

scottishathletics Hurdles Project 2024-2025

Long Hurdles Coaching Development Days

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?

December 1st Practical Workshop 1: Introduction to Long Hurdle Rhythm Work (Grangemouth)

January 22nd Online Session: Planning ideas (Online – Zoom)

March 23rd Practical Workshop 2: Race Pattern Development 1st Half of the Race (Grangemouth)

April 6th Practical Workshop 3: Race Pattern Development 2nd Half of the Race (Grangemouth)

What?

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

Demonstrate practical examples of event specific training exercises.

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

How?

The RDD can be signed up for via [Google Form](#).

More information can be obtained by emailing: allan.scott@scottishathletics.org.uk