

# Movement Skills Workshop 1

**Description:** Day one of a workshop on how to develop the movement skills which will enable your athletes to move more quickly, generate greater force and reducing the risks of injury. This workshop is for coaches working with athletes who are club level through to aspiring to international level.

As well as giving coaches technical knowledge on how to introduce the techniques and exercises covered, time is also spent on day two looking at organisation of training - how to introduce the exercises, drills and approaches you have learned into the training programme to maximise results and ensure recovery between sessions. This is an essential part of being a club coach, and understanding how to set up a progressive physical preparation session with your athletes.

This workshop is 90% practical in its content. The content will be suitable for people who have Leadership in Running Fitness (LiRF), Assistant Coach and higher-level qualifications .

What you will cover includes:

- Improving your understanding of fundamental movement patterns and shape – how do your athletes move and how can you help them move more efficiently?
- Understand how to better coach exercises such as squatting, lunging, pulling, pushing, rotating, jumping and throwing (medicine balls)
- Applied mobility and flexibility techniques for improved performance – including motor control and strength
- Physical Preparation - How to develop physical qualities that make your athletes better equipped for the technical demands of running, jumping and throwing events.
- Introduction to the skeleton and how this links to mobility / stability
- This workshop is inclusive in its approach and will cover content coaches can adapted for use with a range of athletes including disabled athletes