

scottishathletics



NATIONAL COACH DEVELOPMENT PROGRAMME

JANUARY 2016



**MOVEMENT
DYNAMICS**

Athlete Development

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The role of the coach at all levels of our sport remains crucial, at whatever age and stage you coach. Your contribution to the development of athletics and the opportunities you provide are a source of inspiration: Whether you are helping aspiring young athletes to achieve their goals or are working with talented performers in their pursuit of excellence, your support to athletics in Scotland is invaluable.

If our national-level athletes are to contend for success on the international stage, then coaches must have the support of a well-structured, resourced and effective coaching system within the best environment possible.

This can only be achieved by developing and providing a clearly-structured programme (see fig 1) of ongoing development for coaches, whether this is through the qualifications pathway or a comprehensive continued professional development (CPD) programme.

The new National Coach Development Programme will provide a clearly-structured programme of continued coach development that will be appropriate to the level and experience of the coach. The new plan will offer Coach CPD on athletic development & physical preparation, technical development and planning throughout the coach development pathway, locally at clubs, regionally and nationally.

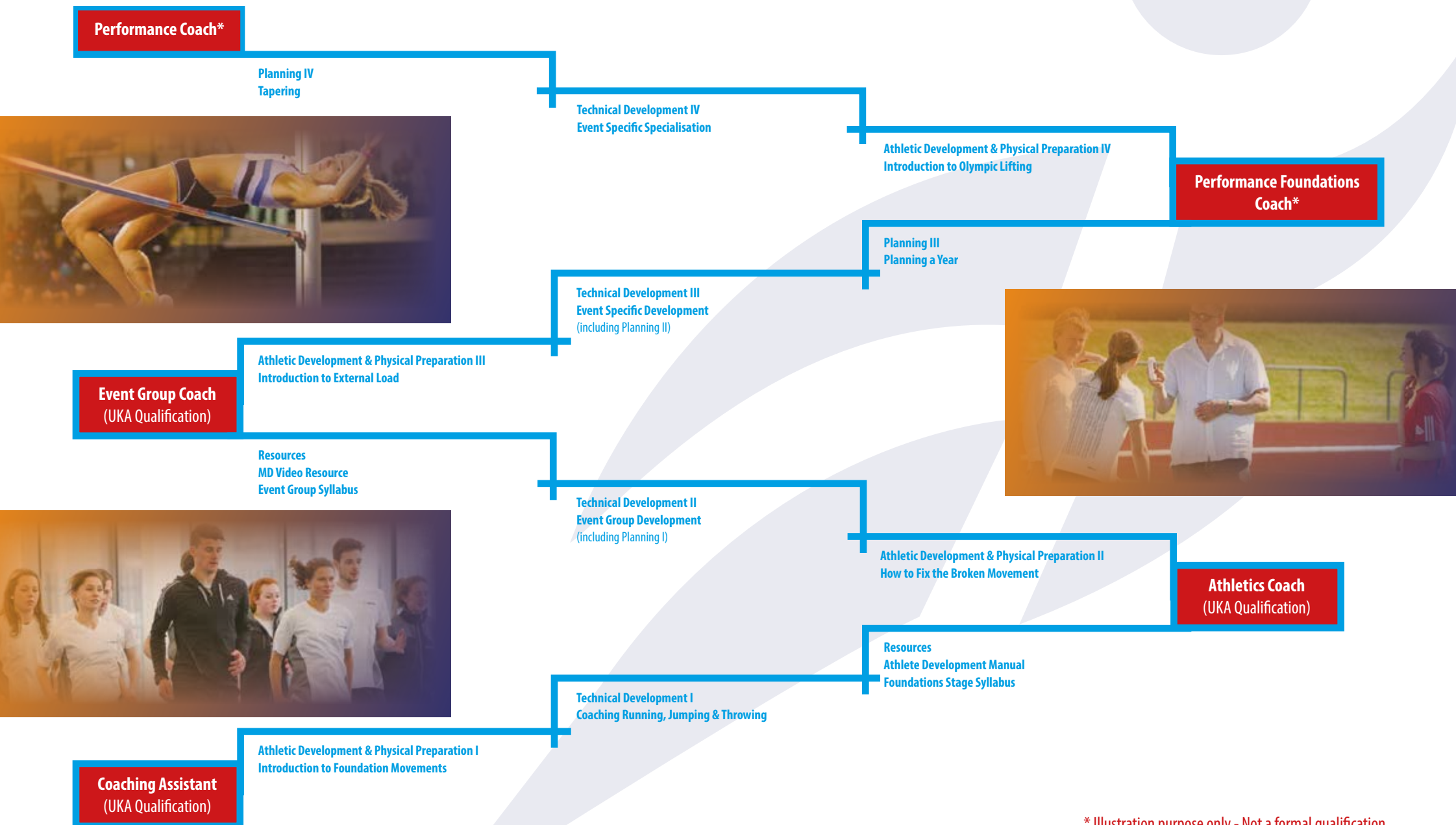
The National Coach Development programme will consist of the following components:

