


COACHING PROCESS SKILLS (HOW 2 COACH)

The Coaching Process Skills (or How 2 Coach skills) are divided into a number of key areas. The developing Coach will be familiar with these as they have been included in both the Coaching Assistant and Athletics Coach course. You may have come across these concepts in previous UKA courses you have attended when they were presented and introduced as “bugs”. It would be useful to observe their coaching and question them to raise awareness of any areas for development prior to their assessment.

ON TRACK 4...

...SAFETY

1. Assess risk: area, equipment, athlete
2. Keep checking safety: area, equipment, athletes
3. Keep athletes on task set
4. Follow correct coaching practice and progressions



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COACHING PROCESS REVIEW

SAFETY


Whilst practising the coaching skill of safety:

1. How did you / the coach assess the risk for the area, athletes and equipment?
2. What safety checks did you / the coach make throughout the session?
3. How did you / the coach ensure athletes stay on task?
4. Was the coaching correct?
Did the session follow appropriate progressions?

ON TRACK 4...

...ORGANISATION

1. Plan in advance how you will manage people, equipment and space
2. Check and re-check that plan is safe during activity
3. Group athletes according to number, ability and activity
4. Use group size to control intensity and involvement



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COACHING PROCESS REVIEW

ORGANISATION

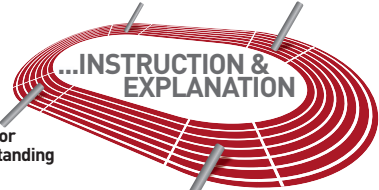
Whilst practising the coaching skill of organisation:

1. How did you plan the management of people, equipment and space?
2. What did you do to check the activity remained safe?
3. Were the athletes grouped according to number ability and activity?
4. Was the group size appropriate to control the intensity and involvement?

ON TRACK 4...

...INSTRUCTION & EXPLANATION

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



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COACHING PROCESS REVIEW

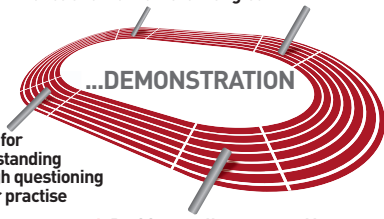
INSTRUCTION AND EXPLANATION

Whilst practising the coaching skill of instruction and explanation:

1. How did you plan what to say before you spoke?
2. How did you / the coach gain the athletes attention?
3. Were the instructions kept simple?
4. What questions were asked to check the athletes understanding?

ON TRACK 4...

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



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COACHING PROCESS REVIEW

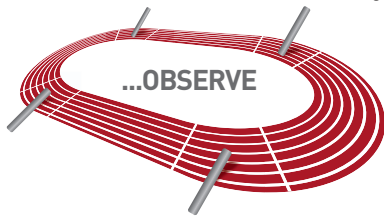
DEMONSTRATION

Whilst practising the coaching skill of demonstration:

1. Were all the athletes positioned so they could see and hear?
2. How many points for attention were mentioned in the demonstration? What were they?
3. How many times did the demonstration take place? Did the demonstration occur from more than one angle?
4. How did the coach check for understanding?

ON TRACK 4...

2. Observe several times from several angles
1. Break action down into phases



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COACHING PROCESS REVIEW

OBSERVATION

Whilst practising the coaching skill of observation:

- What parts of the action were broken down into phases?
- How many times did the coach observe?
- What different angles did the coach observe from?
- What exactly did you observe?
- What action did you decide to take after observing?

ON TRACK 4...

3. Compare with the technical model
2. Observe several times from several angles
4. Determine what action to take
1. Break action down into phases



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COACHING PROCESS REVIEW

ANALYSIS

Whilst practising the coaching skill of analysis:

- What matches were there with the technical model?
- What mismatches were there with the technical model?
- How did you decide which action to take?

OBSERVATION

Whilst practising the coaching skill of observation:

- What parts of the action were broken down into phases?
- How many times did the coach observe?
- What different angles did the coach observe from?
- What exactly did you observe?
- What action did you decide to take after observing?

ON TRACK 4...

3. Limit to 1-2 points
2. Provide specific, simple information
4. Keep it positive
1. Ask questions to encourage self-analysis



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COACHING PROCESS REVIEW

FEEDBACK

Whilst practising the coaching skill of feedback:

1. What questions did the coach ask to encourage self-analysis?
2. What specific simple information did the coach give the athlete?
3. How many points of feedback did the coach provide?
4. Was the feedback provided in a positive manner?

These will largely be assessed within the Observed Practical Assessment. It is essential to allow the developing Athletics Coach the opportunity to practice their delivery of these coaching process skills with you as the Support Coach.