

COACH DEVELOPMENT AND SUPPORT UPDATE

Over the coming weeks, and months, Welsh Athletics will be continuing to support the coach and leader community to “Stay Involved”. We will be signposting and creating opportunities for our community to engage with online resources and learning, whilst also celebrating the great things coaches and leaders are doing during this challenging time.

UKA Free Module	2
Free Athletics 365 XL resource	2
Athletics Hub Coaching Resource Library	3
Welsh Athletics Physical Preparation Series	4
Welsh Athletics Coaching Insights Q&A Series	5
We Coach Wales Newsletter	5
Starting Blocs	6
Welsh Athletics Webinar Series	6
Other Learning and Development Platforms	6
Contacts and Communications	9

UKA Free Module

UKA will be supporting the development of all our leaders and coaches by providing free access to one non-mandatory online learning module to be redeemed before May 31st. They will be able to select from the list below.

- [Disability Inclusion Training Module](#)
- [Clean Athletics Module](#)
- [Preventing bullying in Sport](#)
- [Mental Health and Well being](#)
- [Event Group Online - For coaches who are a qualified Athletics Coach](#)

Once a coach or leader has redeemed their free online learning module they will be sent an email and given the opportunity to elect another module which they will get for 50% of the original price and well as being signposted to the new [Athletics Hub Coaching Resources Library](#).

Free Athletics 365 XL resource

As a coach you may already be using platforms and tools to aid your development or practices. With the aim of supporting you as a coach during this off-track period we would like to offer you free access to Athletics365 XL resources bundle for the next 12 months (until 31 March 2021). This Coaches' bundle can be found within the Athletics 365 App.

Downloading and Accessing the App and content:

1. Step 1: Download the Athletics 365 App to your smartphone or tablet from either Google Play Store or App Store.
2. Step 2: Log into the App to access Athletics 365 XL Bundle for Free Once the App is downloaded, open the app and click on the Login Button in the top righthand corner. Now simply log in using your username and password as shown below.
 - Username: Your Email Address
 - Password: Your URN Number (found on your coaching card)

Please note you can download the Athletics 365 XL Coaches bundle to two devices (e.g. an iPhone or iPad or tablet, etc.). The apps are only for Tablets and Smartphones and only work off either an Apple (IOS) or Android based device.

These login details will allow you to access the Athletics 365 XL Bundle content of the App. If you do not log into the App you will not be able to access this content and will be prompted to pay for this additional content. Anyone possessing a Username and Password will not need to purchase the Athletics 365 XL Bundle content. Please note that these login details will not allow you to access other 365 in-app purchases, such as the 'Coaches Bundle' or Games Card Bundles, unless you have been given access to this content previously.

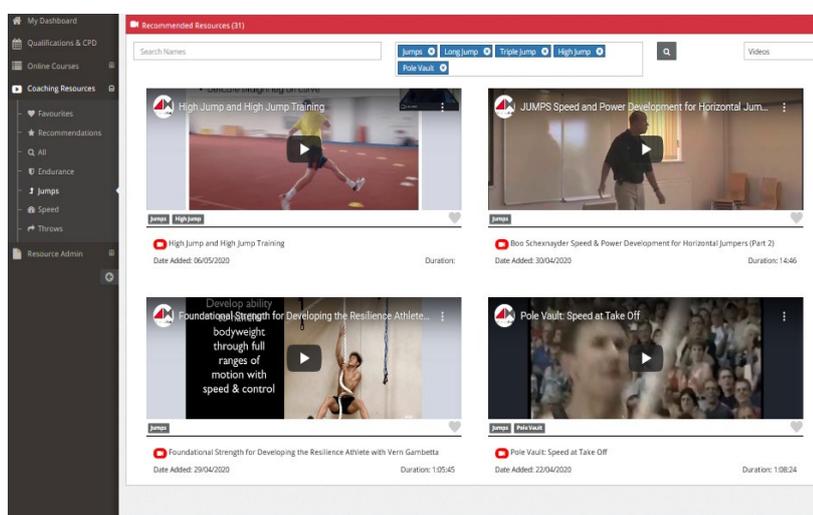
These tools may help give you new ideas on how to structure your scheme of learning regarding training aligned to the athlete development model. It may support you to evolve your youth athletics offer for virtual coaching as well as for return to face to face coaching in the future.

If you have any issues accessing this offer please see the [FAQs](#) on downloading and Accessing the Athletics 365 XL Resource or view this [video](#).

Athletics Hub Coaching Resource Library

Welsh Athletics is delighted to announce the launch of the brand new online Coaching Resource Library available through the [Athletics Hub](#) platform.

