



Urheilijan polku	
TANSSIURHEILIJAN POLKU	
<b>Kuvaus</b>	Kansainväliselle huipulle tähtäävän tanssiurheilijan urapolku
<b>Projekti</b>	Tanssiurheiluliitto päätti vuonna 2011 lähteä mukaan olympiakomitean Huippu-urheilun toimintatavan muutosprojektiin. Projektiä varten liitto on nimennyt työryhmän "Tanssiurheilun muutosryhmä", jonka tehtävänä on kehittää tanssiurheilua mallintamalla tanssijan valmentautumisprosessi ja siirtää kehitetty malli käytännön tasolle yhteistyössä jäsenseurojen kanssa. Työryhmän ensimmäinen tehtävä on laatia tanssiurheilun "Urheilijan polku" -kaavio, joka on kuvaus siitä, kuinka tanssijan matka kohti maailman huippua tulisi laajassa parhaimmillaan rakentaa huomioiden eri valmentautumisvaiheet. Kaavio kertoo konkreettisesti sen mitä taitoja, harjoitusmääriä ja valmennuksen sisällön painopisteitä polulla tulisi eri ikävaiheissa olla.
<b>Vastuhenkilöt</b>	Suomen tanssiurheiluliiton (STUL) Tanssiurheilun muutosryhmä - Sergey Belyavev ryhmän vetäjä - Arno Louvo jäsen - Carola Tuokko jäsen - Sami Vainionpää jäsen
<b>Versio</b>	v 1.1 4.11.2011
<b>Kommentit</b>	Tanssijan polku-kaavio on vielä keskeneräinen. Sitä tullaan muokkaamaan ja täydentämään projektin edetessä.

**TANSSIURHEILIJAN POLKU -KAAVION PERUSRAKENNE**

Stages Jaksot	PRETREATMENT Aloitusjakso	BASIC SPECIALIZATION Erikoistumisjakso	DEEP SPECIALIZATION Syventymisjakso	SPORT PERFECTION Viimeistelyjakso	TOP ACHIEVEMENTS Tulosjakso	CONSERVATION OF ACHIEVEMENTS Stabiilisuusjakso	MAINTAINING OF FITNESS Ylläpitajakso
TASKS	General physical preparation Yleinen fyysikkavalmennus	Development of basic level of sports technique Perustason tekniikan kehittäminen	Development of technical and tactical mastery of a sportsman Kehitetään urheilijan teknisten ja taktisten taitojen hyvä hallinta	Perfection of all types of the preparation Valmentautumisen ja osaamisen viimeistely	Realization of maximum capability of a sportsman in a chosen sport Realisoidaan urheilijan kyvyt valitussa lajissa	extension of a sport career of a sportsman at the significant level Keskitytään ylläpitämään hyvä tuloskurto	Increasing of longevity, good health of the veteran athlete Varmistetaan urheilijan hyvä terveys veteraanurheilijana
	Development of basic skills/ physical qualities needed for chosen sport Perustaitojen ja lajikohtaisten fyysisten ominaisuuksien kehittäminen	Development of specialized skills/ physical qualities needed in chosen sport Eriystaitojen ja lajikohtaisten fyysisten ominaisuuksien kehittäminen	Upbringing of strong-willed qualities of a sportsman Kehitetään urheilijan erityisominaisuuksia	Achieving sport results which correspond to the zone of first great success in the chosen sport Saavutetaan ensimmäiset suuret voitot			
	Inculcate the interest to the chosen sports Motivaatio valittuun lajiin	Creating favourable conditions for the sport formation at later stages Luodaan hyvä pohja urheilijan kehittymiselle myöhemmissä vaiheissa	Preparation for competition and successful participation in those Valmistetaan urheilija osallistumaan kilpailuihin ja ja menestymään niissä				
SPORT PREPARATION Tactical Urheilu- valmennus	Physical Fysikka/ vartalonhallinta Technique Tekniikka Tactical Taktiikka Psychological Mentaali Theoretical Teoria Integrative Integrointi	Osa-alueet ja niiden ajankäyttö eri jaksoina ja vuosina					
TO BE CONTINUED ... JATKOA TULOSSA ...							

