

# Centre Coaching - How & Why

Understanding Pathways, Building Relationships





Pathways are designed for young people to move progressively through sport to provide opportunities to:

Gain skills in line with their level of maturation

Move easily from one stage of involvement to another

Be motivated and have fun while developing their skills and interests

Inspire them to stay involved long term.





1. Fundamental Motor Skills: U6 – U8

2. More Specific Sport Skills: U9 – U10

3. Specific Skills Development: U11 – U12

4. Start of Specialisation: U12 – U16





Young athletes develop motor skills sequentially. They are building upon previously learned movements and preparing for the acquisition of more advanced skills.

During these early years the athletes must be given the opportunity to learn.

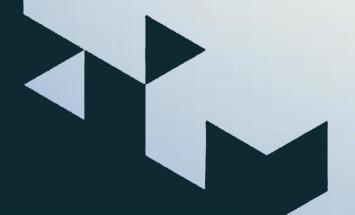
The FMS are often displayed by children at play. The overhand throw, run, leap and vertical jump are all examples of these skills at play.





Athletes who do not master these skills are less able and often less willing to persist with the difficult task of learning more complex motor skills and may avoid activities which expose them to "public failure".

There is a physical barrier which the athletes must overcome between the FMS and Sport specific skills. If this is not achieved then there is a greater chance of rejecting participation in sport.





Little Athletics Victoria

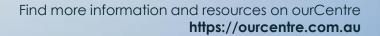
- On Track U6-U8 Fundamental Motor Skills
- U6-U8 Skills Clinic & Carnival
- U9 U10 Skills Clinics
- U9 U16 Race Walking Coaching Clinic
- U9-U16 Multi-Class Clinic
- U11 U12 Skills Clinic 2 days
- U12 U16 Junior Development Squad JDS
- U13 & U15 Australian Little Athletics Championships ALAC
- U15 LAA National Camp @ AIS



Coaches must have a clearly defined pathway to develop their proficiency in their coach education

Parents and volunteers should be comfortable with the training that they will receive will match their current understanding of the sport and move them to the next level sequentially.

Coaches should be trained to ensure that the emphasis of assisting athletes performing the events correctly in a fun and inclusive environment is paramount in all activities.





#### On Track Program:

On Track is a comprehensive coaching program that uses the principles of chaining or shaping, which is fundamental to the athletes developing the correct sequence of learning and mastering the athletic skills

Beginning coaches or those coaching the U6 – U10 athletes can use the On Track program for all of their training sessions.





Introduction to Coaching Course – ITCC

Take your first step into basic athletics skills coaching.

All practical.... No exam.... No previous experience necessary!

Basic coaching course covering all events

Primary focus on practical advice and technique used in training and competition

Non accredited practical coaching course designed for Little Athletics and conducted on behalf of Little Athletics Australia.



#### **ITCC Outcomes**

At the conclusion of the course the participant will:

Better understand an appropriate working model for each event

Have a greater knowledge of appropriate drills, skills, games and activities for particular event groups

Identify some of the more common technical faults of events

Have a basic understanding of a simple coaching session Better understand how to organise a group safely.



#### **Topics for Coaches to consider:**

How do you communicate, engage & collaborate with parents How do you promote and develop a shared vision How do you react to new environments, evolve methods and find solutions.

Does your Centre have a Philosophy, Mission or Vision statement What is the culture of the Centre it wishes to uphold, its core values and behaviours; how does your coaching standards enforce and promote these.



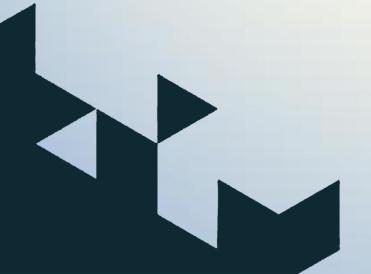
#### **Accreditation and Education**

Athletics Australia - AA

Australian Track & Field Coaches Association – ATFCA

Play by the Rules – online resources

What are the next steps in accreditation and education



#### Play by the Rules – Online Resources



