

Champions of Health:

The Surplus of a Regional Innovation Platform between FC Twente and the knowledge institutes on Data in (Top)Sports and Rehabilitation Exercise and Health

Ferran Plaggenborg, ROC van Twente



Focus on Athletic Self-Regulation for success



Ferran Plaggenborg

- Army (sports)
- Teacher CIOS Arnhem (physiology)
- Teacher ROC van Twente, sport (training theory, vitality, conversation techniques)
- Trainer Positive Health
- Heracles Almelo



Focus on Athletic Self-Regulation for success

Trainers acquire knowledge and skills to improve self-regulation for sporters / players.

Based on the success of effective principles such as the concept of Positive Health.

Positive health

Teachers - Students



Positive health

GP - patients



Positive Health:

Focus on talent

Developing resilience

strengthen intrinsic motivation

What makes you happy

Looking for Personal targets

Create own goals

Focus on Athletic Self-Regulation for success

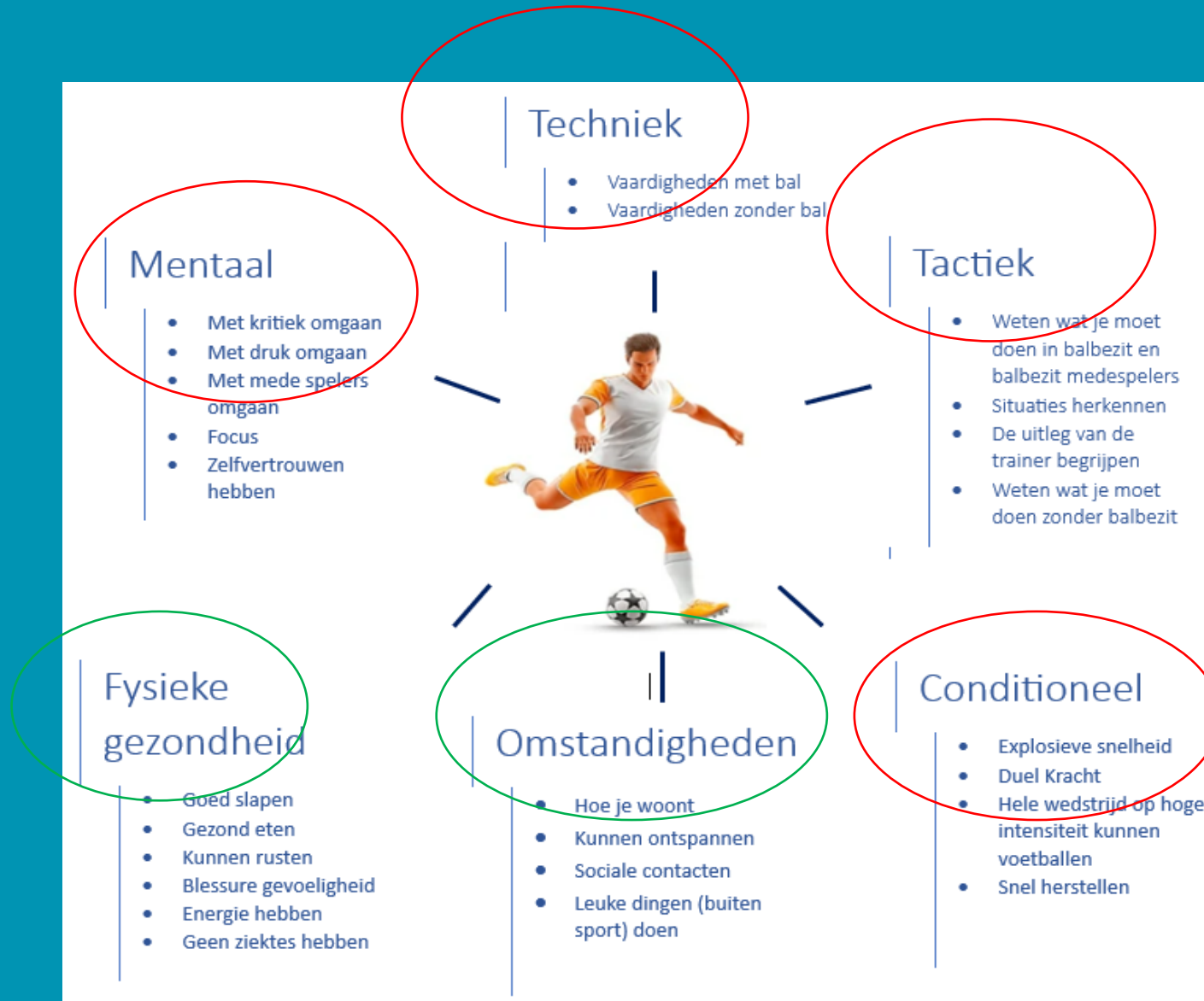
“Knowledge without connection is worthless”

It is essential in a long-term relationship to connect with the football player.

