



ATHLETICS NEW ZEALAND

COACHING PROGRAMMES

2011/12

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Introduction

They are there at the exciting times; they are there in the disappointing times. They share the joy, they take the blame. Coaches are the corner stone of Athletics.

Athletics New Zealand understands that the capability of coaches reflects in the association's ability to deliver a quality service to its members.

Athletics New Zealand recognises that New Zealand needs world class coaches at all levels of the sport, not just high performance, and it's Athletics New Zealand's role to catering for the needs of coaches at the different communities involved.

Long-Term Goals of the ANZ Coaching programme

- To ensure that each athletics club has sufficient coaches, qualified according to international standards, to enable its athletics programmes to function as effectively as possible
- To ensure that each region, and in turn, each club, is eventually capable of educating its own coaches to the same international standards without dependence on outside resources.

Current Coach Development Framework

Athletics New Zealand is undergoing a revamp of their Coach Development Framework. The new framework aligns with SPARC's Coach Development Framework, and follows modern philosophy of Athlete-centered coaching that creates independent athletes capable of decision-making and self-development, as opposed to instructional one-way coaching that can lead to passivity in an athlete.

Coaching calls upon many skills that are gained by the combination of experience and knowledge:

- Some of this knowledge can be learnt in coaching courses, but means little without practical application within the 'coaching process'
- Experienced coaches can benefit from regularly reflecting on their own coaching behaviors'
- Working with other experienced 'Resource' coaches may help this reflection process.

WHAT IS THE COACHING FRAMEWORK

The Athletics NZ Coach Development Framework (CDF) is split into four age related coaching communities. Each community reflects the developmental needs of the athletes within the targeted age demographic.

Performance
Development
Community
Fundamentals

Performance coaching pathway

19 years +

The Performance coaching pathway is for coaches of Olympic and senior world championship competition athletes. Introduction to performance coaching is targeted towards coaches that aspire to become Olympic/senior world championship coaches. Modules are individualized to meet the needs of identified athletes with the ANZ Performance programme. Entry into the Performance coaching pathway is by invite only.

Development coaching pathway

10 years +

The Development stage of an athlete's career is the most important. This period of development offers the greatest benefit to an athlete over the length of their career. Basic technical model should be established and an age appropriate training schedule should be in place.

This coaching community has the widest range of athlete possibilities; i.e. social child, competitive child, developing teen, social adult, competitive adult. A coach needs to be able to identify the athlete's needs and deliver a programme suitable to these needs.

Community coaching pathway

5 - 10 years

The Community coaching pathway is based around the Run Jump Throw programme. Run Jump Throw (RJT) is the foundation programme of the Athletics New Zealand Coaching Programme. Run Jump Throw is based on the philosophy that the development of skills in a fun environment is the key to participation. Sports skills and other physical activities should be modified to suit the physical, intellectual and emotional development of students. Emphasis is on the development of fundamental Athletics movement patterns and is the foundation to correct and emphasis movement techniques.

Fundamentals coaching pathway

3 – 8 years

Fundamental Movement Skills (FMS) are the building blocks for successful participation in games and sports. Examples of these skills can often be seen in the different games kids play in the playground as well as the organised sports in clubs and school. Research suggests that fundamental movement skills are the key to addressing issues of participation levels in physical activity and also in addressing the increasing obesity levels amongst the general population. If kids are proficient in fundamental movement skills they are more likely to participate in games and sports and establish long-life commitment to health and physical activity.

HOW DOES THE FRAMEWORK WORK?

Athletics New Zealand recognises that there are coaches/parents/teachers that want to only coach at a particular coaching community. Recognizing this, the coaching framework gives coaches the opportunity to develop and become world class at their desired level.

