Leading Athletics

Workbook
Introduction

Philosophy
This workbook is designed for you to keep a record of useful ideas that you collect as you complete the workshop. The tutors will give you opportunities to note down ideas after each section. However it is for you to use as you wish and could provide a useful reference as you begin to work with young athletes at your club or organisation.

Some suggestions of things that you may record:
- The way in which the tutor organises activities.
- Safety checks that the tutor makes.
- Suggestions for managing groups of young people who are enthusiastic but may not always do what you want them to do!
- Information about useful web sites and other resources that will help you as you develop as a leader (some have been included at the end of this booklet).
- Contact details of people that you meet and who may be able to support you as you get into the real work of introducing young people to various activities.
- Different ways of using the Games Cards.

This workbook is divided into sections which are covered throughout the workshop and there is plenty of room to add things as you go along. If it helps your learning to fill in such a workbook then go ahead – if you prefer to learn in other ways then do so. It will not be checked at the end of the workshop!
What is the one most important thing you want to get from this workshop?

Roles and Responsibilities

Your roles and responsibilities will depend on a number of factors; the type and size of the group, the space available, the session length, the equipment available, etc.

**Key roles and responsibilities may include:**

- The delivery of athletics activities.
- Reviewing or reflecting on your own performance.
- The safety of participants and performers throughout the session.
- Checking the status of participants (prior to the session and throughout).

**Leaders of an athletics session should aim to:**

- Create a fun and enjoyable athletics experience.
- Create opportunities for all athletes to participate in the sport.
- Be able to communicate effectively.
- Be flexible and able to adjust sessions if required.

Delivery:

The delivery process is simply a continuous cycle in which leaders:

- **Prepare** for the session.
- **Deliver** the session and then.
- **Review** post session delivery.

Key Delivery Skills:

Delivering a successful session will be dependant on utilising a number of skills, these may include:

1. Preparation
2. Safety and Organisation
3. Instruction and Explanation
4. Demonstration
5. Observation
6. Communication
7. Reflection

Note Pad:
Warm Up

The purpose of warming up is to prepare the body and mind for the activities to come, by:

- Raising core body temperature.
- Increasing heart rate to improve blood flow.
- Raising the respiratory rate to increase the oxygen supply to the muscles.

Below are four suggested game cards that could be used as part of a warm up:

Cool Down

Cooling down allows the heart rate and respiratory rate to return to normal, together with the removal or reduction of waste products in the muscles. Young athletes also experience the return to a comfortable body temperature.
Running

Running can simply be broken down into the following elements:

- **Running for Speed** (Sprinting)
- **Running for Distance** (Endurance Running and Race Walking)
- **Running over Obstacles** (Hurdling)
- **Running as a Team** (Relay Running)

Below are three suggested game cards to use when developing Running:

The basics of developing speed may include:

The basics of developing endurance may include:

The basics of developing the pushing technique for day chair users:

Safety:
Jumping

Jumping can simply be broken down into the following elements:

- **Jumping for Height** (High Jump and Pole Vault)
- **Jumping for Distance** (Long Jump)
- **Combination Jumping** (Triple Jump)

Below are three suggested game cards to use when developing Jumping:

- **Jumping for Height**
  - The basics of jumping for height may include:

- **Jumping for Distance**
  - The basics of jumping for distance may include:

- **Combination Jumping**
  - The basics of combination jumping may include:

ON TRACK 4...

1. Plan what to say before you speak
2. Gain their attention before starting
3. Keep it simple

Instruction and Explanation:
Throwing

Throwing is simple in that the essential element is to throw for distance. The four individual styles of throwing are often described push, pull, sling and heave. These relate to the movement patterns of the throwing events in athletics:

- **Push Throw** (Shot Put)
- **Pull Throw** (Javelin / Club)
- **Sling Throw** (Discus)
- **Heave Throw** (Hammer)

Below are three suggested game cards to use when developing Throwing:

The basics of a push throw may include:

The basics of a pull throw may include:

The basics of a sling throw may include:

The basics of a heave throw may include:

**Demonstration:**

1. Position so all can see and hear
2. Focus attention on 1-2 key points
3. Repeat silent demo more than once and from different angles
4. Check for understanding through questioning and/or practise
Conclusion and reflection

This can take place either at the end of the workshop or following the workshop.

What am I going to work on over the next 2 weeks?

Who is going to support me with this?

Where will I find more information about this?

Please note: This is NOT a licensed coaching workshop or resource.

Workshop attendees will not become coaches unless they have attended a formally recognised British Athletics coaching qualification.

Attendance does not provide the participant with insurance to deliver activities.

