

# Athletics Coaching and Leadership Courses

Don't forget your DBS

The Government's new DBS (formerly CRB) process means that you need to send your DBS Certificate to Athletics Welfare. See [www.englandathletics.org/DBS](http://www.englandathletics.org/DBS) for details.

## LEADING ATHLETICS Workshop

### Who should do this workshop?

Individuals age 14 and over looking to lead activities for young athletes. Leading Athletics is ideal for those who are new to the sport but don't wish to gain a formal qualification.

### How many days will it take?

The course is delivered in a 3 hour interactive format.

### What will I learn?

Top tips for delivering athletics activities, supported by an interactive app containing game cards, technical information and links to other support resources.

### Topics covered include:

- Roles and responsibilities of a leader.
- How to lead a fun and inclusive athletics session.
- How to develop your leadership skills.
- Key principles of running, jumping and throwing events.

### What will I be able to do?

Lead athletics activities for young athletes under the supervision of a qualified and licensed Athletics Coach (or UKA level 2 or above). Note this is not a formal qualification and as such attendees do not receive a UKA coaching license and associated insurance.



Help out at your local athletics club

## LIRF: LEADERSHIP IN RUNNING FITNESS

### Who should go on this course?

If you have an interest in running for fitness and you'd like to lead a group, then this is the course for you.

### How many days will it take?

One day, with no assessment.

### What will I learn?

The course will focus on the safe organisation of achievable and progressive running activity and how to lead a group of runners of varying ability.

### Topics covered include:

- The barriers that stop people from taking up running
- What you could do as a leader to make a difference for them.
- How to deliver a safe and fun warm up and a cool down.
- The different types of activity that can make running varied and enjoyable.
- How to deliver sessions that are safe and fun.

### What will I be able to do?

The course is designed to prepare you as a leader to provide a safe and enjoyable running experience for people over 12 years of age of any level of ability, age, size or shape.

As a leader you may set up your own group and register with the Run England network. Your qualification as a Leader in Running Fitness will provide you with insurance to lead a group within the limits of the course content.



Lead a running group in your area

## COACHING ASSISTANT

### Who should go on this course?

Anyone aged 16 or over, who is interested in taking the first step into a coaching pathway and wants to understand the fundamental technical principles of coaching.

### How many days will it take?

Two days (normally delivered over the course of one weekend) with no assessment.

### What will I learn?

The technical coaching knowledge to underpin running, jumping and throwing activities. You'll then learn how to apply these principles into a number of fun and exciting practical examples.

### Topics covered include:

- Understanding fundamental movement skills.
- Managing challenging behaviour.
- Delivering warm up and cool downs.
- Coaching through fun, safe and enjoyable games.
- Delivering speed work and endurance based activities.
- Understanding the mechanics of jumping and throwing.
- The principles of session planning.

### What will I be able to do?

By attending the Coaching Assistant course, you'll have the knowledge and skills to deliver effective and engaging club sessions using task cards and session plans. Coaching Assistants will be insured to assist in the delivery of all aspects of a session but should be supervised by a qualified coach at the same venue.



Take the first step to becoming a coach

## ATHLETICS COACH

### Who should go on this course?

Anyone who has completed the Coaching Assistant Award and feels ready to take the next step to managing their own coaching groups. Currently qualified UKA Coaches looking to broaden their technical skills can also choose to attend as part of their continued education.

### How many days will it take?

The course and assessment period is four days in total. Two days delivered as a weekend, a third day several weeks later and then a formal assessment on a final day.

### What will I learn?

How to apply the fundamental principles of running, jumping and throwing and applying this knowledge over a series of sessions to help technically develop groups of athletes. You will learn how to coach running, jumping and throwing activities and observe correct technical aspects.

### Topics covered include:

- Athlete Development.
- Skill learning and structuring training.
- Co-ordination and balance.
- Questioning and listening skills.
- Physical preparation – strength training and plyometrics.
- Understanding energy systems.
- Practical sessions covering all event groups.

### What will I be able to do?

Plan a progressive training programme for athletes, coaching a range of activities to prepare the developing athlete to run, jump and throw. When qualified you will be insured to coach without supervision, working with Coaching Assistants and Athletics Leaders to support you in delivering the sessions.



Become a qualified & insured coach

## CIRF: COACH IN RUNNING FITNESS

### Who should go on this course?

Coaches who are 18 or over and primarily working with runners up to and including event group development stage. Applicants must be active leaders or coaches who have completed as a minimum a Level 1, Fitness in Running & Walking, LiRF or Coaching Assistant qualifications. CIRF has a broad application to non track based endurance running rather than specific events or distances. It is not designed for coaches working primarily with track-based runners.

