

# Developing your coaches effectively

Tools & resources for clubs



# Reflective Questions for Club Leaders...



# Some Questions?

- Who?
  - What does the structure look like?
- What?
  - What is the training content being delivered?
  - Who is responsible for this?
- How?
  - How is the training content being delivered?
  - Coach:Athlete Ratios?
- When?
  - Are the athletes being exposed to the right training at the right time?
- Why?
  - Why are you doing what you are doing?

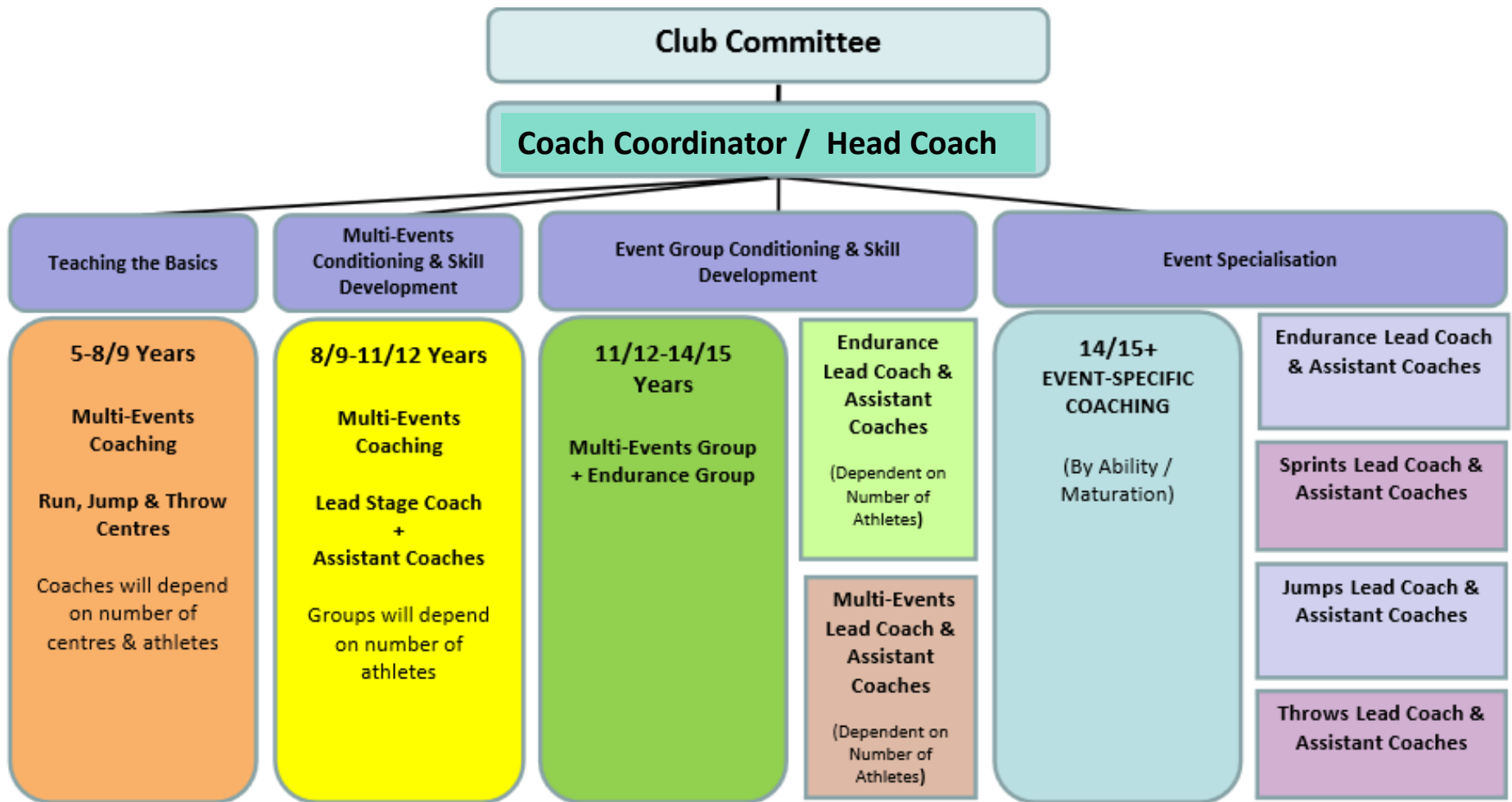


# Who?

## What does the coaching structure look like?



# Example Structures?



# Who?

What does the coaching structure look like?

