

Coordination training

Written by Mihajlo Kostic

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COORDINATION TRAINING



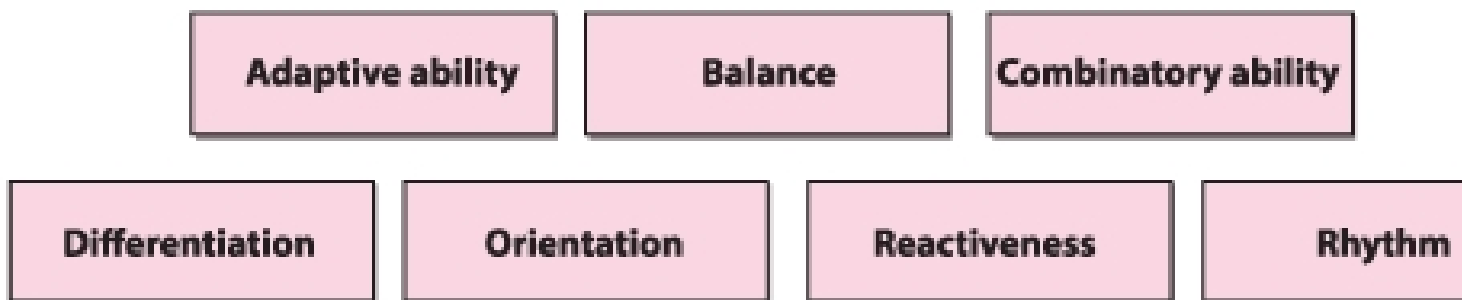
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Coordination is a complex motoric ability that is otherwise known as kinesics intelligence. Coordination would be easiest described as the ability to perform simple and complex movements, ie. ability to perform complex movements, but also as rapid learning of new movements and rapid changes of a movement.

Figure 1 shows the basic components of coordination.



There are five basic principles related to the development of all elements of coordination which we employ in our programs:

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1. We increase the number of leaned structures of movement from an early age
2. We expose children to the requirements, and appropriate exercises, with respect to their biological development, mental abilities and motor skills
3. In work we constantly change exercises
4. We respect the three-level system requirements for the development of coordination exercises. First learning techniques to perform some movement structure, followed by the same movement done with given speed or pace, and finally adapting to changing movement in varying situations.
5. Quality approved movement structures are performed in varying situations in relation to space and time constraints, and the very techniques involved. We introduce changes in the following manner: a change in the direction of performance, changes in initial position, final position changes, increase the amplitude of movement, changing the speed of movement, change in time constraints, adding new movement structures, adding new tasks during the exercise, changes in external load (obstacle height, weight equipment, ...), changes in the environment (the size of the field, changing surfaces, equipment, partners, ...), sensory control limit (blindfolding, disbalancing, ...) changes of signals in exercises that require response to signal coordination and execution of the exercise in terms of fatigue after performing other exercises.

Figure 2 Equipment for the development of coordination

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