

2023

CONFERENCE



REGISTRATION

YOUTH DEVELOPMENT CONFERENCE

SCHEDULE AND DESCRIPTION

1ST YOUTH DEVELOPMENT CONFERENCE

27.-29.01.23

BUILDING FUTURE CHAMPIONS!

„It takes at least a couple of years to build and implement a great pathway, but even longer if you've never done it before and you have to figure out what is appropriate and when.“ (LTAD Network)

Working with young athletes is not only important, but also something incredibly beautiful!

You can observe how children develop into true top athletes. What started with playing is becoming more and more of a training routine as we know it from the adult sector.

As a coach, you play a crucial role when building the foundations for future champions.

Questions to be asked in this context are:

- ↗ polysportive vs specific training?
- ↗ „Play vs Training“?
- ↗ Strength training yes/no, how, when?
- ↗ Increasing intensity how much and when?
- ↗ What training volume?
- ↗ How does growth affect the training process?
- ↗ ...

Building the basis for future top performances or simply building a healthy foundation is a lengthy and responsible task! In order to master this mission, one must train many things at the right time and to the right extent.

Science and practice are constantly creating new insights in this topic! Active Start, FUNdamentals, Learn to Train, Train to Train, Train to Compete and Train to Win are attempts to structure development over time. That means planning, ongoing control and ever-expanding challenges!

TARGET GROUP AND LEVEL: WHO SHOULD ATTEND THIS COURSE?

- ↗ S&C Coaches
- ↗ Rehab- Coaches
- ↗ Team Sports Coaches
- ↗ Sports Scientists
- ↗ Youth Coaches
- ↗ Academy Staff
- ↗ Physiotherapists
- ↗ Sports Science Students

BENEFITS: WHY SHOULD YOU ATTEND THIS COURSE?

- ↗ Learn the fundamentals of youth development
- ↗ Get insights into different aspects of growth and maturation
- ↗ Gain knowledge around long term athlete development and learn how to apply such strategies
- ↗ Get access to the presented material
- ↗ Review the recordings at any time afterwards
- ↗ Benefit from the experts experience, ask questions and connect to other coaches and our network

Do not miss out!

The speakers are leading coaches and scientists in this field!

SCHEDULE AND DESCRIPTION

27.-29.01.23

In order to be able to help you as a trainer with this masterpiece, we teamed up with the LTAD Network!

The experts around James Baker and Mike Young are internationally recognized researchers and trainers in the youth field.

LTAD Network provides an industry leading education network for fitness and performance coaches around the world, assembling trusted leaders in performance with a proven track record of success, to share their knowledge. Providing you with a continuous development pathway and connecting the global community.

The Youth Development Conference gives you specific insights into current research and state-of-the-art training in youth sports.

OUR CONFERENCES ARE DIFFERENT THAN OTHERS

- ✔ Yes, we only have 3-8 speakers!
- ✔ No, speakers are not switching every hour!

And that's exactly why our conferences are awesome!

Our speakers are able to dig deep into their topic. Not only scratching on the surface and leaving you with more questions than you had before!

A great mix of theoretical and practical content brings you as a coach, sports scientist or physiotherapist the most value!

All of our events are recorded and can be reviewed by you anytime afterwards.

And we don't stop here! A few weeks after the conference you can attend an additional videochat, where you can discuss your progress and ask questions!

We really want you to use your gained insights in practice.

You will be able to try things, speak to our experts and extend your network by meeting other sports enthusiasts.

Don't miss this opportunity, get your ticket now!



Do not miss out!

The speakers are leading coaches and scientists in this field!

THAT'S EINS-A COACHING

27.-29.01.23

NEXT LEVEL SUPPORT

OUR CONFERENCE CONSISTS OF 3 PARTS!



THE PREPERATION-PHASE

Months before the event starts we offer a free webinar to interested coaches and scientists. They will be able to gain first insights into the topic and meet the speaker.