Coaching Community			
Performance 19 yrs+			
Development 10yrs+			
Community 5-10 yrs			
Fundamentals 3-8 yrs			
	Level 1 Beginning	Level 2 Developing	Level 3 Advanced
	Stage of Coach Development		

A coach may want to stay coaching in a particular community, attending modules across that community

Coaching Community			
Performance			
Development			
Community	RJT Parent as first coach	RJT Club Coach	RJT Coach Trainer
Fundamentals			
	Level 1	Level 2	Level 3
	Stage of Coach Development		

Or gain knowledge across a number of communities

Coaching Community			
Performance			
Development	Introduction to Athletics Coaching	Basic Athletics Coaching	
Community	RJT Parent as first coach		
Fundamentals	FMS Coach/Teacher	FMS Facilitator	
	Level 1	Level 2	Level 3
	Stage of Coach Development		

Coaching Community			
Performance	Introduction to Performance Coaching	IAAF Specialisation	IAAF Academy Programme
Development	Introduction to Athletics Coaching	Basic Athletics Coaching	Athletics Coaching
Community	RJT Parent as first coach or RJT Teacher Training	RJT Club Coach	RJT Coach Trainer
Fundamentals	FMS Coach/Teacher	FMS Facilitator	FMS Consultant
	Level 1	Level 2	Level 3
	Stage of Coach Development		

Each level of each community builds upon what was delivered in the previous level module. The content of each module can be found later in this publication.

FUNDAMENTALS COACHING PATHWAY

Fundamentals	FMS Coach	FMS Facilitator	FMS Consultant
	Level 1	Level 2	Level 3

Fundamental Movement Skills deepens a Coaches'/Teachers' understandings of how to effectively assess, plan, and deliver physical activity. Twenty-two fundamental movement skills are included with details on how to break down each skill for assessment and teaching purposes. The resource also provides practical coaching activities that assist teachers and coaches to plan and deliver effective learning experiences that enhance students' development of proficient fundamental movement skills.

Fundamental Movement Skills:

Balance on one foot	Dodge
Line or beam walk	Continuous leap
Climb	Catch
Forward roll	Overhand throw
Sprint run	Underhand throw
Hop	Chest pass
Jump for distance	Kick
Jump for height	Punt
Skip	Two-handed strike
Gallop	Hand dribble
Side gallop	Foot dribble

Fundamental Movement Skills deepens coaches' understandings of how to effectively assess, plan, and teach physical activity. Twenty-two fundamental movement skills are included with details on how to break down each skill for assessment and teaching purposes. The resource also provides practical teaching activities that assist teachers to plan and deliver effective learning experiences that enhance students' development of proficient fundamental movement skills. Coaches, clubs and schools can access a range of comprehensive and highly practical professional development courses based on the Fundamental Movement Skills resource books.

FUNDAMENTALS LEVEL 1

Fundamental Movement Skills Coach Module

Purpose:	To deepen a coaches' understandings of how to effectively plan, teach and assess physical activity.	
Module length:	1 day (6 hours)	
Ongoing PD:	6 hours	
Cost:	\$350.00	
	Including resource cost \$200.00	
Eligibility:	Understanding of child development Be at least 17 years of age Take part in whole module (12 hours)	
Module resources:	FMS Book 1, FMS Book 2, FMS DVD, Fundamental Fun, SPARC Fundamental Movement Skills Manual, KiwiDex	
Module Content:	Unit 1: Introduction to FMS Unit 2: Run and Jump Right In Unit 3: Putting It All Together Plus six hours of in-school development Unit 4: Balance Your Day Unit 5: Throw it Out Unit 6: Catch Me If You Can	
Assessment:	Optional, Demonstration of process, Programme understanding	
Assessment length:	2 months	
Award:	Assessed:	Certificate in Coaching Fundamental Movement Skills
	Non Assessed:	Certificate of Attendance Fundamental Movement Skills Coaching module
Title:	Assessed:	Fundamentals level 1 Coach
	Non Assessed:	None
Facilitated:	By regional coaching facilitator	

