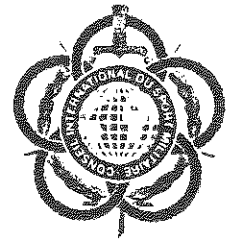


International Symposium on *Sport for all!*



COMPLEMENTARY TRAINING

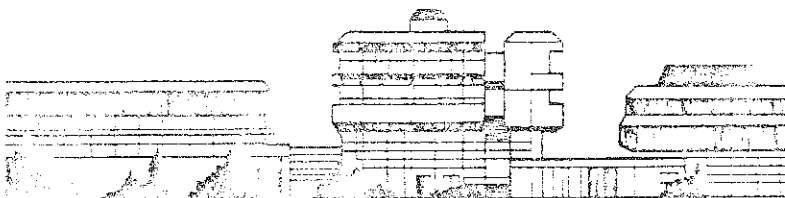
Bernhard SCHNEIDER (Switzerland)

With this presentation I try to explain two points that are important to me. But first of all I like to state: There is in this project no single exercise new, no new programme. It is just the approach, the method I am going to present o you and let you feel personally the result, that made this pilot study so interesting and the result so successful.

1. The practical work, explained in the two pages included in your files, « A STUDY OF COMPARISONS » and « DESCRIPTION OF TESTS » is taking care of the situation of athletes who want to achieve their performance through other aspects then « normal » training (perhaps they are insured, ill, abroad...CT as a hometrainig, the wife, the children join in!). The main question is: Does CT itself, added to normal training, improve performance?
2. As a former member of the European Sportcouncil Antidoping Working Group I have always pointed out the importance of education, however difficult this is. Trough a positive answer to the above question, does the improved performance convince some athletes, that CT is really an alternative to doping?

Thus believe me, I also believe that the best sport is the only one that is practised, alone, in a team, in a game, in competition, then sport for athletes, it needs competition, games, it is looking for a winner. The Olympic Movement needs the Olympic Games, in its centre is the athlete; looking for a winner. The sport, the competition needs fair-play too.

We all know famous winners, Olympic medal winners, national heroes. RAFER JOHNSON, decathlon gold medal winner at the Rome Olympic Games, first torch bearer at the Los Angeles Games, this year he was again a torch bearer, the start runner for the Atlanta Olympic



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Games. Somewhere in between were those unforgettable Seoul Games, with many unforgettable winners and - unfortunately - the most unforgettable doping incident, Ben Johnson.

SEBASTIAN COE, in his time many times Olympic Champion, World Champion, record holder in athletics, in track and field middle distance, a very impressive sportsman and personality, member of the British Olympic Committee, the IOC Athletes Commission and member of the English Parliament expressed himself very clearly at the European Sports Conference in Athens 1987 concerning doping in sport. In his speech he addressed not only the sportsleaders. For 20 minutes he talked to the political personalities, sports ministers, to use all their common influence in a common fight against **DOPING IN SPORT**. We all know the situation today. The fight must go on.

Only a while ago, a study of the **Swiss Federal Sports School** published its most recent study about the impact doping in sport has on the population of Switzerland. The result is most alarming. The average person thinks the problem is much worse than it really is. The negative results not only on the sport image, from the single sport club to the Olympic movement, but for problems like sponsoring, marketing and others, is impressive.

The study I am presenting you with takes also care of this situation. You can impress this sort of athlete not with information, health reasons, severe corrective measures by his sportive authorities, as long as he finds a way to cheat. You have to convince him, no **HE HAS TO CONVINC HIMSELF**, that through a better training, through quality, he can reach his goal! **You have to give him this experience, this chance.**

There are many ways and programmes. This pilot study compares two halves of a small football club in the neighbourhood of Bern. At the end of a successful summerseason, at the beginning of the winterbreak without team training, a proposal was put forward to the players to follow a very simple but strict programme, a **complementary training**, outside football ground or sporthall, individual at home, without ball (think of a football player without ball !), time needed: **3 times 10 minutes per day!** Participation was not compulsory.

Spontaneously about half of the players, the coach included, took part. At the beginning the whole team was put through a simple test, not part of the training. The test was established

under supervision of the technical director and his chief of training of the Swiss Football Association as well as an expert of the University of Basle. This test was repeated twice, as an intermediate test and final test at the beginning of the new competitive season. The test results were analysed in the Sportsscience faculty at the University of Bern, under the supervision of Professor Dr Kurt Egger.

Before I discuss now the results I briefly explain the five exercises (they easily can be adapted to your need), then the actual contents of the complementary training.

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Presentation

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Final remarks.

The IOC President, Juan Antonio Samaranch, in his editorial in the Olympic Review (the April-May edition 1996) « Tribute to Greece and to Pierre de Coubertin » made the following statement:

« History teaches us that every decade is marked by political, social, economic, scientific solutions to our problems, making any useful or necessary changes to our rules and bringing ourselves into line with modern world by introducing new concepts. »

Where light is there is also shadow. That's how I see doping and its threatening to Sport. Coubertin said that, « *humanity must take from the heritage of the past all the force it can use to build the future* ». To emphasise, I repeat Samaranch again: « ...making any useful or necessary changes to our rules and bringing ourselves into line with modern world by introducing new concepts ».

No international or national federation can introduce CT, as the actual sport is their main target. CISM especially within its Sport for All movement, has the unique change to do so.

Thank you and good luck!

DESCRIPTION OF TESTS

Conditions: The test must be easy to do and can be carried out anywhere.

For this reason the Conconi-Probst-and other tests including technique and tactic test have not been included.

The following six exercises are designed for a football club of a very small village, on a sport for all level. It can be easily adapted to any sports and any needs.

1. Starting speed:
Test person (TP) starts from resting position to a 20 m sprint.
2. Speed:
After a 30m start time is taken at the next 20 meter mark.
3. Endurance:
Time is registered after a distance of 400 m.
4. Technique:
Several obstacles, such as poles or other objects are placed at various points and at various levels. The object of the exercise is to manoeuvre the ball around or over the objects one after the other in succession.
5. Balance:
The TP stands blindfolded on one leg on a balance beam and holding on to a post. The free foot rests on the knee of the other leg. The TP lets go of the post and balances on one leg. Time is recorded until he loses his balance and has to hold on to the post or put down his foot.
6. Concentration span:
Four penalty shots must be taken from positions in the middle, to the right, to the left of the four goal sections.

Time needed: approximately 1 hour.
