



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

## **Athletics Youth Development Workshop**

**Chelmsford Sport and Athletics Centre**

**Saturday 19th November**

**12.30pm – 3pm**

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 is a practical workshop aimed at rehearsing and sharing lessons learned, covering:

- Designing inclusive sessions, assessing athletes' skill stages, using games or drills to develop skills
- Planning youth development programmes
- Different organisational and club structures that work well (including academies) and managing barriers to progress.

The workshop is aimed at teachers or coaches new to youth development, established teachers or coaches wishing to develop confidence and competence in this area and experienced practitioners wishing to refresh, consolidate and share their knowledge. The workshop will be delivered by David Millett and Wendy Tydeman who are both on the National Coaching Development Programme for Youth Development.

### **Booking Information and Costing**

£15 to attend the workshop

Affiliated England Athletics Coach to book through [www.ulearnathletics.com](http://www.ulearnathletics.com) using the link <http://www.ulearnathletics.com/cpdEvent/84185>

For other NGB Sport coaches or teachers please book through the google form and bring payment on the day. <https://docs.google.com/forms/d/e/1FAIpQLSfjL6s7KedIMcU-8V0BOWKsaPt3CDZk4Pb7Jil1o5CfzDynA/viewform>

For more information, please contact Karen Stephanou on [kstephanou@englandathletics.org](mailto:kstephanou@englandathletics.org)