FUNDAMENTALS LEVEL 2

Fundamental Movement Skills Facilitator Module

Purpose:	To be able to upskill a candidate to be able to deepen a coaches' understandings of how to effectively assess, plan, and teach physical activity.
Module length:	4 day – 48 hours, single four day block
Ongoing PD:	Support from National Programme Manager
Cost:	\$1750.00 Including resource cost \$200.00
Eligibility:	Show understanding of child development Take part in whole module (48 hours)
Prerequisite:	None
Module resources:	FMS Facilitators Notes, FMS Book 1, FMS Book 2, FMS DVD, Fundamental Fun, SPARC Fundamental Movement Skills Manual, KiwiDex, GymSports Play Gym
Module Content:	Unit 1: Introduction to FMS Unit 2: Balance Your Day Unit 3: Run and Jump Right In Unit 4: Throw it Out Unit 5: Catch Me If You Can Unit 6: Putting It All Together Unit 7: Being a FMS Facilitator Unit 8: Introducing the FMS Presentation Notes Unit 9: Development of FMS Presentation Notes Unit 10: Planning For Successful Implementation Unit 11: Providing High Quality P.D. for clubs & schools - customising, personalising or changing the Intent Unit 12: Action planning
Assessment:	Optional - Demonstration of process, Programme understanding
Assessment length:	6 months
Award:	Assessed: Certificate in Facilitating Fundamental Movement Skills Non Assessed: Certificate of Attendance in Facilitating Fundamental Movement Skills
Title:	Assessed: Fundamental Movement Skills Facilitator Non Assessed: Fundamental Movement Skills Facilitator Candidate
Facilitated:	By Athletics New Zealand

FUNDAMENTALS LEVEL 3

Fundamental Movement Skills Consultant Module (7 day)

Entry into the Consultant Module is by invite only. Consultants will have a strong background in child development. This modules syllabus will be individualized to each candidate's requirements. This will involve shadow and co-presenting a Fundamental Movement Skills Facilitator Module. It is expected that candidates will have a history of presenting Fundamental Movement Skills Coach Modules. This qualification may take up to 24 months to complete. This module is facilitated by Athletics New Zealand.

COMMUNITY COACHING PATHWAY

Community	RJT Parent as first coach or RJT Teacher Training	RJT Club Coach	RJT Coach Trainer
	Level 1	Level 2	Level 3

COMMUNITY LEVEL 1

Run Jump Throw - Parent as first coach/Teacher Training (2 hours)

Purpose:	For parent helpers at Athletics Clubs club nights; Teachers wanting to teach an athletics programme within their class
Module length:	2 hours
Cost:	Dependent on RSO funding
Eligibility:	Be at least 14 years of age Take part in whole module (2 hours)
Prerequisite:	None
Module resources:	Run Jump Throw Cue Cards (Manual recommend, but optional)
Module Content:	Unit 1: Understanding the Run Jump Throw Manual Unit 2: Running Skills (including obstacle running & relays) Unit 3: Jumping Skills Unit 4: Throwing Skills Unit 5: Practical ideas for implementation of a RJT programme as part of your club coaching/teaching plan
Assessment:	No
Award:	Certificate of Attendance Run Jump Throw Parent as first Coach or Certificate of Attendance Run Jump Throw Teacher Training
Title:	Community Level 1 Coach
Facilitated:	Club Coaching Coordinator

COMMUNITY LEVEL 2

Run Jump Throw - Club Coach (6 hours)

Purpose:	The Club Coach course is an extension of the Run Jump Throw Parent as first Coach/Teacher Training module. Taking 90 minutes to deliver event group activities (Running, Jumping and Throwing)
Module length:	1 day – 6 hours
Cost:	\$80.00 Including resource cost \$45.00
Eligibility:	Be at least 14 years of age Take part in whole module (6 hours)
Prerequisite:	None
Module resources:	Run Jump Throw Manual, Run Jump Throw Cue Cards
Module Content:	Unit 1: Understanding the Run Jump Throw Manual Unit 2: Running Skills (including obstacle running & relays) Unit 3: Jumping Skills Unit 4: Throwing Skills Unit 5: Practical ideas for implementation of a RJT programme as part of your club coaching plan
Assessment:	No
Award:	Certificate of Attendance Run Jump Throw Club Coach
Title:	Community Level 2 Coach
Facilitated:	Regional coaching facilitator

This six hour course will help develop a parent's/coach's understanding of the application of skill progression developing foundation athletics skills with children.

