



Plyometrics, Agility and Speed Workshop

LEARNING OUTCOMES

Coaches will be able to:

SPEED AND AGILITY

- Identify different types of speed expression and mechanisms for their development
- Describe key mechanical and technical variables in straightline maximal sprinting
- List key considerations in designing speed training sessions
- Demonstrate practical competence in dynamic warm-up and completion of a range of sprint based drills
- 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 skill differentiation in exercise selection or development
- 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

PLYOMETRICS

- 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
- Identify plyometric programming issues
- Demonstrate practical competence in dynamic warm-up and completion of a range of plyometric drills
- Demonstrate key coaching points relating to drills and whole skill completion

COACHING

- Recognise the importance of coaching behaviour and normal skill acquisition processes
- Demonstrate competence in effective coaching practice

PROGRAMMING AND ACCREDITATION PREPARATION

- Identify specific factors relating to development of speed and agility, or the utilisation of plyometrics in specific populations, such as women, children, disabled, injured etc
- Demonstrate programming adaptation in response to specific athlete characteristics
- Explain how the workshop content relates to Accreditation.

WHO?

This practical workshop is designed for those looking to become UKSCA Accredited Coaches looking to introduce plyometric, agility and speed exercises into their strength & conditioning programmes.

WHAT?

A 2-day practical workshop covering underpinning theories, key technical and coaching points as well as providing the knowledge to develop specific training programmes to improve sports performance.

WHERE?

All UKSCA Workshops take place regularly at venues across the country. Please check uksca.org.uk for current venues and availability.