TECHNICAL DEVELOPMENT II - SPRINTS & HURDLES

Theory and application of coaching sprints and sprint hurdling, and the practical teaching of technical skill development

Who should go on the course?

• Anyone who has completed the Athletics Coach Award / Coach in Running Fitness (CiRF) or working towards it and attended:
  • Athletic Development & Physical Preparation I (AD&PP I) course (previously named Foundation Course) and/or,
  • Athletic Development & Physical Preparation II (AD&PP II) course (preferred)

How long is the workshop?

Two day workshop with no assessment.

What will I learn?

These workshops build on and apply the knowledge gained on AD&PP I & II weekends, in developing skill acquisition and the technical model. You will learn how to teach the basic movements related to sprints and hurdles.

Topics include (Day1):

• Introduction to programming speed
• Examine technical model around acceleration and upright running
• Observing and analysing acceleration and upright running
• Apply drills and activities to develop acceleration and upright running
• Consider physical competencies in relation to the technical model

Topics include (Day2):

• Examine technical model around sprint hurdling
• Observing and analysing sprint hurdling
• Apply drills and activities to develop sprint hurdling
• Planning the physical and technical components into your training week

What will I be able to do?

• Coach the basic technical aspects of sprinting and sprint hurdling
• Understand the fundamental movements in relation to the technical demands of sprinting and sprint hurdling
• Observe, analyse and prescribe effective drills and activities to develop the athletes’ technical development
• Design a training week to meet the physical and technical needs of the athlete

For further course information, please see the following link;