

Planned Seminars & Workshops 2019

The following workshops will be conducted in the New Year, from 6.30pm until 8.00 pm on the Monday and Tuesday (duplicate sessions) of the week indicated (number in cell shows date of the Monday):

Click on selected date to register for the workshop.

	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE
1. The Importance of a Long Term Perspective						11				
2. The Big 3: Mobility, Control, Strength						18				
3. An Effective Approach to Physical Development						25				
4. Being "Good on Your Feet": Speed, Acceleration & Agility							4			
5. Correct Execution of Key Exercises							11			
6. Building Physical Competence & Speed into Your Program							18			
7. Assessing Movement Skills (practical)							25			
8. Understanding Load Management, Recovery & Stress								1		

Workshop subject matter

1. The Importance of a Long Term Perspective: The growing body; What the evidence says about early and late bloomers; The problems with early Talent ID and early specialisation; Building a foundation that will last; Athleticism can be learnt; It's not all about the body: developing the whole person
2. The Big 3 - Mobility, Control, Strength: Understanding the components of good movement; Neuromuscular control; The dangers of ignoring fundamental movement patterns; How Mobility, Control, and Strength underpin athleticism; Building the foundation: developing good basic movement skills; Progressions & Regressions; Packaging: making it simple for athletes to understand.
3. An Effective Approach to Physical Development: The streaming approach; Earning the right: systematically increasing the level of difficulty; The journey to mastery; Climbing the ladder of intensity; Physical competence training at any age.