



MASTER CLASS - SOPHIE COX

**Double Olympian – European and Commonwealth Games
Medallist**

For developing players and coaches

**Judo Specific Strength and Conditioning – Building the
Athlete**

Sunday 4th August 2019

York Railway Institute, Queen Street, York, YO24 1AD

10:00hrs to 14:00hrs

£10.00 - pay on the day

For more information: sophie.cox@britishjudo.org.uk

Course Content:

A focus on the England Pathway recommendations for athletes with regards to their physical development between 11-18.

Strength and conditioning based exercises with a judo specific focus.
A mixture of practical and theory.

THIS IS A LICENCED COACH REVALIDATION COURSE