

## New technical material for CECS Level I courses

by J. Rotimi Obajimi

**F**or more than a decade, the IAAF Coaches Education and Certificate System (CECS), with Level I as its core and entry level, has had a dramatic effect on the production of coaches for our sport. This has been particularly so in many developing countries that did not have a structured and systematic coaches education programme in place. From the outset, the aim of the system was that it should be perceived as the "best" available and needed to be accessible, replicable, adaptable, functional and relevant to each local environment. Many of these aims have been, and are still being achieved. Like any dynamic programme however, there are always aspects that can be improved upon as the project evolves through ever changing eras and thought processes. These, I believe were the basis for the production of the new course materials entitled 'Run! Jump! Throw!' that can be procured in either book or video form, but which can be used together for greater effectiveness.

The origins of 'Run! Jump! Throw!' as the IAAF Level I coaching course materials for the practical aspects, can be traced to some previously used books and tapes. These were:

- ◆ Techniques of Athletics and Teaching Progressions
- ◆ Basic Coaching Manual
- ◆ Three Videos on Running, Jumping and Throw events.

The three course materials were put together independently by different authors and producers at different times and they lacked the level of coordination required to encourage easy learning. Based on comments relating to the previous course mate-

rials collated from reports submitted by lecturers on the programme, together with other observations, it became apparent that new materials needed to be produced to address these inadequacies.

In producing the 'Run! Jump! Throw!' materials, the stated desire of the authors was to produce a simple and easy to follow guide to coaching in one book. The book is primarily targeted at new entrants to the coaching profession in our sport to enable them to succeed earlier, but it is also intended for experienced coaches who need quick reference materials for events that they either do not deal with regularly or have not had coaching contact with for some time.

In producing 'Run! Jump! Throw!', four key elements are stated as basic requirements for coaches to correctly teach and refine athletics technique.

1. An understanding of the key points for teaching and learning the events;
2. A technical model for the athlete to emulate;
3. The ability of the coach to analyse technique;
4. A programme of activities through which the athlete can progress and develop the desired technique.

Both the book and videos singly and collectively succeed in these stated objectives with their clear illustrations and footage, along with the simple easy to follow language used to guide the reader through.

In order to provide a clear and simple understanding of the key elements above, 'Run! Jump! Throw!' is divided into three main sections, each covering one of the event groups which make up the title. Each

main section starts with a brief précis that includes the fundamentals of the event group, that include the most important points of basic theory, such as

- ◆ Common aims
- ◆ Key biomechanical principles
- ◆ Movement Structures
- ◆ Basic exercises
- ◆ Teaching tips
- ◆ Examples of games that can be used to introduce the skills demanded by the events in the group.
- ◆ Plus, a short general description in the running events of training for middle and long distance races.

'Run! Jump! Throw!' really comes into its own as a resource material for coaching at an elementary level by it's event by event, visual description of the techniques required in each event group. A short description of the whole sequence is given, followed by a breakdown of the constituent parts or phases. Each of the phases are then presented on separate pages along with the objectives of the phase and the technical characteristics involved. With this presentation format, it is possible for coaches, regardless of experience, to apply this easy to follow format.

In addition, the technical models are followed by step by step teaching progressions that can be used to guide a beginner in learning and understanding each event. The technically based visual information is supported by clearly stated objectives for each stage and mention is also made of the other key points to be taken into consideration.

It has already been stated that the book or video can be used as individual materials, but where they are used together, it is my opinion that a more intensive learning process is made possible. Both follow the same format which starts with whole sequences of the technical requirement exhibited by elite athletes in competition. The phases involved in the successful execution of every event are graphically illustrated, broken down and analysed. With the use of athletes of varying abilities from different