# TANSSIURHEILIJAN POLKU

STAGES Vaiheet			PRETREATMENT Aloitussajakso	BASIC SPECIALIZATION Erikoistumisajakso	DEEP SPECIALIZATION Syventymisajakso	SPORT PERFECTION Vimeistelyajakso	TOP ACHIEVEMENTS Tuloajakso	CONSERVATION OF ACHIEVEMENTS Stabiilointijakso	MAINTAINING OF FITNESS Ylläpitoajakso								
Age group ikäryhmä			3 to 6	6 to 9	9 to 14	15 to 25	18 -	18 to 35/45									
Years required Jakson kesto			2 years period	2 years period	5 years period	4 years period											
			1st year	2nd year	1st year	2nd year	3rd year	4th year	5th year								
			General physical preparation	Development of basic level of sports technique	Development of technical and tactical mastery of a sportsman	Perfection of all types of the preparation	Realization of maximum capability of a sportsman in a chosen sport	extension of a sport career of a sportsman at the significant level	Increasing of longevity, good health of the veteran athlete								
Tasks Tehtävät			Development of basic skills/physical qualities needed for chosen sport	Development of specialized skills/ physical qualities needed in chosen sport	Upbringing of strong-willed qualities of a sportsman	Achieving sport results which correspond to the zone of first great success in the chosen sport											
			Inculcate the interest to the chosen sports	creating favorable conditions for the sport formation at later stages	Preparation for competition and successful participation in those												
<b>Summary</b>			72 h / 36 w / 9 mo	72 h / 36 w / 9 mo	162 h / 40 w / 10 mo	224 h / 40 w / 10 mo	424 h / 40 w / 10 mo	578 h / 40 w / 10 mo	578 h / 40 w / 10 mo	700 h / 40 w / 10 mo	1008 h / 40 w / 10 mo	1028 h / 40 w / 10 mo	1028 h / 40 w / 10 mo	1500-2000 h / 40 w / 11 mo	1500-2000 h / 40 w / 10 mo		
Group lessons			60 min group lesson twice a week	60 min group lesson twice a week	120 min group lessons / 3 times / week = 240 h	120 min group lessons / 3 times / week = 240 h	120 min group lessons / 3 times / week = 240 h	120 min group lessons / 3 times / week = 240 h	120 min group lessons / 3 times / week = 240 h	120 min group lessons / 3 times / week = 240 h	120 min group lessons / 3 times / week = 240 h	120 min group lessons / 3 times / week = 240 h	120 min group lessons / 3 times / week = 240 h	120 min group lessons / 3 times / week = 240 h	120 min group lessons / 3 times / week = 240 h		
Group lessons					60 min / 1 time / week = 40 h												
Group lessons					Club presentations 4 h												
Private lessons					60 min / 1 time / week = 120 h	90 min / 2 times / week = 120 h	90 min / 2 times / week = 120 h	90 min / 2 times / week = 120 h	90 min / 2 times / week = 120 h	90 min / 2 times / week = 120 h	90 min / 2 times / week = 120 h	90 min / 2 times / week = 120 h	90 min / 2 times / week = 120 h	90 min / 2 times / week = 120 h	90 min / 2 times / week = 120 h		
Competitions					24 h	36 h	36 h	36 h	36 h	120 h	168 h	168 h	168 h	<168 h			
Camps/ Summer training					Summer training 56 h / 7 d	Summer training 56 h / 7 d	Summer training 56 h / 7 d	Summer training 56 h / 7 d	Summer training 56 h / 7 d	Summer training 70 h / 7 d	Summer training 140 h / 14 d	Summer training 140 h / 14 d	Summer training 140 h / 14 d	Summer training 140 h / 14 d	Summer training 140 h / 14 d		
	Common Yleinen	Usage of side disciplines to develop following physical qualities: strength, endurance, speed, agility, flexibility (swimming, jogging, special exercises, jm).	10 min/ lesson = 12 h / year	5 min/lesson = 6 h/year	5 min/lesson = 10 h/year	5 min/lesson = 10 h/year	15 min/ 1 lesson = 10 h/year	15 min/ 1 lesson = 10 h/year	15 min/ 1 group/ week = 10 h/year	15 min/ 1 group/ week = 10 h/year	15 min/ 1 group/ week = 30 h/year	15 min/ 2 group/ week = 60 h	15 min/ 2 group/ week = 60 h	15 min/ 2 group/ week = 60 h	15 min/ 2 group/ week = 60 h	Loads varies depending level of development of physical qualities	Loads varies depending level of development of physical qualities
	Physical	Ballet	15 min/lesson = 12 h	10 min/lesson = 30 h	30 min/lesson = 30 h	30 min/lesson = 30 h	30 min/lesson = 30 h	30 min/lesson = 30 h	30 min/lesson = 30 h	30 min/lesson = 30 h	30 min/lesson = 30 h	30 min/lesson = 30 h	30 min/lesson = 30 h	30 min/lesson = 30 h	30 min/lesson = 30 h	Loads varies depending level of development of ballet preparation	Loads varies depending level of development of ballet preparation