COMMUNITY LEVEL 3

Run Jump Throw - Coach Trainer (12 hours)

To upskill parent helpers/club coaches to be able to develop a Run Jump Throw programme within their club. This module targets best practice of child development with an athletics sense. Ideally every athletics club would have one person with this award

Module length: 2 day – 12 hours

Cost: \$150.00

Including resource cost \$45.00

Eligibility: Be at least 17 years of age

Take part in whole module (6 hours)

Prerequisite: None

Module resources: Run Jump Throw Manual, Run Jump Throw Cue Cards

Module Content: Unit 1: Topics covered include

Unit 2: The Philosophy Towards children in Sport

Unit 3: The concept of Run Jump Throw

Unit 4: Growth & Development

Unit 5: Fair Play

Unit 6: Coaching Tips

Unit 7: Skills Approach

Unit 8: The Dangers of early Specialisation

Unit 9: Walking Skills

Unit 10: Running Skills

Unit 11: Jumping Skills

Unit 12: Throwing Skills

Unit 13: Equipment

Unit 14: Progress Charts

Unit 15: Practical ideas for implementation of a RJT programme as part of your club coaching plan

Assessment: Optional - Demonstration of process, Programme understanding

Award: Assessed: Certificate Community Coach Trainer

Non Assessed: Certificate of Attendance Run Jump Throw Coach Trainer

Title: Assessed: Community Coach Trainer

Non Assessed: Community Level 2 Coach

Facilitated: Regional Coaching Facilitator

DEVELOPMENT COACHING PATHWAY

Development	Introduction to Athletics Coaching	Basic Athletics Coaching	Athletics Coaching
	Level 1	Level 2	Level 3

DEVELOPMENT LEVEL 1

Introduction to Athletics Coaching

Purpose: The object of these modules is to give a basic outline of the rules, conduct and teaching of core athletics events to parents and volunteer coaches who have little background in athletics. The supporting materials should be seen as a reference for the participants to retain and refer to.

Module length: No formal module delivery. This will be an electronic resource available for free to all Athletics Clubs.

Cost: \$None

Eligibility: Open

Prerequisite: None

Module resources: Introduction to Athletics Coaching electronic resource

Module Content:

- Unit 1: Introduction
- Unit 2: Principles of Coaching
- Unit 3: Energy Systems
- Unit 4: Training Session Design / Injuries
- Unit 5: Developmental Aspects of Coaching
- Unit 6: Event Organisation
- Unit 7: Top Speed Running
- Unit 8: The Jumps - Common Features
- Unit 9: Long Jump
- Unit 10: Triple Jump
- Unit 11: High Jump
- Unit 12: The Throws - Common Features
- Unit 13: Javelin Throw
- Unit 14: Discus Throw
- Unit 15: Shot Put
- Unit 16: Structure of a Sprint Race
- Unit 17: Sprint Start
- Unit 18: Relays
- Unit 19: Middle & Long Distance Running
- Unit 20: Sprint Hurdles

