

Leading Athletics

An exciting new leadership programme for those looking to lead activities for young athletes

Packed full of useful tips and ideas, the award features

- **Interactive and practical three hour workshop**
- **Workbook and Support Resource**
- **Set of Game Cards**
- **Interactive App**



Further information from www.scottishathletics.org.uk

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Who is it for?

- Leading Athletics is an exciting new **leadership workshop** for those looking to lead athletics activities for young athletes. Packed full of useful **tips and ideas**, this three hour workshop is supported by a **Workbook**, **Support Resource** and a series of **Game Cards** which aid delivery. All content comes in an **interactive App** (the resource is also available in book format if required).

The Resources

- Supported by a series of interactive resources, Leading Athletics is perfect for anyone wishing to lead an athletics session. A must for those new to the sport, the resources include information on the **roles and responsibilities** of a leader, how to lead a **fun and inclusive athletics session**, and further information on how to develop your **leadership skills**. Crammed with **'Top Tips'** for effective delivery, the **Support Resource** also explores the key principles of **running, jumping and throwing** events whilst providing technical information which support these principles.



The Game Cards

- The progressive **Game Cards** included in the full support resource demonstrate how to set up fun and engaging activities all designed to help introduce young athletes to the fundamentals of running, jumping and throwing.



The App

- The Leading Athletics App complements the Leading Athletics Workshop and allows users to interactively deliver activities and seamlessly link to other support resources.



For more information visit www.scottishathletics.org.uk

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Developed in partnership by:

