



2 DAY SPORT COACH & SAFETY WORKSHOP



During Sport Coach, coaches are exposed to all the event groups. They will be introduced to proper safety requirements technical progression of events, and seasonal planning (OFSAA specific).

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. **Coaches will leave trained in all events**. Each learning module is designed to meet the needs of coaches who are providing direct instruction or event assistance to student-athletes in a junior high and high school track and field program.

Athlete's ages: Grades 9-12

LTAD Stage: Train to Train

Duration: 13 Hours

Events Covered:

1. Run (hurdles/sprints, and Endurance),
2. Jump (High Jump, Triple jump, Long Jump)
3. Throw (Javelin, Discus, Shot Put)

SAMPLE AGENDA	DESCRIPTION	MIN
ROLE OF THE COACH AND LONG TERM ATHLETE DEVELOPMENT	Focuses on the role of the coach and applies LTAD to proper progression	90
APPLIED ANATOMY & MOVEMENT PRINCIPLES	Recognize basic movement principles and movements and apply them to an event	60
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
STRENGTH (RELATING TO ALL DICIPLINES/ MODULES)	Introduction to circuits, medicine ball and plyometric workouts and how to set up a basic strength program for specific events	<u>60</u>
RISK MANAGEMENT FOR HIGH RISK EVENTS	Identify, correct and prevent potential safety risks for events. Meets the criteria for Ontario's Physical Education Safety Guidelines	60
TECHNICAL MODULE 1:	(INCLUDES SAFETY COMPONENT) - SPRINTS, HURDLES, RELAY/ENDURANCE, STEEPLECHASE	270
TECHNICAL MODULE 2:	(INCLUDES SAFETY COMPONENT) -SHOT PUT, DISCUSS, JAVELIN -HIGH JUMP, TRIPLE JUMP, LONG JUMP	240
- PROGRAMMING	All of the events are Focuses on Planning a season, planning a practice for all events.	120