Assessment: None

Award: None

Title: Development Club Coach

Facilitated: Club Coaching Coordinator

DEVELOPMENT LEVEL 2

Basic Athletics Coaching – BAC

Purpose:	Gives an understanding of events technical model, how to teach and coach the technical model, and how to plan a season's programme.	
Module length:	3- 4 hours	
Cost:	\$15.00	
Eligibility:	Be at least 17 years of age Take part in whole module	
Prerequisite:	Run Jump Throw - Parent as first coach	
Module resources:	IAAF Basic Athletics Coaching manual, IAAF Introduction to Coaching Manual	
Modules Offered:	Coaching Starter pack Sprints & Relays Distance 1 Track Distance 2 Road & Cross Country Hurdles Walks High Jump Pole Vault Shot Put & Discus Javelin Hammer Long & Triple Jump	
Module Content:	Unit One:	Introduction to the EVENT and Technical Model
	Unit Two:	Teaching and Coaching the EVENT
	Unit Three:	Planning a Programme
Assessment:	Optional – Basic technical model, planning	
Assessment length:	6 months	
Award:	Assessed:	Certificate Basic Athletics Coaching
	Non Assessed:	Certificate of Attendance Basic Athletics Coaching
Title:	Assessed:	Development Level 2 Coach
	Non Assessed:	Development Level 1 Coach
Facilitated:	Regional Coaching coordinator	

The modules will be severely practical. Candidate coaches may be asked to attempt simple lead up stages or progressions themselves. They will be given opportunities to see demonstration or "guinea pig" athletes performing or video film of the events. Limited time will be spent on lecturing, lots of time on "learn by doing"

Most of the time for each module will be given to the practical element. This should be at least two-thirds of the allotted time for the module. In Distance 1, Distance 2 and Walks Modules at least one-third should be allocated to practical components.

Development Level 3

Athletics Coaching - AC

Purpose:	Understanding and delivery of general theories, introduction of competition and planning models.	
Module length:	10 - 12 hours	
Cost:	\$350.00	
Eligibility:	Be at least 17 years of age Take part in whole module (12 hours)	
Prerequisite:	Development Level 2 Minimum of 1 years coaching experience For Hurdles module; Sprints & Relays is required	
Modules Offered:	Sprints & Relays (12 hrs) High Jump (12 hrs) Long Jump & Triple Jump (12 hrs) M/D & L/D & Steeplechase (12 hrs) X-country & Road Running (12 hrs) Hurdles (10 hrs) Shot Put & Discus Throw (12 hrs) Hammer Throw (12hrs) Javelin Throw (12 hrs) Pole Vault (12 hrs) Multi Events (15 hrs) Race Walking (12 hrs) Ultra Distance (12 hrs)	
Module resources:	IAAF Basic Athletics Coaching manual, IAAF Introduction to Coaching Manual	
Module Content:	Unit 1	History and Rules
	Unit 2	Basic Biomechanics and Elements of Technique
	Unit 3	Practical's for Technique
	Unit 4	Principles and Elements of Conditioning
	Unit 5	Practical's for Conditioning
	Unit 6	Programme Planning and Competition Considerations
	Unit 7	Discussion and Evaluation
	Unit 8	Assessment procedures for practical coaching
Assessment:	Yes, work book - Technical model, planning	
Assessment length:	12 months	
Award:	Assessed:	Certificate in Athletics Coaching
	Non Assessed:	Certificate of Attendance in Athletics Coach
Title:	Assessed:	Development Level 3 Coach
	Non Assessed:	Development Level 2 Coach
Facilitated:	Athletics New Zealand	

Athletics Coaching modules are designed to give the committed coach a broad background in the general principles of coaching and a higher level of knowledge of a single event or group of athletics events. The qualification will give the knowledge and coaching skills to be able to develop the athlete to a youth or junior performance level.

The qualification can be obtained by assessment only. Candidates who wish to take this path are expected to have extensive coaching experience and have a background of working with late adolescent or senior athletes. Assessment for this qualification will consist of a practical coaching assignment which will include completion of a workbook. The assessment period can last from 6-12 months.

Entry Prerequisites

Basic Athletics Coaching module or Individuals who have had considerable experience in coaching athletics may upon prior application and approval undertake these modules.