- National Coaching Conference
- Courses & Workshops on:
 - Athletic Development & Physical Preparation
 - Technical Development
 - Planning
 - Nurturing Talent
- Coach Apprentice Programme
- National Coaching Syllabus

NATIONAL COACH DEVELOPMENT PROGRAMME



RECOMMENDED DEVELOPMENT PATHWAY (Fig 1)



* Illustration purpose only - Not a formal qualification

COACH DEVELOPMENT OPPORTUNITIES, RESOURCES and PATHWAYS for...

COACHING ASSISTANT

- Athletic Development & Physical Preparation I
- Athlete Development Manual
- Technical Development I (Inc. Planning I)
- Foundations Stage Syllabus

Key knowledge and skills developed

- Understand the role of importance of the foundation movements.
- Design and implement an effective warm up in your club environment.
- Develop a greater understanding of the athlete development process.
- Apply newly developed coaching skills to your coaching practice.
- Design and implement a training session within your club.

ATHLETICS COACH / CiRF (UKA Level II & above)

- Athletic Development & Physical Preparation II
- Physical Competency Assessment Manual
- Movement Dynamics Video Resource
- Technical Development II (Inc. Planning I)
- Event Group Syllabus

Key knowledge and skills developed

- Formally and informally assess your athlete(s).
- Generate a graph to represent physical competence.
- Design and implement a physical preparation programme for your athlete(s).
- Monitor athletic development through regular assessment and formal reporting of physical competencies.
- Understanding of athlete development coaching at event group level.
- Design and implement a training week.



COACH DEVELOPMENT OPPORTUNITIES, RESOURCES and PATHWAYS for...

Once coaches have progressed through the above opportunities, they can progress with the following:

LEVEL III OPPORTUNITIES

- Athletic Development & Physical Preparation III
- Technical Development III
- Planning III

Key knowledge and skills developed

- Design and implement an annual plan
- Design and implement physical preparation sessions through the introduction of external loads and create modules of progression for upper body, lower body and bracing exercises, related these to sport specific activities.
- Develop a greater understanding of the physical and technical competencies required in event specific coaching.
- Prescribe appropriate biomotor / metabolic training.
- Observe and implement effective drills and activities to develop the technical model.
- Write an effective training plan to develop the key biomotors which are related the event, taking into account the athletes' biological age.

LEVEL IV OPPORTUNITIES

- Athletic Development & Physical Preparation IV
- Technical Development IV
- Planning IV

Key knowledge and skills developed

- Design a weight lifting programme which complements an overall physical preparation programme.
- Teach weight lifting movements and identify the key technical and safety points for each exercise / movement, and relate these to sport specific actions.
- Apply a range of training methodologies to produce an event specific training programme.
- Understand a greater depth of technical factors (phase analysis) and biomotor requisites of the event.
- Identify the key performance factors of the event.
- Provide objective data to inform the training programme.
- Identify and prioritise key training objectives.
- Determine the effectiveness of their programme and make appropriate coaching interventions.
- Design a suitable taper for a given competition based on the athletes' needs.
- Design an effective 'on the day' pre-competition routine for the athlete to maximise their performance.
- Perform effective action decisions in the day-to-day planning activities during the taper to ensure the athlete is physically and mentally ready to 'perform when it counts'.

COURSES and WORKSHOPS

"You must have the physical competence to do the technical qualities to do the tactical stuff...in that order (Giles, 2005)

ATHLETIC DEVELOPMENT AND PHYSICAL PREPARATION OVERVIEW

The athletic development and physical preparation courses aim to provide coaches of all levels with the knowledge and skills to develop the physical competencies, in the athletes they coach, to do the 'technical stuff'.

Through these courses we examine the fundamental movement patterns that underpin the sport specific actions; what do they look like, how to assess these movements and explore the different training methods to develop these.

The courses are delivered on four progressive levels to assist the coach in their development journey:

Athletic Development and Physical Preparation I

Introduction to foundation movements that underpin athletic activity, and how to develop them in the club / coach environment, through warm ups and in-session activities.

Athletic Development and Physical Preparation II

The development of fundamental movement patterns that underpin athletic activity, through formal assessment and exploring strategies to fix the broken movement.

