



CLUB COACH



During Club Coach, coaches select **one event group (Jumps, Throws, Endurance or Sprints/Hurdles)** to specialize in and are introduced to all facets of that event group. The focus of this course is to prepare the coach to develop an athlete’s skills over a season of 12-24 weeks.

The course is **NCCP accredited** and aligns with the Ontario Physical Education Safety Guidelines and with the Long Term Athletic Development Model and the principals for Train to Train and Train to Compete. **Coaches will leave trained in one event.** Seasonal planning is a key skill that is introduced in this course. It is recommend to complete Sport Coach for people who are new to coaching and those who are working with young athletes in our sport who are working with all disciplines

Athlete’s ages: Grades 9-12

LTAD Stage: Train to Train, Train to compete

Duration: 13 Hours

Events to Select:

1. Hurdles/Sprints
2. Endurance
3. Jump (High Jump, Triple jump, Long Jump, Pole Vault)
4. Throw (Javelin, Discus, Shot put)
5. Para

SAMPLE AGENDA	DESCRIPTION	MIN
LONG TERM ATHLETE DEVELOPMENT REVIEW	Focuses on the role of the coach and applies LTAD to proper progression	30
MENTAL TRAINING	Understand goal setting, attentional control distracters and exercises to assist athletes	75
ANALYZE PERFORMANCE	Identify basic errors in their event group specializing and prescribe basic corrective measures for errors	60
NUTRITION	Provide Nutritional advice to athletes in training, competition and on the road	60
STRENGTH	Development into to circuits, medicine ball and plyometric workouts. Set up a strength program for specific events	90
ENERGY SYSTEMS	Understand how they interact with one another, and how intensity affects energy systems as well as relating energy systems to specific events	60
TECHNICAL MODULE:	ONE OF: <ul style="list-style-type: none"> - SPRINTS, HURDLES, RELAY - ENDURANCE, STEEPLECHASE - SHOT PUT, DISCUSS, JAVELIN - HIGH JUMP, TRIPLE JUMP, LONG JUMP 	420
PROGRAMMING	All of the events are Focuses on Planning a season, planning a practice for all events.	120