

UKCC Level 1 Coaching Comes to Tayside & Fife

The first UKCC Level 1 coaching course for athletics began recently at the Saltire Leisure Centre in Arbroath; the facility was kindly provided free of charge by Angus Council. The UKCC Level 1 is a two and a half day course, with day one taking place on 2nd May and day two on 30th May. The final half day, the coaching assessment will take place on Saturday 29th August. The course delivery is separated by supported practice periods where the coaches go back to their own clubs to practice some of the new coaching skills they have learnt and to work alongside the experienced coaches already operating within their own clubs. On this first course there is a full compliment of 24 candidates working with two very experienced tutors.

So what is UKCC?

The UKCC is a UK wide endorsement of sport specific, quality coach education. The UKCC developments have enabled ALL sports to develop a nationally recognised and standardised program of quality coach education. If a sport is delivering UKCC endorsed coaching qualifications you can be sure that they are at the cutting edge.

Why is it changing - again!?

There has been widespread recognition of the need to address the vast differences in levels of coaching across sports in the UK and give due recognition where expertise exists. For example, a coach may complete a Level 1 in rugby, which would be more equivalent to a Level 2 in cricket.

To ensure consistent national standards a set of criteria was developed across ALL sports to indicate what a Level 1 coach (regardless of sport) should be able to do. Each sport was then tasked with contextualising their technical content into a generic framework resulting in UKCC qualifications in athletics.

What are the benefits?

The UKCC provides a recognised stamp of quality coaching across sport and across the UK. It makes it easier to identify the right coach for the right job and will help to professionalize coaching by establishing a recognised framework for coach education. The UKCC will ensure that sports are delivering the best available, athlete centred coaching and in due course reap the rewards of sporting success, both in performance and recreational enjoyment of sport.

UKCC will support Coaches who seek a career path through sport not only within athletics but also by giving clearer opportunity to transition their expertise to other sports.

What is the difference between current UKA and UKCC courses?

As a whole the course and assessment period will be longer for UKCC, allowing coaches more time to assimilate and integrate the knowledge they receive into their coaching practice.

UKCC courses will offer an enhanced level of technical knowledge and a more balanced delivery between the "how to coach" and the "what to coach" skills. The course allows more time for the technical elements than the current qualifications offer and provides athlete progression with a range of activities and developments suitable for athletes as they progress.

The assessment process is improved, with additional time to ensure coaches are attaining the required standard before being awarded a qualification, therefore enhancing the quality of coaching.

The qualification provides an enhanced resource package incorporating video footage for athlete analysis and exemplars of session plans to annual plans for athletes at different stages of development. Resources will be accessible online for easier access. This will be incorporated closely with the 5-Rings philosophy that you may already have read about.

The qualifications provide the opportunity for supported coach development both on and off course; mock assessments will provide specific feedback to assist coaches in their own development and their preparation and readiness for their final assessments.

Athlete development is introduced at Level 1 and is explored in more depth at each subsequent level.

- The Level 1 qualification is geared towards the earlier stages of athlete development (fundamentals, run- jump - throw and event group development).
- Level 2 is geared towards the early to mid stages of athlete development (run- jump - throw and event group development).
- Level 3 is geared towards the mid to latter stages of athlete development (event group development - specialisation).

(Information courtesy of www.scottishathletics.org.uk)

For further details on UKCC please see the UKA website:

<http://www.uka.org.uk/coaching-and-strategy/ukcc/>