

Movement Skills Workshops

A Series of two progressive workshops open to all Coaches and Leaders.

In response to attendee feedback, these workshops have been updated for 2016-17, so that they are now aimed at assisting all coaches, regardless of their qualification level, or the ability/age of the athletes they are working with – from the 12 year old multi-eventer, to the senior International Discus thrower, to the recreational road runner attempting their first 10km race.

These sessions blend theory with the practical to stimulate a better understanding of the crucial movement patterns that underpin all running, jumping and throwing activities that form the basis of athletics. Then suggest interventions that will improve an athlete's performance, while also minimising the occurrence of injury. Key exercise progressions include multi-jumps (plyometrics), multi-throws (medicine ball conditioning), running drills and movement patterns such as squatting and lunging.

Whilst the series of workshops are progressive in content, coaches will be able to book onto each workshop independently. There are limited places for each workshop, so please book early to avoid disappointment.

For more information on the content please visit
www.englandathletics.org/coachdev

To book visit www.ulearnathletics.com/qualifications



Your Local Workshops

1: Sunday 9th October 2016 (10am – 4pm)
Vision West Nottinghamshire College, Derby Road,
Mansfield, NG18 5BH

2: Sunday 29th January 2017 (10am – 4pm)
Vision West Nottinghamshire College, Derby Road,
Mansfield, NG18 5BH

To book workshop 1 please visit:
<http://www.ulearnathletics.com/moduleEvent/84103>

To book workshop 2 please visit:
<http://www.ulearnathletics.com/moduleEvent/84115>

For further information, please contact: Steven
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Coaching – from good to great!

**For all Coaches
& Leaders**