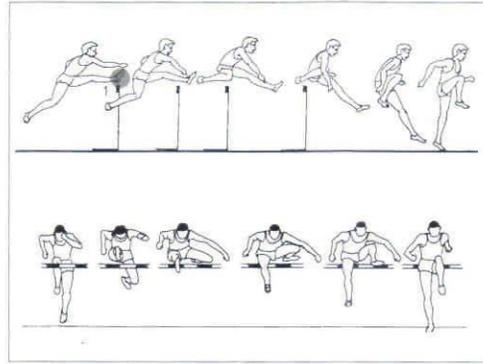


Figure 1

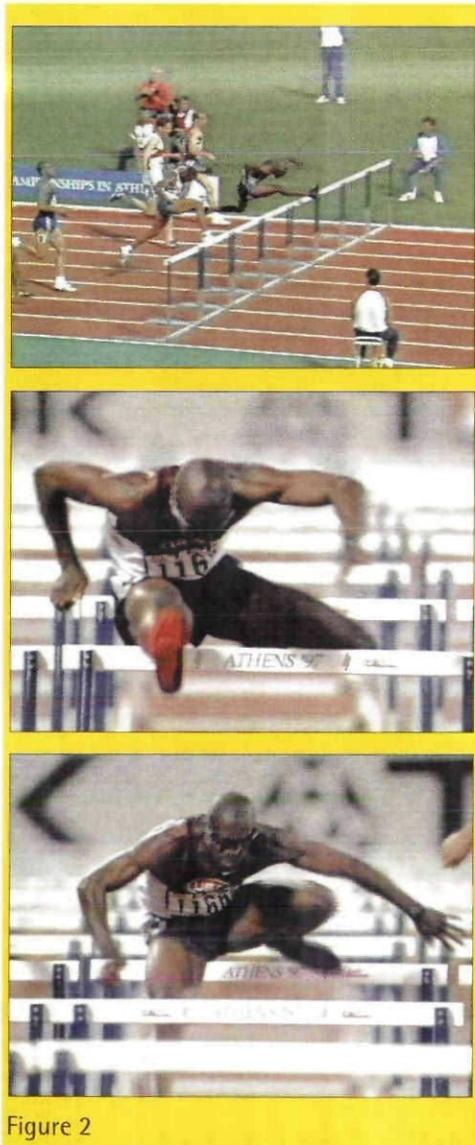


Figure 2

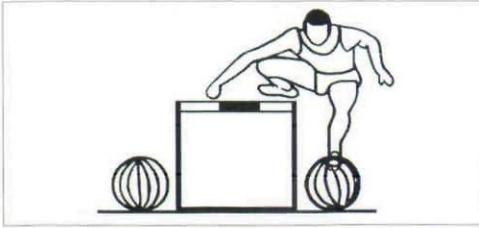


Figure 3

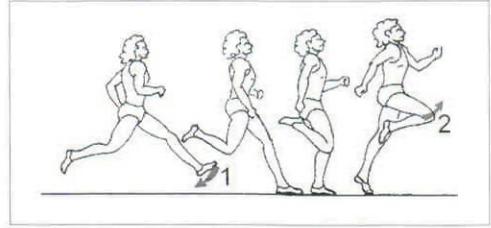


Figure 5

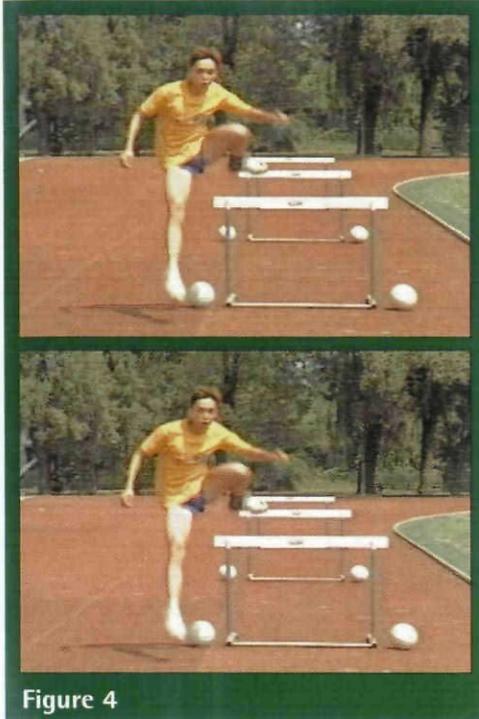


Figure 4

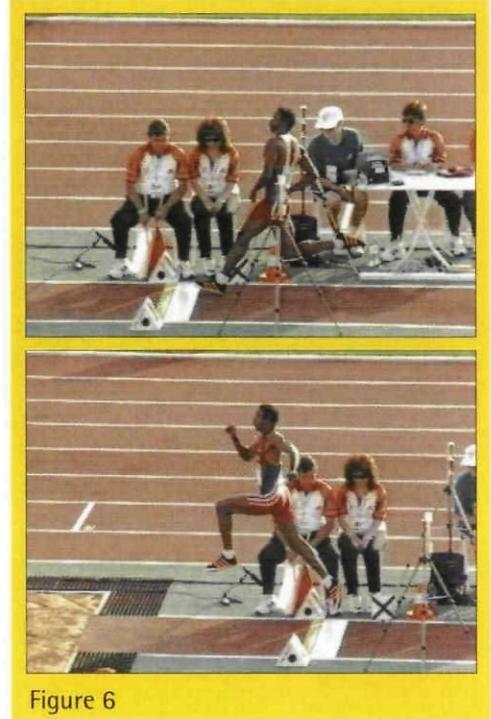


Figure 6

locations around the world, the teaching progressions are performed exactly as explained in the text.

