

Run-Jump-Throw Coaching Course



A course for Athletics Coaches & Parent/Teen Club Helpers will be held on **SUNDAY 2nd OCTOBER 2011.**

It is vital that all parents are trained so they can aid in their child's general athletic development for all sports, and to assist at Club Track Nights and Events.

When: Sunday 2nd October 2011.

Where: Club Track, #2 Stadium Grounds, Devon St, ROTORUA

Time: 9:45am – 3pm

Cost: Nil on basis of Volunteer Coaching for the Club over 2011-2012 Summer season

Supplied: Hand outs, cue cards and basic coaching materials (note-taking not required)

Available for purchase: Run-Jump-Throw book \$40, IAAF Level 1&2 book \$50, Training Principles, Nutrition, Bio Mechanics & Physiology Manual \$50. Should be ordered in advance.

Bring: Packed lunch and your sneakers.

Delivered by:

Alan McDonald

SportsForce Athletics Dev Officer
sportwaikato



Dave Rondon

BayTrust CoachForce Officer
for Athletics in the BOP



Enquiries & Bookings:

Kerris Browne

Lake City Athletic Club
Ph 3480863 day
Ph 3480790 evenings
Cell 021 753691
Email swingmills@xtra.co.nz

The Day's Plan

3 Coach Trainers will be provided;

Coach 1) Running, Relays, Hurdles

Coach 2) Long Triple and High Jump

Coach 3) Shot, Discus and introduction to Javelin using vortex

Split participants into 3 groups and each groups gets 1 ½ hours at each station, rotated around.

So sessions will be;

10.00 - 11.30

11.30 - 1.00pm

Lunch break

1.30 - 3.00pm

SESSION TIMELINE

RUN-JUMP-THROW (COM 1 & COM 2 levels)

10 minutes: Athlete-centred coaching - 3 x basic coaching skills, 1 introduced at each station

50 minutes: Activities that teach the fundamental movement RJT - Organisation around safety and mass participation. Great for warm ups or having groups active doing fundamental actions while an athlete has their turn/race

The fundamental movement progression in RJT

DEVELOPMENT LEVEL 1 (DEV 1 level)

30 minutes: More refined technical actions that advance the progression Running drills and training, Triple Jump, Flop, Glide or spin turn in throws.

The sessions will be presented using the VARK principles.

V = Visual: We will demonstrate and participants can observe coach and other participants

A = Audio: Coaches will talk participants through actions using easy to remember key words and phrases they can use

R = Reading and Writing: Participants will be given Cue cards and basic coaching hand outs and link to electronic copies for later use

K = Kinetic: Participants will be active and hands on but only to a level that they can handle.

Qualification:

Minimum age for participants is 14yrs.

You will come away with the following;

Award: Certificate of Attendance RJT Club Coach

You can then also use the Titles = **Community Level 2 RJT Coach**, and/or **Development L1 Club Coach**