



SMARTWAYFORWARD

ENGLAND ATHLETICS

**Saturday 26<sup>th</sup> September**

***CPD Workshops for Coaches***

**Coaching Effectively to Deliver Engaging Sessions**

**10.30am to 12.30pm**

- Structuring and planning your training sessions
- Training for purpose, with focus and fun
- Identifying which athletes are going to do what, when and how
- The balance between pace judgement and number of repetitions
- Realistic SMART Goal setting
- Recognising and rewarding success, yet staying focused on the long term plan

**Observation and Analysis of your Coaching using Different Tools**

**1pm to 3pm**

- Why do we need to observe our athletes?
- How can we observe them? (what technology and tools are available)
- Athletes with different abilities and development require different approaches
- How can we best use the information with our athletes
- What and how can we use the information to help improve our coaching

**Lee Valley Athletics Centre, Meridan Way,**

**Each workshop will cost £10 per individual**

**For further information and how to book please contact Karen Stephanou on [kstephanou@englandathletics.org](mailto:kstephanou@englandathletics.org)**



**[www.englandathletics.org](http://www.englandathletics.org)**