



Athletics

50m Sprint Training

Sprint Start Technique

On Your Marks



- Rear knee should be level with front foot
- Form a 'V' behind the line with your hands
- Arms shoulder width apart, slightly ahead of hands

Get Set



- ❖ Raise hips higher than shoulders
- ❖ Lift legs at the knees
- ❖ Body weight on hands and feet equally

Go!



- ✓ Drive knee of rear leg forwards
- ✓ Extend front leg out
- ✓ Lean forwards
- ✓ Don't become upright too early

Training Drills - Sprinting (All exercises are as fast as you can)

Exercise	Sets	Rest
10m Sprint	5	15-30s
20m Sprint	5	15-30s
30m Sprint	5	30-45s
40m Sprint	5	30-45s
50m Sprint	5	60-90s
40m Sprint	5	30-45s
30m Sprint	5	30-45s
20m Sprint	5	15-30s
10m Sprint	5	15-30s

SPRINTER WORKOUT

Repeat 3 times | up to 2min rest between sets
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8 jump squats



20 speed climbers



8 jump knee-tucks



20 side-to-side jumps



20 high skips



20 straight-leg bounds



Athletics

400m Sprint Training

Sprint Start Technique

On Your Marks



- Rear knee should be level with front foot
- Form a 'V' behind the line with your hands
- Arms shoulder width apart, slightly ahead of hands

Get Set



- ❖ Raise hips higher than shoulders
- ❖ Lift legs at the knees
- ❖ Body weight on hands and feet equally

Go!



- ✓ Drive knee of rear leg forwards
- ✓ Extend front leg out
- ✓ Lean forwards
- ✓ Don't become upright too early

Training Drills - Sprinting (All exercises are as fast as you can)

Exercise	Sets	Rest
10m Sprint	2	15-30s
50m Sprint	2	30-50s
100m Sprint	2	90-120s
150m Sprint	2	2-3m
200m Sprint	2	2-3m
150m Sprint	2	2-3m
100m Sprint	2	90-120s
50m Sprint	2	30-60s
10m Sprint	2	15-30s

SPRINTER WORKOUT

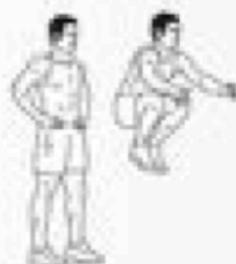
Repeat 3 times | up to 2min rest between sets
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8 jump squats



20 speed climbers



8 jump knee-tucks



20 side-to-side jumps



20 high skips



20 straight-leg bounds



Athletics

High Jump Training

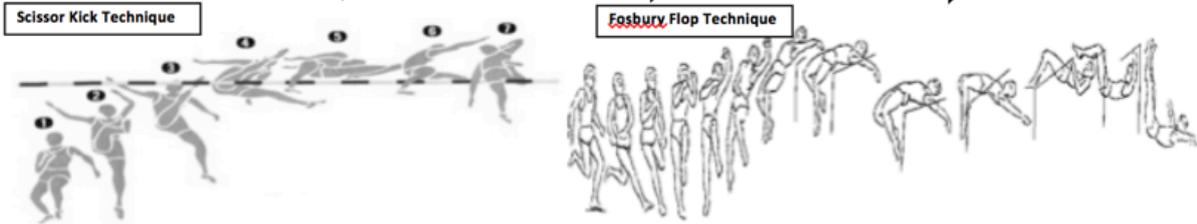
Jumping-High Jump Key Points Card

Help improve the high jump technique using this card to refer to the key points.

Health and Safety

1. Only start your run up when equipment is ready.
2. Only one person to jump at a time.
3. No jumping until equipment is checked.

<p>Run up</p> <p>The run up is at a curved angle to the bed.</p> <p>If you are right footed you take off from the left and left footed take off from the right.</p> <p>Speed is important to the run up.</p>	<p>Take off- Scissor Kick</p> <p>Once close enough to the bed dominant foot plants and drives upwards.</p> <p>Other leg Karate kicks over the bar while leaning back.</p> <p>Dominant leg follows and karate kicks over the bar onto the bed.</p>	<p>Take off-Fosbury flop</p> <p>Once close enough to the bed dominant foot plants and drives upwards.</p> <p>Driving inside knee up so you are facing where you came from.</p> <p>Drive up with arms and push through body.</p>	<p>Landing-Scissor Kick</p> <p>You will land on your feet on the bed. Ensure you do not knock the bar off as you get off the bed.</p> <p>Landing-Fosbury Flop</p> <p>You will land on your back on the bed. Ensure you do not knock the bar off as you get off the bed.</p>
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Training Drills - Jump specific (check your technique)

Exercise	Sets	Rest
20% Effort	3	10s
40% Effort	3	20s
60% Effort	3	20s
80% Effort	3	30s
100% Effort	3	30s
80% Effort	3	20s
60% Effort	3	20s
40% Effort	3	20s
20% Effort	3	10s

