



AGENDA: Coaches Level II U20 Jumps – 16 to 19 November 2017

08:15 – 08:45 Registration

16 Nov - Wednesday

08:45 – 09:00 Introduction

09:00 – 10:00 Design your coaching vision (1h)

10:00 – 10:15 Tea break

10:15 – 11:15 Never doubt the basic principles (1h)

11:15 – 12:15 **Speed and Technique vs Strength and Technique (1h)**

12:15 – 13:15 Lunch break

13:15 – 13:30 Questions from the morning sessions

13:30 – 14:30 The ABC's of successful planning: Preparing Training Plans (1h)

14:30 – 14:45 Tea break

14:45 – 16:45 **Step by step instruction how to get a great run-up in Long Jump (2h)**

17 Nov - Thursday

08:00 – 08:30 Let's recap

08:30 – 10:30 **Coaching tips for drills and cues to accelerate, align and attack in LJ (2h)**

10:30 – 10:45 Tea break

10:45 – 11:45 A case study of Long Jump – Video analysis (1h)

11:45 – 12:45 Lunch break

12:45 – 13:45 **An easy fix to the most common errors athletes make in Long Jump (1h)**

13:45 – 14:45 Danger of assumptions in planning the Pre-Competition phase - LJ (1h)

14:45 – 15:00 Tea break

15:00 – 17:00 Hacking the Nervous System (2h)

*** **Orange: Indicate a practical session and a track/gym facility is required**



18 Nov - Friday

08:00 – 08:30	Key learnings from Long Jump session
08:30 – 10:30	Proven drills & cues to teach progress in skills, power & strength - HJ (2h)
10:30 – 10:45	Tea break
10:45 – 11:45	The key traits to strive for to make the perfect High Jump (1h)
11:45 – 12:45	Lunch break
12:45 – 13:45	Know the source of your technical flaws to correct errors in HJ (1h)
13:45 – 14:45	Competition phase training for Elite athletes (1h)
15:00 – 17:00	Beyond the Basics – The anatomy of Elite Performance athletes (2h)

19 Nov - Saturday

08:00 – 08:30	Key learnings from High Jump (HJ) session
08:30 – 10:30	Three plyometric workouts for breakthrough jump power (2h)
10:30 – 10:45	Tea break
10:45 – 11:45	A technical model for Pole Vault success (1h)
11:45 – 12:45	Lunch break
12:45 – 13:45	Reaching new heights in TJ, correcting errors. – Video analysis (1h)
13:45 – 14:45	Advanced techniques in glutes training. Learn to absorb your jumps. (1h)
15:00 – 17:00	Triple Jump technical analysis for dummies (2h)
17:00 – 17:15	Program evaluation

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