

COACH IN RUNNING FITNESS SUPPORT COACH GUIDE



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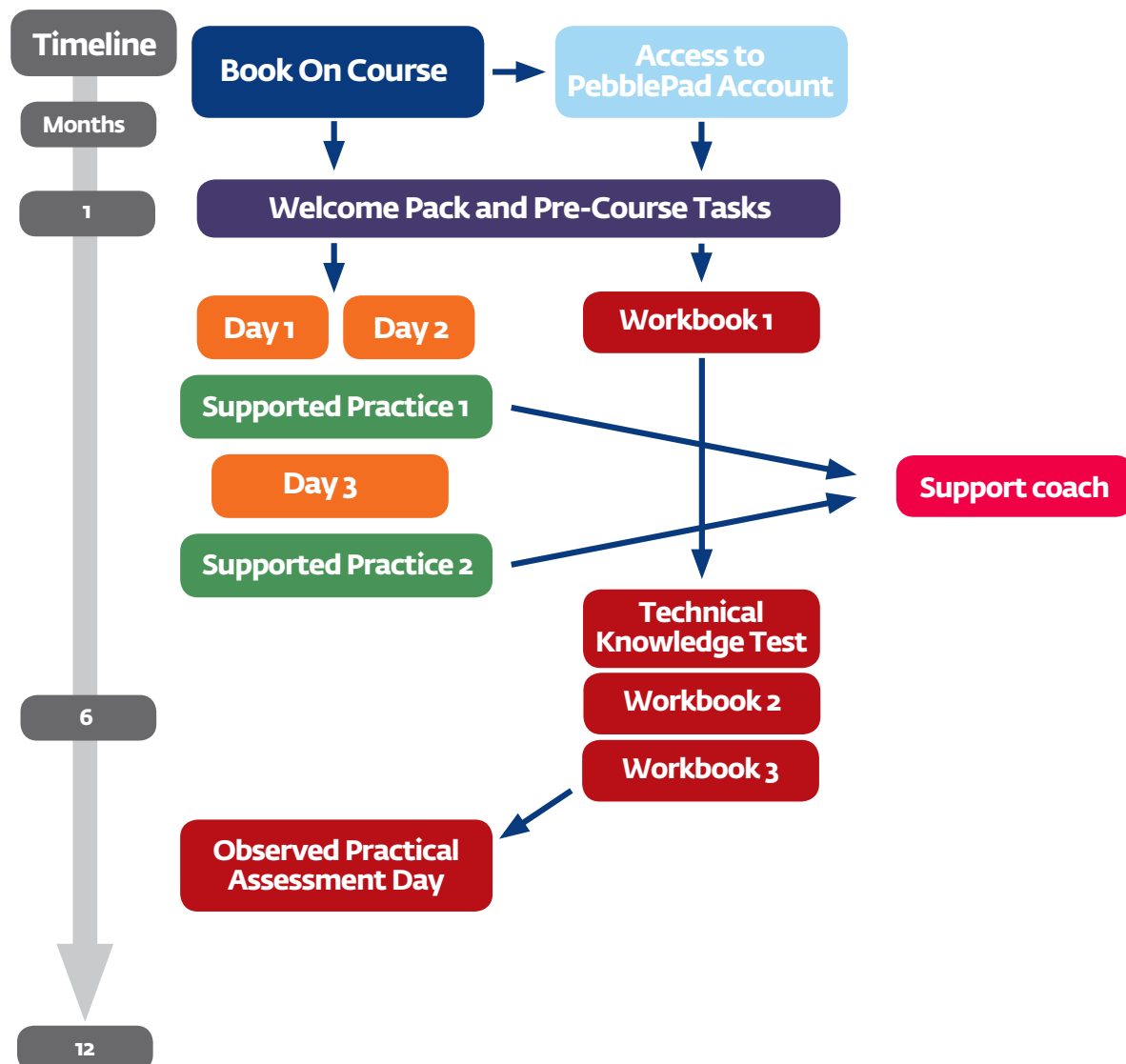
Dear Support Coach,

First of all thank you for agreeing to be a Support Coach to an aspiring Coach in Running Fitness, your role as a support coach in this process is essential and is valued at both individual and National level. Research has shown that only 20% of coaches can accurately analyse their coaching, therefore the presence of a support coach is essential to build up a realistic picture of current coaching practice and behaviour. We hope that with your involvement in the development of these coaches, combined with the information provided on the course and supporting information on uLearn, that the standard of coaching will increase and therefore standard of athletic engagement and performance will increase across all levels of athletics.

As a Support Coach you will assist learning by being a "critical friend", reinforcing technical information (What 2 Coach) and supporting across coaching process skills (How 2 Coach), along with signposting other formal or informal learning opportunities to the Coach. This will help the developing Coach in Running Fitness prepare for all aspects of their assessment. This Support Coach Guide aims to provide a supportive environment to enable coaches to practice what was learnt on course. Without your assistance the development of these Coaches would not be possible, so thank you once again for your help and support in this.

Coaching Qualifications and Training Manager

STRUCTURE OF THE COACH IN RUNNING FITNESS COURSE AND WHEN A SUPPORT COACH MAY BECOME INVOLVED



HOW CAN YOU HELP?

