

scottishathletics Sprints Project 2024-2025

Sprints Coaching Development Days

Purpose?

The purpose of the RDD is to develop coaches' event specific knowledge in sprints 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?

Delivered regionally over two workshops:

North - November 24th - PM (Inverness) & March 30th - PM (Inverness)

East - November 30th - AM (Grangemouth) & March 22nd - AM (Grangemouth)

West - December 1st - AM (Emirates) & March 30th - AM (Emirates)

What?

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

Using a mixture of classroom discussion and practical examples of training exercises for acceleration (Practical 1) and maximum speed development (Practical 2).

How?

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

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