

# Athletics Coaching Courses

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# 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 the 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 progressions
- 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.



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