THE BUILD-PHASE

During the conference we offer workshops for advanced or highly interested coaches. In addition we organize opportunities to expand your network and build new relationships! We are going to deliver a unique experience with **talks, workshops and networking!**

Breaks come with lunch, free coffee, snacks and enough time to discuss the experts insights with other coaches or scientists.



THE COMPETITION-PHASE

Training and development are a continuous processes! New methods and knowledge need to be integrated quickly. Of course that's not an easy thing to accomplish! Therefore, a few months after the event all participants can attend an additional free videocall with experts to discuss the practical application of the conference topic!



ABOUT THE TALK

27.-29.01.23

FRIDAY, 27.01.2023

MIKE YOUNG & JOE EISENMANN PRACTICAL WORKSHOP

16:00- 17:00	Secret Kick Off Workshop
17:00- 19:00	Exercise Progression on Power Based Exercises
	Practical workshop with Joe Eisenmann and Mike Young! Developing power with different exercises from the scratch!

BOOK A
STANDARD OR ENTERPRISE TICKET
TO GAIN ACCESS TO THIS
BONUS WORKSHOP

Attention: This workshop is practical in nature. Active participation in the training/exercise process is assumed. Therefore, please take suitable sportswear with you to the training course and please let us know if there are any restrictions in this regard. Cloakroom and showers are available.

FR 27.01.2023

16:00 - 19:00

SA/SO 28.- 29.01.2023

09:00 - 18:00

**GENERALI ARENA
HORRPLATZ 1,
1100 VIENNA**

**ENGLISH
LANGUAGE**

**€ 359,-
STANDARD
TICKET PRICE**

**ONLY 150
TICKETS**



TICKETS

CLICK HERE FOR REGISTRATION

ABOUT THE TALK

27.-29.01.23

SATURDAY, 28.01.2023

JOE EISENMANN: BASICS AND STRENGTH

09:00- 10:30	An Introduction to Youth Physical Development: This session covers development/training stages, growth maturation and key areas in physical development.
10:30- 10:45	COFFEE BREAK
10:45- 12:30	Strength Development: In 3 stages from bodyweight training to advanced strength development methods
12:30- 13:30	LUNCH (INKLUDED)
13:30- 14:00	Secret Partner Presentation

MIKE YOUNG: POWER, SPEED AND AGILITY

13:45- 15:30	Power Development This chapter is about Plyometrics, Loaded Jumps and Olympic Lifting and how to implement them into the 3 stages of strength training
15:30- 16:00	COFFEE BREAK
16:00- 18:00	Speed and Agility Development This part of the conference will discuss how the methods of speed training evolve through the pathway. From an engaging game-based approach to structured speed training

EVENING PROGRAM: CONNECT & GROW

19:00- 22:00	Expand your network and build partnerships with other participants in a communicative atmosphere
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SUNDAY, 29.01.2023

JOE EISENMANN & DES RYAN: BIOLOGICAL MATURITY STATUS

09:00- 10:30	Assessment & Monitoring Fundamentals Key principles and processes to monitor the long-term development of young athletes. Example processes based on varying levels of budget
10:30- 10:45	COFFEE BREAK
10:45- 12:30	Theory and practical examples in Soccer and Gaelic Games at Academy and Community Level
12:30- 13:45	LUNCH (INKLUDED)

DES RYAN: ASSESSING & MONITORING THE YOUTH ATHLETE

13:45- 15:30	Practical Part: ✓ Complete an assessment using the Khamis Roche method. ✓ Complete Jump profiling. ✓ Complete Movement Assessment. ✓ Make suggestions for programmes.
15:30- 16:00	COFFEE BREAK
16:00- 17:00	Load Monitoring Methods of load monitoring, common growth related issues and how to deal with the problems that can present
17:00- 18:00	Working with Keystakeholders Schools, Parents, ...