The course will be part discussion and talk and part practical. In the practical section coaches will be given the opportunity to observe athletes or videos, and where appropriate, attempt simple activities themselves. The balance between lectures, discussions and the practical will vary according to the events. This will be especially so in technique events versus conditioning events (eg high jump vs middle distances). The main units of content are listed, but the emphasis within and between them will vary according to the event and the trainer. The aim of this outline is to provide a common structure in Athletics Coaching modules, but enough freedom to accommodate different events and individual coach development approaches.

PERFORMANCE COACHING PATHWAY

Performance	Introduction to Performance Coaching	IAAF Specialisation	IAAF Academy Programme
	Level 1	Level 2	Level 3

PERFORMANCE LEVEL 1

Introduction to Performance Coaching

Purpose:	Introduce developmental coaches into the performance environment. Introduction into mentor and resource coach programmes.	
Module length:	30 hours over a 12 month period	
Cost:	\$Free	
Eligibility:	Development level 3 Coach Athlete within London 2012, Rio 2016 or Olympics 2020 programmes	
Prerequisite:	Athletics Coaching Module Three years practical experience	
Modules Offered:	Applied General Theories Sprints and Hurdles Middle and Long Distance Running Race Walks Jumps Throws Combined Events	
Module resources:	Athletics NZ Resources	
Module Content:	Unit 1	Gap analysis
	Unit 2	Goals
	Unit 3	Competition Plans
	Unit 4	Annual Plan eg Periodisation/Scope
	Unit 5	General Training Outline
	Unit 6	Personal Development Plan
Assessment:	Yes, work books	
Assessment length:	12 - 24 months	
Award:	Assessed:	Certificate Introduction to Performance Coaching
	Non Assessed:	Certificate of Attendance in Introduction to Performance Coaching
Title:	Assessed:	Performance Coach Level 1
	Non Assessed:	Performance Coach Level 1 Candidate
Facilitated:	Athletics NZ	

PERFORMANCE LEVEL 2

IAAF Specialisation

The performance level 2 module builds on the experiences of the 'Introduction to performance coaching' Module and can be thought of as the development of performance coaching, providing coaches with advanced level instruction in their chosen event group. The syllabus includes event specific elements but more of the common core elements are now studied with a specific application to the event group context. On completion of the module, coaches will be able to identify and coach high level and advanced competition models for their specific event or events. Coaches will also be expected to be able to plan and implement macrocycles of training for high level athletes within the context of a multi-year plan. These plans should lead to the achievement of potential, elite performance and competitive results.

These modules are conducted at the IAAF Oceania RDC. Entry to the IAAF Specialisation module is by invite only.

PERFORMANCE LEVEL 3

The IAAF Academy Programme

Perhaps the most important educational initiative in recent years to support the development of key personnel in Athletics was the introduction of the IAAF Academy in 2004, providing professional education of the highest level. To achieve this the IAAF has created partnerships with respected and recognised universities worldwide to offer courses which blend academic rigor in the sport sciences with the practical experiences of the most elite of IAAF experts. The IAAF Academy currently offers the following courses:

- Chief Coach
- Elite Coach
- Coaching Development Director

The Academy aims to provide the coach with the relevant professional knowledge, understanding and practical experience to create an environment capable of delivering high levels of individual and team performance at specific events, or the development of innovative coaching development environments, over multiple seasons.

Club Coaching Coordinator Development module

Purpose:	This module offers ANZ a platform to talk with clubs about the importance of developing a coaching programme. ANZ can offer templates for clubs.
Module length:	3 hours
Modules Offered:	Competition Programmes Coaching Programmes
Assessment:	Yes, coaching programme development
Assessment length:	6 – 18 months
Award:	Athletics NZ Certified Coaching Programme
Title:	Athletics NZ ClubMark – GOLD, SILVER or BRONZE
Facilitated:	Athletics NZ

Regional Contacts

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The Athletics New Zealand Coaches Association
has a number of resources available for Coaches and Teachers

www.coaching.athletics.org.nz