



South West Coach Development Day

Sunday 26th October, 2014

9.30-3.30pm at the Somerset College of Arts & Technology & Castle Athletics Track, Taunton

The first of this year's two main autumn/winter coach development days aims to offer something for coaches from all event disciplines.

Morning Workshop – all coaches

'Developing a High Performance Mind-set'

Paul Miller, coach and founder of The Mental Muscle Company will deliver a keynote workshop looking at how as coaches we can also help train the mind for sporting success. www.thementalmusclecompany.com

Afternoon Practical Workshops – event groups

Speed - 'Quick Running – Fault, Reason, Correction'

John Davis (NCDP coach) will be delivering a practical based workshop that looks at common faults in the biomechanics of runners and how to correct them through movement drills.

Jumps – 'Approaching Jumps Conditioning'

This practical based session will be led by Paul Weston (NCDP coach).

Throws – 'Back to Basics & Progressions'

Endurance – 'Introduction to Coaching Steeplechase'

Spencer Duval (Olympic, Commonwealth & World Championship steeplechaser, now working for England Athletics as national event coordinator for S/C) and Charlotte Fisher will focus on introducing steeplechase as an event option for endurance athletes and there will be an endurance running session over hurdles/barriers so please bring appropriate kit and athletes

Please contact your Club & Coach Support Officer to register:

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supporting your development as a coach according to your needs