

## Hammer Masterclass led by Paddy McGrath – Loughborough University (1-2 November)

| Time                 | Elite 1                        | Elite 2                 | Dev 1                                        | Dev 2            |
|----------------------|--------------------------------|-------------------------|----------------------------------------------|------------------|
| Friday               |                                |                         |                                              |                  |
| Friday afternoon 4-5 | Throwing session               |                         | -                                            | -                |
| 5-6pm                |                                | Throwing session        |                                              |                  |
| Saturday             |                                |                         |                                              |                  |
| 10 -12 Pavilion      | Intro coaching philosophy /Q&A |                         |                                              |                  |
| 12-12.30pm           | Lunch                          |                         |                                              |                  |
| 12.30-1.45           | Throwing session               | Lucy (physio) available | Physical Competency Assessment (PCA) testing |                  |
| 2-3.15               | Physio available               | Throwing session        | PCA testing                                  |                  |
| 3.30-4.15            | Lucy available                 |                         | Throwing session                             |                  |
| 4.30-5.45            |                                |                         |                                              | Throwing session |
| Sunday               |                                |                         |                                              |                  |
| 9.30am Pavillion     | Warm up                        |                         | Arrivals                                     | Arrivals         |
| 9.40-11.20           | Throwing session               |                         | Stability gym session - trunk                |                  |
| 11.30- 12.30         | Drills talk/demos (inside)     |                         |                                              |                  |
| 12.30-1.15 pavilion  | Lunch                          |                         |                                              |                  |
| 1.20-2.15            | Stability gym session – trunk  |                         | Throwing session                             | Warm up          |
| 2.20-3.15            |                                |                         |                                              | Throwing session |