

Athletics Ireland launch new Athletics Leader course

Athletics Ireland, in September 2006, nationally launched a new coach/athlete friendly athletics course aimed at teachers/coaches of the five to ten years old child. The content of the course covers the fundamentals of agility, balance and co-ordination, and addresses the needs of basic physical and sports movement and is delivered by the associations Regional Development Officers. The course has already been run successfully, and received enthusiastically, in over 150 clubs nationwide.

For further details contact your local Athletics Ireland R.D.O.

**Eamon Harvey 0749721578 0872797548
eamon@athleticsireland.ie**

Athletic Leader

Aim

Athletic leader focuses on introducing the fundamentals of athletic movement to children. The aim of the Athletic Leader course is to provide teachers/club coaches with the skills and tools to manage and lead an Athletics Program in their school/club. The course is focused on the delivery of practical information and lessons. The content focuses on organising athletics games and activities for young children. It is aimed at those who want to begin teaching/coaching and assisting in their local school or club.

Content

The content for this course includes

- 1 group teaching/coaching skills and identify ways to make the**

teaching/coaching sessions fun

2 The use of Hurdles and obstacles, tumbling, running, jumping throwing and running

3 games to provide fun in developing fitness

4 developing an awareness of the growing child and the implications on fitness activities

5 games to develop speed and reaction, using acceleration and change of direction

6 The ethics of teaching/coaching including topics such as winning vs. involvement and recognising the importance of individual improvement

7 Practical sessions on running and agility, jumping and throwing.

8 Planning a session and a program.

Duration

This is a course normally run over 1 day (8 hours) or 2/3 evenings

Entry Requirements

Athletics Leader is open to all volunteers/club coaches/parents/teachers

Assessment/ Qualification

There is no examination. The candidate must complete 50 contact hours of teaching/coaching

Cost 60 euro-- Included in the price for this course is the book "Pacesetter" by George Bunner and the Leader manual, which contains dozens of games and activities for young children.

Athletic Leader Course

Course Timetable

Introduction 30 mins.

What is Athletics?

Why am I here today?

Why do I want to teach/coach?

What questions should I ask myself when working with children?

Agility 1 Practical 60mins

Aim: This session will help the teacher/coach to plan and organise a series of group activities to develop agility.

Content: Agility games involving the entire group.
 Warm-up games and activities found in Pacesetter.

Break 15 mins

Agility 2 Practical 60mins

Aim: This session will help the teacher/coach to plan and organise a series of individual activities to develop agility.

Content: Agility games – obstacle courses, relays.
 Games to be found in Pacesetter.

Physical Literacy Classroom Discussion 45 mins

Aim: The teacher/coach will demonstrate a knowledge and understanding of the LTADP, particularly the fundamental stage. [L.T.A.D.P. = Long Term Athletic Development Plan]

Content: Physical Literacy

Fundamental Movement Skills.

Activities involving running, walking, dodging, swerving, evading, quick starting, sustained running, changing pace, hopping, climbing, crawling.

Fundamental Sports Skills

Throwing, catching, skipping, and hurdling.

Balance 45 mins

Aim: This session will help the teacher/coach to plan and organise a variety activities to develop balance.

Content:

Static Individual Balance – explore different types of balance.

Static Pair and small group balance – games with music etc

Dynamic balance – ropes, blocks, benches, playground equipment.

Inverted Balance – wall, box, desks, chairs etc

Supports and hangs – Benches, beams, rails, bars, chairs desks, mats

Co-ordination 60 mins

Aim: This session will help the coach to plan and organise a series of activities to develop co-ordination.

Content:

Hand – Eye Co-ordination	-Throwing -Catching
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Foot - Eye Co-ordination	-Skipping -Jumping -Hurdling
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The Session/lesson 45 mins

Aim: To plan a typical fundamental session using the A, B, C.

- How to plan a session/lesson
- Develop sample sessions
- Develop a simple six week programme
- Health and safety issues.

Conclusion of Course 15 mins.

Resources [a] Leader Manual
[b] Pacesetter by George Bunner