Example Club Coaching Structure

Club Committee

Coach Coordinator

Teaching the Basics
- 5-8/9 Years
  Multi-Events Coaching
  Run, Jump & Throw Centres
  Coaches will depend on number of centres & athletes

Multi-Events Conditioning & Skill Development
- 8/9-11/12 Years
  Multi-Events Coaching
  Lead Stage Coach + Assistant Coaches
  Groups will depend on number of athletes

Event Group Conditioning & Skill Development
- 11/12-14/15 Years
  Multi-Events Group + Endurance Group

Event Specialisation
- 14/15+ EVENT-SPECIFIC COACHING
  (By Ability / Maturation)

ATHLETE PATHWAY

(Athlete Development Stages & Roles)

5-8/9 Years
- Multi-Events Coaching
- Run, Jump & Throw Centres
  Coaches will depend on number of centres & athletes

8/9-11/12 Years
- Multi-Events Coaching
  Lead Stage Coach + Assistant Coaches
  Groups will depend on number of athletes

11/12-14/15 Years
- Multi-Events Group + Endurance Group
- Endurance Lead Coach & Assistant Coaches
  (Dependent on Number of Athletes)

14/15+
- EVENT-SPECIFIC COACHING
  (By Ability / Maturation)
  - Sprints Lead Coach & Assistant Coaches
  - Jumps Lead Coach & Assistant Coaches
  - Throws Lead Coach & Assistant Coaches
Example Club Coaching Structure

**Recommended Coach:** Athlete Ratio = 1:12 (pref. 2:12)
Example Club Coaching Structure

Recommended Coach:Athlete Ratio = 1:12 (pref. 2:12)