Attendance on a workshop will not automatically require participants to complete a DBS check; however it is good practice for all volunteers to complete a self-disclosure form and submit this to their club Welfare Officer prior to commencing volunteer work.
Resources

UCoach
http://ucoach.com/

Athletics 365 Resource
www.athletics365.org
http://ucoach.com/resources/athletics-365/

Scottish Athletics Age and Stage Resources
5 – 11 Coaching Resource
8 – 12 Coaching Resource

Multi Events Video Footage
www.youtube.com/playlist?list=PLmLOsp-Ue_yTt7EsHSj6rKNYSdN6c4dFq

Disability and Inclusion
ucoach.com/coaching/event_specific/#disability

Athletics in the UK

British Athletics
www.britishathletics.org.uk

Athletics Northern Ireland
www.athleticsni.org

England Athletics
www.englandathletics.org

Scottish Athletics
www.scottishathletics.org.uk

Welsh Athletics
www.welshathletics.org
Leading Athletics

Guidance in the delivery of athletics activities to developing athletes

This workshop will help you to:

- Identify your roles and responsibilities as a leader of athletics sessions
- Identify the key components in delivering a safe and inclusive athletics session to a group of developing athletes
- Identify some of the skills required to deliver these sessions effectively
- Look at the key movement skills and skill development in running, jumping and throwing activities
- Experience a range of practical athletic activities
- Practice leading running, jumping and throwing activities.

Timetable:
It is anticipated that the course will be flexible enough to adapt to the needs of the group

Aprox. Times:
- 25 mins  Theory - Introduction and Explanation
- 30 mins  Warm Up and Cool Down
- 30 mins  Practical Running
- 30 mins  Practical Jumping
- 10 mins  Break
- 30 mins  Practical Throwing
- 25 mins  Conclusion, Summary.

Athletics – the basics:

Although often thought of as a very complicated series of events, athletics disciplines can be easily understood.

Athletics is often simply broken down into:

RUNNING, JUMPING and THROWING

The rationale of any introductory athletics programme is to further develop athleticism in young people and newcomers to the sport.
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**Athletics – the basics:**
- The focus should be on fun, enjoyment and the development of their own skill level in many areas
- The essence of the programme should be to encourage key movement patterns
- These movement patterns create the notion of athleticism that underpin many other sports.

**Safety:**
- It is essential that any activities are carried out in a safe environment, this will add value to the session and increase the enjoyment for the group
- The area that is to be used needs to be checked for safety and any potential hazards removed
- The group also needs to be checked for any illness, injury or potential problems that may occur throughout the session
- Young athletes should be wearing the appropriate footwear and clothing for the session, be aware of the rules and emergency procedures (as well as any specific rules imposed by the leader/volunteer/coach).

**Roles and Responsibilities:**
Your roles and responsibilities will depend on a number of factors; the type and size of the group, the space available, the session length, the equipment available, etc. Key roles and responsibilities may include:
- The delivery of athletics activities
- The reviewing or reflecting on your own performance
- The safety of participants and performers throughout the session
- Checking the status of participants (prior to the session and throughout)

Leaders of an athletics session should aim to:
- Create a fun and enjoyable athletics experience
- Create opportunities for all athletes to participate in the sport
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**Delivery:**
The delivery process is simply a continuous cycle in which leaders:
- Prepare for the session,
- Deliver the session and then,
- Review post session delivery.
Workshop presentation

**Key Delivery Skills:**

Delivering a successful session will be dependant on utilising a number of skills, these may include:
1. Preparation
2. Safety and Organisation
3. Instruction and Explanation
4. Demonstration
5. Observation
6. Communication
7. Reflection.

**Running:**

Running can simply be broken down into the following elements:
1. Running for Speed
2. Running for Distance
3. Running over Obstacles
4. Running as a Team (Relay Running).

Wheelchair Users
Pushing techniques:
- short for acceleration
- long for endurance

**Jumping:**

Jumping can simply be broken down into the following elements:
1. Jumping for Height (High Jump and Pole Vault)
2. Jumping for Distance (Long Jump)
3. Combination Jumping (Triple Jump)

**Throwing:**

Throwing is simple in that the essential element is to throw for distance.
The 4 individual styles of throwing are often described push, pull, sling and heave. These relate to the movement patterns of the throwing events in athletics:
1. Push Throw (Shot Putt)
2. Pull Throw (Javelin / Club)
3. Sling Throw (Discus)
4. Heave Throw (Hammer).
To remember:

- It is useful to remember that with young / novice performers the development of skill and skill patterning is important and should always come before perceived performance in an event.
- Good skill development and root movements can be aligned with the athletics event and then transitioned into performance at an appropriate time in the athlete's development.
- Skills are also transferable between sports so it can be said that improvements in running, jumping and throwing skills will have a positive impact on young athletes development in other sports he/she may be involved with.

What next?

- Resources:
  - There are many good resources that are widely available which can be used to assist in the delivery of athletics to young / novice performers. These include:
    - Athletics 365 Coach Pack
    - Pacesetter - ‘working with young athletes’ by George Bunner
    - IAAF Run, Jump, Throw Manual
    - FUNDamentals Resource Series

Courses:
- If you are interested in your own development through a formal pathway there are a number of courses available to you:
  - Coach Education: There is currently a formal coaching pathway for athletics coaches to follow and develop through including UK Disability and Inclusion Training - Athletics Course
  - Teacher Education: The Certificate in Teaching Athletics is offered at 2 levels, Primary and Secondary and is available to current teachers or those looking to go into the teaching profession.
  - Officials Education: There is currently a pathway for officials education which covers all areas of the sport from the basic elements of athletics events to international competition.

More information on any of these courses is available from: www.britishathletics.org.uk and www.uscoach.com