

If you would like any support or further information in your area, please contact your local Club and Coach Support Officer below:

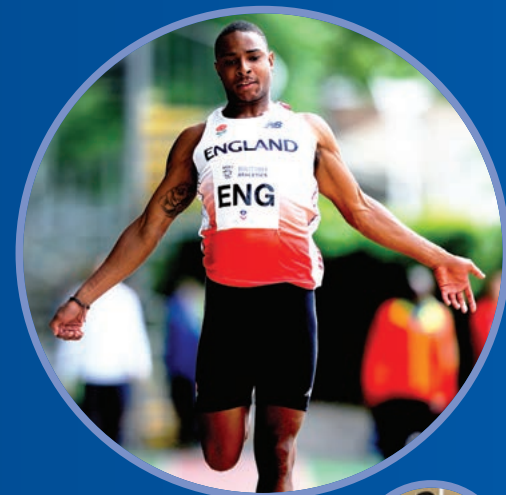
Nick Settle (North and West Yorkshire)
Email: nsettle@englandathletics.org
Tel: 07968 498710

Emma Hurst (South Yorkshire)
Email: ehurst@englandathletics.org
Tel: 07921 060306

Heidi Bradley (Humber)
Email: hbradley@englandathletics.org
Tel: 07968 498701

Movement Skills

England Athletics
Yorkshire &
Humber
2016-17



Coaching – from good to great!

England Athletics are pleased to announce our winter 2016/17 movement skills and programme for the athletics community.

These workshops have been organised by your local Club and Coach Support Officer to help improve your knowledge in movement skills. You will be given some excellent samples, resources and tools to add to your existing sessions, which will benefit you (as a coach) and your athletes.

Movement Skills Workshops

The Movement Skills workshops have been designed to support a better understanding of key fundamental movement patterns and physical preparation that are essential to help improve long term health and performance in running, jumping and throwing. This will aid coaches to develop the coaching eye for where to look and what to look for when an individual moves.

Who can attend?

This series of coach education opportunities are suitable for everyone who is licensed with a Leadership in Running Fitness or Coaching Assistant qualification. Anyone who has a higher qualification who wishes to refresh their knowledge or people with an old Level 1 qualification are also welcome to attend.

What is the aim of the workshops?

The aim of the workshops is to give leaders and coaches the understanding of:

- ◆ Movement and Shape – including how we move
- ◆ Physical Preparation
- ◆ How to develop the physical qualities required to complete the technical elements of running, jumping and throwing events.
- ◆ Introduction to the skeleton and how this links to mobility / stability
- ◆ Trunk stability, strength, power and mobility are examples of essential physical qualities that underpin athletics performance at whatever level; from recreational running through to an Olympic javelin thrower.
- ◆ Inclusive and can be adapted for disabled athletes

All workshops are only £15 per person (affiliated leaders/coaches).

To book on a Level 1 workshop please visit <http://bit.ly/movementskills1>

To book on a Level 2 workshop please visit <http://bit.ly/movementskills2>

Level 1:

This workshop is an entry level and will give you the fundamental building blocks of Run, Jump and Throw. You will gain primary knowledge and understanding on how to implement Run, Jump & Throw movements into your session and why it's important to develop all three.

Humber:

Venue: Costello Stadium, Anlaby Park Road, Hull HU4 6XQ

Date and Time: Saturday 5th November
10am-4pm

West Yorkshire:

Venue: Morley Leisure Centre, Queensway, Morley, Leeds LS27 9JP

Date and Time: Sunday 6th November
10am-4pm

West Yorkshire:

Venue: Brooksbank High, Victoria Road, Elland, HX5 0QG

Date and Time: Wednesday 9th & 16th November 6.30pm-9.00pm (need to attend both evenings)

North Yorkshire:

Venue: York College, Sim Balk Lane, Bishopthorpe, York YO23 2BB

Date and Time: Sunday 20th November
10am-4pm

South Yorkshire:

Venue: Springs Academy, Hurlfield Road, Sheffield, S12 2SF

Date and Time: Saturday 28th January
10am-4pm

Level 2:

A progression from level 1, this workshop will go more in depth and will cover more advanced movement skills with candidates. This will give you more time to develop your coaching eye, consequently you can analyse your athletics movement skills with more confidences.

West Yorkshire:

Venue: Morley Leisure Centre, Queensway, Morley, Leeds LS27 9JP

Date and Time: Saturday 28th January
10am-4pm

Humber:

Venue: Costello Stadium, Anlaby Park Road, Hull HU4 6XQ

Date and Time: Saturday 11th February
10am-4pm

South Yorkshire

Venue: Springs Academy, Hurlfield Road, Sheffield, S12 2SF

Date and Time: Sunday 5th March
10am-4pm