



**FRANS BOSCH
SYSTEMS**



FBS INTERNATIONAL COURSE

CONNECTING THEORY
TO TRAINING PRACTICE

***HYBRID TRAINING
COURSE FOR
ELITE SPORTING
PROFESSIONALS***



— KINGSBRIDGE —
TRAINING ACADEMY

This hybrid course focuses on the strength and conditioning of high-performance athletes using the theory outlined in Frans Bosch's latest books, **“Strength Training and Coordination”** and **“Anatomy of Agility”**, building specifically upon motor learning and control.

Attendees will be fully immersed in theory and its practical translations, with exposure to video presentations, virtual classes, case studies, interactive on-site practicals and live Q+As with expert faculty in the field of Athletics and Sports.

Suitable for Coaches, Physiotherapists, PE Teachers and other professionals in sport who want to gain a deep understanding of complex non-linear dynamics in sport, to apply to training and coaching.



Topics Discussed

- Understand the Constraint Led Approach and transfer this knowledge into exercises and training settings.
- Understand the mechanisms of specificity and transfer of training.
- Understand how feedback works and can organise training and rehabilitation in such a way that representative design in exercises and the learning process is guaranteed.
- Understand self-organisation and its effects from intramuscular processes to muscle cooperation to bigger components of movement to total contextual patterns.
- Understand deep rules of motor control and know how to determine these in movement.
- Understand the search rules for attractors and how to apply these in movement analysis.
- Gain knowledge of all the systems involved in motor control, feedback and intrinsic learning, and how to apply these in rehabilitation and training.
- Be able to use phase transitions in rehabilitation and training in order to accelerate the learning process.
- Demonstrate each topic of content in training or rehabilitation.

**47 HRS OF
CONTENT**

COURSE BREAKDOWN

ONLINE MODULES

Delegates will be provided exclusive access to Frans Bosch System's learning portal where they will be able to study hours of interactive content in order to complete the course modules.

Module 1:

- Decentralised control and self organisation.
- Shortcomings of brain centralised-models for training practice.
- Bottom up control in sports movements.
- Constraints led approach and its application in training and physiotherapy.

Module 2:

- Deep rules of motor control.
- "Minimum" principles of the motor system in running.
- Specificity and overload in training.
- Individuality in programming.
- Search rules for finding attractors in movement.
- Phase transitions.
- Phases in kicking and throwing.
- Phase transitions and injury prevention.

Module 3:

- Motor learning and sports settings.
- Sensory information and specificity.
- The role of direct perception.
- Forces vs postures as a basis for skill acquisition and rehabilitation.
- Feedback, intention and focus in coaching.
- Triggers for (motor) skill learning.
- Learning settings in sport.
- Intrinsic learning toolbox.



17TH MAY - 23RD JUNE 2024

5 WEEK COURSE

ONLINE SESSIONS

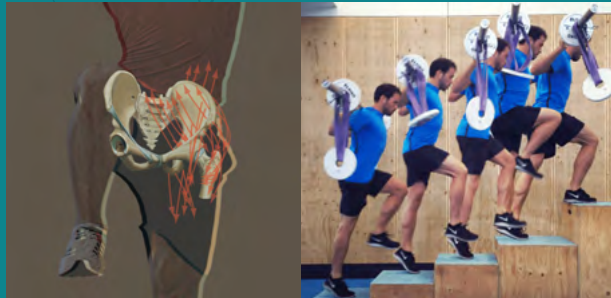
Learners can complete module theory at their own convenience on FBS's learning platform.

Each module will conclude with a live Q&A webinar session held 2pm - 5pm GMT on the following:

Module 1: Friday 17th May 2024

Module 2: Friday 31st May 2024

Module 3: Friday 14th June 2024



ONSITE SESSIONS

Queen's Sport PEC,
Stranmillis Embankment, Belfast
9am - 5pm:

Saturday 22nd June 2024

Sunday 23rd June 2024



The on-site practicals, hosted by Teun Thomassen and other experts in the field, will consist of 2 full, consecutive days at Queen's Sport PEC.

It will involve the translation and practical application of the concepts into training and coaching, and will give delegates the opportunity to discuss their own case studies and engage in a live Q+A session.

