

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.acott@scottishathletics.org.uk