

# coached

## January - March 2020

NEWS FROM THE COACH EDUCATION TEAM

### ATHLETICS COACH QUALIFICATION

#### INTRODUCTION

The Athletics Coach Qualification is the cornerstone of the On-Track qualifications pathway and after successful pilots a revised version was launched in April 2018. This modernised version of the course provides coaches with the opportunity to specialise in an event group earlier, whilst still adhering to the research principles behind and not losing sight of the UK Athletics Long Term Athlete Development Pathway.

#### CHALLENGES

- To provide coaches with the opportunity to specialise earlier, but without a requirement for any additional contact time in classroom education from coaches
- Do this whilst still including all existing content and incorporating new event specialist and Physical Preparation content
- Do this and maintain the same standard of output at the coach assessment point as a minimum

#### COURSE STRUCTURE

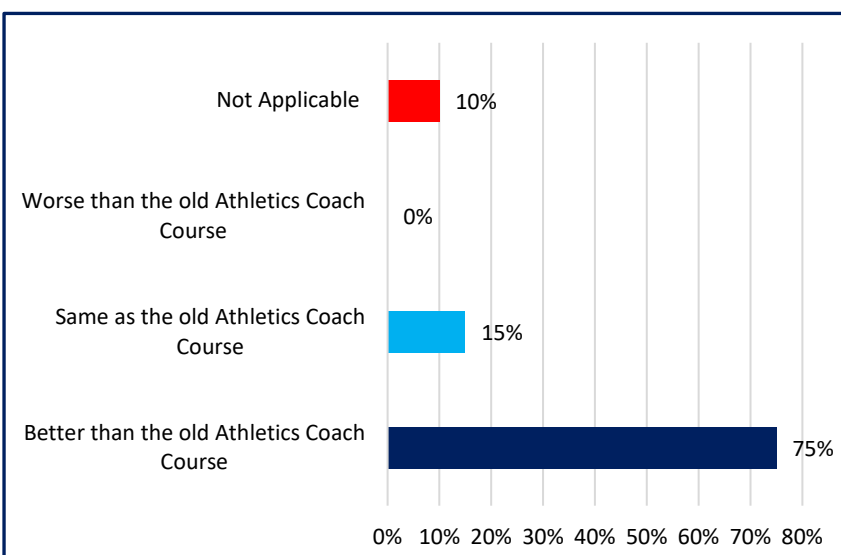
The course consists of four face to face contact days, which includes a practical and planning assessment on day four. The course also includes an online technical and safety knowledge test.

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 the coach will be insured to coach without supervision across seven core events, plus their chosen specialism.

Day 1 & 2 of the course covers generic content of coaching process, physical preparation, running, jumping and throwing. Candidates can then select an event technical day 3 & 4 option of either Endurance, Throws, Jumps or Speed.

#### ASSESSOR FEEDBACK

We asked Assessors who assessed the Athletics Coach on the previous version of the course (or Athletics Coach), how they would rate the Physical Development content in the new course versus the old Athletics Coach Course. The graph below highlights their responses:



#### Key Areas:

- **Warm ups improved** –content related to RAMP principles and had between 3-5 Foundation Movements included.
- **Physical prep underpinning technical development.** Greatest evidence in profiling and medium-term planning
- **How-2s.** Most unchanged or better How-2 Instruct, How-2 observe, How-2 plan mostly improved; How-2 demo and feedback mostly unchanged



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## COACH FEEDBACK

Feedback was collated from coaches on all course learning outcomes and resources.

- Course resources were rated in most cases as excellent
- Course templates were rated in most cases as excellent
- The course workbook was rated in most cases as very good to excellent

Coaches felt most well equipped to do the following:

- Coach Fundamental Movement Patterns
- Identify technical matches and mismatches for Physical Movement Patterns
- Be Athlete-centred
- Understand how an athlete learns skill and how to support skill development
- How to utilise feedback for maximum effect
- How to monitor and test
- How to plan a series of linked and progressive sessions

Coaches feedback is important to us and is used within our education review process. Surveys are carried out to inform our reviews, but constructive feedback is welcomed at any point via [coacheducation@britishathletics.org.uk](mailto:coacheducation@britishathletics.org.uk)

Thank you

The Coach Education Team

## Home Country Coach Education web page links



For any Coach Education enquiries please  
contact the team on:  
[coacheducation@britishathletics.org.uk](mailto:coacheducation@britishathletics.org.uk)



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