

scottishathletics Sprints Project 2023-2024

Regional Development Days: Sprints

Purpose?

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

Sprints Practical Workshop 1:

November 25th East AM (Grangemouth)

December 2nd West AM (Scotstoun)

December 3rd North PM (Inverness)

Sprints Practical Workshop 2:

March 16th West AM (Scotstoun), North PM (Inverness)

March 23rd East AM (Grangemouth)

What?

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

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

Using a mixture of classroom discussion and practical examples of good training exercises

How?

The RDD can be signed up for via this google form: <https://forms.gle/TmWU6hoHDH59ckrJ6> / more information can be gained by emailing: allan.scott@scottishathletics.org.uk