The Coaching Resource Library forms a key part of Welsh Athletics mission to support the development of coaches in Wales by providing a diverse range of streaming video and text-based coaching materials. Athletics Hub Coaching resources are accessible to all affiliated coaches and leaders as part of a collaborative approach by British Athletics and in partnership with the other Home Country Athletics Federations.



Once logged in to [Athletics Hub](#), existing users will be served up with a selection of high-quality video content on the My Dashboard tab as well as being able to access and browse the resources, split into event groups, via the Coaching Resources tab. Brand new users can also access the resources through the Coaching Resources tab and, as they use the platform more, the system will start to serve up recommended videos into their My Dashboard tab.

Within [Athletics Hub](#), coaches will be able to define their preference area by event or subject, which will result in that material being pushed to the coach on the website. Coaches

can also 'favourite' content that they have watched in order to save it for repeated viewing. In addition, the site uses intuitive technology which will enable it to push suggested coaching resources to users based on content they have viewed or in line with qualifications or coaching development courses that they book onto. As a result, the site is designed to 'talk' to coaches and ensure maximum relevance tailored to each individual user.

The new Coaching Resource Library includes a range of content covering each of the core event groups – Speed, Endurance, Jumps and Throws. Videos available in the library include presentations from World Class coaches and sports psychologists as well as resources focused on disability athletics, combined events, movement skills and youth coaching. Along with new material, the library will also include top quality and re-edited archive coaching videos. Text-based materials will be added in the coming weeks.

Recognising that coaches are often on the move and away from home, the Coaching Resource Library is optimised to work on desktop, tablet and mobile devices. New content will be released on a monthly basis in order to continually expand the resources available within the library and ensure coaches can benefit from fresh material throughout the year.

- To start using the new Coaching Resource Library, simply sign-up or log in to Athletics Hub at: <http://athleticshub.co.uk>

Welsh Athletics Physical Preparation Series

This blend of video and pdf resources (based on the WA Physical Preparation Coaching Resource) are aimed at reinforcing that although all athletics events require the athletes to possess some unique physical capabilities, all sport related movements are advanced derivatives of fundamental movement skills and movement patterns.

The resource introduces practical skills you can use to problem solve the movement of your athletes, giving what to cue and what to coach depending on the needs of the athlete.

- Series Part 1 – [What is movement competency? - Video](#)
- Series Part 2 – [Improving Movement Patterns: The Benefit of Body weight Training - Video](#)
- Series Part 3 – [Building the Base: Learn to Brace Before you Run, Jump or and Throw - Video](#)



Starting Blocs



Welsh Athletics has released the new physical literacy programme for children aged 4-11. Starting Blocs is a fun, exciting program to introduce children to the sport of athletics and will teach key movement skills in a fun and progressive way allowing for maximum involvement and maximum fun!

We have adapted the game cards and challenges to fit the current government restrictions so that athletics activities can be done safely at home.

Further information on the programme, the 'challenges', details of how to get involved and to access the support resources can be found [here](#) or via the [Starting Blocs](#) website and updates will be posted on the [Starting Blocs Facebook page](#). Blocky even has his very own [twitter account](#)

Welsh Athletics Webinar Series

The Welsh Athletics Stay Involved webinars will provide practical takeaways for developing coaches across event groups. The format will help to bring to life the "what to coach" from a technical point of view, by problem solving the needs of an athlete. They will introduce the practical skills around "how to coach". There will also be themes relating to effective planning and programming and Female Health.

Each webinar will last approx. 40 mins and be comprised of a presentation element followed by a Q &A where attendees can ask questions around the topics discussed. These webinars are free to all coaches and leaders.



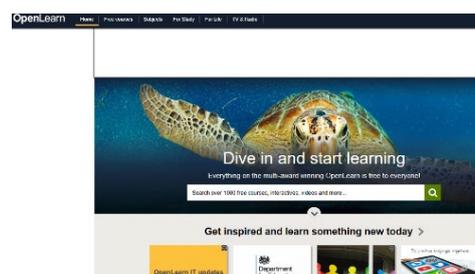
Welsh Athletics
Stay Involved Webin

Webinar details -

Other Learning and Development Platforms

Open Learn

Anyone can learn for free on OpenLearn. The platform delivers bite-sized learning experiences to fit easily into daily life. There are no requirements to access the free materials. All of the courses enable you to earn a Statement of participation (although they do not carry any formal credit towards a qualification) and can be downloaded to use offline.



