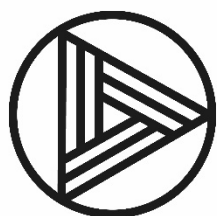




WELSH ATHLETICS
ATHLETAU CYMRU

REGIONAL DEVELOPMENT ACTIVITY: ATHLETE COMPETENCY FRAMEWORK



UNITE: CREATING A COMMUNITY WHERE EVERYONE IS VALUED AND SUPPORTED WITHIN OUR SPORT:

"WE WILL INVEST IN ATHLETE AND COACH DEVELOPMENT STRUCTURES"

Contents

What is Regional Development Activity?	2
Athlete Competency Framework	3
Athlete Physical Skills: Technical Competencies	4
All Event Groups	4
Speed	4
Endurance	5
Jumps	5
Physical Preparation	6
Athlete Behaviours	6
Athlete Lifestyle	7
Competition	7
Overview of 2-year Regional Development Activity	8
RDA 1	8
RDA 2	9
RDA 3	10
RDA 4	11
RDA 5	12
RDA 6	13

What is Regional Development Activity?



Guiding principles:

To support the long term progression of developing athletes in our Sport, **Welsh Athletics** believes it is not only essential to address the technical and physical development of our young athletes, but also support them to thrive during a time where physical maturation, psychological and social pressures can result in them making the decision to leave the sport.

The Regional Development Days (**6 day modular offer over two years**) will provide Event Group level athletes **aged 14-17** and their coaches with an opportunity to acquire, develop, apply, and embed the knowledge and skills they need to create positive and effective training environments across Wales.

The key aims for RDA are:

- To introduce a holistic and process focused approach to long term athlete development
- To develop “brilliant basics” in the early stage of event group development
- To develop a collaborative and skilled coaching network across each event group in every region of Wales
- To improve athlete retention in U17 and U20 age groups
- To provide a fun and engaging training environment for young athletes

Athlete Competency Framework

To support athletes and coaches to achieve the aims of the RDA we have created a framework of athlete competencies we believe are key to the development, retention, and long-term success of young people within our sport. The competencies are grouped under 4 broad headings:



Athlete Physical Skills: Technical Competencies

All Event Groups

- To be able to independently carry out a RAMP warm up

Speed

Sprinting

- To be able to demonstrate basic acceleration and maximum velocity running mechanics
- To start to be able to demonstrate linking of the phases of sprinting drive, transition, max velocity and deceleration
- To demonstrate evidence of speed endurance and the maintenance of technique over distance up to 300m
- To be able to demonstrate a variety of starting positions including block starts and quick reactions to a variety of starting signals
- To be able to demonstrate basic sprint drill – single drills and combination drills

Hurdles

- Able to demonstrate the ability to sprint (not jump) over hurdles.
- To be able to demonstrate a consistent rhythm and stride pattern when hurdling
- To demonstrate a basic hurdling technique – take off, flight and landing
- To be able to perform a variety of hurdle drills including walkovers; lead and trail leg drills
- To have any understanding of race and competition tactics in both Sprinting and Sprint hurdling

Relay

- To be able to demonstrate the ability to work in a team – effective communication and feedback
- To be able to demonstrate the ability to carry out an effective baton handover at speed (unsighted and with a 'push pass' technique)
- To be able to execute effective relay exchange in competition
- To understand the competition rules for the relay events

Endurance

- To be able to control intensity in running/walking sessions by using perceived effort/talk test
- To be able to begin to adapt running mechanics when increasing speed up to maximum velocity.
- To have developed a basic technical model in race walking and endurance running (sub-max).
- To demonstrate basic hurdling skills including hurdle drills, wicket runs and hurdling a low hurdle at sub max and maximal speed
- To have a basic understanding of the tactics involved in endurance racing and to have had experience of these sessions in training.
- To be able to perform basic sprint and race walking drills with good execution and control

Jumps

- To be able to demonstrate basic acceleration and maximum velocity running mechanics
- To be able to demonstrate basic sprint drills – A/B walks/skips both in isolation and in combination
- To be able to mark out and execute a basic run up with good control and sprint technique for a given jumps event
- To be able to perform basic plyometrics via jumping, hopping and bounding drills (single and double footed)
- To be able to demonstrate a sound basic technical model for the horizontal and vertical jumps - approach, take-off, flight, landing (including carry, plant, swing, extension, bar clearance)
- To be able to understand and attempt to progress jumps towards more advanced technical model
 - HJ Scissors to Flop
 - Long Jump – Tall in flight progress to hitch kick, Sail and Hang technique
 - Triple Jump – equal balanced phases progress to runway and pit with sail and hang
 - Pole Vault – Swing to pit to vaulting onto a mat
- To be able to execute a good jumping technique in a competition environment
- To have a good understanding of the competition rules of each jumps events

Throws

- To be able to carry out an effective RAMP warm up
- To understand the training and competition safety requirements for all throws events
- To be able to demonstrate an effective grip on all throws implements
- To be able to execute the basic set up and technical model underpinning the standing throws

- To be able to understand and attempt to progress throws towards a more advanced technical model
 - Shot - Rotation and glide technique
 - Javelin - 3/5 stride rhythm using walking/ running cross over and approach/withdrawal drill
 - Discus – progressions into rotational full throw
 - Hammer – preparatory swing and the progression of heel toe turns into controlled release
- To be able to demonstrate basic acceleration and maximum velocity running mechanics
- To be able to perform more advanced agility, balance and coordination drills to more specific pivoting and rotational work (throws specific)
- To be able to execute a good technical model during competition
- To demonstrate a good understanding of the competition rules of the throws events.

