

Western Area Coach Seminar 2018

Time: Sunday 14-10-2018

Location: University of Bath Sport Training Village BA2 7AY

Time	Theme	Location	Referent
0930 – 1000	Registration	Lecture Room STV	TBC
1000 – 1100	Coordination & Flexibility as a foundation of Judo – based on the England Testing 2018 and LTPD targets	Lecture Room STV	Juergen Klinger
1100 – 1145	Coordination Training -Rhythm-	Dojo	Tiola Gleeson
1145 – 1230	Rhythm Training Judo	Dojo	Juergen Klinger
1230 – 1330	Lunch Break	Sport Cafe	
1330 – 1430	Flexibility Training Through Yoga	Dojo	Frank Davis
1430 – 1445	Coffee Break	Sport Cafe	
1445 – 1600	Judo Technique	Dojo	Area Coaches