

# REGIONAL COACH & ATHLETE TECHNICAL WORKSHOPS

The Regional Coach & Athlete Technical Workshops are back for 2018/2019. We have significantly restructured these workshops in order to give coaches and athletes the best possible learning experience. There are three workshops covering speed (sprints and hurdles), endurance (800m–3000m), jumps (long jump, triple jump, high jump) and throws (hammer, shot put)\* that will take place across four different regional locations. The workshops are particularly aimed at coaches qualified to Athletics Assistant but also those qualified to Athletics Coach level. England Athletics Regional Coach Leads and relevant event specialists will deliver the workshops. Coaches are encouraged to bring athletes with them.\*\*

## TOPICS COVERED WILL INCLUDE:

- General physical preparation
- Functional movement screening
- Keeping athletes healthy
- Movement efficiency
- Identifying physical limitations that could inhibit performance
- Developing practical coaching concepts relevant to a club environment
- Developing a general warm-up
- Improving technical efficiency through drills
- Event specific practical session
- Coaching interventions and strategies
- Expert guidance and support from England Athletics regional coach leads
- Question and answer session with England Athletics regional coach leads

## BOOK NOW:

### 14 October 2018 (click to book)

- [Moulton College Outdoor Track](#)
- [Bracknell Outdoor Track](#)
- [Leeds Beckett Uni Outdoor Track](#)
- [Millfield School Outdoor Track](#)

### 11 November 2018

- Lee Valley Indoor Track
- Loughborough TBC
- Bath Outdoor Track
- Sheffield Hallam University Stadium (outdoors) TBC

### 3 March 2019

- Stevenage
- Birmingham Alexander Stadium TBC
- Millfield School Outdoor Track
- Edge Hill Uni (Lancashire) TBC

\*Please check booking form for exact events covered on the day.

\*\*In some events there are limits on number of athletes. Please confirm athlete numbers with event organiser prior to the course.