

## Movement Skills Two

Movement Skills Part 2 is the second in a two-part offering of online workshops open to all Leaders and Coaches that focus on movement patterns that underpin all athletic events.

### **FEATURES**

- A reinforcement of the key concepts introduced in Movement Skills Part 1
- Develop your ability to coach movement-based training
- An introduction to how the ability to move can influence injury potential
- Practical exposure to progressing and regressing drills and exercises based on athletic ability
- The importance of organising training strategies

### **BENEFITS**

- Enhanced understanding of Movement Skills Part 1 key concepts
- Your athletes have an enhanced opportunity to be more efficient movers
- Understand ways in which you can develop robust athletes
- An understanding of how drills and exercises can be tailored to an individual
- The ability to organise and deliver a structure progressive session

### **PRE-REQUISITES**

Leadership in Running Fitness, Coaching Assistant or higher

Recommendations: It is strongly recommended that coaches complete the Movement Skills 1 online workshop, then Movement Skills Part 2 online workshop.

### **LENGTH**

1.5 hours (self-paced)

### **COST**

£20

[TO BOOK CLICK HERE](#)