

## Getting the Basics Right – Jim Kilty

### **Target Audience**

The course has been designed to help the needs of the club coaches and teachers of young athletes and sports people in schools. Emphasising the development of fundamental skills with drills and fast footwork exercises the course will enhance the development of all students and improve basic skill learning patterns.

### **Course Objectives**

- Introduction of the fundamentals of movement
- A practical introduction to motor skill enhancing drills and exercises
- Demonstration of exercises and drills which will promote and enhance movement, dexterity quickness and agility

### **Warm – Up**

- The modern theory of warm up for all events
- The 5 Step approach
- Dynamic stretching compared to static stretching
- Motor Skill enhancement thro' warm up activities

### **Movement Techniques**

- Understanding the importance of motor skill learning
- Developing motor skills neglected in normal teaching/training
- Bridging the gap between motor skill learning and movement
- SAQ emphasises teaching/coaching the neuro muscular system
- By developing and honing the neurological firing patterns, the brain and the body learn to work together more efficiently

### **Innervation Training**

- How to activate the neuromuscular system
- Emphasising teaching/coaching the neuromuscular system
- Starting is taught to be automatic
- With ongoing fast feet drills, the neuromuscular system is reprogrammed and restrictive mental blocks and thresholds are removed

### **The Result**

**A more rounded juvenile athlete who will enjoy sport in a positive manner and is in a position to learn and develop sport specific skills faster and execute them at a faster pace.**