

THROWS MASTERCLASS



Athletics Ireland present a 2-Day masterclass with world renowned coach VÉSTEINN HAFSTEINSSON on..

- Discus
- Rotational Shot Put
- Development of the Thrower



Technique

Training Drills

Physical Prep

Video Analysis

Success Pathway

Q & A

A 'SPECIAL OPPORTUNITY' for the Irish Athletics Community to learn from one of the world's foremost authorities on throwing.

Listen to how Coach Hafsteinsson has been instrumental to the Olympic Gold Medal of Gerd Kanter and numerous other world class discus throwers and shot putters.

Watch him coach some of Ireland's best throwers and take these lessons back to develop Ireland's next generation of champions.

DECEMBER 12-13th, 2015

**BLACKROCK COLLEGE, BLACKROCK,
CO DUBLIN**

€50 Registration Fee (for 2 days)

WEEKEND PLAN SATURDAY

- 9.30 Register
- 10.00 Introduction
- 10.30 Discus — Technique & Theory
- 12.30 Break
- 1.30 Rotational Shot — Technique & Theory
- 3.15 Break
- 3.30 Throwing—Strength, Conditioning, Preparation

SUNDAY

- 9.30 Register
- 9.45 Discus — Technique & Training Drills
- 11.15 Break
- 11.30 Rot. Shot — Technique & Training Drills
- 1.00 Break
- 1.45 Question & Answer session
- 2.45 Finish

WHO TO CONTACT ?

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