

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"> • whats needed ? • Mechanics and drills • block starts 	<p>Barry Pender High Jump</p> <ul style="list-style-type: none"> • Competition warm up • Technical fine tuning for competition • Individual Athlete/Coach input 	<p>Femi Akinsanya Long and Triple Jump</p> <ul style="list-style-type: none"> • Drills • Approach • Flight • Things to work on for athlete and coach
1-2pm	Lunch		
2-3.30pm	<p>John Shields – 400m training. 2 parts:-</p> <ol style="list-style-type: none"> 1. Developing a 400m athlete 2. competition phase, things to consider when tapering/peaking 	<p>Barry Pender High Jump</p> <ul style="list-style-type: none"> • Competition Season planning (Gym, Plyo, Running) • LTAD for HJ • Q & A 	<p>Femi Akinsanya</p> <ul style="list-style-type: none"> • Plyo's • Power work and weights • Q&A