Athletic Development and Physical Preparation III

The development of fundamental movement patterns through introducing external loads to stable movements and structures. Athlete development considerations for the coach in introducing external load in their coaching practice.

Athletic Development and Physical Preparation IV

The development of movement patterns through the introduction of Olympic lifts (and derivatives) and how they relate to sport specific actions. Introduction to prescriptive loading through the monitoring and assessment of the athlete.

Coaches interested in progressing their professional development in this field can progress to the UK Strength & Conditioning Association (UKSCA) Workshops and accreditation process.

The Movement Dynamics Video Resource will be used as the primary source of information for the athletic development and physical preparation courses.





COURSES and WORKSHOPS

Athletic Development and Physical Preparation I

Introduction to foundation movements that underpin athletic activity, and how to develop them in the club / coach environment, through warm ups and in-session activities.

Who should go on the course?

- Anyone who has completed the Coaching Assistant Award.

All coaches looking to broaden their knowledge and understanding of the warm up process and in-session planning can also choose to attend as part of their continued professional development.

How many days will it take?

Two days delivered over the course of one weekend with no assessment.

What will I learn?

The importance of movement efficiency and consistency in the foundation movements that underpin sport specific actions. You will learn what these movements are and what they look like. How to assess them and consider strategies that can be employed in your day to day coaching.

Topics covered include:

- Coaching the Warm up
- Assessment of Foundation movements
- How to develop physical competencies
- How to deliver a RAMP warm up
- Planning a training session
- Static vs Dynamic stretching

What will I be able to do?

- Design and implement an effective warm up that develops physical competence in your athletes.
- Through observation and feedback, coach foundation movements in the warm up
- Design and implement a series of training units (modules) within a training session that develops the athletes' physical competence for running, hurdling, jumping and throwing.

For further course information, please see the following link;

<http://www.scottishathletics.org.uk/coaches/coach-cpd/national-coach-development-programme/>

The Movement Dynamics Video Resource will be used as the primary source of information over the weekend.

COURSES and WORKSHOPS

Athletic Development and Physical Preparation II

The development of fundamental movement patterns that underpin athletic activity, through formal assessment and exploring strategies to fix the broken movement.

Who should go on the course?

- Anyone who has completed the Athletics Coach Award/Coach in Running Fitness (CiRF)
 - Coaching Assistant coaches who have attended Athletic Development & Physical Preparation I Course (previously named Foundation course).
- UKA Event Group Coaches, Level 3 and Level 4 Performance Coaches looking to broaden their knowledge and understanding in athletic development can also choose to attend as part of their continued professional development.

How many days will it take?

Two days delivered over the course of one weekend with no assessment.

What will I learn?

How to formally assess foundation movements in an athlete or group of athletes.
You will also learn how to generate formal feedback reports that will inform an athlete specific physical preparation programme.
Over the course of the weekend, we will also explore progression and regression strategies for developing physical competence.

Topics covered include:

- Formal assessment of physical competencies
- Formal reporting of competency assessments
- Generation of objective feedback
- Practical application of the Movement Dynamics Video resource
- Understanding physical limitations

What will I be able to do?

- Formally assess an athlete or group of athletes in your coaching / club environment
- Generate tables and radar diagrams
- Provide objective feedback
- Goal setting in your planning practice
- Design an athlete specific physical preparation programme

For further course information, please see the following link;

<http://www.scottishathletics.org.uk/coaches/coach-cpd/national-coach-development-programme/>

The Movement Dynamics Video Resource will be used as the primary source of information over the weekend.





COURSES and WORKSHOPS

Athletic Development and Physical Preparation III

The development of fundamental movement patterns through introducing external loads to stable movements and structures. Athlete development considerations for the coach in introducing external load in their coaching practice.

Who should go on the course?

- Anyone who has completed the Athletics Coach Award/Coach in Running Fitness (CiRF) and above (UKA Event Group, Level 3 and Level 4).

and attended -

- Athletic Development & Physical Preparation II Course.

How many days will it take?

Two days delivered over the course of one weekend with no assessment.

What will I learn?

The considerations for athlete development in relation to growth spurts and maturation, in applying load. You will learn the tools for progression in applying external load in developing total structural strength, stability and range. Through correct movement patterns we examine correct force application, through a range of different training methods.

Topics covered include:

- Progressive journeys for lower body, upper body and bracing exercises
- Applying load through comfort and incremental loading
- The use of sets and repetitions
- Ballistic / Plyometrics movements
- The relationship to maturation and Training Age
- Anatomical Adaptation to Applied Strength
- Mobilisation Methods
- The force continuum

What will I be able to do?

