

30/09/2017	High Performance Coaching Conference		
9-9.30	Registration		
9.30-10.15	Michael Afilaka LTAD 12 year olds through to elite level. LTAD helps lay down some general work capacity, some Do's and don'ts. This can help the coach to be patient in progressing with their athletes.		
10.15-10.25	Q&A		
10.30-11.00	Martin Dunlop S&C Assessment Athlete strength screening' What to look for in an athlete, address weakness.		
11-11.30	Martin Dunlop and Michael Afilaka Practical follow on from theory screening session. Examples of previous programs that followed assessments.		
11.45-12.35	Michael- Real life session with 3 athletes. Warm up, drills and skills. Improve movement before main session. Block set up and acceleration session (60 mins) and top flight	Brendan Reilly – High Jump Technical aspects - run up mechanics, phases, rhythm, acceleration, angles, curve and take off. Session to be recorded and looked at in next class.	Femi Theory- planning, technical, drills and plyometrics. From basic to more elite level
12.35-1.45			
1.45-2.30pm	Lunch		
2.30-3.25	Michael Sprints Analysis Presentation on sprints analysis Technical feedback on sprinting mechanics, and positions a sprinter needs to get into.	Brendan Session earlier will be videoed. Analysis of the session earlier and comparison to what other top jumpers do. Coaches can then start to understand what to look for.	Femi Practical following on from theory.
3.30-4.30pm	Interactive planning talk with Michael Afilaka. Michael will be equipped with specific examples and is keen to take questions from the floor.	Brendan Reilly Q&A for weights/plyos and periodization	Q&A Topics covered today, also weight training and periodisation can be discussed.