

scottishathletics Combined Events 2024 – Webinars

Purpose

The purpose of these webinars is to help coaches improve their knowledge and application for coaching the combined events. It will also hopefully increase the interest, and therefore numbers of coaches involved in coaching combined events.

- (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 (CA qualified and above) and up-to-date SAL coach membership.

Who

The webinars are aimed at coaches interested in developing their understanding of coaching combined events (CA qualified and above).

What

Online Webinars with Coach **David Feeney**. David was the former Combined Events Lead at Loughborough University and coach to multiple GB and Scottish International athletes.

The webinars will include the various strategies, methods and philosophies involved in coaching combined events athletes.

Coaching of the Male and Female combined events athletes will each be reviewed individually. This will then be followed by a specific session that focuses on the period leading into competition and the things that need to be considered for the day(s) of competition. Specific combined events for younger age groups will also be reviewed.

When?

These webinars will run in the evenings from 19:30 until around 21:15 (although they have occasionally run longer with questions).

22rd of November: Coaching Male Combined Events

6th of December: Coaching Female Combined Events

31st of January: Competition Preparation and Management

How

The 2–3-hour webinars can be signed up for via google form: <https://forms.gle/VAnuwgX6CiEzP9Mz6>

More info by emailing: sam.okane@scottishathletics.org.uk