BOOK NOW

**PAYMENT
PLANS
AVAILABLE**

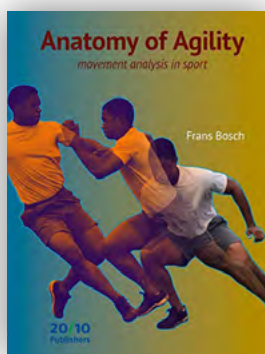
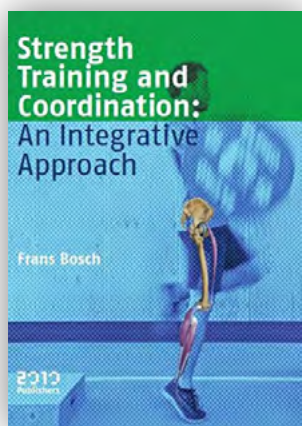
PRICE £1500 +VAT

Early Bird Discount

Get £100 off when you book before 29th February 2024.

Pre-Requisite

It is essential that attendees have read Frans Bosch's **“Strength Training and Coordination”** prior to the commencement of this course. It is also strongly recommended to read and study **“Anatomy of Agility”** as this training aims to develop existing knowledge to a high level, and having read the books is a pre-requisite for a successful learning project.





PAYMENT



Early Bird Rate
Get £100 off when
you book before
29th February 2024!

Avail of one of our Split Payment Plans to pay your fee in 2 or 4 instalments. Payments can be made via bank transfer or over the phone.

PAYMENT PLAN 1

25% non-refundable deposit upon booking and 3 additional instalments of 25%.

Early Bird Rate: 4x **£350** +VAT

Standard Rate: 4x **£375** +VAT

PAYMENT PLAN 2

50% non-refundable deposit upon booking and a further instalment of 50%.

Early Bird Rate: 2x **£700** +VAT

Standard Rate: 2x **£750** +VAT



Please email us, or call
028 9073 5273 for more
information or assistance.



SPEAKER BIOGRAPHIES



Frans Bosch earned a degree in Physical Education in 1977. Since 1980 he worked in athletics, coaching elite sprinters and Olympic high jumpers and for some years as the national coach for jumping events. Since 2005 Bosch teaches at the Fontys University for applied sciences in sports, mainly in the field of anatomy, biomechanics, strength training and motor learning.

Frans Bosch has given numerous presentations on training related topics all over the world and frequently works internationally as a consultant in sport and as conference speaker on training related subjects. Clients in recent years are the English Institute of Sports, Wales National Team Rugby the British & Irish Lions, Japan National Team Rugby, England cricket, West ham United football and clubs in the NBA, MLB and NFL.

Together with Ronald Klomp he wrote “Running, biomechanics and exercise physiology applied in practice”, published in the Netherlands in 2001 and translated in English in 2005.

“Strength training and coordination, an integrated approach”, is published in the Netherlands in 2012. This book was completely revised in 2015 and subsequently translated into English, French, Korean, Japanese and Chinese.

His most recent work, “Anatomy of Agility” is basically about movement analysis in sport and is published in 2019.



Teun Thomassen MSc. is an athletic development coach of the Dutch Olympic Committee, working at national and Olympic Training Centre Papendal in The Netherlands. He has coached and prepared several European champions, World champions and medal winning athletes and sport teams in the run-up to the Olympic and Paralympic Games in Rio de Janeiro 2016 and Tokyo 2021. Track & Field (100m, 200m, 400m and relay), volleyball, rugby and badminton are a few of the sports he coaches or has coached daily at the highest level.

Being a sports fanatic his whole life, Teun was determined to pursue a career in professional sports. He started coaching at age 16 and studied for over 9 years in the field of sports - and human movement sciences.

He had his first elite-level coaching experience at the New South Wales Institute of Sports in Sydney. It was during this period that he met Frans Bosch, who was lecturing at his university. Teun and Frans have been working together ever since. After graduating cum laude from university with a Bachelor's - and few years later with a Master's degree, he started to work full time in professional sports.

During the past 12 years, Teun continued his education in specializing in the field of movement analysis, injury prevention and the practical application of modern ideas of motor control and learning into training. In this role, he provides courses, presentations and consultancy for sports professionals, clubs and universities all over the world. For instance, he assisted Frans Bosch during the preparation of the Japanese national rugby team for the 2015 World Cup, in which South Africa was defeated.






— KINGSBRIDGE —
TRAINING ACADEMY

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