Vorm 1

KINNITUS TREENINGTUNNIS VAATLEJANA OSALEMISE KOHTA

*CONFIRMATION OF PARTICIPATION IN THE TRAINING CLASS AS AN OBSERVER*

Külastav treener ja spordala: ......................................................................................................

*Visiting coach and sports discipline*

Treeningtundi läbi viiv treener ja spordiala:......................................................................................

*Name of the coach conducting the training session and sport discipline*

Kuupäev:........................................................................................................................................

*Date*

Tunni algus ja lõpp: ..............................................................................................................................

*Time of the session (beginning and end)*

Tunni läbiviimise koht: ............................................................................................................................

*Place of the session*

Tunni nimetus ja eesmärk: ......................................................................................................................

*Topic of the session and objectives*

Tunni läbiviija allkiri: ..............................................................................................................................

*Signature of the coach conducting the training session*

Vorm 2

TREENINGTUNNI ANALÜÜS

Külastav treener ja kutsetase: ............................................................................................................

*Visiting coach and EKR (EQF) level*

Treeningtunni läbiviija ja tema kutsetase: .............................................................................................

*Name of the coach conducting the session and EKR (EQF) level, BWF level*

ANALÜÜSIGE, PALUN, MIDA ÕPPISITE JA MILLISEID UUSI TEADMISI NING OSKUSI SAITE

PLEASE ANALYZE WHAT YOU LEARNED AND WHAT NEW KNOWLEDGE AND SKILLS YOU GAINED

1. Mis oli treeningtunni eesmärk:

*Objectives of the session*

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1. Treeningtunni korraldus (kuidas oli treeningtund ülesehitatud, erinevate osade pikkused, sisu)

*Overall organisation of the training session, lenghts of different session, content*

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1. Tehniliste oskuste arendamine (sh millised tehnilised oskused, meetodid, harjutused)

*Developement of technical skills (description, methods, exercises)*

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1. Taktikaliste oskuste arendamine (sh millised taktikalised oskused, meetodid, harjutused)

Developement of tacktical skills (description, methods, exercises)

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1. Tehniliste ja taktikaliste oskuste sidumine

*Linking technical and tactical skills*

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1. Kehaliste võimete arendamine

*Developement of physical abilities*

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1. Õpilaste motiveerimine, kasvatuslik tegevus, psühholoogiline õhkkond

*Player motivation, educational activties, psychological atmosphere*

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1. Õpetamise praktilised aspektid (didaktika)

*Didactics*

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1. Mis on peamine, mida vaatlusel õppisin ja kuidas saan rakendada oma treeneritöös?

*What have you learned and how can you use it in your work as a coach?*

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1. Vaatluselt saadud kogemuse põhjal, milles pean/soovin end treenerina veel täiendama?

*Based on what you learned during observation what are the areas where you would like to gain further knowledge?*

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