

# Athletics Coaching and Leadership Courses

## ATHLETICS LEADER

### Who should go on this course?

If you are thinking of helping out the coaches at your club's junior sessions, then this is the course for you. The course is aimed particularly at parents, carers, grandparents, or young leaders over 16 years of age.

### How many days will it take?

One day, with no assessment.

### What will I learn?

You will learn the basic principles of running, jumping and throwing, along with lots of activity ideas through the use of task cards.

### Topics covered include:

- Establishing the role and responsibilities of an Athletics Leader.
- Understanding the working relationship with the Supervising Coach.
- Learning the principles of running, jumping and throwing.
- Delivering fun and exciting warm ups for children.
- The basics of athlete development.
- Dealing with challenging behaviour.
- Leading safe and fun sessions.

### What will I be able to do?

Athletics Leaders will assist in club junior sessions working under the supervision of a qualified Licensed Coach (or UKA Level 2). You will be able to lead small groups of young athletes and deliver task card activities. You'll be insured to deliver these activities under the direct supervision of a coach within visible and audible range.

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, and how a leader can make a difference for them.
- How to plan sessions and deliver a safe and fun warm up and a cool down.
- Demonstration and supervision of effective stretching
- The different types of activity that can make running varied and enjoyable.
- Helping runners to set and achieve SMARTER goals.

### What will I be able to do?

The course is designed to prepare you to provide a safe and enjoyable running experience for young people over 12 years of age and adults of any ability, size or shape. You may lead a group for your club and register with the Run England to deliver to new runners. Your qualification will provide you with insurance to lead a group within the limits of the course content. Leadership in Running Fitness will be accepted as a prerequisite course for the Running Coach qualification.

Lead a running group in your area

## COACHING ASSISTANT

### Who should go on this course?

Anyone aged 18 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 whilst being 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.
- Running with rhythm.
- 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 a minimum of 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

## CHILDREN'S COACH

### Who should go on this course?

Coaching Assistants over 18 years old, planning to work with children under the age of 12.

### How many days will it take?

Three contact course days over a 6-8 week period. The course should be viewed as a development programme; you will be asked to engage in pre-course study and supported practice. There is an additional time period of up to 16 weeks to document and submit a coaching diary.

### How do I achieve the qualification

Attend three course days and pass all three aspects of the assessment process:

1. Coaching Diary
2. Knowledge Test
3. Observed Practical Assessment.

(Parts 2 and 3 can only be attended on satisfactory completion of Part 1).

### What will I learn?

How to:

- Coach children (8-12 years) and deliver activities to suit differing levels of ability in a safe and child friendly environment
- Plan, deliver and evaluate engaging sessions suitable for children that develop the movement skills relating to running, jumping and throwing
- Integrate physical preparation of children into training
- Reflect on your performance and how it relates directly to the performance/behaviours of the children you work with.

### What will I be able to do?

Plan and evaluate a progressive programme of work for children within a club / organisation. Coach young children effectively without supervision. Supervise Coaching Assistants and Athletics Leaders who may support your sessions.

Become a qualified & insured Children's Coach

## 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 a qualifications crated 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).



### Comparison of content against previous UKA awards