What does it really look like?



# What is being delivered?

## Athletic development and physical preparation

The landscape has changed...



# Children's activities have gone from this



# To this





# PE has gone from this



# To this



**Research shows that young people  
spend an average of:**

**1.7 hours online per day**

**1.5 hours playing games / consoles  
per day**

**2.7 hours watching TV per day**

**Dunford, 2010**

# Children with low movement competence usually exhibit low physical activity levels

(Bouffard, Watkinson, Thompson, Dunn, & Romanow, 1996; Butcher & Eaton, 1989).



# Children spend six hours or more a day on screens

By Jane Wakefield  
Technology reporter

Demanding connectivity



Children growing up now have never known a time without the internet

Children are spending far more time watching a screen, even though traditional TV viewing has dropped

**The amount of time children spend glued to a screen has risen dramatically in the last 20 years, a new report suggests.**

# What does the training content look like?

## Athletic development and physical preparation

- Developing the athletes physical competencies
  - Foundation movements that underpin sport specific actions

Squat, Lunge, Push, Pull, Hinge, Rotate, Brace and Land



# What does the training content look like?

## Athletic development and physical preparation

- Developing the athletes physical competencies
  - Foundation movements that underpin sport specific actions

## Technical competency / skills

## Tactical and arena skills

## Who is responsible for this?



# How is this being delivered?

How is the training content planned?

- Warm up activity
- In-session activity
- Weekly training (microcycle planning)
- Mesocycle training (time of year)



# How is this being delivered?

Areas of expertise?

One coach? (Generalist)

Or multiple coaches? (Shared expertise)

Within the club?

Out with the club?

- How is this received?

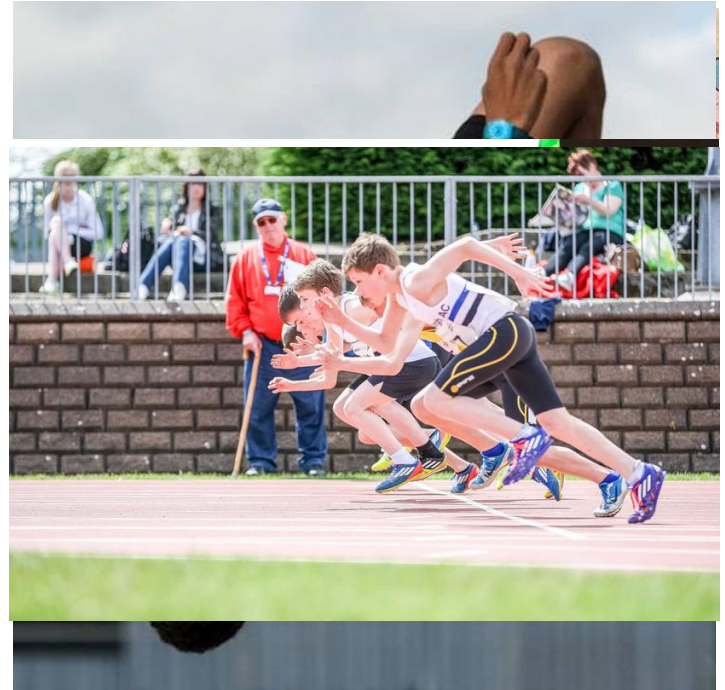




# When?

Are the athletes being exposed to the right training at the right time?

- Biological vs Chronological Age
- Fast learners vs Slow learners
- Training years – time on task (sport specific)
- Once they have earned the right?
- By the competition schedule?  
Are they ready?



