

## scottishathletics Hurdles Project 2024-2025

### Sprint 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 1<sup>st</sup> Practical Workshop 1: Introduction to Hurdle Crossing & Rhythm Development (Grangemouth)
- January 22<sup>nd</sup> Online Session: Planning ideas (Online – Zoom)
- March 23<sup>rd</sup> Practical Workshop 2: Hurdle Acceleration Development (Grangemouth)
- April 6<sup>th</sup> Practical Workshop 3: Hurdle Endurance Development (Grangemouth)

**What?**

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

Demonstrate practical examples of event specific training exercises.

Analyse a programme for coaching sprint 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](mailto:allan.scott@scottishathletics.org.uk)