Training and Management of Young Players in Shanghai

Shanghai Sports School

Principal
Sheng Maowu
1. Sports programmes
2. Registered athletes

23282 registered athletes
3000 Football players

12.88%
3. Registered coaches

- 1538 registered coaches
- 874 coaches from the Sports Bureaus

56.83%
4. Training mode

Field

Training forms

1. Physical training
2. Mental training
3. Study
4. Rest
4. Training mode

Rank

- The third-tier
  - the National Reserve Talented Cultivation Training base
- The second-tier
  - Municipal Talented Training Base
  - Regular training organizations

Effects of training
### 5. Training and Competitions

<table>
<thead>
<tr>
<th>Tier</th>
<th>Training</th>
<th>Competition</th>
</tr>
</thead>
<tbody>
<tr>
<td>The third-tier</td>
<td>After class, at weekends, two holidays</td>
<td>Weekends and holidays</td>
</tr>
<tr>
<td>The second-tier</td>
<td>Half day training, half day studying, in the holidays</td>
<td>Weekends and holidays</td>
</tr>
</tbody>
</table>
(六) Selection and Delivery

Regular school teams
Amateur sports teams
Municipal sports school teams
Municipal outstanding sports teams

Requirements: the age, physical quality and technical standard
7. Management

Counterpart Management
Founded in September, 1959
The first specialized school initiating after the founding of the People’s Republic of China.
For 57 years, the school has developed over 3,600 excellent sports talents

trained more than 7,000 useful talents

100 players win gold and silver medals on Olympic Games, World Championships and World Cups
General information about the school

History

10 players took part in London 2012 Summer Olympics
4 players took part in Rio 2016 Olympics

**许昕 乒乓球**
- 出生年月：1990年1月
- 2013年乒乓球世界杯男子单打冠军
- 2015年世界乒乓球锦标赛男子双打冠军、混合双打冠军
- 2016年世界乒乓球团体锦标赛男子团体冠军

**王仪涵 羽毛球**
- 出生年月：1988年1月
- 2012年伦敦奥运会羽毛球女子单打亚军
- 2011年世界羽毛球锦标赛女子单打冠军
- 2016年尤伯杯羽毛球女子团体冠军

**邱子傲 游泳**
- 出生年月：1998年8月
- 2016年全国游泳冠军赛男子400米自由泳冠军
- 1500米自由泳冠军

**赵丽娜 足球**
- 出生年月：1991年9月
- 2013年全运会女子足球成年组亚军

**General information about the school**

**History**
General information about the school

Conditions of school

- Covers an area of 147 mu

- 15 training venues
- 1 teaching and office building
- 1 library
- 5 dormitory buildings
- 1 scientific medicine building
- 1 refectory
236 teaching staff

64 coaches and 27 senior coaches

48 teachers, 5 senior teachers and 11 teachers have master degree

over 600 students in school
General information about the school

Categories of sports

13 sports events

- 女子足球 (Women's Football)
- 篮球 (Basketball)
- 排球 (Volleyball)
- 乒乓球 (Ping Pong)
- 田径 (Track and Field)
- 游泳 (Swimming)
- 击剑 (Fencing)
- 柔道 (Judo)
- 现代五项 (Modern Pentathlon)
- 乒乓球 (Ping Pong)
- 网球 (Tennis)
- 羽毛球 (Badminton)
- 棒球 (Baseball)
- 垒球 (Softball)
General information about the school

Enrollment

- Winter camp organized by the school (primary election)
- Training at weekends (observe)
- Take part in the test
- Test and medical examination
- Take part in the Academic test
- Enrollment

last half a year
Philosophy for running the school

Physical Training is Education. Growth is in the Shanghai Sports School
School management

Means of running school

Satisfy parents
- Good characteristics
- Specialty training
- peculiarity teaching

Satisfy society
- Shanghai Youth Sports Training Center
- Shanghai Youth Sports Guidance and Communication Center
- Shanghai Amateur Teaching and Training Center
- Shanghai Youth Sports International Exchange Center

Information Integration

Measures
School management

normal course learning
Cultivation
- Learn the sports training courses

Evaluation
- the number of players they train
- the achievement of players in national games
- the education and normal course learning of players
Challenges Faced in the Development of Our School

- Training
- Studying
- Scientific training of teenagers
- Personality development
Thanks