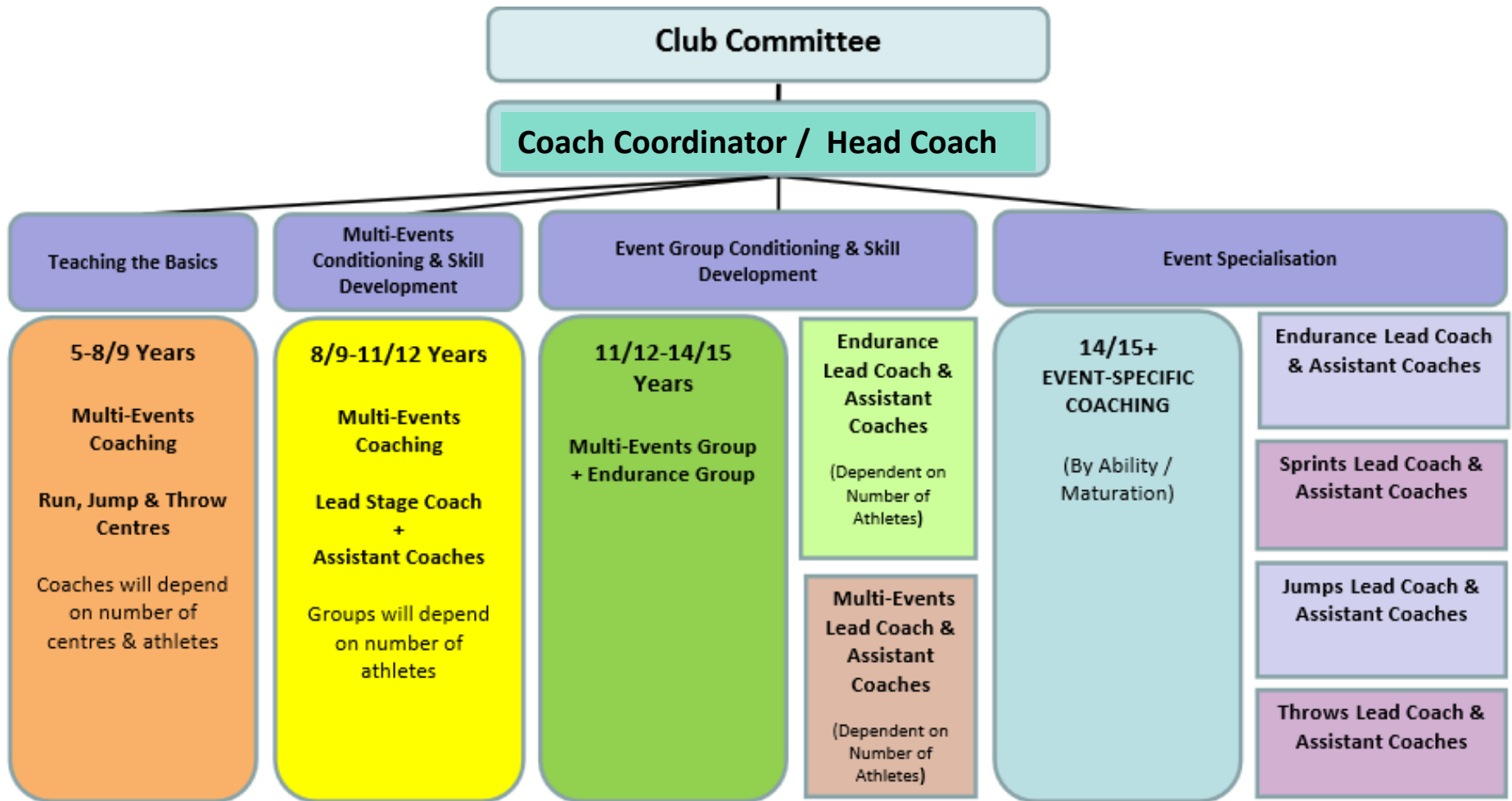
# When?

Are the athletes being exposed to the right training at the right time?

- By group?
  - The content changes because they have moved up an age group
    - Coaching the event (hurdles - set spacing & height)
    - Coaching the athlete - what you want to look for
      - Shapes and rhythm
  - Do they share the same coaching philosophy?
    - Does this match the club's philosophy?



