



Introduction to Coaching Course

Learn from the
Little Athletics experts!

Help Kids Learn Basic Athletics Skills

Fun. Practical. No exam. No previous experience necessary!

“The course was very enjoyable, easy to follow and very informative” ITC Course Participant

Parramatta ITCC

The Introduction to Coaching Course (ITCC) is designed to help participants become better placed to assist children to perform **basic athletics skills**.

The ITCC is a practical coaching course designed for Little Athletics and conducted on behalf of Little Athletics Australia. It covers **how to teach basic working models** for each event on the Little Athletics program. Participants will be shown event-specific skills, drills, games and activities relevant to the target age group.


The course is great for parents, school teachers and other interested people 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.

This course is suitable for:

- People with little or no athletics coaching experience
- People who are considering attending a Level 1 Community Athletics Coach Course
- People who have completed a Level 1 Community Coach Athletics Accreditation

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 each event
- Identify some of the more common technical faults associated with each event
- Have a basic understanding of a simple coaching session
- Better understand how to organise a group safely

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- Parramatta ITCC
 - Sunday 22 September, 2019
 - Barton Park, Cnr Gladstone & Barton Sts, North Parramatta
 - \$65 per person
 - Must be 16yrs and above
 - 9.30am - 4.00pm

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