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ABOUT THE SPEAKERS

27.-29.01.23



JOE EISENMANN PHD (IMG ACADEMY, LTAD NETWORK)

Dr. Joe Eisenmann brings 25+ years of career experience dedicated to the physical development of children, adolescents and young athletes. His diverse roles have included strength & conditioning coach, professor, researcher, sport scientist, coach educator, and youth sports coach. This background and wide lens on athletic development positions him well as the Head of Strength & Conditioning to lead and mentor the 20+ strength & conditioning coaches and also collaborate with the other arms – sports science, athletic training, nutrition, mental conditioning, leadership – of IMG Academy's APD unit and sport coaches.

Prior to IMG Academy, he founded and directed Spartan Performance at Michigan State University, a youth sports performance training and research center. In 2017, he served as the Director of High Performance and Coach Education at USA Football where he oversaw efforts in long-term athlete development and coach education. [... read more](#)

RESEARCH

Burton, A. M., Eisenmann, J. C., Cowburn, I., Lloyd, R. S., & Till, K. (2022). Youth motor competence across stages of maturity: Perceptions of physical education teachers and strength and conditioning coaches. Plos one, 17(11), e0277040.

Till, K., Lloyd, R. S., McCormack, S., Williams, G., Baker, J., & Eisenmann, J. C. (2022). Optimising long-term athletic development: An investigation of practitioners' knowledge, adherence, practices and challenges. Plos one, 17(1), e0262995.

Eisenmann, J. C., Till, K., & Baker, J. (2020). Growth, maturation and youth sports: issues and practical solutions. Annals of Human Biology, 47(4), 324-327.

...

ABOUT THE SPEAKERS

27.-29.01.23



MIKE YOUNG PHD (ATHLETIC LAB, LTAD NETWORK)

Mike brings the unique qualities of being a nationally recognized researcher, coach, and educator. His depth of knowledge and experience in the field of athletic development is evidenced by his stays at all three U.S. Olympic Training Centers as an athlete (Lake Placid), sport scientist (Colorado Springs & Chula Vista), and coach (Colorado Springs).

Mike has served as the primary coach for national or international team qualifiers for several disciplines in Athletics, as well as Bobsleigh, Skeleton and Weightlifting. In the sport of Track & Field, he has coached or assisted multiple Olympians, National Champions, Masters National and World Champions and Collegiate National Champions. Additionally, he has served as the Strength & Conditioning coach for professionals in a wide range of sports including the NFL, MLB and MLS.

[... read more](#)

“

MIKE HAS LECTURED AROUND THE WORLD AS ONE OF THE FOREMOST LEADERS ON HUMAN PERFORMANCE AND SPORT SCIENCE.

”

LECTURE

ABOUT THE SPEAKERS

27.-29.01.23



DES RYAN (SETANTA COLLEGE)

Des Ryan works for Setanta College as Director of Coaching & Performance.

He is one of the leading youth coaches and performance managers in sport and a world-renowned practitioner and speaker in the field of youth athletic development. In joining Setanta College, Des will contribute to the Colleges mission to Deliver industry defining Education, application and insight to communities at a local and global level.

Des joins Setanta from his position as Head of Sport Medicine & Athletic Development at Arsenal Football Club Academy, which he has held for over 8 years and where he has re-shaped the concept of player development within the world of football. He has previously served as Head of S&C at Connacht Rugby, S&C to Ireland and as Fitness Education Manager within the IRFU, where he spent over 13 years developing the IRFU's coach and player [...read more](#)

“

DES IS ONE OF THE LEADING YOUTH COACHES AND PERFORMANCE MANAGERS IN SPORT AND A WORLD-RENOWNED PRACTITIONER AND SPEAKER IN THE FIELD OF YOUTH ATHLETIC DEVELOPMENT.

