

scottishathletics Sprints & Hurdles Project 2021-2022

Regional Development Days: Long Hurdles

Purpose?

The purpose of the RDD is to develop coaches' event specific knowledge in sprints & hurdles 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 a valid coaching licence and an up-to-date SAL coach membership

Athletes with up-to-date SAL athlete Membership

Who?

The RDD are aimed at club coaches working with U15 & U17 athletes that are looking for more event specific information.

Each coach attending will be able to bring an athlete along with them to participate in the session.

When?

October 30 th	Practical Workshop:	PM Long Hurdles (Grangemouth)
December 12 th	Practical Workshop:	PM Long Hurdles (VENUE TBC)
March 27 th	Practical Workshop:	PM Long Hurdles (VENUE TBC)

What?

Help coaches understand the event

Use practical examples of good training exercises

Share a curriculum for teaching the technical events that includes a focus on all-round athletic development

How?

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