

# Athletics Coaching Courses

## 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 as part of annual planning.
- 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

**UKA** | UNITED KINGDOM ATHLETICS

  
ENGLAND ATHLETICS

for more information visit: [www.englandathletics.org/courses](http://www.englandathletics.org/courses)