

Movement Skills

for Running,
Jumping & Throwing

NEW
Workshops for
Coaches & Leaders

Three progressive workshops open to all licensed LiRF and Coaching Assistant coaches

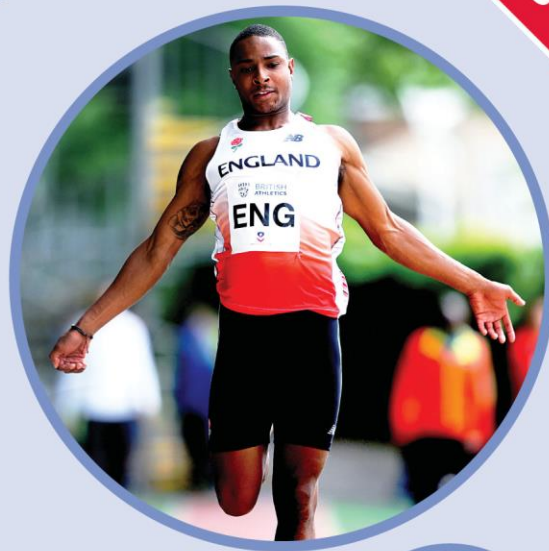
The workshops have been designed to support a better understanding of key fundamental movement patterns and physical preparation that are essential to help improve long term health and performance in running, jumping and throwing. This will aid coaches to develop the coaching eye, where to look and what to look for when an individual moves.

The sessions will be mainly practical and will cover the 'what to coach' content, pitched at a level between LiRF/Coaching Assistant and Coach awards for coaches looking to deepen their knowledge and build confidence to progress along the coach education pathway. Higher level coaches wanting to refresh their knowledge are welcome to attend.

Whilst the workshops are progressive in content, coaches will be able to book onto the workshops independent of one another. 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 please visit
www.ulearnathletics.com/cpdEvent/



Your Local Workshops

1: Sun 4th October 2015 (10am-4pm)
Vision West Nottinghamshire College,
Mansfield

2: Sun 6th December 2015 (10am-4pm)
Vision West Nottinghamshire College,
Mansfield

3: Sun 17th January 2016 (10am-4pm)
Vision West Nottinghamshire College,
Mansfield

For further information please contact your
Club & Coach Support Officer:
sconnolly@englandathletics.org



Coaching – from good to great!

Free!