

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

Workshop 1: Sat 4 March 2017 (9am-3pm)

Fleming Park Leisure Centre
Passfield Ave, Eastleigh SO50 9NL
Booking link -

<https://www.ulearnathletics.com/moduleEvent/84963>

Workshop 2: Sat 18 March 2017 (9am-3pm)

Fleming Park Leisure Centre
Passfield Ave, Eastleigh SO50 9NL
Booking link -

<https://www.ulearnathletics.com/moduleEvent/84964>

For further information please contact your Club & Coach Support Officer:

Christine Benning 07968 498708



Coaching – from good to great!

For all Coaches & Leaders