

Athletics Leadership Courses

ATHLETICS LEADER

Who should go on this course?

If you are thinking of helping out the coaches at your club's junior sessions, then this is the course for you. The course is aimed particularly at parents, carers, grandparents, or young leaders over 16 years of age.

How many days will it take?

One day, with no assessment.

What will I learn?

You will learn the basic principles of running, jumping and throwing, along with lots of activity ideas through the use of task cards.

Topics covered include:

- Establishing the role and responsibilities of an Athletics Leader.
- Understanding the working relationship with the Supervising Coach.
- Learning the principles of running, jumping and throwing.
- Delivering fun and exciting warm ups for children.
- The basics of athlete development.
- Dealing with challenging behaviour.
- Leading safe and fun sessions.

What will I be able to do?

Athletics Leaders will assist in club junior sessions working under the supervision of a qualified Licensed Coach (or UKA Level 2).

You will be able to lead small groups of young athletes and deliver task card activities.

You'll be insured to deliver these activities under the direct supervision of a coach within visible and audible range.

Help out
at your local
athletics
club



Example task cards

