



Code of Conduct for Coaches, Team Members, Officials and Volunteers

The essence of good ethical conduct and practice is summarized below. All volunteers must:

- Consider the well-being and safety of participants before the development of performance
- Develop an appropriate working relationship with athletes, and where appropriate their parents/guardians, based on mutual trust and respect
- Strictly maintain a clear boundary between friendship and intimacy with an athlete
- Make sure all activities are appropriate to the age, ability and experience of those taking part
- PROMOTE the positive aspects of the sport (e.g. fair play)
- Display consistently high standards of behaviour and appearance
- Follow guidelines laid down by England Athletics, UK Athletics and North Belfast Athletic Club
- Where appropriate hold relevant, valid qualifications and insurance cover
- Never exert undue influence over athletes to obtain personal benefit or REWARD
- Never try actively to recruit athletes who are already receiving coaching elsewhere
- Never condone rule violations, rough play, the use of prohibitive substance or inappropriate behaviour and language

Coaching Session Plan			
Date: Time:		Stage of Athlete Development: fundental	
Venue:		Age group of Athletes: 8/11	
		Size of group: 18	
Equipment: Cones basket balls			
Session Goals for the Athletes (WHAT): By the end of the session the athlete will be able to. Basic knowledge of jump and chest throws..		Personal Coaching Goals (HOW): By the end of the session I will have...delivered a basic understanding of each exercise	
Practical Session			
Session Component	Unit Detail	Coaching Points	Organisation/ Safety Key points



Warm Up [minutes] Dynamic	High Knees Cariocies 300m slow Jog(Lap of Hall)	Posture Head High, Hips Shoulders relaxed	No wet floor Unit A Split into 3 Groups Unit b same groups Unit c remove cones same groups
Main Session Unit A [15 minutes]	60m Sprints(5-8) From Crouch start	Feet Position, Head level with back, eyes down	
Main Session Unit B [15 minutes]	Hop Scotch over Cones Reduce distance Increase speed Try full jump	Balance Bent/soft Knee on landing	
Main Session Unit C [15 minutes]	Game of under and over Push throw chest pass		
Cool Down [7minutes]	Slow jog Static stretches	Hold stretches 20 sec Importance	