



Athletics Coach

Mesocycle Planning Pack



This pack provides a step by step guide to the process and paperwork required for the planning section of your assessment. Where other information would be a helpful aid to the process, this will be referred to in this pack.

Step 1:

ATHLETE PROFILE

Lifestyle and Support:

Name(optional)		Age		Gender	
Training Age		Developmental Age		Stage of Athlete Development Pathway	
In employment or school?		How many hrs?		Are they taking exams?	
Number of training sessions / week		Any other sports? Days and sport type.			
Do they have a disability?		What are the implications of this on their coaching needs?			

Assessment of Athlete's Capabilities

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 in the pre-course resources may help you to answer this question.

For each Fundamental Movement Skill 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?

For Fundamental Shapes of Squat, Lunge, Push, Rotate, Brace, describe what you saw the athlete do?

Physical Preparation - Fundamental Movement Skills Assessment Date:

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

	What did you see the athlete do? What can you conclude about this skill?
Squat	
Lunge	
Push up (from floor or wall)	
Rotate	
Brace	

Technical Assessment (all event groups to complete)

You need to observe the athlete undertaking activities across running, jumping, throwing, identifying their matches and mismatches in each area.

Using the skills of observation and analysis plus the key technical points covered on course or from the Athletics 365 matrix, you should identify the technical matches and mismatches. The technical templates are in your course workbook.

REMEMBER TO DESCRIBE WHAT IS A MATCH OR A MISMATCH.

Identify the technical matches and mismatches for running, jumping and throwing, multi-jumps or multi-throws. State what you observed the athlete do.

	Technical Matches	Technical Mismatches
Jumping for height or high jump		
Jumping for distance or long jump		
Push throw or shot		
Pull throw or javelin		
Starts		
Drive and acceleration		
Max. velocity running		
Running over obstacles		
Endurance running		

Technical Assessment for your chosen event group

In addition to the events on the previous page, identify the technical matches and mismatches for the other events in your chosen event group. State what you observed the athlete do.

NB for Throws and Pole Vault you must either be directly supervised by a Coach licenced to coach these events or use adapted equipment as relevant to your current licence.

Throws	Technical Matches	Technical Mismatches
Hammer		
Discus		
Club (if applicable)		

Jumps	Technical Matches	Technical Mismatches
Pole Vault		
Triple Jump		

Speed	Technical Matches	Technical Mismatches
Bend running		
Block starts		
Relays		
Wheelchair racing (if applicable)		

Endurance	Technical Matches	Technical Mismatches
Race walking		
Steeplechase		
Wheelchair racing (if applicable)		

Physical Preparation (Components of Fitness)

Describe the test or method used to assess each component of fitness and what result you recorded or what you saw (the Component of Fitness Guide in the course resources will help with this).

Date:	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		

Step 2: PRIORITISING KEY DEFICIENCIES

Using all the information gathered so far, decide on the key technical mismatches and set goals for these in the mesocycle plan template on the next page. Consider which physical factor will best support the development of these technical points in the medium to long term and set goals for these.

Next plan how you will introduce and progress these technical skills through the 8 weeks (refer to skill introduction, reinforcement and development covered on course) and how you will progress Physical Preparation (refer to Training Principles covered on course). *NB remember athletes must earn the right to progress along the pathway with good technical execution at all stages.*

Step 3: Athletics Coach Mesocycle

Stage of Development:									
Key Deficiencies from Athlete Profile:									
Fundamental Movements Skills:									
Technical Run:		Technical Jump:		Technical Throw:					
Physical Prep/ Component of Fitness:									
Goals	Technical Skills Goal:	Run –				Physical preparation Goal			
		Jump –							
		Throw –							
Weeks/ Planning area	1	2	3	4	5	6	7	8	
Fundamental Movement Skills									
Starts / acceleration									
Max. velocity running									
Running over obstacles									
Running for endurance									
Push throw									
Pull throw									
Rotational throw									
Heave throw									
Jumping for height									
Jumping for distance									
Physical preparation									
Other sports									
Training Load L/M/H									

Step 4:

Mesocycle Review

At the end of the 8 week plan, monitor or test your athlete against the goals set and record this information in the table below.

Date:

Goal	What I monitored / tested before the mesocycle started	What the athlete can do now	Next steps
Run			
Jump			
Throw			
Fundamental Movement Skills			
Physical Preparation			

Step 5:

Use the mesocycle plan to develop your detailed session plans. Deliver these plans observed by your support coach. Use this time to practice your own coaching How-2 Skills and gain feedback on your coaching, in preparation for day 4 when you will be assessed against these by your assessor.

NB Session plan templates are available in the preparation for assessment module and copies of the coaching How-2s, Intervention Strategies and the assessment form the assessor will use are also available for you to view.

NB – Please bring this pack to your Day 4 assessment day. Your assessor will refer to this to record evidence of your competence where shown in medium term athlete centred planning.