

Centre Coaching – How & Why

Understanding Pathways, Building Relationships

Pathways for Athletes

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.

Pathways for Athletes

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

Pathways for Athletes



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.

Pathways for Athletes



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.

Pathways for Athletes

- 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

Pathway for Coaches

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.

Pathways for Coaches



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.

Pathways for Coaches



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.

Pathways for Coaches



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.

Pathways for Coaches



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.

Pathways for Coaches



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



The screenshot shows the homepage of the Play by the Rules website. At the top left is the logo with the tagline "making sport inclusive, safe and fair.". On the top right, there are navigation links for "Coach or Official", "About PBTR", and "Contact Us". Below this is a dark navigation bar with menu items: "Got an Issue", "Training", "Resources", "Complaint Handling", and "Conduct and Behaviour", each with a dropdown arrow. A search bar is located on the right side of this bar. The main content area features a large banner image of a crowd at a sports event. The banner text reads "2019 Diversity and Inclusion in Sport Forum" and includes a "Find out more" button. At the bottom of the banner are four small white dots. Below the banner is a white bar with a "Select your Role" dropdown menu and four role options: "Administrator", "Coach or Official", "Player", and "Parents", each with a corresponding icon.

Find more information and resources on ourCentre
<https://ourcentre.com.au>