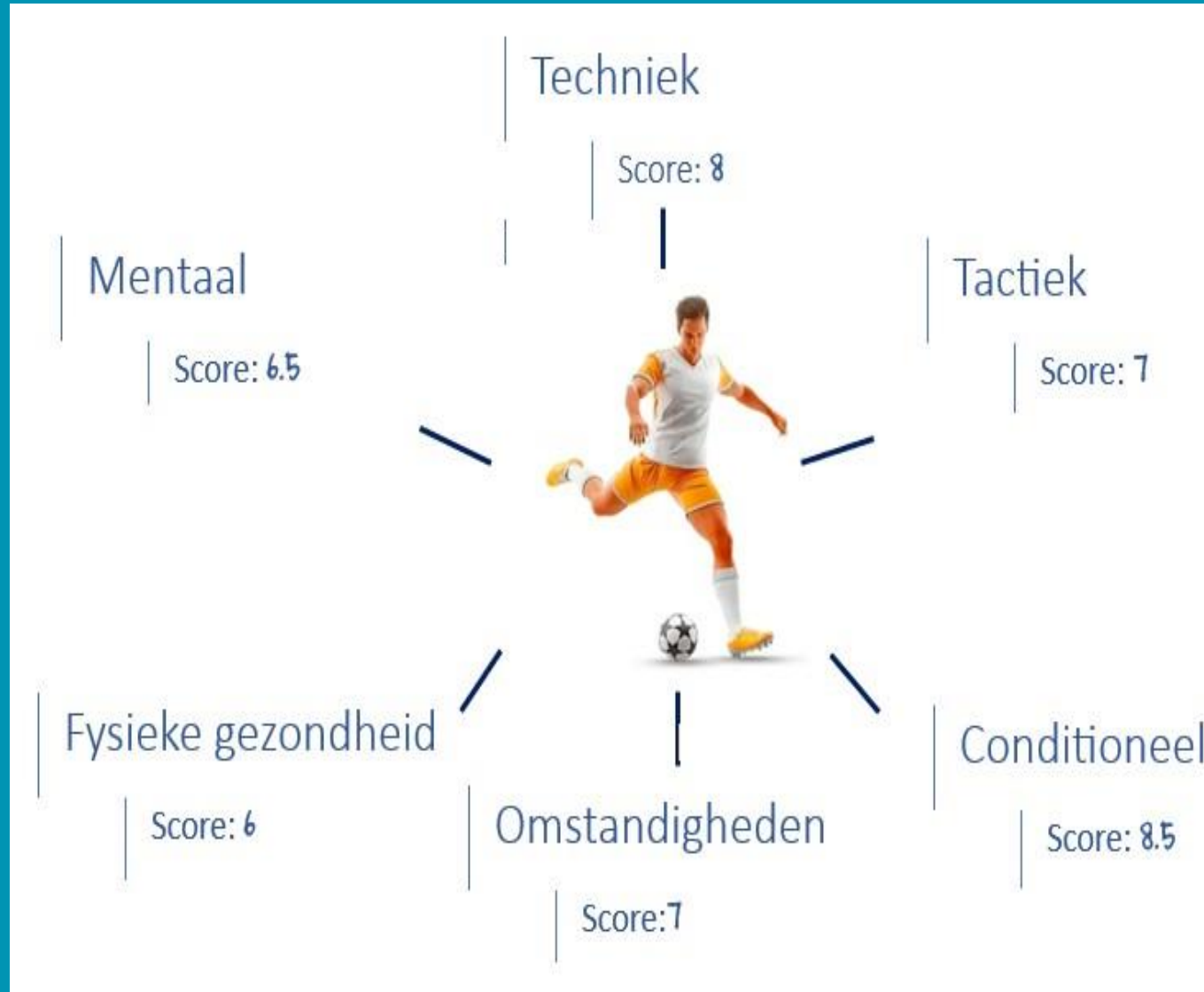
Constant Collaboration to set small goals, with the player taking the responsibility.

Trainers learn to work from a wide perspective on performance capacity.

Performance Capacity Tool:



Performance Capacity Tool:



- **Intrinsically motivated to improve**
- **self-regulation**

Proactively seeks help from an expert

Techniek	→	veldtrainer/techniektrainer
Tactiek	→	Hoofdtrainer/veldtrainer
Conditioneel	→	Performers coach/medische staf
Mentaal	→	sportpsycholoog/ hoofdtrainer/ medespelers

What's next?

”

Thank you for listening

For more information:

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[On this slide, please indicate the number of financial interests concerning information presented in this presentation. If there are no financial interests, please state this on this page]



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