

**Athletics Coach**  
**Coaching Diary Assessment Form**

<b>Coach name:</b>	Andrew Mihranian	<b>Date</b>	24/09/12
<b>Licence Number:</b>	3116400		
<b>Assessor name:</b>	Steve Nolan	<b>Date</b>	28/09/12

**Notes for Assessors:** **Pass** = sufficient evidence is contained within the diary or as a result of evidence gathering.  
**Refer**= further evidence is required to meet the competency

**Section 1 Coach**  
**Assignment 1a - - Coach Profile**

Criteria	Evidence seen	Pass or Refer
Have areas of coaching knowledge been identified to be developed?	Jumping for height, balance and coordination and cool downs	Pass
Have areas of coaching skills been identified to be developed?	Observation, analysis and coaching intervention.	Pass

**Assignment – Action Planning (1b and 1d)**

What topics have they set themselves to develop and are they focussed on within the goal?	Balance and coordination (bc), and observation and analysis. Good smart goal.	Pass
Detail the resources identified by the coach to support their development?	Practice and obtain feedback from support coach. Work with mentor, a physio and a fitness trainer.	Pass
Outline the barriers the coach has identified that may hinder them and how they will overcome these?	Holidays (athletes and coaches) – plan around these.	Pass

**Assignment – Reviewing their Action Plans (1c and 1e)**

Has the coach reassessed where they stand in relation to their developmental areas?	Working towards goals. Learnt that bc is important to all events. Observing from more than one angle and concentrating on one of two key points.	Pass
What has the coach identified that has helped them learn?	Use of resources (365), practice and feedback from others.	Pass
What evidence of support has the coach detailed?	Dave Turnbull, Donna Brackenridge Jones, Bill Shone (personal trainer) and Dave Hindley (physio).	Pass
In what way has the coach identified their next action points and over what period of time?	Not to intervene too early. Review after each session and at the end on the mesocycle.	Pass

**Section 2 Athlete Profiles**

**Assignment 2a - Training Group Profile**

Criteria	Evidence seen	Pass or Refer
Has the coach identified the number of athletes in the group in each stage of athlete development ?	8 in Fundamentals, 3 in Foundation and 1 in Event Group.	Pass
Has the coach identified the number of training sessions a week for each stage group?	Twice a week	Pass
Has the coach stipulated how they will alter the session content for the differing needs of the athletes that is appropriate to the athletes stage of development?	Shown how it would differ for individuals. A good summary for each stage of development	Pass

**Assignment 2b Individual Athlete Profile**

Criteria	Evidence seen	Pass or Refer
Has the coach identified the relevant personal information about the athlete?	Shown	Pass
Has the coach appropriately identified and justified their rationale for the ages and stages of development?	Good explanations for all the ages.	Pass
Has the coach identified the athlete's training background?	Gym, school multi sports as well as athletics.	Pass
Has the coach assessed the athlete's movement abilities across Agility, Balance & Coordination?	Well set out with some good specific examples	Pass
Has the coach identified sufficient technical matches and mismatches across all event groups?	Excellent detail throughout for all the events.	Pass
Has the coach identified the athlete's fitness competencies and deficiencies?	Again lots of detail with some good observations.	Pass

**Section 3 Planning**

**Assignment 3 Planning Training - Mesocycle**

Criteria	Evidence seen	Pass or Refer
<b>PLANNING</b>		
What period of time has the coach indicated the mesocycle start and end date?	29/07/12 to 23/09/12	Pass
In what way do the developmental goals meet the development needs of the group?	Looks realistic for the athlete and covers RJT	Pass
Are balanced training frequencies included across all event areas that are appropriate to the stage of athlete development?	Looks appropriate and nice to see fitness and fundamentals included.	Pass
In what way do the training frequencies address the needs of the athletes?	Should assist in reaching the goals that have been set.	Pass
<b>MONITORING AND EVALUATION</b>		
Has the coach identified clearly what skills have developed and how they determined this?	16 sessions. Good specific examples provided of what has worked and what still needs to be developed for each of the goals. Monitored through observation and analysis by a number of coaches.	Pass
Has the coach identified what aspects of fitness have developed and how this was monitored?	Focus on speed. Monitored through timings, distances and numbers as well as observation and analysis. (pb's obtained)	Pass
Does the coach give appropriate reasons for what caused the athletes development?	Varied improvements noted. Used full range of interventions and points on OT cards.	Pass
Has the coach identified their OWN developmental needs related to planning of skill and fitness development?	Learning adversely affected if too much is put into one session.	Pass
Has the coach identified how they will revise their OWN planning to develop skill? What changes will they make and how will this be implemented?	Not including too much in any one session. Be prepared to adapt plan. Totally agree. Always have a plan, but change it depending on circumstances, including - is learning taking place?	Pass
Has the coach identified changes that need to be made to the delivery of the content across the range of events to assist in athlete development?	Covered for all events for one athlete. Well set out.	Pass
Has the coach identified how different these are from the previous mesocycle?	Shown with some clear progressions noted.	Pass