- You will be able to design and implement physical preparation sessions through the introduction of external loads and create modules of progression for upper body, lower body and bracing exercises, related these to sport specific activities.

For further course information, please see the following link;

<http://www.scottishathletics.org.uk/coaches/coach-cpd/national-coach-development-programme/>

The Movement Dynamics Video Resource will be used as the primary source of information over the weekend.

COURSES and WORKSHOPS

Athletic Development and Physical Preparation IV

The development of movement patterns through the introduction of Olympic lifts (and derivatives) and how they relate to sport specific actions. Introduction to prescriptive loading through the monitoring and assessment of the athlete.

Who should go on the course?

- Anyone who has completed the Athletics Coach Award/Coach in Running Fitness (CiRF) and above (UKA Event Group, Level 3 and Level 4).

and attended -

- Athletic Development & Physical Preparation III Course.

How long is the workshop?

Four day course delivered over the course of two weekends, with a multiple choice exam and practical assessment carried out on the final day.

What will I learn?

You will learn the key technical and coaching points as well as develop the knowledge to incorporate Olympic lifts (and derivatives of) into training programmes to improve physical preparation and sports performance.

You will also learn the key safety factors and coaching best practice in the gym environment.

Topics covered include:

- Summary of the movement journey from development to high performance
- Strength in Youth Training
- Health and safety factors in the gym environment
- Combination lifts and complex training
- Teaching of Olympic lifts and derivatives (Clean, Snatch, Squats, Lunge, Step ups, etc)
- Assessing and monitoring methods

What will I be able to do?

- Design a weight lifting programme which complements an overall physical preparation programme.
- Teach weight lifting movements and identify the key technical and safety points for each exercise / movement, and relate these to sport specific actions.

For further course information, please see the following link;

<http://www.scottishathletics.org.uk/coaches/coach-cpd/national-coach-development-programme/>

Coaches interested in progressing their professional development in this field can progress to the UK Strength & Conditioning Association (UKSCA) Workshops and accreditation process.

The Movement Dynamics Video Resource will be used as the primary source of information over the weekend.





COURSES and WORKSHOPS

TECHNICAL DEVELOPMENT OVERVIEW

The series of technical development courses aim to provide coaches of all levels with the knowledge and skills of 'what to coach' in the technical, tactical and physiological (metabolic) aspects of athletic events.

The courses are delivered through four progressive levels to assist the coach's development journey in their knowledge and understanding of the events:

Technical Development I

Practical introduction to coaching the fundamental movement skills in running, hurdling, jumping and throwing. Through guided discovery we explore methods of locomotion in running and jumping and explore non-locomotion activities of throwing and passing objects, in the development of the athletes' movement vocabulary.

Technical Development II

Theory and application of coaching the event group and the practical teaching of technical skill development. You will learn how to teach the basic movements related to the event group; sprints and hurdles, jumps, throws or endurance.

Technical Development III

Developing knowledge and expertise in coaching the event. Develop an understanding of the key needs and demands of the event. Identifying the key physical and technical competencies in relation to the technical model.

Technical Development IV

Event specific development, through the examination of training methodologies to develop the demands of the event. Through observational and critical analysis, examine the key technical aspects (phase analysis) of the event and coaching practice.

COURSES and WORKSHOPS

Technical Development I – Overview

Practical introduction to coaching the fundamental movement skills in running, hurdling, jumping and throwing.

Who should go on the course?

- Anyone who has completed the Coach Assistant Award (previous Level 1) **and attended -**
- Athletic Development & Physical Preparation I (AD&PP I) course (previously named Foundation Course)

How long is the workshop?

One day course delivered on a weekend with no assessment.

What will I learn?

Through guided discovery we explore methods of locomotion in running and jumping and explore non-locomotion activities of throwing and passing objects, in the development of the athletes' movement vocabulary. You will learn how to teach the basic movements related to the events; sprints and hurdles, jumps, throws and endurance.

Topics covered include:

- Introduction to coaching Running, Hurdling, Jumping and Throwing
- Combining movement patterns (puzzles)
- Guided discovery skill acquisition
- Developing the athletes' movement vocabulary
- Basic Technical Development
- Planning the warm up and training sessions
- Practice newly acquired coaching skills

What will I be able to do?

Help and guide the athlete in the development of their movement vocabulary, in relation to the event(s). At the end of the day you will have a collection of practical drills and activities that can be applied in your day to day coaching of running, hurdling, jumping and throwing.

