

# ATHLETICS COACH SUPPORT COACH GUIDE

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Dear Support Coach,

First of all thank you for agreeing to be a Support Coach to an aspiring Athletics Coach, your role as a support coach in this process is essential and is valued at both individual and National level. Research has shown that only 20% of coaches can accurately analyse their coaching, therefore the presence of a support coach is essential to build up a realistic picture of current coaching practice and behaviour. We hope that with your involvement in the development of these coaches, combined with the information provided on the course and supporting information on uCoach, that the standard of coaching will increase and therefore standard of athletic engagement and performance will increase across all levels of athletics.

As a Support Coach you will assist learning by being a "critical friend", reinforcing technical information (What 2 Coach) and supporting across coaching process skills (How 2 Coach), along with signposting other formal or informal learning opportunities to the Coach. This will help the developing Athletics Coach prepare for all aspects of their assessment.

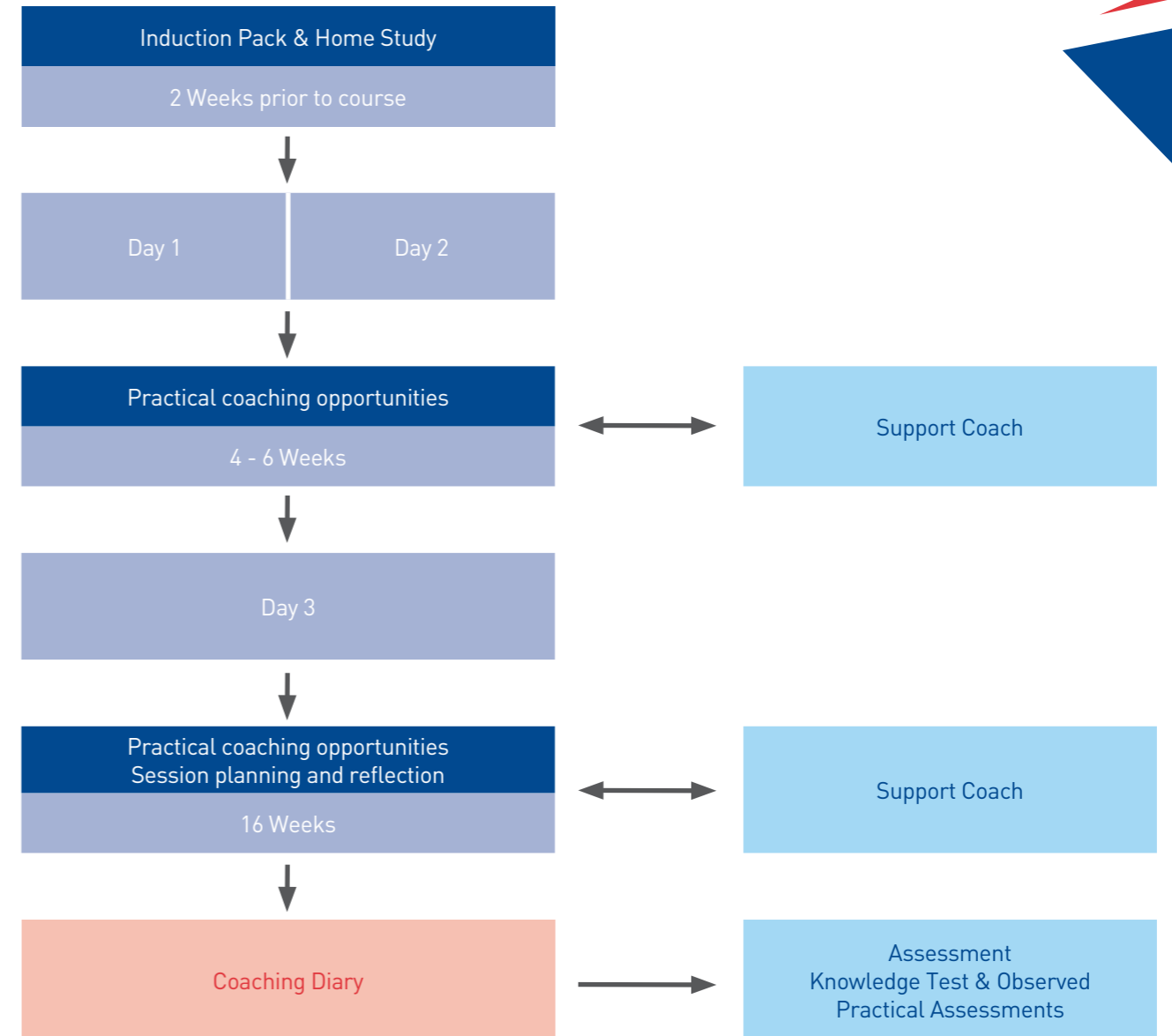
This Support Coach Guide aims to provide a supportive environment to enable coaches to practice what was learnt on course. Without your assistance the development of these Athletics Coaches would not be possible, so thank you once again for your help and support in this.

Yours Sincerely,

UKA Coaching & Development Team



## STRUCTURE OF THE ATHLETICS COACH COURSE AND WHEN A SUPPORT COACH MAY BECOME INVOLVED



## HOW CAN YOU HELP?

The following are suggestions of how you might support the Athletics Coach:

### ENCOURAGE

Encourage coach to discuss planning with the athlete and provide feedback on goal setting and the importance of getting to know the athlete(s)



### LISTEN

Listen to and challenge the rationale behind the construction of a mesocycle

### EVALUATE

Help to evaluate their planning process and its appropriateness.



