

COACHING LANDSCAPE IN WALES

In early 2019 we asked coaches in Wales to tell us how we're doing with supporting athletics coaching. Thanks to all of those who responded, here's what you told us.

**204 COACHES
RESPONDED**

70% : 30%
♂ ♀

**COACHED FOR
20+YRS
ON AVERAGE**

**2-5 HRS
COACHING/WEEK**



YOUR FEEDBACK:

"More visits to us to see what might be needed to help. Regular communication. Flexibility in understanding not one coaching style fits all...new ideas."



COULD DO BETTER...

- Communications – more clarity on who to get in touch with
 - 78% reported having had no direct contact with us
- More focus on CPD & information for grassroots coaches
- More support for integrating coaching of athletes with disabilities



DOING WELL...

- 60% of coaches have done some education or CPD activity in the last 6 months
- Clubs are generally seen as supportive environments for coaches
- Over 60% undertake coaching as part of a team of at least two.
- National & Regional development days are valued by coaches & athletes

GIVE US MORE...

- Coaching conferences with Technical workshops
- Outreach – visits to clubs to deliver workshops and build relationships
- CPD Courses on wider aspects of coaching – Nutrition, Physical Preparation, & Athlete Lifestyle
- Regular email news & CPD opportunities
- Mentor programme to ensure knowledge of experienced coaches is passed on
- Event specific information and drills, especially for hurdles, throws & jumps

GOT MORE IDEAS OR FEEDBACK?

Contact our new Coach
Development Co-ordinator :
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