

TY COACHING + LEADERSHIP PROGRAMME



Programme Coordinator

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Helpful Websites for Further Information

Athletics Ireland Website – <https://www.athleticsireland.ie/>

Regional Development Team – <https://www.athleticsireland.ie/clubs/regional-development-team>

Find an Athletics Club – <https://www.athleticsireland.ie/find-a-club>

Support Coach Network – <https://www.athleticsireland.ie/coaching/support-coach-network/>

AAi Coach – <https://www.athleticsireland.ie/coaching/aai-coach/>

How to Become a Coach – <https://www.athleticsireland.ie/coaching/how-to-become-a-coach/>

Coaching Material Video Links

Athletics Ireland TV YouTube Channel - <https://www.youtube.com/user/AthleticsIRL/videos>

AAi Coach YouTube Channel - <https://www.youtube.com/channel/UClAxGEgTi0oypoKv7EC83cw>

Sprints & Hurdles

Running Drills - <https://www.youtube.com/watch?v=ErLfYSa5m7A>

Example of a Sprint Session - https://www.youtube.com/watch?v=C3x25D_0Szs

Wicket Running Video - <https://www.youtube.com/watch?v=TI-Q-WUUBzQ>

No Hurdles? No Problem - <https://www.youtube.com/watch?v=8cvgi2h28O4&t=8s>

Jumps

Introduction to Long Jump - <https://www.youtube.com/watch?v=aYaTfHRSvhk>

Hops & Jumps Series - https://www.youtube.com/watch?v=ZivBLq5R_ug&t=14s

Standing Long Jump - <https://www.youtube.com/watch?v=OJ2dhKyXQ-A>

Carl Lewis Sail technique video - https://www.youtube.com/watch?v=xGuH_jjauHg

Hitch-Kick and Hang technique video - <https://www.youtube.com/watch?v=JyXYcPMuwQw>

Throws

Home Javelin Session - https://www.youtube.com/watch?v=aq8KN_aNEXQ&t=1s

Basic Intro to Shot Put - <https://www.youtube.com/watch?v=tHVMufMECPo>

Coaching Aspects of the Shot Put Technique for Young Athletes -

<https://www.athletics.coach/resources/coaching-aspects-of-the-shot-put-technique-for-young-athletes>

Fundamentals of the standing shot put - <https://www.athletics.coach/resources/the-fundamentals-standing-shot-put>

Glide Shot Put in three simple steps -

https://www.youtube.com/watch?v=kxk9L3Pbp0g&feature=emb_title

Introduction to Discus - <https://www.youtube.com/watch?v=aYaTfHRSvhk>

General

Home Circuit Training - <https://www.youtube.com/watch?v=OxBiusimfB4>

Medicine Ball Workout - <https://www.youtube.com/watch?v=2I0ZAAyTbxs>

Medicine Ball for Athletics - <https://www.youtube.com/watch?v=X34a6wX5pBg>

Home Core Circuit Training - <https://www.youtube.com/watch?v=8DRCqgml-uxY&t=1s>

Athlete Mobility & Injury Prevention - <https://www.youtube.com/watch?v=v-J977MFD0o>

Mobility Work 1 - <https://www.youtube.com/watch?v=GdkE-k6GUug&t=72s>

Mobility Work 2 - <https://www.youtube.com/watch?v=FQy4LZj0ZTM&t=132s>

Foam Roll Theory & Practical - <https://www.youtube.com/watch?v=9FGIDWlgEIA>

Calf Muscle Self Massage - <https://www.youtube.com/watch?v=2hGcYxle0bc>