

Practical Video Analysis

Some ideas and discussion
on using video in your
coaching

Dr Neil Miller (Westbury Harriers) has been both an endurance coach and athletics photographer for more than 30 years, and is now applying his experience to the video analysis of running technique. The workshop will cover practical ideas for gathering and preparing suitable video clips, go through some of the things to look out for, and outline ways to improve running technique.

**Wednesday 21st March 2012,
starting at 7.15pm**

**University of the West of
England (Frenchay), B Block,
room 2B065**

Please register via email to
timothy.snowdon@uwe.ac.uk

**England Athletics Local Coach
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