

scottishathletics Hurdles Project 2023-2024

Regional Development Days: Sprint Hurdles

Purpose?

The purpose of the RDD is to develop coaches' event specific knowledge in 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?

November 26 th	Practical Workshop:	AM Sprints Hurdles (Grangemouth)
January 23 rd	Online Session:	Planning ideas (online – zoom)
March 10 th	Practical Workshop:	AM Sprints Hurdles (Grangemouth)
March 31 st	Practical Workshop:	AM Sprints Hurdles (Grangemouth)

What?

A look at planning and delivering sprint hurdle specific programmes for developing athletes.

Demonstrate practical examples of good training exercises.

Analyse a programme for coaching sprint hurdles that includes a focus on all-round athletic development.

How?

The RDD can be signed up for via this google form: <https://forms.gle/vUNqjXJfoGpbqbyGA> / more information can be gained by emailing: allan.scott@scottishathletics.org.uk