



ENGLAND ATHLETICS
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Plyometrics Workshop

Led by Pete McKnight, S+C Coach for
Leicestershire County Cricket Club

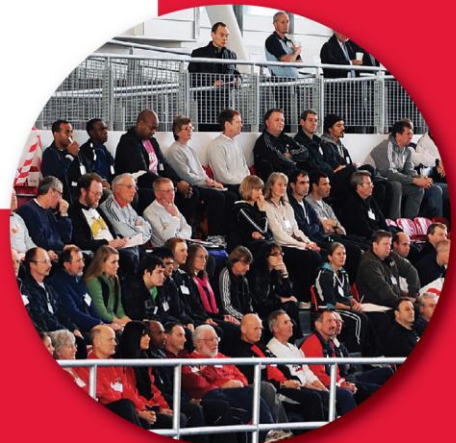
Pete will be delivering a free interactive and exciting workshop focusing on the fundamentals of plyometrics and the workshop will cover:

Why use plyometrics? What are the benefits? When should it be delivered? Can it be used for every event? What equipment is required? And of course he will go through correct techniques and exercises.

Pete is an experienced Strength & Conditioning coach and has worked with athletes from club level to elite during his previous roles with UK Athletics and the English Institute of Sport. This is a long awaited workshop that follows on nicely from the S+C workshop held last year in Corby with coaches all across the East Mids requesting more information about plyometrics so please encourage as many coaches to attend as possible.

Weds 9th March, 7pm-9pm at Northampton Academy, Wellingborough Road, Northampton NN3 8NH

For more information or to book on this workshop please contact Steve Moore, Club & Coach Support Officer, 07920078548 or smoore@EnglandAthletics.org



England Athletics Local Coach Development Programme
supporting your development as
a coach according to your needs