

scottishathletics 

FOUNDATION COURSE

2015

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Who should go on the course?

Anyone who has completed the Coaching Assistant (or previous level 1 course) and/or Athletics Coach award (or previous level 2 courses), and who is delivering whole or part of warm ups and/or training sessions in the club environment. 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 education / professional development.

How many days will it take?

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

What will I learn?

This two day course will encompass athletic development of the athlete giving the coach the skills and knowledge to design and implement an effective warm up, preparing the athlete for the session activity to follow. You will learn how to design and implement an effective session that develops the athletes' physical and technical competencies in running, jumping and throwing.

Topics covered include:

- Coaching the Warm up
- Assessing the athlete
- Physical preparation (develop physical competencies)
- Skill development (develop technical competencies in RJT)
- Progressive tempo of the warm up
- Warm up design, implementation and practice
- In-Session design, implementation and practice
 - Warm up
 - Movement Puzzles for RJT
 - Movement breaks
 - Event Specific Skill Development

What will I be able to do?

You will have the knowledge and skills to design, implement and deliver an effective warm up for athletes in your club environment. You will also be able to create and implement a series of training units (modules) within a session plan that develops the athletes' physical and technical competence in running, jumping and throwing, based on the athlete's individual athletic development.

Following the course, **scottish**athletics Coach Mentors will be available to support the coach in their club environment in the delivery of the warm up and/or the in-session content.

To book yourself onto the course, please email Mary Anderson at mary.anderson@scottishathletics.org.uk