

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 someone embarking on the 'couch to 5km' programme, to another hoping to break the 2:30 barrier in an autumn marathon.

These sessions, with their blend of theory and practical are designed to stimulate a better understanding of the crucial movement patterns that underpin all athletic activities that form the basis of running and athletics. Then, to propose interventions that are not only designed to improve the runner's performance, but also to help minimise the occurrence of injury via more efficient movements.

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

These workshops are progressive therefore where possible coaches are encouraged to attend both workshops.

Movement Skills Workshop 1:

Sunday 12th November (10am-4pm)

Sprowston Community College, Norwich

Please book online at:

<https://www.ulearnathletics.com/moduleEvent/84084>

Movement Skills Workshop 2:

Saturday 11th February (10am-4pm)

Sprowston Community College, Norwich

Please book online at:

<https://www.ulearnathletics.com/moduleEvent/84109>

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

tspurling@englandathletics.org



Coaching – from good to great!

For all Coaches & Leaders