

Youth Development

LCDP sessions based on young athlete progression
in Athletics tutored by David Millett

- 1) **Back to Basics** (9am-11am) - integration of balance, coordination and movement principles for run, jump and throw, as well as 365 progressions from junior to event groups
- 2) **Advanced Skill development** (11am-1pm)– Supporting your advancement in Youth Development whilst providing knowledge of physical prep for Youth and challenges to coaches

Saturday 18th October 2014

**Willsden Athletics Track,
NW10 3QX**

For further information and to book on
please contact Tim Howells on
07545433729 or
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