LECTURE”

ABOUT LTAD NETWORK

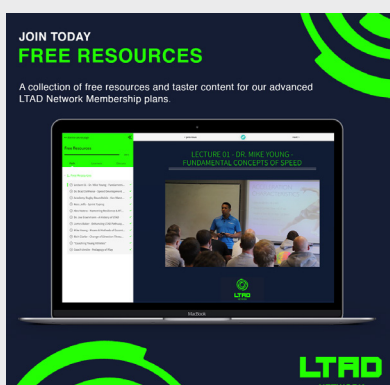
27.-29.01.23



LTAD NETWORK

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LTAD
NETWORK



OVER
100
HOURS
OF ONLINE VIDEO
CONTENT

THAT'S EINS-A COACHING

27.-29.01.23

WHAT YOU GET



THE PREPERATION-PHASE

Months before the event starts we offer a free webinar to interested coaches and scientists. You will be able to gain first insights into the topic.

The webinar for this conference takes place on the 7.May 2022 (Recording available)!

FREE WEBINAR



THE BUILD-PHASE

The conference comes with a lot of opportunities to expand your knowledge, skills and relationships! Our speakers are leading experts who are covering state of the art knowledge in theory and practice!

The event in a nutshell:

- ✓ 2- 3 days of talks and workshops
- ✓ more than 4 hours of webinar content
- ✓ free access to the recording of the event
- ✓ unique networking opportunities
- ✓ help with practical application afterwards
- ✓ ...



THE COMPETITION-PHASE

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**PRACTICAL
APPLICATION
IS KEY!**

