

# New Coaching & Leadership Courses

## About the new structure

The new 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. Under the new structure 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 new awards focuses more on the technical 'What to coach' skills required to coach across events. Pre and post course learning will be available on UKA's uCoach website to support candidates ([www.uka.org.uk/coaching](http://www.uka.org.uk/coaching)).

## 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

## 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 in 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

LEVEL 4

## Comparison against content of previous UKA awards

LEVEL 3



## COACHING ASSISTANT

Take the first step to becoming a coach



## ATHLETICS COACH

Become a qualified & insured coach



LEVEL 2



## LEADERSHIP IN RUNNING FITNESS

Lead a running group in your area



LEVEL 1



## ATHLETICS LEADER

Help out at your local athletics club