	Fysikkia/ vartalonhallinta	Jazz and other forms of dance	15 min/lesson = 18 h	10 min/lesson = 30 h/year	10 min/lesson = 30 h/year	10 min/lesson = 30 h/year	15 min/ 2 lessons = 20 h/year	15 min/ 2 lessons = 20 h/year	60 min group/ 1 time/week = 40 h	60 min group/ 1 time/week = 40 h	60 min group/ 1 time/week = 40 h	60 min group/ 1 time/week = 40 h	60 min group/ 1 time/week = 40 h	60 min group/ 1 time/week = 40 h	60 min group/ 1 time/week = 40 h	Loads varies depending on needs	Loads varies depending on needs
	Special Etyrinen	Stretching	15 min/lesson = 18 h	15 min/lesson = 18 h	15 min/lesson = 30 h/year	15 min/lesson = 30 h/year	15 min/lesson = 30 h/year	15 min/lesson = 30 h/year	20 min/3 times/ week = 40h	20 min/3 times/ week = 40h	20 min/3 times/ week = 40h	20 min/3 times/ week = 40h	20 min/3 times/ week = 40h	20 min/3 times/ week = 40h	20 min/3 times/ week = 40h	Loads varies depending on level of development flexibility	Loads varies depending on level of development flexibility
	Technique	Tekniikka	10 min/lesson = 18 h	15 min/lesson = 18 h	30 min/lesson = 60 h	30 min/group= 60 h Plus 60/ private lessons = 40	60 min/group = 120	100 min/group/ 3times/week = 200h	100 min/group/ 3times/week = 200h	100 min/group/ 3times/week = 200h	100 min/group/ 3times/week = 200h	100 min/group/ 3times/week = 200h	100 min/group/ 3times/week = 200h	100 min/group/ 3times/week = 200h	100 min/group/ 3times/week = 200h	Increasing amount of self-training and private training with the coach.	Increasing amount of self-training and private training with the coach.
Sport preparation Urheiluväline	Tactical	Playing exercises and training games	Playing exercises and training games	Playing exercises and training games	Playing exercises and training games	Playing exercises and training games	Playing exercises and training games	Playing exercises and training games	Playing exercises and training games	Playing exercises and training games	Playing exercises and training games	Playing exercises and training games	Playing exercises and training games	Playing exercises and training games	Playing exercises and training games		
Sport preparation is a broad concept, a long-term educational process directed to use of the entire set of training and outside training tools, techniques, and methods (lectures, talks, competitions, lifestyle, specialized nutrition, recovery techniques and etc.), what provides with the necessary level of preparedness for achieving top sport results	Taktiikka	Playing exercises and training games	Playing exercises and training games	Playing exercises and training games	Playing exercises and training games	Playing exercises and training games	Playing exercises and training games	Playing exercises and training games	Playing exercises and training games	Playing exercises and training games	Playing exercises and training games	Playing exercises and training games	Playing exercises and training games	Playing exercises and training games	Playing exercises and training games		
	Psychological	Psychological	Mainly psychological means and methods (suggestive, that is inspiring, experimental, combining the effects of word and image, social gaming, combined)	Mainly psychological means and methods (suggestive, that is inspiring, experimental, combining the effects of word and image, social gaming, combined)	Psychological plus psycho-educational means and methods (persuasive, guides, motor, behavioral-organizing, social organizing, combined)	Psychological plus psycho-educational means and methods (persuasive, guides, motor, behavioral-organizing, social organizing, combined)	Psycho-educational means and methods (persuasive, guides, motor, behavioral-organizing, social organizing, combined)	Psycho-educational means and methods (persuasive, guides, motor, behavioral-organizing, social organizing, combined)	Psycho-educational means and methods (persuasive, guides, motor, behavioral-organizing, social organizing, combined)	Psycho-educational means and methods (persuasive, guides, motor, behavioral-organizing, social