

2022

ONLINE TALK



REGISTRATION

SPRINT MECHANICS
DEVELOPING YOUR COACHING EYE
(FREE ONLINETALK)

Joe Page MSc, BSc (*Speedworks - UK*)

SA
07.05.

SCHEDULE AND DESCRIPTION

07.05.22

SPEED IS A SKILL LEARN HOW TO COACH IT!

Speed is more than Fast-Twitch muscle fibers and strength, its a skill!

A crucial skill of course! Being faster over 5, 10, 20 or 100 meters often makes the difference between winning or losing!

While this is a well known fact many coaches still don't dare to coach and train this aspect. Why is that?

Maybe some of the following statements are familiar to you:

- ↗ „it takes too long to develop“
- ↗ „its dangerous to train“
- ↗ „it comes with strength anyway“
- ↗ „can't be coached“

They are of course: **WRONG!**

PROJECTION, REACTIVITY and SWITCHING are key factors when it comes to speed training! These principles come with terms like high RFD, low DRF, thigh angular velocity, Drive Index, ... if you dig into sprint biomechanics you will figure out, that there is a lot to learn!

Our speaker Joe Page (Speedworks UK) is leading you through the fundamental mechanics of sprinting. You will learn what attributes a good sprint technique has and what strategies you can use for analysing your athletes.

Don't hesitate any longer, just get your ticket. Its a free course!

TARGET GROUP AND LEVEL: WHO SHOULD ATTEND THIS COURSE?

- ↗ Track & Field Coaches
- ↗ Sports Scientists
- ↗ S&C Coaches
- ↗ Physiotherapists
- ↗ Sports Students

BENEFITS: WHY SHOULD YOU ATTEND THIS COURSE?

- ↗ Learn what good sprint mechanics are
- ↗ Dig into objective parameters you can measure to support your exercise selection
- ↗ Figure out strategies to analyse running patterns
- ↗ Benefit from Joe's experience, ask questions and connect to other coaches and our network

Do not miss out!

Speedworks coaches are leading experts when it comes to speed education and training!

ABOUT THE SPEAKER

07.05.22



JOE PAGE MSC, BSC
(SPEEDWORKS UK)

**Athletic Performance Coach for Bristol Bears Junior Academy,
Assistant Performance Coach at Speedworks Bath and VCoach at
Speedworks Training**

Joe studied Exercise & Sports Sciences at the University of Exeter and Strength & Conditioning at Cardiff Metropolitan University. He is a specialist when it comes to developing sprint speed in team sport athletes. His background covers a lot of different sports including Taekwondo, Hockey and Rowing.

Currently he focuses on coaching the youth rugby players at the Bristol Bears Junior Academy and helping team sport athletes getting faster as part of the Speedworks Bath team.

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**EVERYONE CAN
GET FASTER
WE CAN SHOW
YOU HOW**
(SPEEDWORKS)

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LECTURE

ABOUT THE TALK

07.05.22

AGENDA

SATURDAY, 07.05.2022 (UTC +2)

10:00-11:30 AM	Sprint Mechanics, Fundamentals and Developing the Coaches Eye
11:30-12:00 AM	Q&A with Joe Page



Speedworks Training

RECORDING

AVAILABLE IN YOUR USER ACCOUNT

SA 07.05.2022

**10:00 - 12:00 AM
(UTC +2)**

ONLINE

**JUST SIGN IN TO
FIND THE LINK**

**ENGLISH
LANGUAGE**

**FREE OF CHARGE
ONLINE TALK**

**NO LIMIT
ON PARTICIPANTS**

WHERE TO FIND THE TALK

07.05.22

ONLINE TALK

This talk will take place online using the video call system Cisco Webex. You will find all information about this in your confirmation mail or in your account at www.courseticket.com.

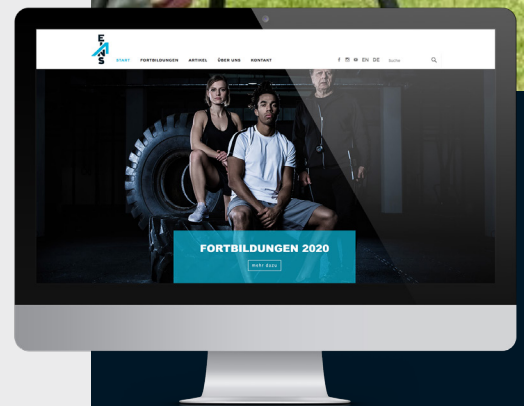
For the best experience we recommend to install the Cisco Webex software before the talk. If you can't install it for any reason, you can also take part with your browser.

The recording of the Onlinetalk will be available for registered participants. You will find the stream in your account > event > online modules.

Most asked questions are answered here:

<https://www.eins-a-coaching.at/faq/>

If you need help with anything, don't hesitate to get in touch via mail, facebook or instagram.



**MORE INFORMATION
ON OUR
WEBSITE:**

www.eins-a-coaching.at



We are looking forward to read from you!
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