

scottishathletics Throws Project 2024-2025

Throws 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 Throws events, as well as increase the number of coaches working in the Throws event group at an U15 & U17 level.

- (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 Throws events (CA qualified and above).

Each coach attending will be able to bring an athlete to participate in the session.

When?

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| • 28 th of September | Session 1 “Shot put 1” | Grangemouth |
| • 28 th of September | Session 2 “General Preparation of Throws Athletes 1” | Grangemouth |
| • 12 th of October | “Discus 1” | Grangemouth |
| • 19 th of October | “Hammer 1” | Linwood |
| • 19 th of October | “Javelin 1” | Linwood |
| • 1 st of December | Session 1 “Shot put 2” | Grangemouth |
| • 1 st of December | Session 2 “General Preparation of Throws Athletes 2” | Grangemouth |
| • 7 th of December | “Discus 2” | Grangemouth |
| • 22 nd of February | “Hammer 2” | Linwood |
| • 22 nd of February | “Javelin 2” | Linwood |

What?

Focus on supporting coaches to develop the technical and physical literacy of athletes and increase their knowledge and understanding of how to effectively plan and develop their programmes.

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