

Long Jump & Triple Jump

Eddie Hawkins, level 3 coach and an associate to the National Coach Development Programme will be exploring:

- The technical and sequential progressions of long jump and triple jump
- Using drills and effective activities to develop the approach, take off, flight and landing
- Q & A's on technical issues that you are having with your athlete and how these can be resolved

Coaches will be allowed to bring one athlete to both sessions. Age group will need to be Under 13's and above.

Booking and information

There will be limited spaces so please book early. For more information or to book please contact Karen Stephanou kstephanou@englandathletics.org



Colchester and Tendring AC

Colchester Garrison Athletics Stadium, Colchester Garrison, Circular Road North, Colchester

Monday 1st August

6.30pm to 8.30pm

Braintree Sport and Health Club

Braintree Leisure Centre, Panfield Lane, Braintree, Essex CM7 1FF

Wednesday 3rd August

6.30pm to 8.30pm