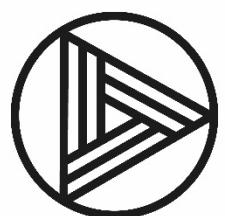




WELSH ATHLETICS  
ATHLETAU CYMRU

# 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"*



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



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### RDP 2

Technical	Physical Preparation	Lifestyle
<p><b>Endurance</b> Speed and Power Development – Exploring basic speed mechanics</p> <p><b>Throws</b> 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><b>Jumps</b> Take offs – all jumps</p> <p><b>Speed</b> Maximum Velocity</p>	<p><b>Fundamental movements</b> <b>Squat, Hinge and Lunge</b></p> <p>Exploring the Fundamental movements through warms ups and circuits</p>	<p>Healthy Eating and Fuelling the Young Athlete</p> <p>Exploring nutrition in action</p>



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### RDP 3

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



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## RDP 4

Technical	Physical Preparation	Lifestyle
<p><b>Endurance</b> An Introduction to Aerobic Intervals – on Track</p> <p><b>Throws</b> Shot put – progression from the power stand throw into Rotational shot put</p> <p>Discus – Progression into to full discus throws</p> <p><b>Jumps</b> Triple and High Jump – exploring progressions</p> <p><b>Speed</b> 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><b>Fundamental movements</b> Squat, lunge, hinge, push, pull, rotate.</p> <p>Exploring fundamental movements through warm-ups and circuits</p>	Goal setting – an introduction



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### RDP 5

Technical	Physical Preparation	Lifestyle
<p><b>Endurance</b> An introduction to hurdling</p> <p><b>Throws</b> 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><b>Jumps</b> Competition Preparation for Jumps</p> <p><b>Speed</b> Acceleration, Max Velocity &amp; Power Development</p>	<p><b>Fundamental Movements</b> <b>Bracing and Postural control</b></p> <p>Exploring fundamental movements through warm-ups and circuits</p>	Recovery – what is it, why is it important and what impacts on it

## RDP 6

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