### SUPPORT

Support in the identification of drills and skill development appropriate for the stage of development of the athletes

### OBSERVE

Let them observe your sessions – help them to analyse their coaching

### GOAL SETTING

Goal Setting (SMART) assistance and monitoring for coach and athlete

### ADVICE

Support/provide advice on the completion of assessment elements



### DISCUSS

Discuss session plans content and appropriateness for the athletes



### BENCHMARK

Help them to benchmark their current coaching process skills

### REINFORCE

Reinforce technical knowledge through practical application

### CO-COACH

Co-coach with them, providing them feedback on their progress towards their personal coaching goal(s)



### FORMULATE

Help formulate their personal coaching goals and action plans

### FEEDBACK

Provide feedback on the development of the coaching eye in terms of technical abilities of their athletes and are they seeing the correct and most important things

## WHAT SUPPORT IS REQUIRED...

The table below identifies what the coaches are being assessed on and therefore may need to practice or require support from a Support Coach:

COMPETENCIES TO BE MET	WHERE ASSESSED	CONTENT
1 Deliver organised, safe and outcome focussed sessions in a variety of changing environments that enable athletes to experience a broad range of athletics activities	Coaching Diary Practical Assessment	<ul style="list-style-type: none"> <li>Late Specialisation</li> <li>Appropriate activities across all movement areas included (Run, Jump AND Throw)</li> <li>Health &amp; Safety</li> </ul>
2 Accurately observe and identify technical aspects of running, jumping and throwing	Coaching Diary Technical Knowledge Test Practical Assessment	<ul style="list-style-type: none"> <li>Technical models of starting, running, jumping and throwing delivered on course</li> <li>Is able to identify matches and mismatches when asked by an assessor</li> <li>Is able to differentiate between correct and incorrect technical statements</li> </ul>
3 Plan, deliver, evaluate and document a series of outcome focussed sessions that improve the participant's physical and technical performance in an athlete-centred way for a mesocycle	Coaching Diary	<ul style="list-style-type: none"> <li>Accurately profile an athlete and group</li> <li>Setting a goal – session and mesocycle/term</li> <li>Mesocycle planning – relate to process of training and learning of basic movements and physical preparation</li> <li>Shows series of linked sessions and microcycles for constructive development of the athletes</li> <li>Coaching interventions &amp; learning strategies - Shaping, Chaining, WPW, Guided Discovery,</li> <li>Feedback</li> <li>Planning technical – run, jump and throw (maximum velocity running, running steady, running over obstacles, jumping for height, jumping for distance, push throw, pull throw)</li> <li>Evaluates the plan and the athletes over a mesocycle</li> </ul>
4 Identify and be capable of displaying all coaching process skills and selecting an appropriate style of coaching	Coaching Diary Practical Assessment	<ul style="list-style-type: none"> <li>How -2:               <ol style="list-style-type: none"> <li>Organisation</li> <li>Safety</li> <li>Instruction and Explanation</li> <li>Demonstration</li> <li>Observation and Analysis</li> <li>Decision Making and interventions</li> <li>Feedback</li> </ol> </li> <li>Selecting when to tell, show and involve appropriately</li> <li>Use a variety of coaching process skills, selecting the most appropriate to the athletes' stage of development and the activity being coached.</li> <li>Use appropriate intervention strategies to help athletes skill progressions</li> <li>Can identify what skills to develop</li> </ul>
5 Accurately identify and evaluate own coaching performance	Coaching Diary Practical Assessment	<ul style="list-style-type: none"> <li>Accurately differentiates between own and athlete performance</li> <li>Honestly reflects on own performance</li> </ul>

## WHAT YOU MIGHT NEED TO BE AWARE OF...

In order to effectively support someone through the Athletics Coach programme, a variety of knowledge and skills are required. It would be useful if you have experience of some or all of the following areas:

KNOWLEDGE	SKILLS
Athletics Coach programme, structure, content and assessment criteria	Planning to reach goals and meet needs of athletes
Athlete development model, stages of development and athlete profiling	Observation and Analysis
Mesocycle, microcycle and session planning	Questioning
Goal setting	Listening
Technical athletics knowledge across run, jump and throw	Providing appropriate feedback
Athletics 365 matrix (in particular stages 4 - 6)	Reviewing and action planning
Underpinning fundamental movement skills	
Coaching process skills and review questions	
Delivery of coaching sessions	
Evaluation of coach and athletes from sessions to mesocycle	

## WHERE TO GET FURTHER INFORMATION...

In addition to this Support Coach Guide, there are a number of useful resources that can be accessed via uCoach, including the On Track 4 (How 2 Coach) cards and Technical Knowledge (What 2 Coach) resources for **Starting and Accelerating** (Standing Starts & Crouch Starts); **Running** (Maximum Velocity Running & Running for Endurance); **Jumping** (for Height & for Distance); and **Throwing** (Push throw & Pull throw). All of which are introduced to the coaches on course.

Supporting documents such as Body in Sport, Components of Fitness and the Health and Safety PowerPoint are also available as background information. Additionally a number of the course technical videos used are also posted. This will help establish and clarify the depth of technical knowledge across the seven event areas required for this programme.

uCOACH

<http://coaching.uka.org.uk/qualifications/coaching-awards/athletics-coach-award/>



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