

Report by Davin Pack/Paul Newby

**Name of event:** EKF national squad training

**Date:** Sunday 23rd April 2017

**Venue:** Enfield college, Enfield

**Coaches:** Paul Newby Davin Pack Katie Hurry

**Medical:** Dave Inman

Session 1: juniors/cadets tactics in a corner.

First session led by Davin Pack focusing on pressuring

Opponent into a corner forcing them to spring, as they do

Making your opponent stretch then finish with your favourite counters

Highlighting world class finishes correct technique.

Session 2: strength and conditioning with Tom Little/Woody

This session is our new addition to national squads with qualified

Instructors giving our athletes as much information as possible

To help them become better athletes for them to take away and add to there

Training timetable .

Session 3: fight offs working on senshu rule with Dale Gamble chief referee

This session was 6 areas with one referee per mat doing senshu/first to score and giving feedback to the athletes on why or why not scoring points winner stays on

While on the main tatami Dale ran full fights for more practice for our young athletes .

Conclusion.

Katie Hurry again shadowed national coaches for the day gaining more experience thankyou to strength and conditioning coaches giving up there time to help athletes

Progress physically

Thankyou to referees working with the athletes helping with knowledge on scoring world class points.