Athlete Physical Skills: Physical Preparation

- To be able to do carry out basic agility, balance and coordination tasks
- To be competent in fundamental movements e.g. push, pull, hinge, brace
- To be able to perform basic plyometric movements – jump/land; 2 footed hops, 1 footed hop

Athlete Behaviours

- To demonstrate awareness of the athlete journey (junior to senior) and what is required to support and facilitate this journey
- To understand the impact of puberty on person and athlete development.
- To be able to cope with constructive feedback from coaches
- To be able to verbalise progress and difficulties to a coach/parent
- To demonstrate good coachability, punctuality, attentiveness, gratitude
- To treat coaches and other athletes with fairness and respect

Athlete Lifestyle

- To be able to identify life and Athletics stressors and when to/where to ask for help/support
- To understand the importance of goal setting including the types of goals
- To understand basic principles of healthy eating – including food wheel and food groups
- To have the experience of tasting and trying different types of food including fruit and veg, high energy foods (e.g. Soreen).
- To be able to know the timing of a snack pre and post training and competition and to recognise a healthy snack
- To be able to recognise the importance of good hydration and how this can be optimised e.g. good drink choice, bringing a drink to sessions

Competition

- To participate in regional and Welsh National Championships
- To start to gain experience in UK wide competition

N.B. See the Regional Development Coach Competency Framework for details of Physical competencies including video links and “Coach Checklist”.

Overview of 2-year Regional Development Activity

RDP 1

Technical	Physical Preparation	Lifestyle
<p>Endurance Introduction to aerobic intervals – off track</p> <p>Throws Power Standing throws – the importance of and how to execute</p> <p>Jumps Warm ups and run ups – all jumps</p> <p>Speed Acceleration Development</p>	<p>ABCs in Action</p> <p>Revisiting the ABCs and exploring ways to implement them in training sessions</p>	<p>What it takes to develop – Playing the long game</p>

RDP 2

Technical	Physical Preparation	Lifestyle
<p>Endurance Speed and Power Development – Exploring basic speed mechanics</p> <p>Throws Shot – Full Glide and the progression from power stand throw to full glide Discus – Progression from the power stand throw to the South African discus throw</p> <p>Jumps Take offs – all jumps</p> <p>Speed Maximum Velocity</p>	<p>Fundamental movements Squat, Hinge and Lunge</p> <p>Exploring the Fundamental movements through warm ups and circuits</p>	<p>Healthy Eating and Fuelling the Young Athlete</p> <p>Exploring nutrition in action</p>

RDP 3

Technical	Physical Preparation	Lifestyle
<p>Endurance An introduction to race tactics and long-term anaerobic development</p> <p>Throws Javelin – Progression from the release into short approach for the javelin Hammer – Introduction of heel toe turns into the release</p> <p>Jumps Flight Plans</p> <p>Speed Developing speed endurance</p>	<p>Fundamental movements Push, Pull and Brace</p> <p>Exploring the Fundamental movements through warm ups and circuits</p>	<p>Coping skills/stress management in life and athletics including making race day timelines</p>

RDP 4

Technical	Physical Preparation	Lifestyle
<p>Endurance An Introduction to Aerobic Intervals – on Track</p> <p>Throws Shot put – progression from the power stand throw into Rotational shot put</p> <p>Discus – Progression into to full discus throws</p> <p>Jumps Triple and High Jump – exploring progressions</p> <p>Speed Full Dribble Series: Correct application of dribble series and the potential use in A: return to full training protocol post injury B: plan B training mode for athletes with minor injury limitations</p>	<p>Fundamental movements Squat, lunge, hinge, push, pull, rotate.</p> <p>Exploring fundamental movements through warm-ups and circuits</p>	<p>Goal setting – an introduction</p>

RDP 5

Technical	Physical Preparation	Lifestyle
<p>Endurance An introduction to hurdling</p> <p>Throws Hammer Principles of the 3 heel toe turn throw and drills and training methods to assist</p> <p>Javelin – Principles of the short approach into a longer approach. (drills and training methods)</p> <p>Jumps Competition Preparation for Jumps</p> <p>Speed Acceleration, Max Velocity & Power Development</p>	<p>Fundamental Movements Bracing and Postural control</p> <p>Exploring fundamental movements through warm-ups and circuits</p>	<p>Recovery – what is it, why is it important and what impacts on it</p>

RDP 6

Technical	Physical Preparation	Lifestyle
<p>Endurance Developing Speed and Power – Exploring power development through hills</p> <p>Throws Drills to develop shot (glide and rotational) and discus (full throw)</p> <p>Jumps Competition Experience – mock competition to develop competition day skills</p> <p>Speed Race Preparation: event specific race preparation sessions</p>	<p>Fundamental movements – Exploring plyometrics through ABCs and Fundamental movements</p>	<p>Communicating with those around you – including dealing with feedback and use of training diaries.</p>