



STONEHAVEN RUNNING CLUB

Coaches Training

Saturday 12th January 2013

AGENDA

TIME	ACTIVITY	PERSON
10.00	General Club Activities	Frances Richards
10.30	Analysis of Coach Performance in 2012	
11.00	Components of Fitness Energy Systems	Claire Allan
11.30	Planning •Session Structure •Session Goals •Programme Planning (weekly, monthly, yearly)	Craig Donoghue
12.00	Main dates and events to aim for in 2013	
12.30	Lunch	
13.00	Weekly/Monthly Session Planning for 2013	In Groups
14.00	Recap and Sharing of the Plans	
14.30	Feedback	Vikki Shanks

General

- Help required at the end to clear up
- Time is at a premium need to stick to the timetable
- Your own experience is essential – please give it freely to everyone else
- No muddy shoes in the conference area

Analysis of Coach Performance - Good

- Progression through sessions
- Tempo based on time
- Planning clearly beforehand and having a plan B in case of emergencies
- Clear thinking about a session and having a specific theme e.g going back to basics
 - e.g Pace
- Different things – variation
- Relaxed taking the session
- Keep group together but still splitting into abilities
- Out and backs
- Unusual session
- Staggered starts
- Getting out of town
- Crib sheet
- Regular Sessions
 - Develop confidence
 - Get to know runners

Analysis of Coach Performance - Bad

- Repetition/same types of session
- Attendance – getting regular attendance (Monday nights?)
- Isolated as only one coach at session
- Progression – novice session
- Advertise sessions more especially novice group especially now with new year resolutions
- Theory – out of comfort zone for some coaches
 - Not knowing why we're doing session
 - Sounding confident
 - Expressing outcomes
- Viability of runners
- How often do we repeat sessions? Variation?
- Coaches improving = sessions getting harder?
- Lack of consistency- not coaching regularly – irregular start times, irregular meeting points
- Getting lost on route
 - Give clear instructions on route
 - Tell someone else the route at the start – another coach
- Coaches not turning up
- Communication – not enough notice
- Too much variety - variation

Components of Fitness

- See separate slide show on energy systems
- Power
 - Strength
 - Speed
 - Endurance
- Flexibility – helped by warm up and cool down
- Co-ordination (we do not do enough of this – drills)

Planning

- Session Structure
- Session Goals
- Programme Planning
 - Day
 - Weeks
 - Months
 - Years

Session Components

- Session Briefing/Intro/Warm up/Head count
- Technical/Skill
- Fitness
- Competitive
- Cool Down
- Stretches
- Feedback/Review

Session Goals

- SMARTER
 - Specific
 - Measureable
 - Agreed
 - Realistic
 - Time Phased
 - Exciting
 - Recordable