

Report by head coaches: Davin Pack/ Paul Newby

Name of event: EKF junior/cadet national squad training

Date: Sunday 14th May 2017

Venue: university of Bath, Bath

Coaches: Paul Newby Davin Pack Katie Hurry

Medical: Dave Inman

Notes: all athletes were told to bring training diaries and a stop watch to all National squads from now on.

Session 1. European & world championships warm ups mental/ physical

This session was led by Paul/Davin and conditioning coach Woody focusing on our physical approach Davin and Paul drawing on personal experience to preform at these major championships so the athletes are ready for the first bout and prepared for a long hard day. Woody helped the athletes getting there body's ready for maximum performance . Finishing off with 5 rounds of sparring. All the athletes were told to take notes in there diaries and go away and plan. No excuses

Session 2 : fight scenarios on the clock.

Athletes were told to warm up using there diaries from the session before and be ready to fight.

Athletes were put into groups of 4 and with diaries and stop watches were given different times and scenarios to work on.

Coaches moved in and advised on tactics and decision making to help the athletes

Athletes were asked to take notes throughout the session.

Coaches at the end touched on a few set peaces to work on in there own time.

Session 3 fitness training.

Woody delivered a fitness session for around 40 mins in groups of eight 5 stations

Working for 2mins resting for two mins .

All exercises are picked to help with athletes karate, Woody also reminded them to log the session in there diaries to take away and add to there training.

Conclusion:

This training day was to help the athletes for there big day not just on the mat but as important before in the warm up area etc

Training diaries are for there own development in training/preparation for major events.

Thankyou to Woody for helping on the squad. he is there to push our athletes in an area which needs lots of work on our national squad each session the conditioning team are assessing and putting together programs and sessions.

This was Katie's final session shadowing next national squad Katie will be delivering some sessions.