# Coaching Philosophy?



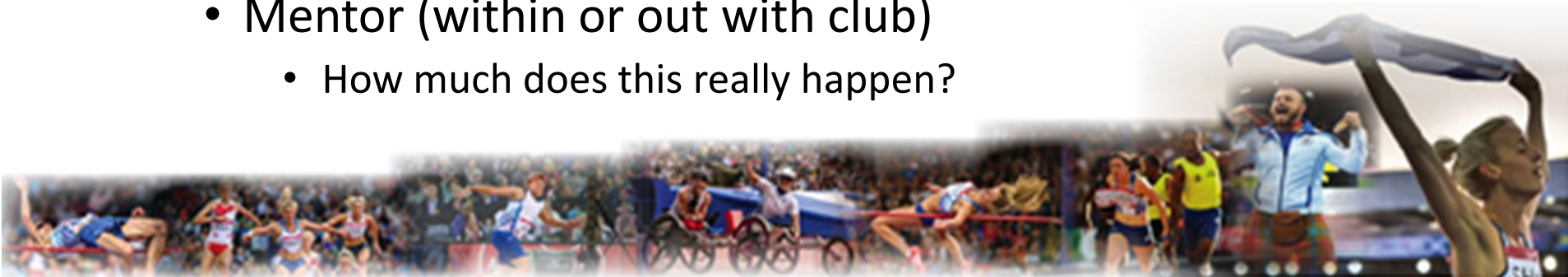
# Why are you doing what you're doing?

## Is there sound rationale?

- Do you understand the 'why'?

## Predominant knowledge

- “We’ve always done it this way”, “it’s aye been”
- Formal Coach Education
- Athletic resources
  - Athletics365
- Prescribed - Senior / Head Coach
- Mentor (within or out with club)
  - How much does this really happen?



# Why are you doing what you're doing?

## Former athlete

- “This is the way I was coached”

## Copying

- “Monkey see, monkey do”
- Do you understand ‘why’ they are doing it?



# Needs analysis of coaching in the club

Where are we now?



# Do the coaches have the required knowledge and expertise?

Who is responsible for ensuring the coaches have the required knowledge and understanding in:

- Athletic development & physical preparation
- Technical development
- Planning knowledge
- Understanding talent

Who determines this?



# Who determines this?

Mentor / Head Coach

Club Coach Co-ordinator

Coach Development Committee / Sub Group

Individual Coaches





# Post Needs Analysis...

Their role is to...

- Identify appropriate CPD for the coaches in the club in
  - Physical, technical, tactical and LTAD
- Ensure coaches have knowledge and skills to 'coach' and improve coaching practice
- Facilitate and sign post to CPD opportunities and resources...



# Coach Development Programme

Opportunities & Resources



# Tools & Resources

Courses and Workshops

Coaching Syllabus

Athlete Development Manual

Movement Dynamics Video Resource

**scottishathletics** Technical Resource



# Courses & Workshops

Planning

Technical Development

Athletic Development & Physical Preparation

Nurturing Talent



# Planning

- I. Microcycle and In-session planning
- II. Mesocycle planning
- III. Macrocycle planning
- IV. Tapering and planning behaviours



# Athletic Development & Physical Preparation

- I. Introduction to foundation movements
- II. Formal assessment of foundation movements
- III. Introducing external load to stable structures
- IV. Introduction to Olympic lifts and its derivatives