**WE WANT
YOU TO
SUCCEED!**

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CHOOSE YOUR TICKET

27.-29.01.23

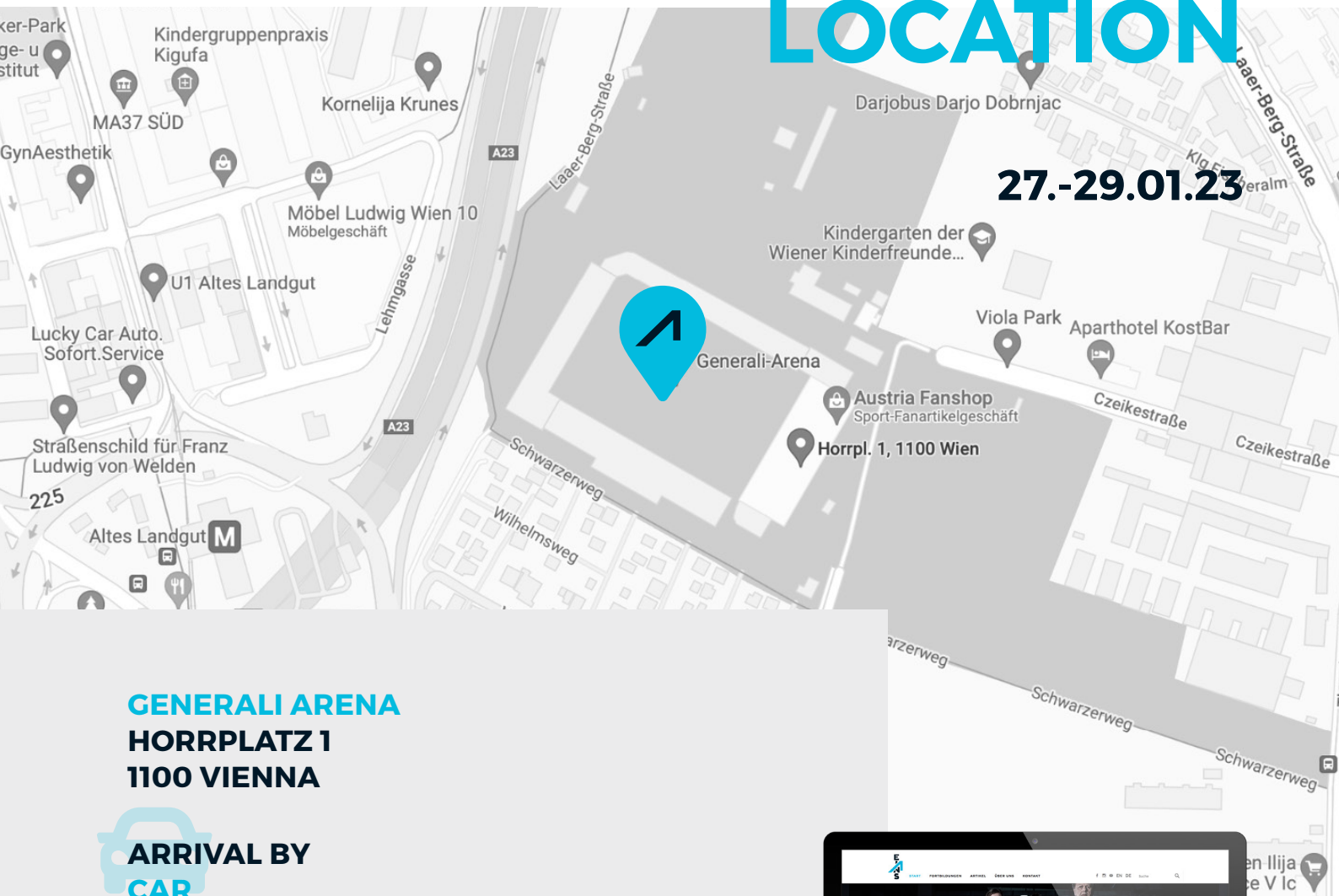


CHOOSE YOUR TICKET

INCLUDED	LIVE	STANDARD	ENTERPRISE
↗ Conference Ticket (SA + SU)	X	X	X
↗ Lunch, Coffee and Snacks included	X	X	X
↗ Inventionation to the networking event (SA)	X	X	X
↗ 14 Days access to the conference recording (SA + SU)	X	X	X
↗ Access to the conference presentation slides	X	X	X
↗ Access to the preparation phase recording	X	X	X
↗ BONUS: Access to the Follow-Up-Webinar (Q&A about the practical application)	X	X	X
↗ BONUS: Workshop Ticket (FR)		X	X
↗ BONUS: +6 months access conference recording (FR+ SA + SU)		X	X
↗ BONUS: Lifetime access conference recording (FR+ SA + SU)			X
PRICE	€ 319	€ 359	€ 439

CONFERENCE LOCATION

27.-29.01.23



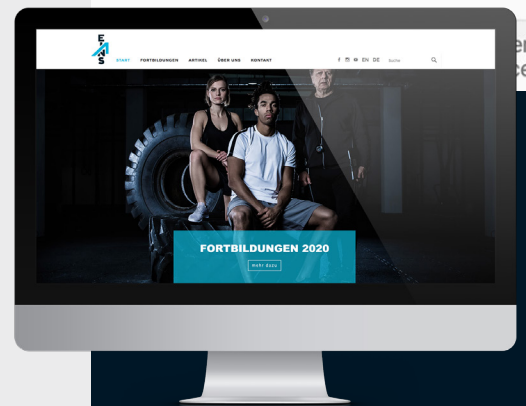
GENERALI ARENA HORRPLATZ 1 1100 VIENNA

ARRIVAL BY CAR

The stadium is located on the A23, the south-east tangent. Via the Verteilerkreis Favoriten exit, you can get to the Generali Arena, which is well signposted. Important: Access is only possible via Czeikestraße! The parking garage (P1) and the parking lot (P2) of FK Austria Wien are freely available to the participants.

ARRIVAL BY PUBLIC TRANSPORTATION

The easiest way to get to the Generali-Arena is to take the U1 subway line. The subway station Altes Landgut is located at the Verteilerkreis and thus in the immediate vicinity of the stadium. The U1 takes you from downtown Vienna to the Austria in less than ten minutes.



MORE INFORMATION ON OUR WEBSITE:

www.eins-a-coaching.at



We are looking forward to read from you!
office@eins-a-coaching.at