**Assignment 3b Planning Training - Microcycles**

Criteria	Evidence seen	Pass or Refer
What four consecutive weeks of training has the coach documented?	29/07/12 to 04/09/12	Pass
Have they included: days per week, duration of the UNIT, the activity and method of teaching?	Very good information included	Pass
How do these sessions relate to the detail in the mesocycle?	Not easy to tie up	Pass

**Assignment 3c Planning Training – Session Plans**

Criteria	Evidence seen	Pass or Refer
<b>PLANNING</b>		
Has the coach documented one days training from each of the weeks shown on the microcycle plan?	Shown	Pass
Does the coach have the ability to set a clear outcome for the athletes that reflects their needs identified in the mesocycle?	Clear link with mesocycle goals. Kept simple with one or two points to be considered. Should help with evaluation of how the sessions have gone.	Pass
Does the coach have the ability to include a coaching goal that focuses on their OWN development needs?	Meets needs shown in diary.	Pass
Does the coach include how the athletes, space and equipment would be organised?	Well planned with very good safety and organisation throughout.	Pass
Does the coach have the ability to plan activities (in sufficient detail) that address the goals of the session?	Lots of useful information is shown for every unit. I like the use of guided discovery and including the athletes in their own development through questioning.	Pass
Does the coach have the ability to identify appropriate coaching points (included as cues) that relate to the athletes stage of development?	Very detailed yet easy to follow.  The key to any plan is could another coach pick it up and deliver the session from the information that is shown. They would have no problems with these. Well done!	Pass

**Assignment 3c – Part 2 - Planning Training – Session Evaluations**

Criteria	Evidence seen	Pass or Refer
<b>SELF EVALUATION</b>		
Has the coach evaluated their performance against the session goal they set for themselves?	Completed. Keeping focused on goals, not to intervene too quickly, add additional elements when athlete was ready, noted mismatches not in plan for future sessions.	Pass
Has the coach identify what the athletes did well and what the coach did to enable this to happen?	Included good planning and creativity (long jump- keeping tall) and checking for understanding (pace judgement).	Pass
Has the coach identify what the athletes did not do so well and what the coach did to cause this?	Included not reemphasising safety when doing hurdles and not enough recovery time between reps and jumps.  Some very good reflections throughout this section.	Pass
How has the coach identified the feedback provided and how it will or will not be used?	Positive feedback provided for all the sessions.	Pass
What action plan has the coach decided upon? Were measurement parameters indicated?	Some great comments and realistic plans on how to develop those areas and improve as a coach (“ensure always what you are asking of an individual is achievable and realistic”).	Pass
What support has the coach stated they will need to support them in the achievement of this goal?	Supervising coach, other coaches, parents, helpers, websites and club.	Pass

**Section 4 Assignment - Health & Safety**

Criteria	Evidence seen	Pass or Refer
Has the coach identified accidents that could occur in the run, jump and throw event?	Completed	Pass
Has the coach identified appropriate precautions they could take to minimise these accidents occurring?	Completed	Pass
Has the coach identified accidents that would need to be reported to UKA?	Completed	Pass
Has the coach indicated the correct procedure on how and where they would report such accidents?	Completed	Pass

**COACHING DIARY and ASSIGNMENTS DECISION**

**Pass**

There is some excellent information included throughout the diary Andrew. It is well constructed, is full of specific examples and observations and there are some great reflections. An interesting read!

I like the use of questioning and letting the athletes work things out for themselves. You obviously keep them on task and are limiting the number of key points to learn within each unit.

Keep getting feedback from whatever source and that will help you develop further a coach.

**ACTION PLAN**

All sections are completed Andrew so the diary is passed – well done.

It was good to meet you at the weekend at the Conference.

I hope you continue to enjoy your coaching and good luck at the practical assessment day.

**Assessor Signature and Date Steve Nolan 02/10/12**

**On completion please return to Home Country Athletics Association.**