

# VOLUNTEER TO COACH PATHWAY



TIMESCALES						6 ** months						12 months					18 months	
<b>COACHING FOCUS</b>	Instilling the basics of Athletics – run, jump and throw as fundamental movement skills.						Multi-event athletics						Event group specific athletics					
<b>QUALIFICATIONS</b>	Work towards the <a href="#">UKA Coaching Assistant qualification</a>						Work towards the <a href="#">UKA Athletics Coach qualification</a>						Work towards <a href="#">UKA Event Group qualification</a>					
<b>CONTINUING PROFESSIONAL DEVELOPMENT</b>	<ul style="list-style-type: none"> <li>Support club level coaching</li> <li>Lead sessions with support of qualified coach</li> <li>Leading Athletics workshops</li> <li>Starting Blox workshops</li> </ul>						<ul style="list-style-type: none"> <li>Coaching apprenticeship within club</li> <li>Physical Preparation workshops</li> <li>Access Regional Coach development initiatives</li> </ul>						<ul style="list-style-type: none"> <li>Lead own group</li> <li>Work with an inspirational mentor</li> <li>Access National Coach development initiatives</li> </ul>					

\*\*The timescale for this first step of the pathway may be shorter depending on your previous experience within the sport e.g. time as an athlete