

## scottishathletics Jumps Project 2023-2024

### Jumps Coaching Development Days

#### **Purpose?**

The purpose of the RDD is to assist coaches to progress their knowledge and application within the training environment for the jump events, as well as increase the number of coaches working in the Jumps event group as a whole:

- (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

#### **Who?**

The RDD are aimed at any coach who wants to develop their understanding of Coaching Jumps (CA qualified and above). Each coach attending will be able to bring an athlete to participate in the session.

#### **When?**

December: 3<sup>rd</sup> – Classroom / Virtual Hybrid: Planning for Success

March 16<sup>th</sup> – Practical Session: Fundamentals of Training Jumpers 1 : General

March 23<sup>rd</sup> - Practical Session: Fundamentals of Training Jumpers 2: Intensification

April 14<sup>th</sup> – Practical Session: Fundamentals of Training Jumpers 3: Competition Preparation

#### **What?**

With a Focus on Long Term Athletics Development (LTAD) coaches will take part in a series of CPD sessions.

These will be split into a general component (which will look at the LTAD requirements common across the jumps event group as a whole) and an elective component (Groups will split to focus on a single the event in detail and look at how the general principles discussed in the general session are applied within each jump event).

#### **How?**

The 3–4-hour workshops can be signed up for via the following google form: <https://forms.gle/bttmNWsXBRNqYnPE7>

If you have any questions or would like more information, please email: [sam.okane@scottishathletics.org.uk](mailto:sam.okane@scottishathletics.org.uk)