	<b>STAGE 1</b> (Indicative 8-10yrs)	<b>STAGE 2</b> (Indicative 10-12 yrs)	<b>STAGE 3</b> (Indicative 12-14 yrs)	<b>STAGE 4</b> (Indicative 14-17 yrs)
<b>SQUAT</b>	Squat - arms in front (Efficiency)	Squat - 10 reps (arms behind head)  Single Leg Squat (90°) (Efficiency - each leg)  Overhead Squat (Efficiency)	Loaded Squat - (10 reps) (25% BW)  Single Leg Squat - Hold for 3 secs (Low position - Thighs parallel)  Overhead Squat - 10 reps	Loaded Squat - (10 reps) (50% BW)  Single Leg Box Squat - 5 reps (Low position - Thighs parallel)  Overhead Squat - 25% BW (Efficiency)
<b>LUNGE</b>	Lunge - Forward and Return (Efficiency)	Lunge - End of year 1 - Forward & Return (5 reps each leg) - End of year 2 - Walking Lunge (10m)	Overhead Lunge - End of year 1 - Forward & Return (5 reps each leg) - End of year 2 - OH Walking Lunge (10m)	OH Walking Lunge - 25% BW (10m)
<b>BRACE</b>	Lateral Brace - Forearm (Level 1) - 25s	Lateral Brace - Hand (Level 2) - 45s	Brace (Level 2) - Lateral - Hand (45s) - 60° (60s) - Trunk Extension (60s) - Prone - 4 point hands (60s)	Brace (Level 3) - Lateral - Hand (70s) - 60° (90s) - Trunk Extension (90s) - Prone - 4 point hands (90s)
<b>PUSH/PULL</b>	Push Up - End of year 1 - Efficiency - End of year 2 - 5 reps  Lying Pull Up - End of year 1 - Efficiency - End of year 2 - 5 reps	Push up (Level 2) - 10 reps  Chin Up End of year 1 - ≥ 1 rep (Efficiency) End of year 2 - 5 reps	Push up (Level 3) - 15 reps  Chin Ups (Narrow Grip) - 5 reps Wide grip (Efficiency)	Push Up (Level 4) - 30 reps  Chin Ups (Level 3) - Narrow Grip - 10 reps - Wide Grip - 5 reps
<b>HINGE</b>		Hinge (Reverse deadlift) Level 2 - Lower to mid-Shin and return (Efficiency)	Hinge (Reverse deadlift) Level 3 - Lower to floor and return - 5 reps	Hinge (Reverse deadlift) Level 3 - Lower to floor and return 5 reps (40% BW)
<b>LANDING</b>	Landing - Double to double (60cm) (Efficiency)	Landing - Double to Single (60cm) - Single to Single (60cm) - Lateral Step & Stick (Efficiency)	Landing - Single to single (100cm) - Lateral hop & Stick (Efficiency) - 5 Jumps (Efficiency)	Landing - Slalom Reactive Hops (L&R) (>10 reps) - 5 hops (>11.00m)
<b>NOTES</b>	Assess the movement efficiency  Athletes must achieve Desirable (Executing all 5 points)	Assess movement consistency as well as efficiency  Athletes must achieve Desirable (Executing all 5 points)	Assess movement consistency as well as efficiency  Athletes must achieve Desirable (Executing all 5 points)	Assess movement consistency as well as efficiency  Athletes must achieve Desirable (Executing all 5 points)

# Technical Development workshops

- I. Introduction to Event Group
- II. Introduction to the Event
- III. Event Specific Development
- IV. Critical Analysis of Event

Feedback from the conference...





# Technical Development workshops

- I. Introduction to Coaching Running, Jumping and Throwing
- II. Introduction to Event Group
- III. Introduction to the Event
- IV. Event Specific Development & Critical Analysis



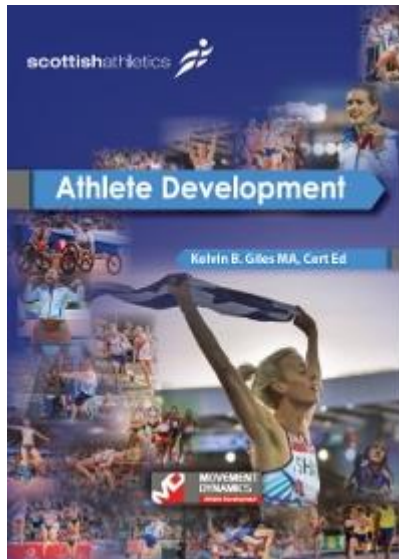
# Nurturing Talent

- Right thing at the right time
  - Planning
  - Competition
  - Athletic development
  - Technical development
- Importance of family support
  - Talk Less. Listen More.
  - Leave The Coaching To The Coach
  - Support Competitive Environments
- Lifestyle and the 24 hour athlete
- Biological development
  - The adolescent growth spurt
  - Differences between biological and chronological age
- Time on task
- Athlete behaviour and mind sets