In order to provide some examples of how the materials complement each other, the following running, jumping and throwing events have been chosen from the book and video:

- ◆ Sprint hurdles
- ◆ Long jump
- ◆ Discus

They illustrate some of the fundamental aspects of the events and the manner in which 'Run! Jump! Throw!' approaches the practical aspects of teaching and coaching the various phases.

In looking at the "Clearance Phase - Lead Leg" for sprint hurdles, illustrations are pro-

vided for both front and side views, (fig 1) whilst explanations about the "OBJECTIVES" and "TECHNICAL CHARACTERISTICS" help readers follow the sequence and develop a clear understanding of what is required to achieve technically sound tasks. These sequences and explanations are further reinforced by video footage of elite hurdlers in the competitive environment (fig 2). The "Teaching Progressions" of steps 3 and 5 (fig 3) along with accompanying activities in the video (fig 4) provide further reinforcement and a greater intensity of the learning process.

In the jumping events, the critical aspect to address is the Long Jump "Take Off Phase", where the "Objectives" of maximising vertical velocity and minimising the loss of horizontal velocity along with the

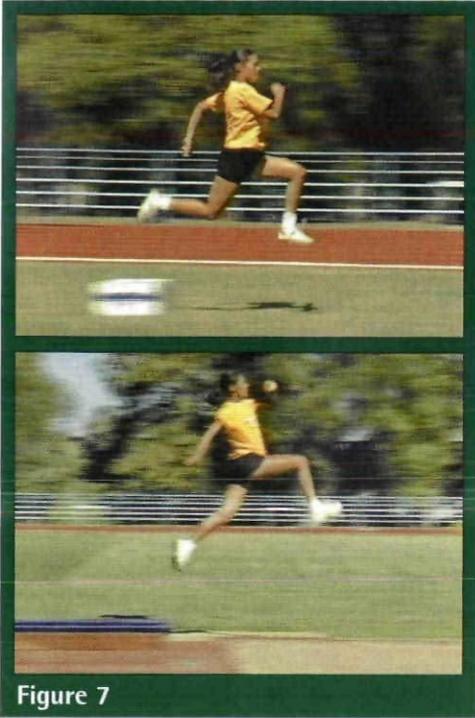


Figure 7

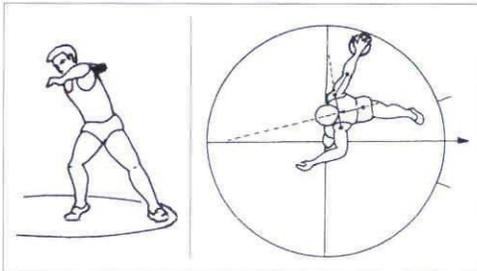


Figure 8

"Technical Characteristics" are well-illustrated (fig 5). In the accompanying video, both male and female elite performers in competition provide excellent footage, particularly Ivan Pedroso (CUB) who is singled out for slow motion sequences (fig 6). The teaching progression method adopted to develop the technical characteristics in steps 1, 2 and 3 (fig 7), starts with a short approach run and take off over objects, followed by a takeoff from platforms and short approach. They are well-supported video activities.

From within the throwing events, I have selected the "Delivery Phase" in the Discus that is divided into three parts in the book:



Figure 9



Figure 10

- ◆ Transition
- ◆ Power Position (fig. 8)
- ◆ Final Arm Movement

This is a format also used for the Shot (rotational) and Javelin events and provides a detailed analysis of the technical characteristics of each segment of the delivery phase. There is first class video footage of elite athletes in competition, particularly that of Lars Riedel (GER, fig 9). This is once again reinforced by teaching progressions 2, 3, and 4, (fig. 10) along with good and progressive video activities.

In conclusion, I must say that the new publication and supporting videos represent a very welcome improvement in course materials not just for the IAAF Development Programme, but also for coach education generally.

"Run! Jump! Throw!" will be available to the general public in both book and video tapes format in the English language at the end of 2001. Please refer to the IAAF Website: [www.iaaf.org](http://www.iaaf.org)

J. Rotimi Obajimi (NIG)  
IAAF Lecturer