - Males

YOUTH PHYSICAL DEVELOPMENT (YPD) MODEL FOR MALES																				
CHRONOLOGICAL AGE (YEARS)	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21+
AGE PERIODS	EARLY CHILDHOOD			MIDDLE CHILDHOOD							ADOLESCENCE							ADULTHOOD		
GROWTH RATE	RAPID GROWTH ↔			STEADY GROWTH ↔							ADOLESCENT SPURT ↔				DECLINE IN GROWTH RATE					
MATURATIONAL STATUS	YEARS PRE-PHV ←										PHV			→ YEARS POST-PHV						
TRAINING ADAPTATION	PREDOMINANTLY NEURAL (AGE-RELATED) ↔										COMBINATION OF NEURAL AND HORMONAL (MATURITY-RELATED)									
PHYSICAL QUALITIES	FMS			FMS				FMS			FMS									
	SSS			SSS				SSS			SSS									
	Mobility			Mobility							Mobility									
	Agility			Agility				Agility				Agility								
	Speed			Speed				Speed				Speed								
	Power			Power				Power				Power								
	Strength			Strength				Strength				Strength								
	Hypertrophy										Hypertrophy			Hypertrophy						
	Endurance & MC			Endurance & MC							Endurance & MC				Endurance & MC					
TRAINING STRUCTURE	UNSTRUCTURED			LOW STRUCTURE				MODERATE STRUCTURE			HIGH STRUCTURE				VERY HIGH STRUCTURE					

Youth Physical Development Model - Females



YOUTH PHYSICAL DEVELOPMENT (YPD) MODEL FOR FEMALES																							
CHRONOLOGICAL AGE (YEARS)	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21+			
AGE PERIODS	EARLY CHILDHOOD			MIDDLE CHILDHOOD					ADOLESCENCE								ADULTHOOD						
GROWTH RATE	RAPID GROWTH			STeady GROWTH					ADOLESCENT SPURT					DECLINE IN GROWTH RATE									
MATURATIONAL STATUS	YEARS PRE-PHV								PHV			YEARS POST-PHV											
TRAINING ADAPTATION	PREDOMINANTLY NEURAL (AGE-RELATED)								COMBINATION OF NEURAL AND HORMONAL (MATURITY-RELATED)														
PHYSICAL QUALITIES	FMS			FMS			FMS		FMS														
	SSS			SSS			SSS		SSS														
	Mobility			Mobility					Mobility														
	Agility			Agility					Agility					Agility									
	Speed			Speed					Speed					Speed									
	Power			Power					Power					Power									
	Strength			Strength					Strength					Strength									
	Hypertrophy								Hypertrophy			Hypertrophy								Hypertrophy			
	Endurance & MC			Endurance & MC					Endurance & MC							Endurance & MC							
TRAINING STRUCTURE	UNSTRUCTURED			LOW STRUCTURE					MODERATE STRUCTURE				HIGH STRUCTURE				VERY HIGH STRUCTURE						



Adapted from Balyi & Way, 2002; in Balyi & Hamilton, 2004)
 Sport Alenquer e Benfica



FUNdamental phase

How?

**Informal dimension,
cognitive and
coordinating
activities**

Across

**Technique,
coordinating
capacities, prospects
and decisions, speed**



But maybe skating are not precocious?

- Yes, but for this fact, we have more time to enjoy the different critical periods of development.
- And, for this fact, the children are expose to possible misaligned loads for more time and in critical phases of yours development



Concepcion of train program

- Basic level, children with 4 e 7 years

Prerequisite

- Emotional pronation, cognitive and motivation of children;
- Safe local and suitable equipment;
- Permanent supervision.

Objective

- Learn execution technique of skating with helping teaching;
- Introduce the rules of space and the security rules.

- Pedagogic logic are all overlap of functional logic;
- Is priority teach specific coordinating skills.
- Use exercises who promote velocity, strength and motor skills.



First contact

Children

- Doesn't have thrust;
- Are scary;
- Are uncomfortable

Teacher

- Don't know the child and there personality traits;
- Don't know how he react in new situations;

Parents

- Have questions if is the best sport for your sun;
- Doesn't know the teacher and your qualifications;
- Thing "this is dangers";
- Past your "bad and scary feelings" to child.

Who do we have to put our trust in?



How we act

We attract the parents and de child's to skate through the roller hockey

Why?

- The roller hockey is one of the most sports most seen in Portugal;
- We have a senior class playing the 2nd division.

- On the first class have always one teacher for one child, to have total thrust for the child;
- On the first times, the child don't have contact with the sticks when we are with skates shoes.

Material

- Sport clothes;
- Knee pads;
- Roller skates tight.

Strategies



Material

- We use a carpet for greater adhesion;
- Or, put the skate on the plastic bag to limit the range of motion.

With children

- We use tennis balls to the children launch and focus our attention on other think;
- Create internal competition.

With parents

- Many times we asked to put away.



Examples of exercises

Technique

- All exercises made on skate promote the technique, how many more to do, better;
- We use many gymkhana who promote challenges (children comply successfully is primordial).

Coordinating

- Also the fact the children stay on skates and skating without falling promote this. We make exercises how child change directions, jump, lower, etc.
- We use too tennis balls and any other materials just like sticks.



Examples of exercises

Prospects and decisions

- In our opinion the decision-maker is very important.
- We use many ludic games and adaptations of traditional games.

Speed

- For this objective we use relay races, and games who promote the velocity of execution.