

## Plyometrics, Agility and Speed - 2 day workshop

Name:		UKSCA Member No:	
Address:			
Email:		Telephone:	
Principle employer:		Position:	

### Workshop Dates (please tick your booking)

See website or call the office for the up to date list of workshops

<input type="checkbox"/>	22/23 Aug 09 – EIS Sheffield**FULL	<input type="checkbox"/>	24/25 Oct 09 – Lee Valley, London**FULL
<input type="checkbox"/>	26/27 Sep 09 – Lee Valley, London**FULL	<input type="checkbox"/>	7/8 Nov 09 – University of St Andrews
<input type="checkbox"/>		<input type="checkbox"/>	21/22 Nov 09 – Lee Valley, London **FULL
<input type="checkbox"/>		<input type="checkbox"/>	

\*\* FULL - please contact the office to be placed on the waiting list for this workshop

### Fees & Payment

£200 for members      £250 for non-members (this includes Associate membership)

I enclose a cheque or official purchase order made payable to UKSCA

### Please Return to:

**UKSCA, PAS BOOKINGS, 1 WOODVILLE TERRACE, LYTHAM, FY8 5QB**

### Learning outcomes:

By the end of the workshop, 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

### Cancellation/alterations to booking

All cancellations must be made in writing (via letter, fax or email). A cancellation charge will be incurred depending on the notice received:

- 21 days or over – £200 refunded
- Between 6 and 20 days notice – £100 refunded
- 5 days or less – £0 refunded

A full refund of these fees will only be provided in exceptional circumstances. Please contact the office for further information.

**Return to: UKSCA**  
**1, Woodville Terrace, Lytham, Lancashire, FY8 5QB Fax: 0845 300 8079**