

## scottishathletics Throws Project 2021-2022

### Regional Development Days

#### **Purpose?**

The purpose of the RDD is to assist coaches to progress their knowledge and experience in the event group of throws, as well as increase the number of coaches working at the U15 and U17 level in these events 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 an active 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 throws (CA qualified and above).

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

#### **When?**

October	23 <sup>rd</sup> East PM (Grangemouth)	&	24 <sup>th</sup> West AM / PM (Emirates)
December	4 <sup>th</sup> East (Dundee)	&	5 <sup>th</sup> West (Linwood)
December	12 <sup>th</sup> North (Inverness)		
March	12 <sup>th</sup> East (Grangemouth)	&	13 <sup>th</sup> West (Kilmarnock)
April	17 <sup>th</sup> 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: [alison.grey@scottishathletics.org.uk](mailto:alison.grey@scottishathletics.org.uk)