

COACH EDUCATION CASE STUDY

Why Choose Athletics Coach and Children's Coach courses?



Interview with...



John Renney & UKA – July 2012



Which Club are you a member of / coach with?

I compete for NSP. I Coach the Heaton Harriers Juniors under 11's. I also Coach to year 3 and 4 children in schools.

Which Course(s) have you completed?

I have completed the Level 1 Assistant Coach; the Athletics Coach course; and the Children's Coach course.



Why did you choose this / these course(s)?

At the time of Level 1 and Athletics coach I was coaching a small group of teenage athletes (end of 2009) at NSP and wanted to hold the correct qualification, but more importantly, wanted to learn.

Not long after (mid 2010) I started to coach young children in schools so was delighted to see the Children's Coach pilot course. Before this course became available I had tried to book onto the teaching primary school athletics course but it had been cancelled due to lack of numbers.



What did you learn on the course?

The 2 courses are very similar in structure but totally different in content.

The Athletics Coach has lots of observation and analysis of technical points. Matching and mis-matching them, and then how to develop a technical point in a coaching session. It is aimed mostly at the Foundation and Event Group Development areas of the athlete's development model.

The Children's Coach is all about fun. There is no analysis of technical points (although you do 'do' it). Nobody does anything right or wrong. Almost every session unit can be delivered as if playing a game.



What elements of the course did you find difficult and how did you overcome these?

During delivery of the Athletics Coach there is a feeling that the course is really intense with everything that has to be worked through. The course is full of technical content and is delivered fairly quickly and a bit rushed at times. Lots of work to complete. Using the services available on the internet really helps i.e. Windows Live for document sharing between computers, OneNote for organising. The diary is hard to work with – OneNote would be better.

The Children's Course is aimed at coaching in an athletics club environment with regular athletes rather than schools, which is what I was focussed on. It's really difficult to be child centred in schools and follow the rules of 1 coach per 12 kids and 10 lines of 2 rather than 2 lines of 10, particularly when working indoors in a space of 10m x 5m. I succeeded at one school, which was the school I used to complete my diary due to additional help and use of space available.



What have been the benefits to undertaking the course(s) you have chosen?

Every course I have attended has been extremely beneficial.

Sharing ideas and watching others at work was priceless for me.

The courses themselves are not only great for learning about how and what to coach, but push you into new ways of thinking about everything you do as a coach, particularly when planning and organising.



If asked to summarise your experience of the coach education process what would you say?

The new coaching structure has been very well thought out. All the elements come together to form a solid and extremely useful system. To back this up the resource available online via uCoach is a huge help. Taking a small but very important part of the process, the fundamental stage of athletic development has Athletics 365, Aviva Sportshall, Quadkids, Elevating Athletics coaching resources and Awards all of which work together to help develop a person's ability to perform athletic movements.

