



Appendix Four: Coaching Competency Criteria

KNOWLEDGE (What-2)	Coaching Assistant	Athletics Coaching	LiRF	CIrF
Technical Knowledge	ABCs and running, jumping and throwing to matrix 365 green	Physical preparation and running, jumping and throwing to matrix 365 black across 7 events. Throws requires additional knowledge in Hammer and Discus. Jumps require additional knowledge in Pole Vault and Triple Jump. Endurance requires additional knowledge in Steeplechase and race walking. Speed requires additional knowledge in Block starts, bend running and relays.	ABCs and basic running technique	Physical preparation and running, including running up and downhill, running over obstacles
Goal Setting	Describe the goals set by a more qualified coach. Assist a more qualified coach plan, deliver and then review goals.	Set Session and Development Period Goals for the development of both the Athlete and the Coach.	Describe the goals set by a more qualified coach. Assist more qualified coach plan, deliver and then review goals	Set Session and Development Period Goals for the development of both the Athlete and the Coach.
Improving Performance	Describe the Factors that Influence Performance.	Plan training to improve physical competence, technical and tactical skills in athletes	Describe the Factors that Influence Performance.	Plan training to improve physical competence, technical and tactical skills in athletes
Training Principles & Methods	Describe the training and FITT principles. Apply these principles under the indirect supervision of a more qualified coach.	Apply training and FITT principles in the planning and delivery of a series of Session Plans.	Describe the training and FITT principles. Apply these principles under the indirect supervision of a more qualified coach.	Apply training and FITT principles in the planning and delivery of a series of Session Plans.



Role & Responsibilities of the Coach	Describe the roles & responsibilities of a Coach and Coaching Assistant. State who Coaching Assistant is responsible to.	As Coaching Assistant plus deliver a session independently.	Describe the roles & responsibilities of a Coach and Leader in Running and Fitness. State who Leader in Running and Fitness is responsible to.	As Leader in Running and Fitness plus deliver a session independently.
Profiling the Athlete	Describe the stages of the Athlete Development Model. Describe a profile completed by a more qualified coach.	Conduct a holistic profile of athletes, identifying the stage of development, areas of strength and areas for development and factors that might influence development.	Describe the stages of the Athlete Development Model. Describe a profile completed by a more qualified coach.	Conduct a holistic profile of athletes, identifying the stage of development, areas of strength and areas for development and factors that might influence development.
Preparation & Planning	Deliver a pre-developed plan created by a more qualified coach, under the indirect supervision of a more qualified coach	Plan a series of integrated sessions including progressive Units, Sessions and Development Periods.	Deliver a pre-developed plan created by a more qualified coach, under the indirect supervision of a more qualified coach	Plan a series of integrated sessions including progressive Units, Sessions and Development Periods.
Physical Preparation	Deliver a pre-developed series of basic Physical Preparation exercises under the indirect supervision of a more qualified coach.	Develop and implement Physical Preparation interventions to help and athlete improve.	Deliver a pre-developed series of basic Physical Preparation exercises under the indirect supervision of a more qualified coach.	Develop and implement Physical Preparation interventions to help and athlete improve.

SKILLS (How -2)				
Safety	Name the On-Track Safety points.	Deliver sessions using all of the On-Track Safety points.	Name the On-Track Safety points.	Deliver sessions using all of the On-Track Safety points.
Organise	Name the On-Track Organisation points.	Deliver sessions using all of the On-Track Organisation points.	Name the On-Track Organisation points.	Deliver sessions using all of the On-Track Organisation points.



Instruction & Explanation	Name the On-Track Instruction and Explanation points.	Deliver sessions using all of the On-Track Instruction and Explanation points.	Name the On-Track Instruction and Explanation points.	Deliver sessions using all of the On-Track Instruction and Explanation points..
Demonstration	Name the On-Track Demonstration points.	Deliver sessions using all of the On-Track Demonstration points.	Name the On-Track Demonstration points.	Deliver sessions using all of the On-Track Demonstration points
Observe & Analyse	Name the On-Track Observe & Analysis points.	Deliver sessions using all of the On-Track Observation and Analysis points.	Not applicable.	Deliver sessions using all of the On-Track Observation and Analysis points.
Feedback	Name the On-Track Feedback points.	Deliver sessions using all of the On-Track Feedback points.	Not applicable.	Deliver sessions using all of the On-Track Feedback points.
Questioning	Name the key types of questions and where they would be used.	Use a combination of open and closed questions within sessions.	Name the key types of questions and where they would be used.	Use a combination of open and closed questions within sessions.

QUALITIES				
Self-Review	To be able to state what went well, not so well and what would do differently post delivery.	As Coaching Assistant but also leading review process in others	To be able to state what went well, not so well and what would do differently post delivery.	As Leader in Running and Fitness, but also leading review process in others
Professionalism	Behave in a professional manner.	As Coaching Assistant but also use a range of strategies to ensure good behaviour and a range of strategies to eliminate inappropriate behaviour in others.	Behave in a professional manner.	As Leader in Running and Fitness but also use a range of strategies to ensure good behaviour and a range of strategies to eliminate inappropriate behaviour in others.



Building & Maintaining Relationships	Establish positive relationships with athletes and others.	As Coaching Assistant.	Establish positive relationships with athletes and others.	As Leader in Running and Fitness.
Athlete Centred Coaching	Deliver parts of a session in indirect supervision, using differentiation strategies to cater for the needs of all athletes.	Plan and deliver a series of sessions using differentiation strategies to cater for the needs of all athletes.	Deliver parts of a session independently, using differentiation strategies to cater for the needs of all athletes including mixed ability groups.	Plan and deliver a series of sessions using differentiation strategies to cater for the needs of all athletes.

