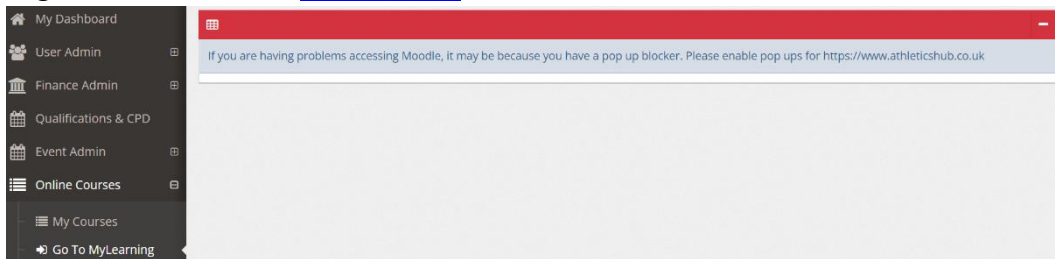


## Athletics Coach Day 3 & 4 Requirements – SPEED

### Accessing Online Resources on Athletics Hub

- a. Log in to athletics hub [Athletics Hub](#)



- b. click on online courses → go to mylearning  
c. Choose Athletics Coach Speed Day 3 Online

### **Day 3 – Online Resources – Event Group Specific**

- a) There are 6 online modules to complete  
[Course: Athletics Coach Speed Day 3 Online \(britishathletics.org.uk\)](#)  
(Accessible Resource documents are transcripts of the modules and therefore good if quickly want to recap something)

Things left to complete:

- 1. Knowledge Test (multiple choice)**  
[Course: Athletics Coach Speed Knowledge Test \(britishathletics.org.uk\)](#)
- 1. Profile an athlete and design an 8-week development period (mesocycle).**
  - a. Click on the below example of a completed Throws athlete mesocycle document to get an idea of what your mesocycle could look like  
[Sprints & Hurdles Mesocycle Example](#)
  - b. Click below for the blank template. **\*You will need to download and complete to bring with you on the Assessment Day**  
[Mesocycle Planning Pack \(Support Resources - all event groups\)](#)
- 2. Design a session plan for a group of athletes.**
  - a. This session will be the basis for your assessed coaching session although the assessment environment may be made up of course participants rather than athletes.
  - b. Click on the below example of a completed session plan document

[Sprints & Hurdles Session Plan Example](#)

- c. Click below for the blank template. **\*You will need to download and complete the session plan to bring with you on the Assessment Day**

[Session Plan Plank Template \(Support Resources – all event groups\)](#)

**3. Assessment Day 4: Set-up and deliver the designed session plan.**

- a. Prior to attending the assessment day, click below review the 'How 2 Coach skills' as these are important to consider when delivering you session

[How 2 coach cards \(Support Resources - all event groups\)](#)

- b. To ensure you are aware of the pass assessment criteria and click below

[OPA Form Assessment Criteris - Plank \(Support Resources - all event groups\)](#) .

- c. In order to pass the assessment it must be obvious the tutor that you have considered and are meeting the criteria seen below.



<b>Name: Fred Bloggs</b>	<b>Date: 01.09.17</b>
<b>Competence/criteria</b>	<b>Pass</b>
<b>Section 1 – Session Plan</b>	
a) Clear session / outcome goals for both athletes and coach?	P
b) Outcome was appropriate for athletes at the stage of development stated?	P
<b>Section 2 – Health &amp; Safety</b>	
a) Coach checked and set up the environment and equipment so as to prevent injury to all parties	P
b) Coach checked athletes attire and checked for injury, illness and medical conditions.	P
c) Coach rechecked H&S throughout the session	P
d) Coach modified session based on changing environmental needs	P
<b>Section 3 – Session Delivery</b>	
a) Was the aim of the session shared with the athletes?	P
b) Warm up – was it progressive and appropriate to both the stage of development of the athletes and the session that followed?	P
c) Instruction/Explanation and Demonstration – were these clear and accurate?	P
d) Was involvement of the athletes maximised?	P
e) Were the observations and analyses linked to the technical model and accurate?	P
f) Feedback – was it interactive, simple and positive?	P
g) Developing skill – was it progressive, technically correct and evolved so that the activity provided variety and challenge?	P
h) Did the coach show equity and cater for all abilities?	P
<b>Section 4 – Session Conclusion</b>	
a) Cool down – gradually reduces intensity	P
b) Session concluded to reinforce learning	P
<b>Section 5 - Coaching approach &amp; Review</b>	
a) Coach demonstrated an athlete-centred approach	P
b) Set and maintained high standards	P

**ATHLETICS COACH**

**OBSERVED PRACTICAL ASSESSMENT**

c) Reflected on the session and identified areas of development for athletes	P
d) Reflected on the session and identified areas of development for self	P

- d. Click below to see a tutor's completed assessment day notes to see how the session meets the pass criteria

[OPA Form Example \(Support resources - all event groups\)](#)



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