

Physical Preparation



Mobility, Movement and Performance Workshops

Building on the success of their Movement Skills Workshops, England Athletics have developed an important new Physical Preparation coach development opportunity which focuses on how athletes can improve mobility, movement and therefore athletic performance.

Some athletes will display major physical limitations which will increase their chances of injury or re-injury. Coaches will learn how to conduct a series of movement screening exercises as well as how to assess hamstring flexibility, ankle mobility and upper spine mobility.

The workshop will also discuss how physical limitations can be addressed and explore some of the appropriate interventions. One aspect of this will be the use of self-myofascial release and how the use of foam rollers and other tools can help an athlete to improve mobility and performance. This should be an integral part of an athletes' programme whether they are an elite performer in the 100m or trying to complete their first 10km run.

Additional practical activities will explore hurdle mobility drills with a focus on how to develop hip mobility, knee stability and coordination. These types of drills are essential and applicable to all event groups. The day will also look at strength pattern progressions covering exercises such as squats, Bulgarian squats, Romanian deadlifts, hip thrusts and other hamstring conditioning exercises. Coaches will learn how to vary the load using equipment such as strength bands, medicine balls and powerbags.

It is strongly recommended that coaches attend days 1 and 2 of the Movement Skills Workshops before attending this day.

Please contact your local CCSO or see Ulearn for further details of how to book: www.ulearnathletics.com/qualification

Your Local Workshop

Sunday 12 February 2017 – University of Brunel

Indoor Athletics Centre, Kingston Lane, Uxbridge

UB8 3PH

<https://www.ulearnathletics.com/moduleEvent/84818>

For further information please contact:

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Coaching – from good to great!

For all Coaches & Leaders