The following are suggestions of how you might support the Coach in Running Fitness:

ENCOURAGE

Encourage coach to discuss planning with the athlete and provide feedback on goal setting and the importance of getting to know the athlete(s)



OBSERVE

Let them observe your sessions – help them to analyse their coaching



LISTEN

Listen to and challenge the rationale behind the construction of a mesocycle

GOAL SETTING

Goal Setting (SMART) assistance and monitoring for coach and athlete



DISCUSS

Discuss session plans content and appropriateness for the athletes

BENCHMARK

Help them to benchmark their current coaching process skills

FORMULATE

Help formulate their personal coaching goals and action plans



ADVICE

Support/provide advice on the completion of assessment elements

REINFORCE

Reinforce technical knowledge through practical application



EVALUATE

Help to evaluate their planning process and its appropriateness.

SUPPORT

identification of drills and skill development appropriate for the stage of development of the athletes



CO-COACH

Co-coach with them, providing them feedback on their progress towards their personal coaching goal(s)

FEEDBACK

Provide feedback on the development of the coaching eye in terms of technical abilities of their athletes and are they seeing the correct and most important things

WHAT SUPPORT IS REQUIRED...

The table below identifies what the coaches are being assessed on and therefore may need to practice or require support from a Support Coach:

COMPETENCIES TO BE MET	WHERE ASSESSED	CONTENT
1 Deliver organised, safe and outcome focussed sessions in a variety of changing environments that enable athletes to experience a variety of running and physical preparation activities	Coaching Diary Workbook 3: Session delivery and self evaluations Practical Assessment	<ul style="list-style-type: none"> • Late Specialisation • Appropriate activities across all areas for Running (running for speed, endurance, uphill, downhill and over obstacles) • Health & Safety
2 Accurately observe and identify technical aspects of running	Coaching Diary Workbook 3: Session plans and session reviews Knowledge Test Practical Assessment	<ul style="list-style-type: none"> • Technical models of running delivered on course (running for speed, endurance, uphill, downhill and over obstacles) • Identify matches and mismatches when asked by an assessor • Differentiate between correct and incorrect technical statements
3 Plan, deliver, evaluate and document a series of outcome focussed sessions that improve the participant's physical and technical performance in an athlete-centred way for a specified period of time	Coaching Diary Workbook 1: Athlete Profile, Training Group Profile Workbook 2: Planning Mesocycle and Microcycles Workbook 3: Session Plans and Reviews	<ul style="list-style-type: none"> • Accurately profile an athlete and group • Identify matches setting a goal – session and mesocycle • Mesocycle planning – relate to process of training, learning of basic movements and physical preparation • Shows series of linked microcycles and sessions for development of the athletes • Coaching interventions & learning strategies - Shaping, Chaining, WPW, Guided Discovery • Feedback- intrinsic and extrinsic • Planning technical development for off track running (running for speed, endurance, uphill, downhill and over obstacles) • Evaluates the plan and the athletes technical and fitness development over a mesocycle
4 Identify and be capable of displaying all coaching process skills and selecting an appropriate style of coaching	Coaching Diary Workbook 3: – Session Plans and Reviews, Coach Action Plan and review Practical Assessment	<ul style="list-style-type: none"> • How -2: <ol style="list-style-type: none"> a) Organisation b) Safety c) Instruction and Explanation d) Demonstration e) Observation and Analysis f) Decision Making and interventions g) Feedback <p>Selecting when to tell, show and involve appropriately.</p> <p>Use a variety of coaching process skills, selecting the most appropriate to the athletes' stage of development and the activity being coached.</p> <p>Use appropriate intervention strategies to help athletes skill progressions.</p> <p>Can identify what skills to develop.</p>
5 Accurately identify and evaluate own coaching performance	Coaching Diary Workbook 3: Session Plan and Reviews, Coach Action Plan Review Practical Assessment	<p>Accurately differentiates between own and athlete performance</p> <p>Honestly reflects on own performance</p>

WHAT YOU MIGHT NEED TO BE AWARE OF...

In order to effectively support someone through the Coach in Running Fitness programme, a variety of knowledge and skills are required. It would be useful if you have experience of some or all of the following areas:

COACHING KNOWLEDGE	COACHING SKILLS
Warm Ups	Planning
Cool Down	Organisation
Balance & Coordination	Safety
Starts & Accelerating	Instruction & Explanation
Running for Speed	Demonstration
Running for Endurance	Observation
Uphill and Downhill Running	Analysis
Agility	Coaching Intervention
Physical Preparation	Feedback
Energy Systems	Listening
Nutrition	Questioning
Athlete Development Model	Evaluation of Self and Session
Coaching Disabled Runners	Setting up practice to enable skill learning and development

WHERE TO GET FURTHER INFORMATION...

In addition to this Support Coach Guide, there are a number of useful resources that can be accessed via uLearn, including the On Track 4 (How 2 Coach) cards and Technical Knowledge (What 2 Coach) resources for Uphill and Down Hill Running and Running for Endurance and Speed. All of which are introduced to the coaches on course.

Supporting documents such as Body in Sport, Components of Fitness and the Health and Safety PowerPoint are also available as background information. Additionally a number of the course technical videos used are also posted. This will help establish and clarify the depth of technical knowledge across the seven event areas required for this programme.

uCOACH

<http://www.ulearnathletics.com/site/page?id=cirf-resources>

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