- [Communication and working relationship in sport and fitness](#)
- [Exploring sport coaching and psychology](#)
- [Eating to win](#)
- [Recovery strategies in sport](#)
- [Exploring the psychological aspects of sports injury](#)
- [Exercise and mental health](#)
- [Learning from sport burnout and overtraining](#)
- [Improve aerobic fitness](#)
- [The science behind wheeled sports](#)
- [Working with young people in sport](#)
- [The impact of technology on children's physical activity](#)
- [Physical activity: A family affair](#)
- [Motivation and factoring affect motivation](#)

UK Coaching

[UK Coaching](#) has a host of coaching [resources](#) and e- learning opportunities. Some resources are free to access whilst the online courses come at a small cost. By taking out a subscription (£2 a month) this unlocks more resources and allows you to do some of the online courses for free.

Resources; videos and pdfs

- [Skills and Qualities of a Coach](#)
- [10 qualities you need to be a coach](#)
- [Coaching Behaviours](#)
- [Talking Talent: Developing the How](#)
- [Encouraging fundamental movement skills](#)
- [Observation, Analysis and Evaluation](#)
- [Creating a positive learning environment](#)



E- learning courses

- Title : [How to plan, do, review](#) - £.6.99 *free with subscription
Aim & Audience:
For coaches and leaders looking to develop their confidence around how to plan, deliver and evaluate coaching sessions effectively.
- Title: [Inspiring positive behaviour in sport](#) - £6.99* free with subscription
Aim & Audience:
For coach and leaders looking to develop your skills in managing disruptive behaviour
- Title: [Coaching people with a visual impairment](#) -£8.99
Aim& Audience:

For coaches looking to develop confidence when including people with a visual impairment in sport and activity sessions using the STEP model

- [Keeping deaf and disabled people safe in sport](#) - £16.99 Aim & Audience: For coaches looking to develop how they can make sport inclusive for children with a condition or impairment using real life scenarios to practice decision making.

Contacts and Communications

Although some staff have been furloughed the office number (T: 02920644870) is very much still active. A list of staff that have currently been furloughed, along with alternative contact details for enquiries can be found below. Please note that all enquiries will be dealt with, however there may be a slight delay in some cases.

 <p>CHRIS</p>	<p>Head of Performance Chris Jones Chris.jones@welshathletics.org 07864 970566</p>		<p>Programme Manager Adrian Palmer Adrian.palmer@welshathletics.org 07896 513584</p>
 <p>ZOE</p>	<p>Coach Development Coordinator Zoe Brown Zoe.brown@welshathletics.org 07548 160018</p>	 <p>CHRIS</p>	<p>Head of Development & Participation Chris Moss Chris.moss@welshathletics.org</p>
<p>National Talent Development Coordinators</p>			
 <p>RYAN</p>	<p>Throws Ryan Spencer- Jones Ryan.spencer-jones@welshathletics.org 07864 613652</p>		
 <p>MATT</p>	<p>Sprints & Relays Matt Elias Matt.elias@welshathletics.org 07500 557984</p>		
 <p>FYN</p>	<p>Jumps & Combined Events Fyn Corcoran Fyn.corcoran@welshathletics.org 07814 899 628</p>		
 <p>LIZ</p>	<p>Endurance Liz Davies Liz.davies@welshathletics.org 07864 613653</p>		

Furloughed staff member	Department area	New point of contact during this period
Sarah Powell Eva Brewer Sharon Leech	Run Wales Social Running Programme	Gareth Hall – 07864 969631 – gareth.hall@runwales.org.uk
Barry Edwards Tom Cole Andrew Jenkins Eva Brewer Steve Jones (Welsh Schools Support Officer)	Regional Development Officers	Chris Moss – 07813 605785 – chris.moss@welshathletics.org / Jacqueline Brace – 07773 468395 – jacqueline.brace@welshathletics.org
Tom Marley	Coach Education	Zoe Holloway – 02920 649849 – zoe.holloway@welshathletics.org / Zoe Brown – 07548 160018 – zoe.brown@welshathletics.org
Darran Williams	Competition	Rhiannon Linington Payne – 07960 995780 – rhiannon@welshathletics.org

We are posting regular updates on the [Welsh Athletics website](#) so please keep visiting regularly and checking for additional information. On the site, we are providing updates and key information on a regular basis to keep you updated throughout this period including a dedicated [Stay Home Stay Involved](#) section to keep you informed of all developments including the [Welsh Athletics COVID-19 FAQ's](#) which are these are updated each Monday.

Like so many of you we are still very active across all of the social media channels. Please also continue to stay touch with Welsh Athletics across the social media platforms;

- [Facebook](#)
- [Twitter](#)
- [Instagram](#)
- [YouTube](#)