

COACH IN RUNNING FITNESS SUPPORT COACH GUIDE

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FIND COACHING MATERIAL



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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 uCoach, that the standard of coaching will increase and therefore standard of athletic engagement and performance will increase across all levels of athletics.

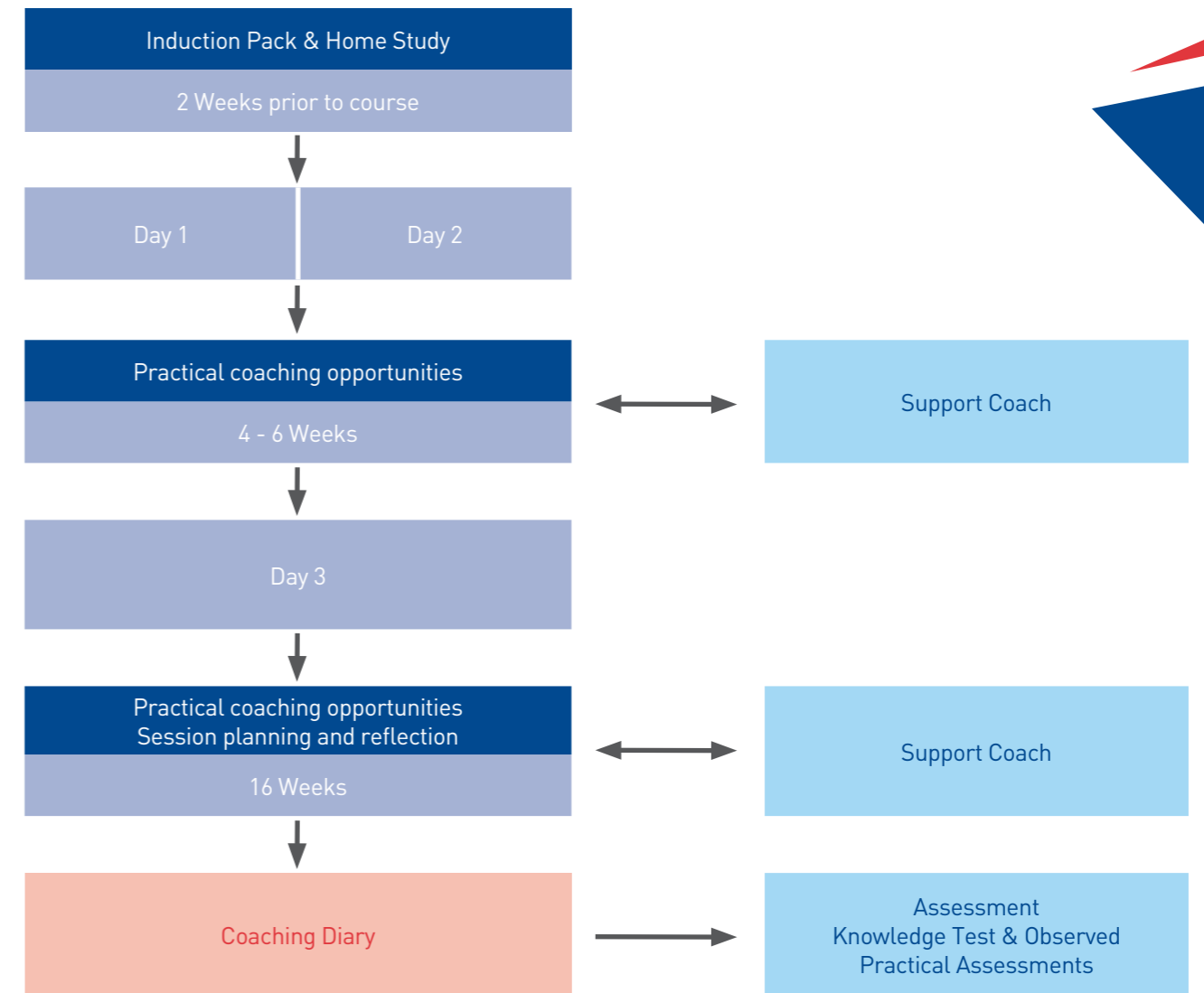
As a Support Coach you will assist learning by being a “critical friend”, reinforcing technical information (What 2 Coach) and supporting across coaching process skills (How 2 Coach), along with signposting other formal or informal learning opportunities to the Coach. This will help the developing Coach 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.

Yours Sincerely,

UKA Coaching & Development Team



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)



LISTEN

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

EVALUATE

Help to evaluate their planning process and its appropriateness.



SUPPORT

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

OBSERVE

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



GOAL SETTING

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



ADVICE

Support/provide advice on the completion of assessment elements



REINFORCE

Reinforce technical knowledge through practical application

CO-COACH

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

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

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 broad range of athletics activities	Coaching Diary Practical Assessment	<ul style="list-style-type: none"> Late Specialisation Appropriate activities across all areas for Off Track Running (running for speed, endurance, uphill, downhill and over obstacles) Health & Safety
2 Accurately observe and identify technical aspects of running	Coaching Diary 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	<ul style="list-style-type: none"> Accurately profile an athlete and group Identify matches setting a goal – session and mesocycle Differentiate between mesocycle planning – relate to process of training and learning of basic movements and physical preparation Shows series of linked sessions and microcycles for constructive development of the athletes Coaching interventions & learning strategies - Shaping, Chaining, WPW, Guided Discovery Feedback Planning technical development for off track running (running for speed, endurance, uphill, downhill and over obstacles) Evaluates the plan and the athletes over a mesocycle
4 Identify and be capable of displaying all coaching process skills and selecting an appropriate style of coaching	Coaching Diary Practical Assessment	<ul style="list-style-type: none"> How -2: <ol style="list-style-type: none"> Organisation Safety Instruction and Explanation Demonstration Observation and Analysis Decision Making and interventions Feedback <p>Selecting when to tell, show and involve appropriately. Use a variety of coaching process skills, selecting the most appropriate to the athletes' stage of development and the activity being coached. Use appropriate intervention strategies to help athletes skill progressions. Can identify what skills to develop.</p>
5 Accurately identify and evaluate own coaching performance	Coaching Diary Practical Assessment	Accurately differentiates between own and athlete performance Honestly reflects on own performance

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
Strength & Conditioning	Feedback
Energy Systems	Listening
Nutrition	Questioning
Athlete Development Model	Evaluation of Self and Session
	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 uCoach, 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, Health and Safety and Co-ordination activities, are also available as background information. Additionally a number of the course technical videos used are also posted.



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