

scottishathletics Jumps Project 2021-2022

Regional Development Days

Purpose?

The purpose of the RDD is to assist coaches to progress their knowledge of the jumps events and their awareness of how to apply this within the training environment. By doing this we hope we will also increase the number of coaches working at the U15 and U17 level in the Horizontal Jumps / Vertical Jumps and will look to achieve this by:

- (i) Engaging with Coaches – Providing practical, accessible workshop opportunities for ongoing learning
- (ii) Building Networks – Helping coaches to work cooperatively and collaboratively with coaches from other clubs

Criteria?

Coaches with valid licence and up-to-date SAL coach membership

Athletes with up-to-date SAL athlete Membership

Who?

The RDD are aimed at any coach who wants to develop their understanding of Jumps (CA qualified and above).

Each coach attending will be able to bring an athlete to participate in the session

When?

October	23 rd East AM (Pitreavie)	&	24 th West AM (Emirates)
December	4 th East (Dundee)	&	5 th West (Emirates)
March	12 th East (Pitreavie)	&	13 th West (Emirates)
April	17 th North (Inverness)		

What?

Focus on supporting coaches to develop the technical and physical literacy of athletes and increase their knowledge and understanding of how to effectively plan and develop their programmes.

How?

More information on the RDD can be gained by emailing: allan.hamilton@scottishathletics.org.uk