

# Introduction to Coaching Course

*Learn from the Little Athletics experts!*



Are you an age manager, helping or willing to help out at your centre but are not too sure about athletics events?  
Are you interested in helping kids learn more about athletics?  
Well this course is designed for you!

**Take your first step into event specific coaching!**

**ALL practical... NO exam... No experience necessary...  
JUST enthusiasm and a smile needed!!!**

An ITCC (Introduction to Coaching Course) is a course specifically designed for parents, beginner coaches, especially teachers and other interested people who want to coach/teach the fundamental skills of Little Athletics events. It is an "event specific" track and field course designed to give people the ability and confidence to coach basic level athletics to children aged 5-15 years.

The course topics are: Coaching Young Athletes, Warm Up, Running, Relays, Hurdles, Walks, Shot Put (standing), Discus (standing), Javelin, High Jump (scissors), Long Jump and Triple Jump. Participants will be shown how to introduce and teach the fundamental skills of each event to beginners... eg holding and putting the shot, sprinting technique, crouch and standing starts, slinging a discus, measuring a long jump run-up, hurdle lead and trail leg, the triple jump sequence and many more athletics tricks of the trade.



This course is hands on. The majority of the course is low intensity practical/physical activity, with some theory. It has been found in the past, that to actually see and do a skill proves more beneficial than theory alone. Those people unable to participate through injury, medical conditions, etc, again don't worry, you are encouraged to actively remain involved to the best of our ability.

## Recent feedback:

- "Many ideas – interesting and fun way to teach athletics"
- "Practical and realistic"
- "Great to participate in the activities that we will use to teach the kids"
- "Easy going explanations using everyday language-not too technical"
- "Good coverage of basic/common errors"
- "Just the right level of info for each event"
- "Relaxed and fun atmosphere"

## 2017 ZONE COURSE VENUES

The Ponds	August 27
Werrington	September 17
Kur-ring-gai	September 17
Bathurst	September 24
Wagga Wagga	October 8
Tuggerah	October 8
Adamstown /	
New Lamton	October 15
Bankstown	October 22
Mid Nth Coast TBC	October 22
Kiama	November 19
Western Plains	TBC

*To register online go to*  
[lansw.com.au](http://lansw.com.au)

*For more information*

Ph 9633 4511

Email: [admin@lansw.com.au](mailto:admin@lansw.com.au)



# Frequently Asked Questions

## *Is this a Little Athletics Course?*

Yes. Little Athletics Australia owns the course and each State Association administers the course on their behalf.

## *Who is the course targeted at?*

For parents, beginner coaches and teachers .

## *How long does the course go for?*

An ITCC can be completed within one day. This a 6.5hr course s course and generally conducted from 9.00am – 3.30pm

## *What is covered with each event?*

Participants will be shown how to introduce and teach the fundamentals of each event to beginners. Also included are useful drills and enjoyable games and activities that can be used to enhance the young athlete's learning environment. The course emphasises the coach in action, how to organise and manage groups, provide a safe environment, and keep the athletes engaged.

## *Is there an exam or assessment?*

No.

## *Is there a minimum age for participants?*

Participants in this course must be at least 15 years of age.

## *Is there any practical involvement during the course?*

The majority of the course is practical (i.e. outdoors on the track). The course involves low intensity physical activity. Any participants who are unable to take part in the practical activities, whether it be for health, medical or other reason are encouraged to remain involved in the course activities to the best of their ability.

## *How much does the course cost?*

The cost of the course is \$95.00 which includes a comprehensive manual.

## *Who are the course presenters?*

The course presenters are experienced coaches with expertise in working with young athletes. All presenters are approved by Little Athletics NSW.

## *Do I gain a coaching accreditation for attending this course?*

There is no formal accreditation gained through this course. However, the course is very event specific and practical in nature, which definitely benefits those wishing to pursue national accreditation. Participants can apply for "RPL" (\*Recognition of Prior Learning) with Athletics Australia towards attaining higher national accreditation (\*conditions apply-refer to AA website).

## *When are the courses conducted?*

Courses are conducted throughout the year, the majority being staged just prior to, or during the Little Athletics summer season.

## *How do I register for the course?*

To attend a course, register and pay online via the Little Athletics NSW website. Alternatively, contact Little Athletics NSW.