

Athletics Youth Development Workshop

Led by David Millett

Venue: The Barn, Lynnsport, Greenpark Avenue, King's Lynn, Norfolk PE30 2NB

Date: Saturday 25th February

Time: 1-4pm

Athletics 365 was launched in 2010 and now has been widely adopted within the UK and is gaining recognition internationally. In the intervening years a number of lessons have been learned and a body of 'best practice' is emerging, based on experience gained in integrating the knowledge and resources into training programmes. This workshop will include a combination of theory and practical which will cover:

- Athletics Youth development research and findings and considerations to be made when designing training sessions for young athletes.
- Designing inclusive sessions, assessing athletes' skill stages, using games or drills to develop skills
- Planning youth development programmes

The workshop will be delivered by David Millett from Milton Keynes AC who is an active member of the National Coaching Development Programme for Youth Development. **Open to all coaching assistants & qualified coaches. The workshop is free to attend however pre-booking is essential – places will be offered on a first come first served basis so please book early to secure your place!**

To book a place at the workshop, or for further information please contact Tania Spurling (Norfolk, Suffolk & Oxfordshire CCSO)

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