

Event Technical Workshops

Who can attend?

All coaches who want to develop their technical knowledge of athletics and running events.

Aim of the Technical Workshops

To deliver technical 'what to coach' content, which provides coaches with the key principles to consider for Speed, Endurance, Jumps and Throws.

The content will cover:

- ◆ Greater understanding of how physical conditioning can help develop technique
- ◆ Technical progressions, looking at the sequential progressions and how these may differ from athlete to athlete
- ◆ The use of effective drills and activities
- ◆ Practical opportunities to develop coaching observation and intervention

Regional Technical workshop Endurance

Date: Saturday 24th September

Time: 10.30am-2pm

Venue: Inspire Suffolk, Lindbergh Road, Ipswich, Suffolk, IP3 9QX

Cost: £15

Bookings: <https://www.ulearnathletics.com/moduleEvent/84126>

For further information contact. tspurling@englandathletics.org




ENGLAND ATHLETICS

To book please visit: www.ulearnathletics.com/qualification