

# Athletics Coaching Courses

## 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.