For further course information, please see the following link;

<http://www.scottishathletics.org.uk/coaches/coach-cpd/national-coach-development-programme/>



COURSES and WORKSHOPS

Technical Development II – Overview

Theory and application of coaching the event group and the practical teaching of technical skill development.

Who should go on the course?

- Anyone who has completed the Athletics Coach Award / Coach in Running Fitness (CiRF) or working towards it **and attended -**
- Athletic Development & Physical Preparation I (AD&PP I) course (previously named Foundation Course) and/or,
- Athletic Development & Physical Preparation II (AD&PPII) course (preferred)

How long is the workshop?

Two day workshop delivered over two weekends with no assessment.

What will I learn?

These workshops build on and apply the knowledge gained on AD&PP I & II weekends, in developing skill acquisition and the technical model. You will learn how to teach the basic movements related to the event group; sprints and hurdles, jumps, throws or endurance. Microcycle planning (Planning I) will be integrated into day two of this course, where coaches will consider the training content in a given week in planning the athletes physical and technical development.

Topics covered include:

- Technical theory of the event group
- Importance of physical competencies in relation to the development of skill acquisition
- Practical application of drills and activities in developing the basic technical model
- Planning the physical and technical components into your programme

What will I be able to do?

- Coach the basic technical aspects of the event(s)
- Observe and analyse fundamental movements in relation to the technical demands of the event
- Observe, analyse and prescribe effective drills and activities to develop the athletes' technical development
- Design a training week to meet the physical and technical needs of the athlete against the event(s)

For further course information, please see the following link;

<http://www.scottishathletics.org.uk/coaches/coach-cpd/national-coach-development-programme/>

COURSES and WORKSHOPS

Technical Development III – Overview

Developing knowledge and expertise in coaching the event. Develop an understanding of the key needs and demands of the event. Identifying the key physical and technical competencies in relation to the technical model.

Who should go on the course?

- Anyone who has completed the Athletics Coach Award / Coach in Running Fitness (CiRF) and above (UKA Event Group, Level 3 and Level 4)

and attended -

- Athletic Development & Physical Preparation III course

How long is the workshop?

A series of one day workshops with no assessment.

What will I learn?

These workshops build on the technical content presented on the Athletics Coach Award and Technical Development II workshop. You will develop a sound understanding of how to coach the event. Mesocycle planning (Planning II) will be incorporated, where coaches will learn to design and implement an effective block of training for a given time of year. Over the course of the workshops, you will be able to practice and refine your coaching skills.

Topics covered include:

- Underpinning principles and common terminology of the event
- Biomotor abilities required for the event, and how to develop these
- Consideration factors related to growth and maturation of the athlete
- Assessment of physical competencies, in relation to the technical model
- Mesocycle planning
- Practice coaching skills

What will I be able to do?

- Identify the key aspects and technical phases of the event.
- Observe and implement effective drills and activities to develop the technical model.
- Write an effective training plan to develop the key biomotors which are related to the event, taking into account the athletes' biological age.

* Coaches are welcome to bring an athlete as a demonstrator to the workshop.

For further course information, please see the following link;

<http://www.scottishathletics.org.uk/coaches/coach-cpd/national-coach-development-programme/>





COURSES and WORKSHOPS

Technical Development IV – Overview

Event specific development, through the examination of training methodologies to develop the demands of the event. Through observational and critical analysis, examine the key technical aspects (phase analysis) of the event and coaching practice.

Who can go on the course?

- Identified coaches (by scottishathletics Performance Team) working with,
 - Athletes along the athletic development pathway who are working towards junior/senior international teams, or have
 - Consistently worked with junior/senior international athletes in the past.

How long is the workshop?

A series of one day workshops with no assessment.

What will I learn?

You will develop a greater level of knowledge and understanding of the physical preparation, technical, tactical and planning aspects of the event. You will learn the critical performance factors, examine the key performance determinants and how to assess these through analysis of the key performance indicators. You will examine how to develop the physiological and biomotor abilities required to perform in the event, and how to train these. You will also work in collaboration with the lead coach to develop your coaching skills on the day.

What will I be able to do?

- Apply a range of training methodologies to produce an event specific training programme
- Understand a greater depth of technical factors (phase analysis) and biomotor requisites of the event
- Identify the key performance factors of the event
- Provide objective data to inform the training programme
- Identify and prioritise key training objectives
- Determine the effectiveness of your programme and make appropriate coaching interventions.

