

# Athletics Coaching Courses

## CiRF: COACH IN RUNNING FITNESS

### Who should go on this course?

Coaches who are 18 or over and primarily working with runners up to and including the event group development stage. All applicants must be active leaders or coaches who have completed as a minimum a Level 1, Fitness in Running & Walking, LiRF or Coaching Assistant qualifications. CiRF is about the broad application to non track based endurance running events rather than specific events or distances and is not designed for coaches who want to work with runners taking part in track based events.

### How many days will it take?

There are four contact days of course time. However it should be viewed as a development programme and you will be required to engage in pre-course work, supported practice and assessment preparation in order to complete all the required work.

### What will I learn?

How to apply the fundamental principles of running over a series of sessions to help technically develop groups of athletes. You will learn how to coach endurance running on a variety of surfaces.

#### Topics covered include:

- Fundamental running skills and drills
- Skill development
- Energy systems and endurance running
- Physical preparation & Nutrition
- Injury prevention and management
- Flexibility
- Factors influencing performance
- Elements of planning and delivery
- The core coaching skills
- Integrated coaching
- Athlete Development & Athlete Profiling

### What will I be able to do?

Plan a progressive training programme for runners, helping them to develop towards their specific goal. When qualified you will be insured to coach without supervision, working with Coaching Assistants and Leaders in Running Fitness to support you in delivering the sessions.



Coach and plan training for runners



# Athletics Leadership Courses

## L1RF: LEADERSHIP IN RUNNING FITNESS



### Who should go on this course?

If you have an interest in running for fitness and you'd like to lead a group, then this is the course for you.

### How many days will it take?

One day, with no assessment.

### What will I learn?

The course will focus on the safe organisation of running activity and how to lead a group of inexperienced runners.

#### Topics covered include:

- The barriers that stop people from taking up running.
- What you could do as a leader to make a difference for them.
- How to deliver a safe and fun warm up and a cool down.
- The different types of running activity that can make running varied and enjoyable.
- How to plan and deliver sessions that are safe and fun.

### What will I be able to do?

The course is designed to prepare you as a Leader to provide a safe and enjoyable running experience for people over 12 years of age of any level of ability, age, size and shape.

As a Leader you may set up your own group and register with the Run England network. Your qualification as a Leader in Running Fitness will provide you with insurance to lead a group within the limits of the course content.



Lead a  
running  
group in  
your area



for more information visit: [www.Englandathletics.org/courses](http://www.Englandathletics.org/courses)

# Athletics Leadership Courses

## ATHLETICS LEADER

### Who should go on this course?

If you are thinking of helping out the coaches at your club's junior sessions, then this is the course for you. The course is aimed particularly at parents, carers, grandparents, or young leaders over 16 years of age.

### How many days will it take?

One day, with no assessment.

### What will I learn?

You will learn the basic principles of running, jumping and throwing, along with lots of activity ideas through the use of task cards.

#### Topics covered include:

- Establishing the role and responsibilities of an Athletics Leader.
- Understanding the working relationship with the Supervising Coach.
- Learning the principles of running, jumping and throwing.
- Delivering fun and exciting warm ups for children.
- The basics of athlete development.
- Dealing with challenging behaviour.
- Leading safe and fun sessions.

### What will I be able to do?

Athletics Leaders will assist in club junior sessions working under the supervision of a qualified Licensed Coach (or UKA Level 2).

You will be able to lead small groups of young athletes and deliver task card activities.

You'll be insured to deliver these activities under the direct supervision of a coach within visible and audible range.

Help out  
at your local  
athletics  
club



Example task cards



# Athletics Coaching Courses

## COACHING ASSISTANT

### Who should go on this course?

Anyone aged 18 or over, who is interested in taking the first step into a coaching pathway and wants to understand the fundamental technical principles of coaching.

### How many days will it take?

Two days (normally delivered over the course of one weekend) with no assessment.

### What will I learn?

The technical coaching knowledge to underpin running, jumping and throwing activities. You'll then learn how to apply these principles into a number of fun and exciting practical examples.

#### Topics covered include:

- Understanding fundamental movement skills.
- Managing challenging behaviour.
- Delivering warm up and cool downs.
- Coaching through fun, safe and enjoyable games.
- Delivering speed work and endurance based activities.
- Understanding the mechanics of jumping and throwing.
- The principles of session planning.

### What will I be able to do?

By attending the Coaching Assistant course, you'll have the knowledge and skills to deliver effective and engaging club sessions using task cards and session plans.

Coaching Assistants will be insured to assist in the delivery of all aspects of a session whilst being supervised by a qualified Coach at the same venue.



Take the first step to becoming a coach





# Athletics Coaching Courses

## ATHLETICS COACH

### Who should go on this course?

Anyone who has completed the Coaching Assistant award, has at least three months experience operating at this level and feels ready to take the next step to managing their own coaching groups. Currently qualified UKA Coaches looking to broaden their technical skills can also choose to attend as part of their continued education.

### How many days will it take?

The course and assessment period is four days in total. Two days delivered as a weekend, a third day several weeks later and then a formal assessment on a final day.

### What will I learn?

How to apply the fundamental principles of running, jumping and throwing and applying this knowledge over a series of sessions to help technically develop groups of athletes. You will learn how to coach running, jumping and throwing activities and observe correct technical aspects.

#### Topics covered include:

- Athlete Development.
- Skill learning and structuring training.
- Co-ordination and balance.
- Running with rhythm.
- Questioning and listening skills.
- Physical preparation – strength training and plyometrics.
- Understanding energy systems as part of annual planning.
- Practical sessions covering all event groups.



### What will I be able to do?

Plan a progressive training programme for athletes, coaching a range of activities to prepare the developing athlete to run, jump and throw. When qualified you will be insured to coach without supervision, working with Coaching Assistants and Athletics Leaders to support you in delivering the sessions.



Become a  
qualified &  
insured  
coach

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for more information visit: [www.Englandathletics.org/courses](http://www.Englandathletics.org/courses)