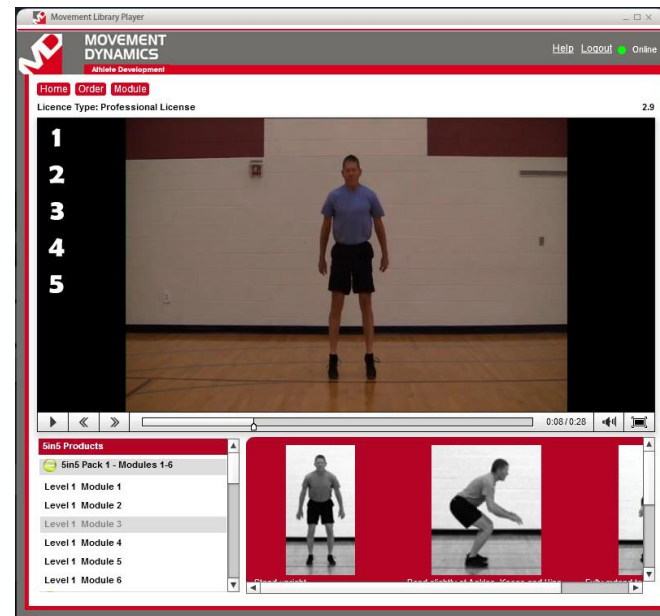


# Resources

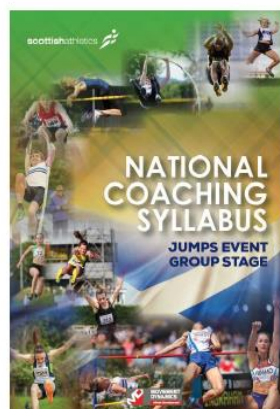
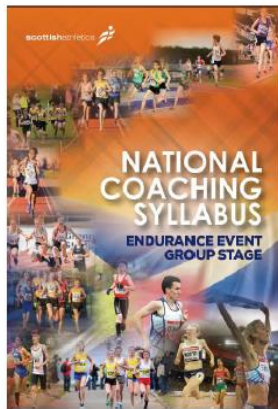
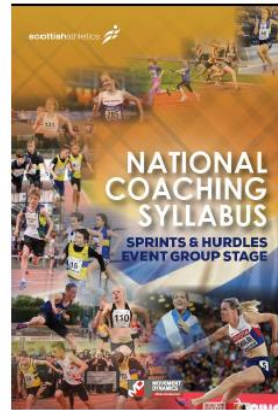
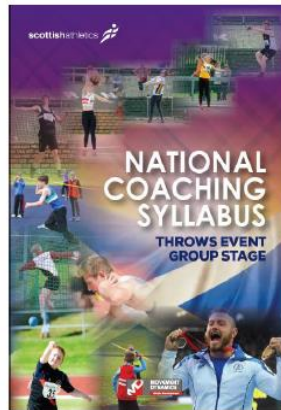
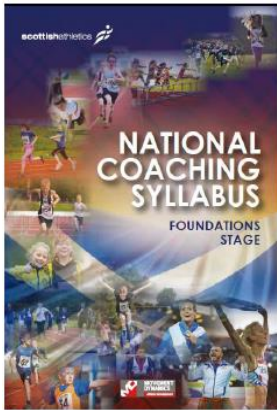
scottishathletics Athlete Development Manual



