

## Level II – U20 Coach

The Level II Course is designed to be an introduction to performance coaching for coaches who have performed well at Level I and have gained a level of coaching specialisation in one of the following five event groups:

- \* Sprints and hurdles
- \* Middle / long distance running & race walks
- \* Jumps
- \* Throws
- \* Combined events

With this specialisation they can begin to meet their country's needs for high level coaches. It is anticipated that the majority of Level II participants will continue to Level III. In addition to elements specific to the events group, the Level II syllabus contains core elements which are common to all events. On completion of a Level II course, a coach will be expected to be able to identify and coach the basic competition model for each event within an event group. The coach will also be expected to be able to plan and implement a series of appropriate micro-cycles and their respective training sessions within the context of an annual training plan.

To make the most efficient use of resources and ensure the optimum application and activity, Level II Courses will be conducted at locations within the countries of Member Federations, using IAAF accredited Level II Lecturers and standardised new course materials (Interactive “Coaches’ Eye”). The course structure and timetable for Level II Courses are flexible (provided certain specified requirements are met) in order to adapt to local conditions. The norm will be for an eight-day residential course. A seven-day residential course with blended learning (E-Learning) is in production.

Entry to Level II is open to coaches who pass the Level I assessment procedures, have completed a minimum of one further year of practical coaching experience and have been recommended by their national federation.