ATHLETICS COACH SUPPORT COACH GUIDE
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 uLearn, 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.

Coaching Qualifications and Training Manager
STRUCTURE OF THE ATHLETICS COACH COURSE AND WHEN A SUPPORT COACH MAY BECOME INVOLVED

Timeline

Months

1

6

12

Welcome Pack and Pre-Course Tasks

Day 1

Day 2

Supported Practice 1

Day 3

Supported Practice 2

Workbook 1

Technical Knowledge Test

Workbook 2

Workbook 3

Observed Practical Assessment Day

Support coach

Book On Course

Access to PebblePad Account
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)

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

**LISTEN**
Listen to and challenge the rationale behind the construction of a development period, sometimes called a “mesocycle”

**DISCUSS**
Discuss session plans content and appropriateness for the athletes

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

**BENCHMARK**
Help them to benchmark their current coaching process skills

**FORMULATE**
Help formulate their personal coaching goals and action plans
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EVALUATE
Help to evaluate their planning process and its appropriateness.

SUPPORT
Identification of drills and skill development appropriate for the stage of development of the athletes.

ADVICE
Support/provide advice on the completion of assessment elements.

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).

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:

<table>
<thead>
<tr>
<th>COMPETENCIES TO BE MET</th>
<th>WHERE ASSESSED</th>
<th>CONTENT</th>
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</thead>
<tbody>
<tr>
<td>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</td>
<td>Coaching Diary - x3 online workbooks Practical Assessment</td>
<td>Late Specialisation • Appropriate activities across all movement areas included (Run, Jump AND Throw) • Health &amp; Safety</td>
</tr>
<tr>
<td>2 Accurately observe and identify technical aspects of running, jumping and throwing</td>
<td>Coaching Diary - x3 online workbooks Technical Knowledge Test Practical Assessment</td>
<td>Technical models of starting, running, jumping and throwing delivered on course • Is able to identify matches and mismatches when asked by an assessor • Is able to differentiate between correct and incorrect technical statements</td>
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<tr>
<td>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 Development Period/Mesocycle</td>
<td>Coaching Diary - x3 online workbooks</td>
<td>Accurately profile an athlete and group • Setting a goal – session and mesocycle/term • Development Period/Mesocycle planning – relate to process of training and learning of basic movements and physical preparation • Shows series of linked sessions and microcycles for constructive development of the athletes • Coaching interventions &amp; learning strategies – Shaping, Chaining, WPW, Guided Discovery, Feedback • Planning technical – run, jump and throw (maximum velocity running, running steady, running over obstacles, jumping for height, jumping for distance, push throw, pull throw) • Evaluates the plan and the athletes over a Development Period/Mesocycle</td>
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<tr>
<td>4 Identify and be capable of displaying all coaching process skills and selecting an appropriate style of coaching</td>
<td>Coaching Diary - x3 online workbooks Practical Assessment</td>
<td>How -2: a) Organisation b) Safety c) Instruction and Explanation d) Demonstration e) Observation and Analysis f) Decision Making and interventions g) Feedback Selecting when to tell, show and involve appropriately Use a variety of coaching process skills, selecting the most appropriate to the athletes’ stage of development and the activity being coached. Use appropriate intervention strategies to help athletes skill progressions Can identify what skills to develop</td>
</tr>
<tr>
<td>5 Accurately identify and evaluate own coaching performance</td>
<td>Coaching Diary - x3 online workbooks Practical Assessment</td>
<td>Accurately differentiates between own and athlete performance Honestly reflects on own performance</td>
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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:

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

In addition to this Support Coach Guide, there are a number of useful resources that can be accessed via uLearn, including the On Track 4 (How 2 Coach) cards and Technical Knowledge (What 2 Coach) resources for **Physical Preparation** (Including Multi Jumps and Throws), **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.

There are many supporting documents on uLearn and PebblePad along with Health and Safety PowerPoints which will help with different aspects of the course.

uLearn

http://www.ulearnathletics.com/site/page?id=athletics-coach-resources
UCOACH IS THE ATHLETICS COACHING WEBSITE THAT CONNECTS YOU TO THE LATEST COACHING RESOURCES INCLUDING:

- Video footage from events, conferences and masterclasses
- Audio interviews with coaches from around the world
- Podcasts on various coaching and training science topics
- Coaching related articles from across the globe
- Online coaching qualifications through the LEARN platform

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