

# Athletics Coaching Courses

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# COACHING ASSISTANT

## Who should go on this course?

Anyone aged 16 or over, who is interested in taking the first step into a coaching pathway and wants to understand the fundamental technical principles of coaching.

## How many days will it take?

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

## What will I learn?

The technical coaching knowledge to underpin running, jumping and throwing activities. You'll then learn how to apply these principles into a number of fun and exciting practical examples.

### Topics covered include:

- Understanding fundamental movement skills.
- Managing challenging behaviour.
- Delivering warm up and cool downs.
- Coaching through fun, safe and enjoyable games.
- Delivering speed work and endurance based activities.
- Understanding the mechanics of jumping and throwing.
- The principles of session planning.

## What will I be able to do?

By attending the Coaching Assistant course, you'll have the knowledge and skills to deliver effective and engaging club sessions using task cards and session plans.

Coaching Assistants will be insured to assist in the delivery of all aspects of a session but should be supervised by a qualified Coach at the same venue.



Take the first step to becoming a coach



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