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**Coach in Running Fitness**

**Homework Pack**

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**ATHLETE PROFILE**

**Assessment of Athlete's Capabilities**

You need to observe the athlete undertaking activities across running for speed, endurance, uphill, downhill, over obstacles, components of fitness and fundamental movement skill identifying their strengths and weakness / matches and mismatches in each area.

Using the skills of observation and analysis and the key technical points covered on course or from the Athletics 365 matrix, you should identify the technical matches and mismatches or monitoring test and the outcome for each area.

**REMEMBER TO DESCRIBE WHAT IS A MATCH OR A MISMATCH.**

**Fundamental Movement Skills**

What is your assessment of the athlete's fundamental movement skills and what has led you to this conclusion? The Athletics 365 development matrix may help you to answer this question. For each fundamental movement skill (agility, balance and coordination) record an activity that you have used to assess it and describe what you saw the athlete do. What are your conclusions about their skills after having observed the athlete complete the activity?

**Fundamental Movement Skills Assessment**

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|  | **What activity you have used to assess this?** | **What did you see the athlete do? What can you conclude about this skill?** |
| **Agility** |  |  |
| **Balance** |  |  |
| **Coordination** |  |  |

**Running Assessment**

*Identify the technical matches and mismatches for running across a range of areas.*

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|  | **Technical Matches** | **Technical Mismatches** |
| **Running for speed** |  |  |
| **Running for endurance** |  |  |
| **Running uphill** |  |  |
| **Running downhill** |  |  |
| **Running over obstacles** |  |  |

**Components of fitness assessment**

Describe the test or method used to assess each component of fitness and what result you recorded or what you saw.

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|  | **What activity you have used to assess this?** | **What did you see the athlete do? What can you conclude about this skill?** |
| **Endurance** |  |  |
| **Speed** |  |  |
| **Strength** |  |  |
| **Flexibility** |  |  |
| **Coordination** |  |  |

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| **Microcycle Plan** | | | | | | | |
| **Days** | **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| **Details of sessions** |  |  |  |  |  |  |  |
| **Other training and sports** |  |  |  |  |  |  |  |
| **Training emphasis** |  |  |  |  |  |  |  |
| **Energy system** |  |  |  |  |  |  |  |
| **Loadings: H** |  |  |  |  |  |  |  |
| **M** |  |  |  |  |  |  |  |
| **L** |  |  |  |  |  |  |  |

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| **Coaching Session Plan** | | | | |
| **Date: 07/07/2020**  **Time: 18:00** | | **Stage of Athlete Development:**  **Foundation / Event Group** | | |
| **Venue: City of Belfast Playing Fields, Mallusk** | | **Age group of Athletes: 25-50** | | |
| **Size of group: 9** | | |
| **Equipment: Cones / Stopwatch / Whistle (Signage, sanitiser station, mic & speaker provided by Alex/Paul)** | | | | |
| **Session Goals for the Athletes (WHAT-2 technical/skill):**  By the end of the session the athlete will be able to...  Critically assess our upright posture and understand the benefit in terms of endurance running  **Session Goal for the Athletes (What-2 component of fitness)** By the end of the session the athlete will have developed…..speed endurance by completing the lactic workout with sustained effort across all intervals  The energy system focus for the session is…..  Lactic | | **Personal Coaching Goals (HOW):**  By the end of the session I will have... Analysed 3 athletes’ posture and provide feedback to at least 1 in the group. | | |
| **Practical Session** | | | | |
| **Session Component** | **Unit Detail** | | **Coaching Points** | **Organisation/**  **Safety Key points** |
| **Warm Up**  [ 20 minutes] | R 5 mins of running movement exercises – forward/backward/sideways/carioca/skips/hops  AM 5 minutes of:   * 10 Hip hinges * 10 Squats * 10 Forward lunges * 10 Backward lunges   5 minutes of A series work:   * A Walk * A March * A Stick? * A Skip   P 5 x 50m strides with 30-60s recovery | | Maintain upright posture  Arm drive | Social distancing to be maintained in the group at all times.  Athletes to use sanitising station and not to touch cones.  Be aware of other groups training in the vicinity and keep distance. |
| **Main Session**  **Unit A**  [ 30 minutes] | 6 x 3min intervals @ 90% effort with 2min walk/easy jog recovery | | Maintain upright posture  Consistent pacing |
| **Cool Down**  [ 10 minutes] | 5 mins easy pace run  5 mins restorative stretching including:   * Quad stretch * Hamstring stretch * Calf stretch * Hip flexor stretch * Shoulder stretch | | Concentrate on good form – hold for 15s |

**Coaching Session Self Evaluation**

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| **Personal Coaching Goals (How-2):**  By the end of the session I will have... | |
| **Did you achieve this goal?** | |
| **What did you do that may have caused this?** | |
| **What else went well with the session?** | |
| **What was it that you did to enable this?** | |
| **What went less well?** | |
| **What did you do that may have caused this?** | |
| **What evidence did you see to conclude whether you achieved your energy system focus?** | |
| **Information and feedback from Support Coach** | |
| **What I learnt/want to improve in my coaching** | |
| **Action Plan to improve my coaching** | |
| **What support do I need?** | **Who will provide this support?** |
| **How will I measure my improvement/success?** | |