



MEIO UNIV

NISHI

HI

Part I
Reflection

- New Learning
- Areas of Improvement
- Performance

Part II
Way Forward

- Purpose
 - Milestones
- 2032 Brisbane
2028 LA
2026 Aichi Nagaya Asia Para
2025 ? Asia Youth
MES?

Win the gold
← WHY?
→ WHY?

Whiteboard with a calendar for the month of 1 and some notes.



Handwritten notes on a notepad:

Purpose

Coach

- To develop
- To help athletes
- To develop the athletes in discipline and focus for everyone that disciplines are not
- To develop an elite level of performance
- To develop a high standard of excellence
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Handwritten notes on a whiteboard:

1. New Learning:

1. New warm-up Drills
2. Leadership in group Training
3. New Training examples/Drills
4. Quick modification drills and focus not just TB
5. New revision and weight training to improve for the strength/amp/leg (as T)

2. Areas of Improvement:

1. Include some new warm-up drills for better coordination
2. Strengthen the weak hamstring and quadriceps in the
3. Getting more muscle mass depend on the key to get faster
4. Introduce get core exercises and increase training focus







SPORT
FOR
TOMORROW



トレ
一
A T
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日体
教職員も！

SUPPORT STAFF

1&1
BVB
09

Hard Rock
Cafe

uhsport

adidas

adidas

adidas

Mizuno

Mizuno
asics



Sports
Medical · Science · Information
SUPPORT STAFF

