



Hungarian University of  
Sports Science

u<sup>b</sup>

UNIVERSITÄT  
BERN



## Three-part webinar series: LONG TERM ATHLETE DEVELOPMENT (LTAD)

A collaboration of the Hungarian University of Sports Science (HUN), the University of Bern (SUI) and the Sports University of Tirana (ALB)

LTAD is a framework to optimize training, competition, and recovery schedule for each stage of an athletic development. By implementing its practices athletes (individual or in groups) can reach their full athletic potential.

In this webinar series you will get the chance to listen to experts presenting their current research, projects, and experiences.

**Moderator: Dr. Judit Kádár**

### WEBINAR 1: Introduction – 10<sup>th</sup> of March 2022

What is LTAD? What does it mean in the context of individual athletes or group sports?



Thursday, March 10, 2022, from 9:00-11:00 CET

Online via Zoom:

<https://unibe-ch.zoom.us/j/65553291463>

### WEBINAR 2: Individual Athletes – 17<sup>th</sup> of March 2022

How does the LTAD framework apply on the individual? What is the current state of research? What did we learn in the past?



Thursday, March 17, 2022, from 9:00-11:00 CET

Online via Zoom:

<https://unibe-ch.zoom.us/j/64236167832?pwd=THpuTWNpS0w3djc0d0EzSUZkd2d4QT09>

### WEBINAR 3: Team Sports – 24<sup>th</sup> of March 2022

In this webinar you will get insight on selected group sports. How can e.g., ice hockey or water polo players reach their full potential?



Thursday, March 24, 2022, from 9:00-11:00 CET

Online via Zoom:

<https://unibe-ch.zoom.us/j/63148649771?pwd=VXpvekI4Q3FYMWMvMnMrbktybjBadz09>

**→ Free Registration via Zoom Link!**