Through their coaches, athletes will also receive an invite to these workshops

For further course information, please see the following link;

<http://www.scottishathletics.org.uk/coaches/coach-cpd/national-coach-development-programme/>

COURSES and WORKSHOPS

“Planning is a vital part of the coaching process, and the capacity to progress from planning the session to planning for a multi-year cycle is a mark of the developing expertise of the coach” (Lyle, 2002)

PLANNING OVERVIEW

The planning workshops aim to provide coaches of all levels with the knowledge and skills to design and implement an effective training programme in their coaching practice. Through the workshops we examine the various planning levels required to help the athletes ‘perform when it counts’.

Planning I - Planning a training session and training week

Planning of physical and technical components in a training session or training week.

Planning II - Planning a number of training weeks

Develop an understanding of the physical and technical considerations when designing and implementing a 4 to 6 week training programme in relation to the time of the year.

Planning III - Planning a Year

Identify steps in designing an annual plan, taking into consideration key competitions in the year, process and outcome goal setting and exploring contributing factors that can impact athletic performance.

Planning IV - Tapering and Pre-competition Preparation

The examination of key points to consider when planning a taper in preparation for major championships. Planning strategies, pre-competition routines and how coaching decisions can impact and maximise athletic performance.

Planning workshops I & II are incorporated into the Athletic Development & Physical Preparation I & II and Technical Development I & II Courses.



COURSES and WORKSHOPS

Planning I – In-Session and Weekly Planning

Planning the physical and technical components into a training session and a training week.

This workshop will be integrated in to Athletic Development & Physical Preparation I & II and Technical Development I & II courses..

How long is the workshop?

- In-session planning is incorporated into Athletic Development & Physical Preparation I and Technical Development I courses.
- Microcycle planning is incorporated into Athletic Development & Physical Preparation II and Technical Development II courses.

What will I learn?

Learn how to plan multiple unit training sessions and design a microcycle within a given period of the year based on the training objectives and the stage of development of the athlete.

Topics covered include:

- Planning multiple unit training sessions
- Microcycle construction
- Planning the physical and technical components into a programme
- Function of planning levels and where the microcycle sits

What will I be able to do?

- Design a series of training units (modules) within a session plan that considers the athletes' physical and technical competence in running, jumping and throwing.
- You will have the knowledge and planning skills to design a training session and an integrated microcycle plan for given period of the year.

For further course information, please see the following link;

<http://www.scottishathletics.org.uk/coaches/coach-cpd/national-coach-development-programme/>

COURSES and WORKSHOPS

Planning II – Mesocycle Planning

Develop an understanding of the physical and technical considerations when designing and implementing a 4 to 6 week training programme in relation to the time of the year.

How long is the workshop?

- This course will be integrated in to Athletic Development & Physical Preparation III and Technical Development III courses.

What will I learn?

You will develop an understanding of the physical and technical considerations when designing and implementing a 4 to 6 week training block. How these components are developed in relation to the phase of the year (General Preparation, Specific Preparation, Pre-competition and Competition), and the stage of athlete development.

Topics covered include:

- Function of planning levels and where the Mesocycle sits
- Objectives that determine the content of the Mesocycle
- Duration of Mesocycles
- Rules of Mesocycle construction
- Quantifying Training Loads within Mesocycles
- Principles of Training
- Integration of physical components

What will I be able to do?

- Design and implement an athlete centred training plan for a 4 to 6 week period
- Prioritise key physical and technical components in achieving phase objective goals
- Physically and technically prepare the athlete for the achievement of an optimal improvement in their performance

For further course information, please see the following link;

<http://www.scottishathletics.org.uk/coaches/coach-cpd/national-coach-development-programme/>





COURSES and WORKSHOPS

Planning III – Planning A Year

Identify steps in designing an annual plan taking into consideration key competitions in the year, process and outcome goal setting and exploring contributing factors that can impact athletic performance.

Who should go on the course?

- Anyone who has completed the Athletics Coaching Award / CiRF (UKA Level II)

UKA Event Group, Level 3 and Level 4 coaches looking to broaden their knowledge and understanding of planning can also choose to attend as part of their continued professional development.

How long is the workshop?

One day workshop delivered on a day over the weekend.

What will I learn?

In your planning practice, identify key steps in designing an annual plan, understand planning terminology, goal setting, and consider monitoring processes, based on key competitions of the year and the stage of athlete development.

Topics covered include:

- Structure of an annual plan
- Key steps in designing an annual plan
- Periods and phases of a year
- Factors that impact performance
- Presented case examples
- Measuring the effectiveness of the programme
- The role of competitions

What will I be able to do?

- You will be able to design and implement an effective, athlete centred annual plan for a single, double or multiple periodised year to achieve an optimal improvement in athletic performance within a given period of the competition season.

