

Introduction to High Jump & Triple Jump



Nottinghamshire
Athletics Network

North Notts Arena

Worksop S80 1QS

Sat 25th February 2012

10.00am 'till 12 noon

This session is primarily aimed at newly qualified coaches, helpers and parents linked to a practical session for Young Athletes. It will cover:

- **How the high jump and triple jump can be introduced at clubs to young athletes.**
- **How to get started and how to improve.**
- **Progression from beginner to intermediate standard**
- **Ideas on session plans, indoor and outdoor work, non-jumping sessions.**

The session will be lead by qualified, experienced jumps coaches.

All coaches working with young athletes are encouraged to attend. Young athletes and parents are also welcome.

There is no charge – the session is FREE!



Further information from
David Lisgo (Network Coördinator)
mwcdg_david@hotmail.co.uk

