

Introduction to Speed, Agility and Plyometric Training Workshop

This 6-hour workshop is designed as preparation for coaches, sport scientists, athletes, PE teachers, personal trainers and students looking to incorporate speed, agility and plyometric training into their strength and conditioning programmes. It covers the key coaching points, techniques and knowledge necessary to enhance athletic performance.

Maximum Number of Delegates: 25

Overall Objectives

By the end of this workshop delegates will be able to:

- Identify different types of speed expression and mechanisms for their development.
- List key considerations in designing speed and agility training sessions.
- Demonstrate key coaching points relating to drills and speed technique.
- Explain the importance of agility to sports performance and describe the key mechanical and technical variables governing agility performance.
- Demonstrate practical competence in dynamic warm-up and completion of a range of agility based drills.
- Demonstrate key coaching points relating to drills and agility technique.
- Explain physio-mechanical issues relating to plyometric training and the demands placed on the body by different types of drills.
- List key safety issues relating to plyometric training.
- Demonstrate key coaching points relating to plyometric training

Cost: £120