For further course information, please see the following link;

<http://www.scottishathletics.org.uk/coaches/coach-cpd/national-coach-development-programme/>

COURSES and WORKSHOPS

Planning IV – Tapering and Pre-competition Preparation

The examination of key points to consider when planning a taper in preparation for major championships. Planning strategies, pre-competition routines and how coaching decisions can impact and maximise athletic performance.

Who should go on the course?

- Anyone who has completed the Athletics Coaching Award / Coach in Running Fitness (CiRF)

and attended -

- Planning III workshop

UKA Event Group, Level 3 and Level 4 coaches looking to broaden their knowledge and understanding of tapering and pre-competition preparation can also choose to attend as part of their continued professional development.

How long is the workshop?

One day workshop delivered on a day over a weekend.

What will I learn?

The key points to consider when planning a taper in preparation for major championships. Planning strategies, pre-competition routines and how coaching decisions can impact and maximise athletic performance. Know when to start the tapering process and how to manipulate the training load to achieve a maximal performance.

Topics covered include:

- Tapering strategies (inc. Tapering models)
- Taper duration and considerations
- Priming and pre-competition strategies
- Decision making process in planning practice
- Performance loss windows and how to minimise these
- Designing daily competition schedules
- Tapering vs detraining
- Shared experiences

What will I be able to do?

- Design a suitable taper for a given competition based on the athletes' needs.
- Design an effective 'on the day' pre-competition routine for the athlete to maximise their performance.
- Perform effective action decisions in the day-to-day planning activities during the taper to ensure the athlete is physically and mentally ready to 'perform when it counts'.

For further course information, please see the following link;

<http://www.scottishathletics.org.uk/coaches/coach-cpd/national-coach-development-programme/>



COURSES and WORKSHOPS

NURTURING TALENT

This workshop examines the Long Term Athlete Development (LTAD) of our athletes, ensuring they are exposed to the right thing at the right time in their athletic journey to maximise their potential at senior level.

Who should go on the course?

Anyone who is interested in the welfare and the long term development of the athlete (e.g. Parents, Coaches and Club officials).

How many days will it take?

3.5 hours delivered on an evening with no assessment.

What will I learn?

The course will introduce you to the key factors and pitfalls of athletic development. You will learn the LTAD principles in maximising sporting talent and achieving the important goal of long-term athletic development. You will learn that LTAD is 'everything', with a focus on process leading to achievement, as opposed to a performance outcome.

Topics covered include:

- Right thing at the right time
 - Planning
 - Competition
 - Athletic development
 - Technical development
- Athlete behaviour and mind sets
- Importance of family support
- Lifestyle and the 24 hour athlete
- Biological development
- Time on task
- Role of the coach

What will I be able to do?

You will be able to apply the learned LTAD principles into your coaching practice. Parents and club officials will be able to support the athlete in their long term ambitions of sporting success at senior level.

For further course information, please see the following link;

<http://www.scottishathletics.org.uk/coaches/coach-cpd/national-coach-development-programme/>

"If a long term approach to training is not adopted, there is likely to be a plateau in performance when growth and development slow significantly. At this point the short term training approach cannot be reversed, and athletes often drop out before achieving close to their potential."

scottishathletics COACH APPRENTICE PROGRAMME

Multi-year formal coach development programme, developing knowledge and understanding of athletic development and physical preparation, technical development and planning. Coaches will formally progress through the National Coach Development Programme, supported by the scottishathletics.

The aims of the programme are:

- Raise standard of coaching practice across the coach development pathway
- Address Gaps in technical, athletic development and planning expertise
- Develop a widening work force for delivering future coach development opportunities
- Develop a widening selection of coaches for International Teams

To be considered for the programme, scottishathletics are looking for coaches with the following qualities:

- Open and growth mindset
- Positive coaching environment
- Supportive club environment
- Coaching a group of developing athletes, showing evidence of good practice
- Strong interpersonal skills with demonstrated ability to work closely with other coaches
- Willingness to work with a designated Coach / Performance Team member to progress one's own coaching expertise and skill set
- Previous athlete experience will also be considered

Successful applicants will receive the following benefits from the programme:

- Receive Movement Dynamics Video Resource (for the duration of the programme)
- Receive Movement Dynamics text books
- Receive **scottishathletics** Coaching Syllabus
- Receive 1:1 support (through the programme on athletic development, technical development and planning)
- Structured and augmented Professional Development Programme

The expectations and opportunities for coaches accepted on the programme:

