

ITLAS INTRODUCTION TO TEACHING LITTLE ATHLETICS SKILLS

The aim of the Introduction to Teaching Little Athletics Skills (ITLAS) course is to provide parents, teachers and interested sports people who have little or no experience of the sport of track and field with coaching information and activities. ITLAS courses are designed for beginner coaches to give a sound basic knowledge and are particularly appropriate for people coaching young athletes at the grass roots level.

The cost is \$125.00 (Inc. GST) per participant

Costs of the course include an LAA coaching manual, attendance certificate, literature and for a limited time a limited subscription to the Athletics3D app.

The course is **6.5 hours** in duration and covers all event groups on the Little Athletics track and field program. At the conclusion of the course the participant will be able to;

- implement a session appropriate to the target group
- organise a group of young athletes safely
- implement a working model of each event through the use of drills, technical skills and games
- rectify some of the more common technical faults associated with Little Athletes

PARTICIPANT REQUIREMENTS

- All participants must be a minimum of **16 years of age**.
- **There is no exam**, written or practical.
- While participation in each of the activities is strongly encouraged, it is not a prerequisite of the course to complete them.
- You will need to **bring clothing suitable for participating** in the various events, hat, sunscreen, water bottle, pen, notepaper and your own lunch.
- Arrange payment for course with your Centre, unless other arrangements have been made with the course coordinator.

REQUIREMENTS OF YOUR CENTRE

- **Organise a venue** - an athletics track or grassed area - your Centre competition venue or a school would be the ideal place.
- Email the '**Application to host form**' to the LAQ course coordinator.
- A minimum of **ten (10) people** are required to conduct an Introduction to Coaching Course. Minimum numbers may be less on consultation with course coordinator.
- **Advertise** to all Centre members and surrounding Centres.
- **Collect and collate** payments and registration forms. The course coordinator will arrange an invoice from LAQ to be issued to your Centre upon completion of the course.

ON THE DAY:

- Arrange for equipment to be available and accessible by the course presenter for an **8am** start.