Movement Dynamics Video Player



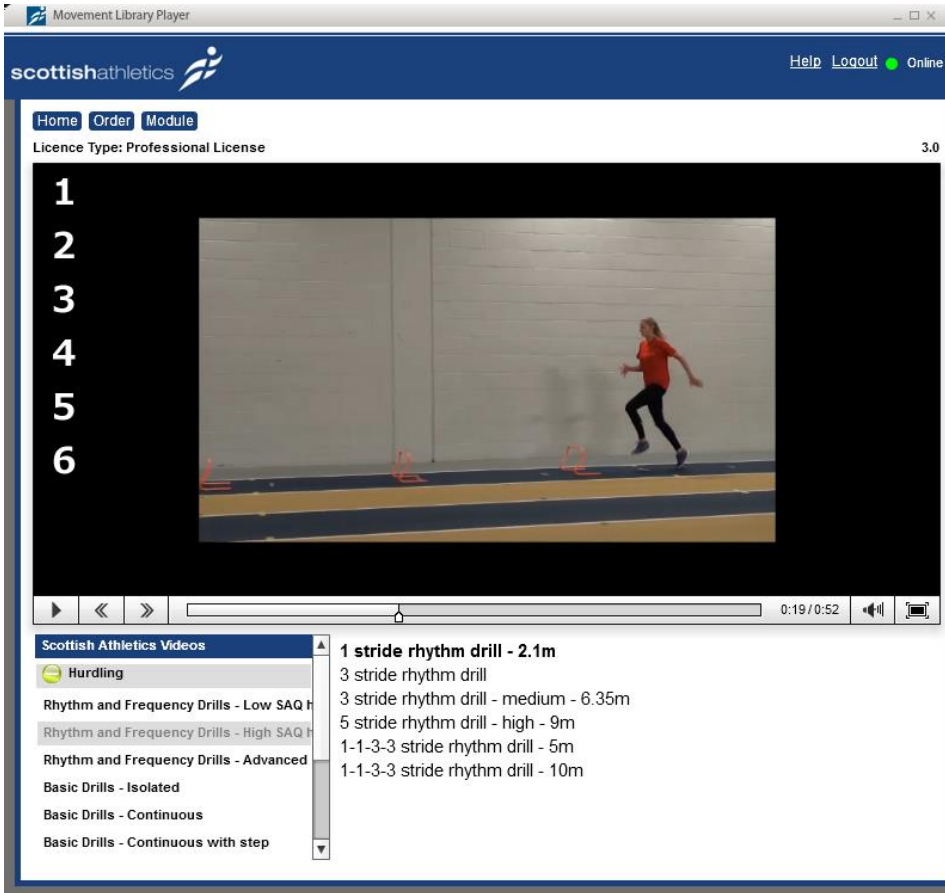
# Coaching Syllabus



- Foundations Stage
- Event Group
  - Jumps
  - Sprints and hurdles
  - Throws
  - Endurance



# Technical Video Resource



Movement Library Player

scottishathletics [Help](#) [Logout](#) Online

Home Order Module

Licence Type: Professional License 3.0

1  
2  
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Scottish Athletics Videos

- Hurdling
- Rhythm and Frequency Drills - Low SAQ
- Rhythm and Frequency Drills - High SAQ
- Rhythm and Frequency Drills - Advanced
- Basic Drills - Isolated
- Basic Drills - Continuous
- Basic Drills - Continuous with step

1 stride rhythm drill - 2.1m  
3 stride rhythm drill  
3 stride rhythm drill - medium - 6.35m  
5 stride rhythm drill - high - 9m  
1-1-3-3 stride rhythm drill - 5m  
1-1-3-3 stride rhythm drill - 10m

- Running
- Hurdling
- Jumping
- Throwing



# Recommendations

Post club analysis....



# Developing your Coaching Assistants

Athletic Development & Physical Preparation I  
+  
Athlete Development Manual  
+  
Technical Development I  
+  
Foundations Stage Syllabus  
+  
Planning I



# Developing your Athletics Coaches

Athletic Development & Physical Preparation II

+

Physical Competency Assessment Manual &  
MD Video Resource

+

Technical Development II

+

Event Group Syllabus

+

Planning II





# The next level...

Athletic Development & Physical Preparation III  
+  
Technical Development III  
+  
Planning III