- Actively engage in professional development in coaching
- Support in the delivery of the National Coach Development Programme (where appropriate)
- Be available for team staff roles (where appropriate)
- Support future coach apprentices through the Coach Development Programme
- Attend and support the National Coaching Conference
- Undergo a PVG (Protection of Vulnerable Groups) check

For further information on the Programme please see the following link:

<http://www.scottishathletics.org.uk/coaches/coach-cpd/national-coach-development-programme/coach-apprentice-programme/>



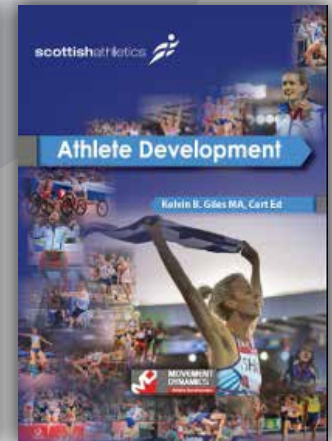
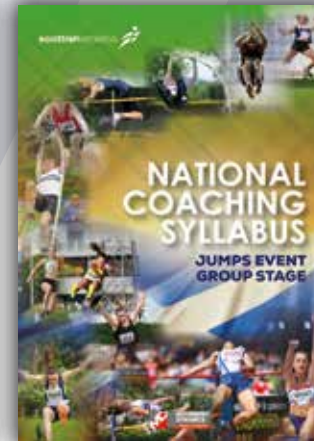
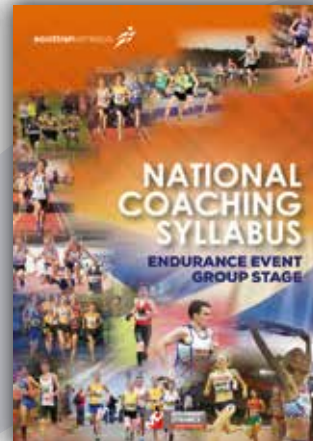
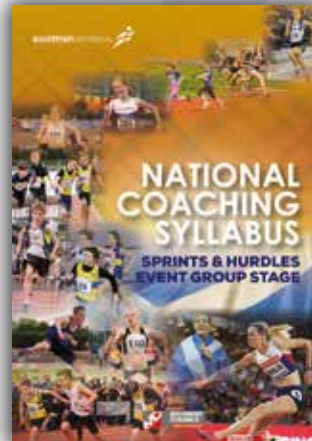
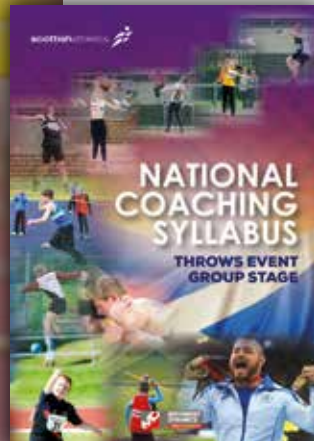
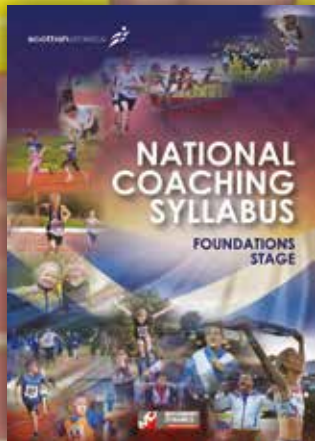
NATIONAL COACHING SYLLABUS

scottishathletics has developed a syllabus which has been incorporated into the National Coach Development programme, to help coaches develop and deliver the required physical competencies throughout the athletic pathway.

Understanding the relationship between physical competence and skill development is crucial if the coach is to establish a progressive pathway for the athlete. The aim is to keep the physical competence developing just ahead of the skills being executed at each training stage. In this way the athlete will always have an available efficiency of movement to impart to the skills as they become more complex or as they are executed more intensively.

“Every sports-specific posture and action demands that the athlete produce, reduce and stabilise force’. In many sports this should be developed in a ‘multi-joint, multi-plane, multi-directional setting.’ Kelvin Giles, 2002

There are a number of resources alongside the workshops to support coaches operating at each stage of the pathway: An introduction to athlete development; National coaching syllabus – foundations stage booklet; Endurance syllabus; Jumps syllabus; sprints and hurdles syllabus and Throws syllabus.



To purchase any of the resources, please contact Coaching and Executive Administrator Joanne Dennis at joanne.dennis@scottishathletics.org.uk



For enquiries, please email performanceteam@scottishathletics.org.uk

<http://www.scottishathletics.org.uk/coaches/coach-cpd/national-coach-development-programme/>

