

23/06/2018	High Performance Coaching Conference		
9.30-10am	Registration		
10.00-11.00	Phil Kearney – Long Term Athlete Development ( Phil writing up more detail for this, he has published some studies as well on this)		
11-11.10	Transfer to chosen event		
11.10-12.50pm	<p>John Shields – Acceleration –</p> <ul style="list-style-type: none"> <li>• whats needed ?</li> <li>• Mechanics and drills</li> <li>• block starts</li> </ul>	<p>Barry Pender High Jump</p> <ul style="list-style-type: none"> <li>• Competition warm up</li> <li>• Technical fine tuning for competition</li> <li>• Individual Athlete/Coach input</li> </ul>	<p>Femi Akinsanya Long and Triple Jump</p> <ul style="list-style-type: none"> <li>• Drills</li> <li>• Approach</li> <li>• Flight</li> <li>• Things to work on for athlete and coach</li> </ul>
1-2pm	Lunch		
2-3.30pm	<p>John Shields – 400m training. 2 parts:-</p> <ol style="list-style-type: none"> <li>1. Developing a 400m athlete</li> <li>2. competition phase, things to consider when tapering/peaking</li> </ol>	<p>Barry Pender High Jump</p> <ul style="list-style-type: none"> <li>• Competition Season planning (Gym, Plyo, Running)</li> <li>• LTAD for HJ</li> <li>• Q &amp; A</li> </ul>	<p>Femi Akinsanya</p> <ul style="list-style-type: none"> <li>• Plyo's</li> <li>• Power work and weights</li> <li>• Q&amp;A</li> </ul>