### How many days will it take?

There are four contact days, but the course should be viewed as a development programme and you will be required to engage in pre-course work, supported practice and assessment preparation as well.

### What will I learn?

How to apply the fundamental principles of running over a series of sessions to help technically develop groups of athletes and how to coach endurance running on a variety of surfaces. Topics covered include:

- Fundamental running skills and drills
- Skill development
- Energy systems and endurance running
- Physical preparation & Nutrition
- Injury prevention and management
- Flexibility
- Factors influencing performance
- Elements of planning and delivery
- The core coaching skills
- Integrated coaching
- Athlete Development & Profiling

### What will I be able to do?

Plan a progressive training programme to help runners towards their specific goals. When qualified you will be insured to coach without supervision, working with support from Coaching Assistants and Leaders in Running Fitness.



Coach and plan training for runners

## EVENT GROUP COACH

### Who should go on this course?

Coaches holding an Athletics Coach award (or qualified at old Level 2 or above) and licensed to coach without supervision who want to broaden their knowledge of coaching developing athletes in a particular event group.

### How many days will it take?

The course predominantly involves a series of online modules which coaches can work through at their own pace. Candidates should be aware that this online learning component will require a significant investment of time. An online test must be completed at the end of every module but there is no assessment of actual coaching practice. On completing the online component coaches must attend a one-day workshop on how to integrate what they have learnt into a training plan for an athlete at Event Group Development stage of the athlete development pathway.

### What will I learn?

The programme is designed to provide licensed athletics coaches with a greater understanding and awareness of the issues involved with coaching athletes at the Event Group Development stage, who are typically in the age range of 14-18 years old. Coaches will develop their technical knowledge and expertise across the individual events in their selected event group, covering:

- Training organisation and decision making
- Technical models and teaching progression
- Physical preparation
- Fundamental underpinning science

Current Event Group Coach qualifications available are Sprints and Hurdles, Jumps, Throws and Endurance. Combined Events will be available in the future.

### What will I be able to do?

Consider, plan for and adapt training to meet the needs of individuals at the Event Group Stage of the athlete development pathway. These athletes will typically be in the age range of 14-18 years old.

Focus on coaching 14-18 year olds

## How the courses are structured

This course structure has been created to cater for the needs of all clubs and individuals who wish to assist athletes in their preparation.

Several roles have been identified and qualifications created to support each role. All roles are regarded as being equally valuable to the sport and where appropriate the system is flexible so individuals can choose a pathway that meets the needs of the athletes they are working with as well as their personal aspirations. As well as covering the generic 'how to coach' skills, the awards focus more on the technical 'what to coach' skills required to coach across events.

For further information visit: [www.englandathletics.org/courses](http://www.englandathletics.org/courses)

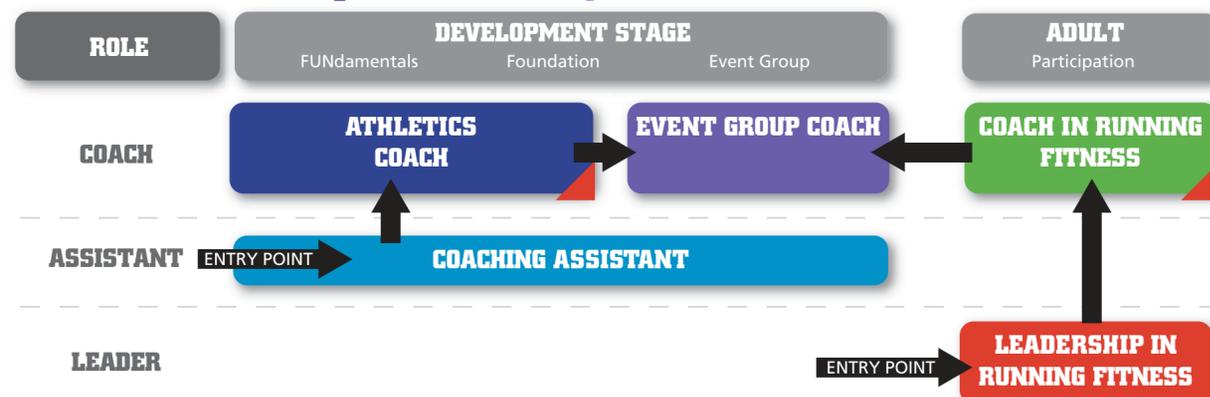
Pre and post course learning will be available to support candidates on UKA's uCoach website – [www.uka.org.uk/coaching](http://www.uka.org.uk/coaching).



BRITISH ATHLETICS



## The Coach Development Pathway



for more information visit: [www.englandathletics.org/courses](http://www.englandathletics.org/courses)