



INTRODUCTION TO COACHING COURSE - ITCC

Take your first step into basic athletics skills coaching.
All practical No exam No previous experience necessary!

If you want to learn more about athletics for kids, then the ITCC is for you!

The ITCC is designed to help participants become better placed to assist children to perform basic athletic skills. The course is great for parents, school teachers and other interested persons who want to know a little more about the skills of the sport so that they may help to coach children of Primary school age, assist at Little Athletics Centres or prepare students for a school athletics carnival. Participants will be shown skills, drills, games and activities relevant to the target age group.

The ITCC is a non accredited practical coaching course designed for Little Athletics and conducted on behalf of Little Athletics Australia- LAA.

Course Outcomes

At the conclusion of the course the participant will, for the target age group:

- Better understand an appropriate working model for each Little Athletics event
- Have a greater knowledge of appropriate drills, skills, games and activities for particular event groups
- Identify some of the more common technical faults of events
- Have a basic understanding of a simple coaching session
- Better understand how to organise a group safely

1 Day course - 6.5 hours duration - approx. 8.45am to 3.20pm

Cost: \$100 + STG processing fee, includes all practical sessions and coaching resources

Participants need to be minimum of **16** years of age at the time of the course.

