

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

THROWS – Javelin, Shot & Discus

Julie Rose Stadium, Ashford, Kent

Sunday November 6th. 10am – 1pm

The Javelin session will be led by National Coach Mentor for Javelin and former coach to Goldie Sayers, **Mike McNeill**. National Coach Mentor for Shot & Discus **Mark Chapman** will take coaches through the technical Shot & Discus session.

Coaches choose which session they wish to attend. Cost £15.

To book a place visit [Technical Throws - Ashford](#)

For further information, contact your CCSO eturner@englandathletics.org




ENGLAND ATHLETICS

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