

## **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?**

- 28<sup>th</sup> of September – Session 1: General Preparation of Jumps Athletes 1 (General Conditioning) at Grangemouth Stadium
- 28<sup>th</sup> of September – Session 2: Event Specific Session (Pole Vault, High Jump, Horizontal Jumps) at Grangemouth Stadium
- 30<sup>th</sup> of November – Session 1: General Preparation of Jumps Athletes 2 (Developing, Speed and Power) at Emirates Arena
- 30<sup>th</sup> of November – Session 2: Event Specific Session – Pole Vault, High Jump or Horizontal Jumps: Building the Approach, specials competencies, acrobatics at Emirates Arena
- 05<sup>th</sup> of April – Session 1: Special Preparation (developing specific power and strength). Location to be confirmed.
- 05<sup>th</sup> of April – Session 2: Event Specific Session – Pole Vault, High Jump or Horizontal Jumps. Technical Peaking and Competition management. Location to be confirmed.

**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 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 [Google Form](#).

More info can be obtained by emailing: [sam.okane@scottishathletics.org.uk](mailto:sam.okane@scottishathletics.org.uk)