

ATHLETICS WELLINGTON Athlete and Coach Pathways

PROGRAM AIM

The aim of the programme IS to foster athletes with talent to higher levels and work on methodology that would help them transfer into Athletics New Zealand programmes. This must go hand in hand with coach development.

THE KEY AGES OF FOCUS

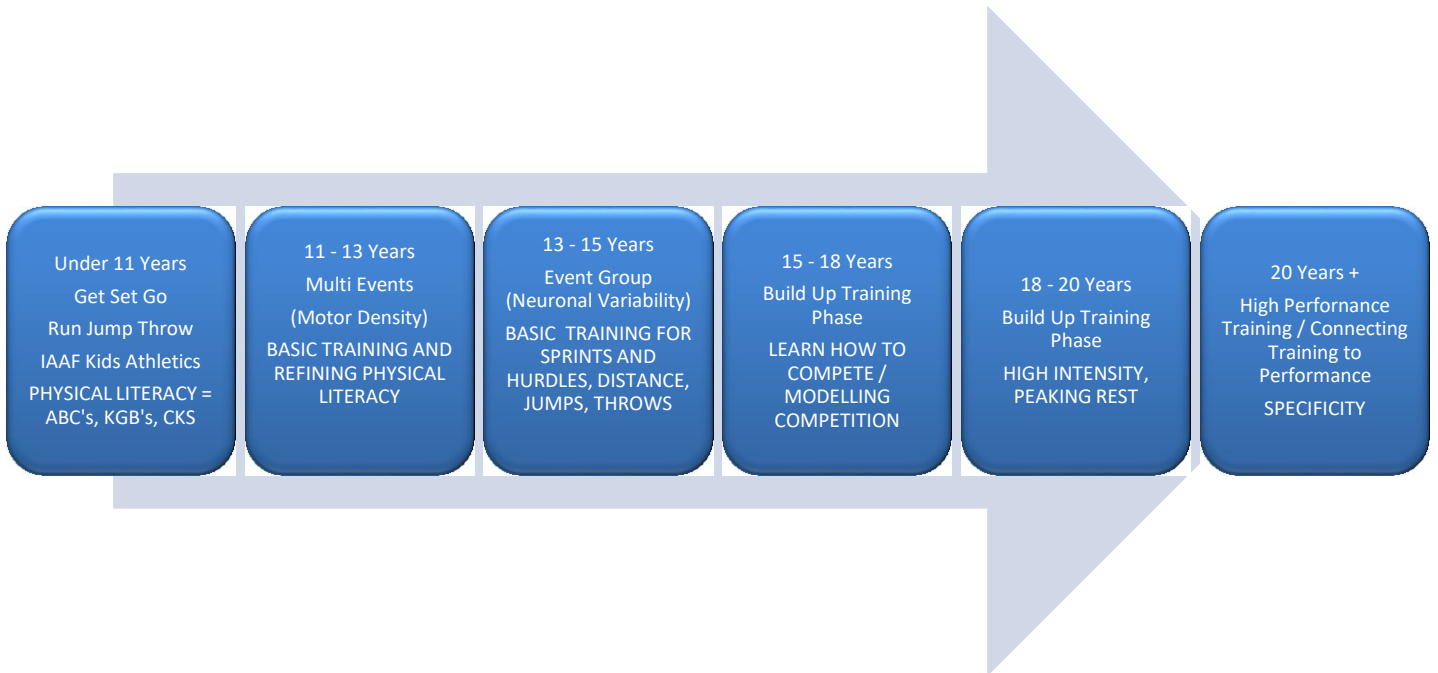
- Under 15 Year Old Athletes
- 15 – 17 Year Old Athletes
- 18 – Under 23 Year Old Athletes

CRITERIA TO DETERMINE TALENT

1. Do the Athlete and Coach have a plan which identifies where the athlete is at and where they are going?
2. The athlete will complete a Muscle Movement Screen to determine the level of physical literacy.
3. The athlete will complete a self-assessment competency using the card sort based upon one or all of the following areas being Mental Skills, Team / Character, Life Balance / Well Being, Technical / Tactical knowledge
4. Complete an interview

ATHLETE DEVELOPMENT PATHWAYS

It is acknowledged that the pathways are continuous and at times can be blurred, but the general principles apply.



COACH DEVELOPMENT PATHWAYS

We need coaches to develop talent first before specialisation kicks in. The following diagram aims to give coaches direction in this area and what we are looking for them to implement with their athletes.