# Developing your coaches effectively

Consistency of coaching practice and understanding of content

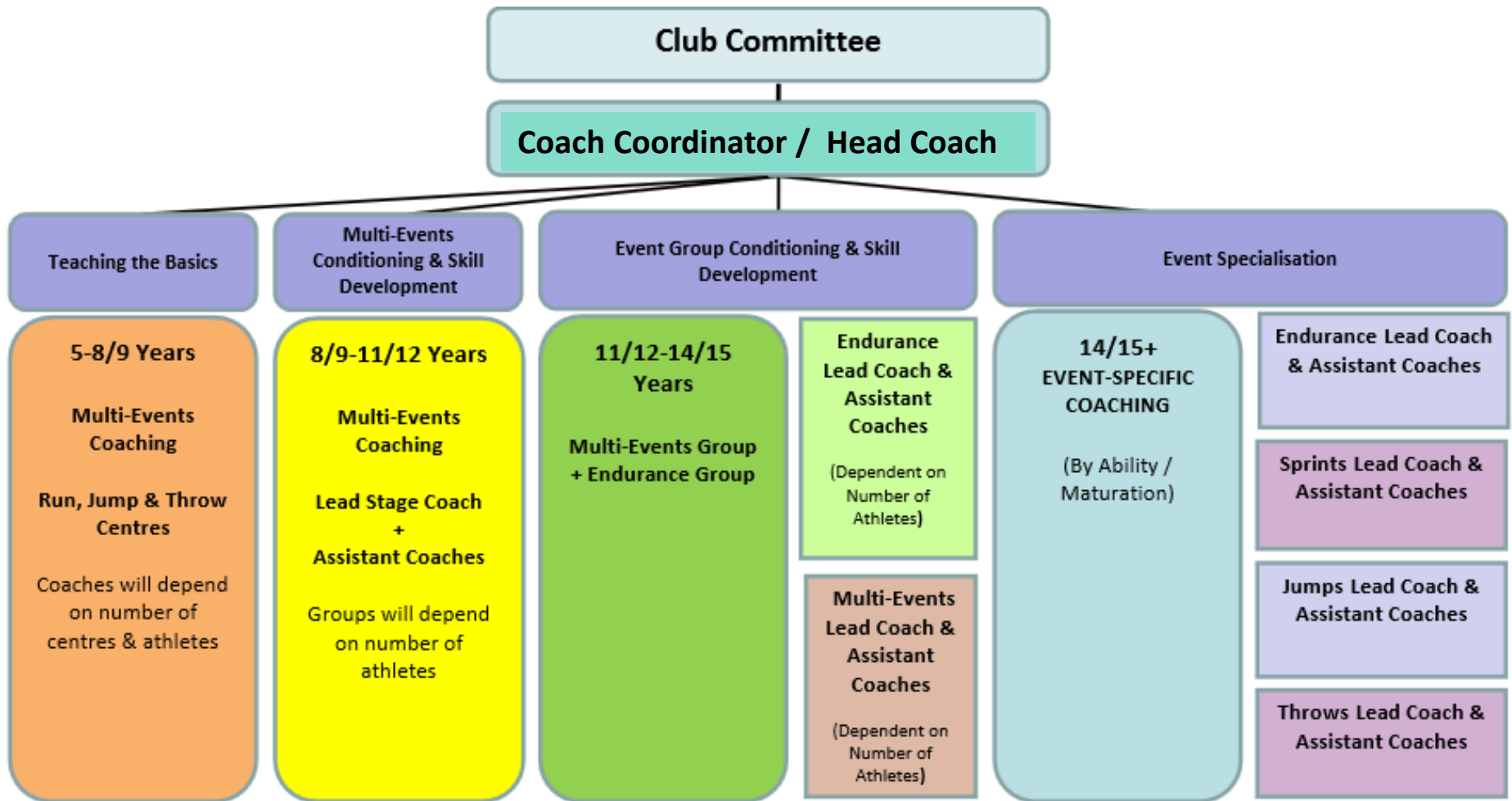


# Consistency of coaching practice

- Through the athletes journey
- Consistent philosophy throughout the coaching structure
- Passing athletes on from group to group as they progress
  - Physical competencies
  - Technical competencies
  - Appropriate competitions
  - Right thing at the right time



# Consistency of coaching practice



# Understanding of content

- Why are you doing what your doing?
- Fitting the programme to the athlete, and not  
Athlete to the programme
- As they earn the right....in...
  - Physical
  - Technical
  - Tactical
  - Competition



Thank you!