organizing, combined)	Psycho-educational means and methods (persuasive, guides, motor, behavioral-organizing, social organizing, combined)	Psycho-educational means and methods (persuasive, guides, motor, behavioral-organizing, social organizing, combined)	Psycho-educational means and methods (persuasive, guides, motor, behavioral-organizing, social organizing, combined)	Psycho-educational means and methods (persuasive, guides, motor, behavioral-organizing, social organizing, combined)	Psycho-educational means and methods (persuasive, guides, motor, behavioral-organizing, social organizing, combined)		
	Mentaali	Games/viewing and listening/ movies	Games/ viewing and listening/ movies	Viewing and listening/movies	Viewing and listening/movies/ keeping a diary of self-control.	Viewing and listening/movies/ keeping a diary of self-control.	Viewing and listening/movies/ keeping a diary of self-control.	Viewing and listening/movies/ keeping a diary of self-control.	Viewing and listening/movies/ keeping a diary of self-control.	Viewing and listening/movies/ keeping a diary of self-control.	Viewing and listening/movies/ keeping a diary of self-control.	Viewing and listening/movies/ keeping a diary of self-control.	Viewing and listening/movies/ keeping a diary of self-control.	Viewing and listening/movies/ keeping a diary of self-control.	Viewing and listening/movies/ keeping a diary of self-control.		
	Theoretical	Games/viewing and listening/ movies	Games/ viewing and listening/ movies	Viewing and listening/movies	Viewing and listening/movies/ keeping a diary of self-control.	Viewing and listening/movies/ keeping a diary of self-control.	Viewing and listening/movies/ keeping a diary of self-control.	Viewing and listening/movies/ keeping a diary of self-control.	Viewing and listening/movies/ keeping a diary of self-control.	Viewing and listening/movies/ keeping a diary of self-control.	Viewing and listening/movies/ keeping a diary of self-control.	Viewing and listening/movies/ keeping a diary of self-control.	Viewing and listening/movies/ keeping a diary of self-control.	Viewing and listening/movies/ keeping a diary of self-control.	Viewing and listening/movies/ keeping a diary of self-control.		
	Teoria	Games/viewing and listening/ movies	Games/ viewing and listening/ movies	Viewing and listening/movies	Viewing and listening/movies/ keeping a diary of self-control.	Viewing and listening/movies/ keeping a diary of self-control.	Viewing and listening/movies/ keeping a diary of self-control.	Viewing and listening/movies/ keeping a diary of self-control.	Viewing and listening/movies/ keeping a diary of self-control.	Viewing and listening/movies/ keeping a diary of self-control.	Viewing and listening/movies/ keeping a diary of self-control.	Viewing and listening/movies/ keeping a diary of self-control.	Viewing and listening/movies/ keeping a diary of self-control.	Viewing and listening/movies/ keeping a diary of self-control.	Viewing and listening/movies/ keeping a diary of self-control.		
	Integrative	Open classes for parents (once a month)	Open classes for parents (once a month)	Open classes for parents (once a month)	Open classes for parents (once a month)	Open classes for parents (once a month)	Open classes for parents (once a month)	Open classes for parents (once a month)	Open classes for parents (once a month)	Open classes for parents (once a month)	Open classes for parents (once a month)	Open classes for parents (once a month)	Open classes for parents (once a month)	Open classes for parents (once a month)	Open classes for parents (once a month)		
	Integriointi	Open classes for parents (once a month)	Open classes for parents (once a month)	Open classes for parents (once a month)	Open classes for parents (once a month)	Open classes for parents (once a month)	Open classes for parents (once a month)	Open classes for parents (once a month)	Open classes for parents (once a month)	Open classes for parents (once a month)	Open classes for parents (once a month)	Open classes for parents (once a month)	Open classes for parents (once a month)	Open classes for parents (once a month)	Open classes for parents (once a month)		