



An Introduction to the FUNdamentals of Movement (MS2)



Cost £10

This practical workshop explores the concepts of Agility, Balance, Coordination and speed (ABCs), helping coaches to observe, analyse and coach good movement patterns within multi-skill or sport-specific environments. Coaches to have attended the “An Introduction to Long-term Athlete Development” workshop or be familiar with the LTAD player pathways in their chosen sport.

By the end of this workshop, coaches will have knowledge of:

- Agility - dynamic stability, starting and stopping, momentum, acceleration and rhythm
- Balance - establishing a stable core, static ability, exploring centre of gravity and base of support
- Coordination - in relation to disassociation body parts and the coordination if explosive actions, including jumping, throwing, striking and kicking.

Venue	Date	Time	Contact Person
Eden (Penrith Leisure Centre)	Sat 9th Oct 2010	6.30pm - 9.30pm	Jackie Hayhow T: 01228 226885
Copeland (TBC)	Mon 10th Jan 2011	6.00pm - 9.00pm	Jackie Hayhow T: 01228 226885



Upskilling the Sports Workforce in Cumbria

