

Athletics Coaching Courses

Don't forget your DBS
www.englandathletics.org/DBS

ATHLETICS COACH

Who should go on this course?

Anyone who is 18 or over and has completed the Coaching Assistant or Level 1 Assistant Coach 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 is four days in total. Coaches will need to book on to an Athletics Coach Day 1 & 2 and then choose what event group they want to focus on for Day 3 & 4 (Endurance, Jumps, Speed or Throws). However, 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.

What will I learn?

How to apply and coach the fundamental principles of running, jumping and throwing to help technically develop groups of athletes. Topics covered on Day 1 & 2 include: Physical Preparation, Running (for Speed, Over Obstacles, Endurance), Jumping (Height and Distance), Throwing (Pull & Push) and Coaching Process. Topics covered on your chosen event group Day 3:

- **Endurance** – technical aspects of Race Walking, Steeplechase, Middle Distance Running, Wheelchair Racing, Planning and Coaching Process.
- **Jumps** – technical aspects of Long Jump, Triple Jump, High Jump, Pole Vault, Planning and Coaching Process.
- **Speed** – technical aspects of Starts, Acceleration, Maximum Velocity, Hurdles, Relay, Wheelchair racing, Planning and Coaching Process.
- **Throws** – technical aspects of Hammer, Discus, Javelin, Shot, Seated Throw, Planning, Coaching Process.



What will I be able to do?

Candidates will be able to 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 session.



Become a
qualified &
insured
coach



BRITISH
ATHLETICS



for more information visit: www.englandathletics.org/courses