Training Drills - Bodyweight Exercises

Exercise	Sets	Reps
Push-Ups	5	10
Sit-Ups	5	15
Jump Squats	5	5
Jump Lunges	5	12
Dips	5	15
Jump Rope	1	500

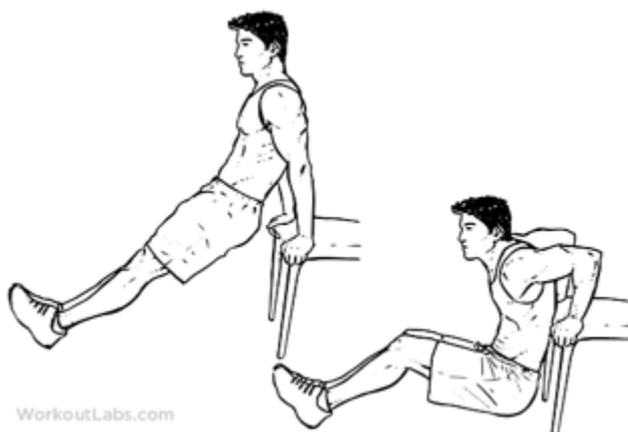
Jump Squats



Jump Lunges



Dips



Check your technique!

Jumping-High Jump Analysis Card

Peer Assessment. Use this card to help your partner improve their high jump technique.

Health and Safety

1. Only start your run up when equipment is ready. 3. No jumping until equipment is checked.
2. Only one person to jump at a time.

Run up

- Are they running at a curved angle to the bed?
- Are they approaching the bed from the correct side?
- Have they got enough speed in their run up?

Take off- Scissor Kick

- Are they close enough to the bed when taking off?
- Do they drive upwards?
- Are they leaning back during take-off?
- Does their dominant leg follow the other?

Take off-Fosbury flop

- Are they close enough to the bed when taking off?
- Do they drive upwards?
- Are they driving their inside knee up and facing where they came from?
- Are they driving up with their arms?

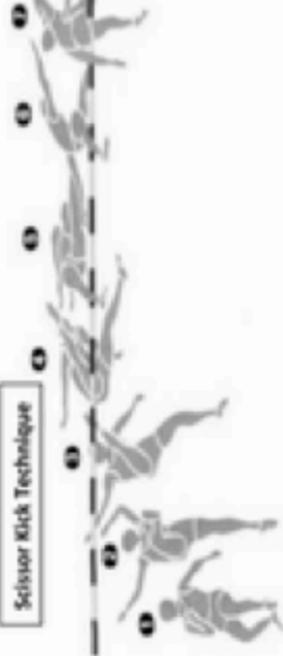
Landing-Scissor Kick

- Are they landing correctly?

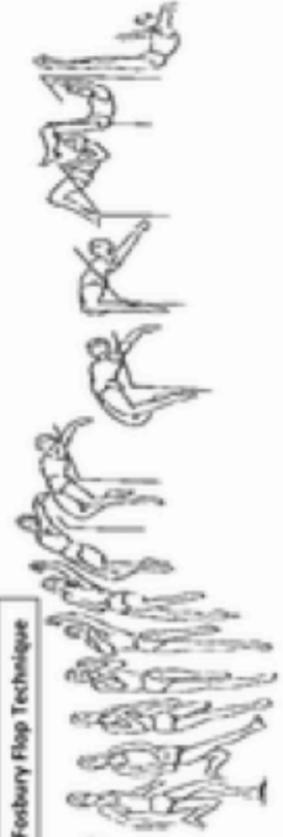
Landing-Fosbury Flop

- Are they landing correctly?
- Any other pointers you can give your partner?

Scissor Kick Technique



Fosbury Flop Technique





Athletics

Long Jump Training

AIM: Long jump is about linking speed and lift together successfully.

RUN UP:

- ⇒ Speed and consistency
- ⇒ Distance is approximately Age + or - 2 feet
- ⇒ Check the run up as wind or surface can vary the run up length. Adjust check marks as necessary
- ⇒ Jumper should always starts with same foot forward everytime
- ⇒ Accelerate gradually, reaching full speed over the last few strides
- ⇒ Good knee lift staying relaxed with forward vision

TAKE OFF:

- ⇒ Plant take off foot flat on the board
- ⇒ Look straight ahead / trunk erect
- ⇒ Arms move vigorously at take off, in a continuation of the sprinting form
- ⇒ Punch lead knee up as fast as possible, keeping it bent

- ⇒ Aim is to jump UP
- ⇒ Do not reach for the board - this loses forward speed
- ⇒ Do not slow down on approaching board

THE FLIGHT:

- ⇒ Keep lead leg up
- ⇒ Bring trail leg forward to meet it then shoot both legs forward
- ⇒ Keep trunk erect

THE LANDING:

- ⇒ Extend legs out in front as far as possible. Reach for the sand. Keep feet together
- ⇒ When landing bend knees and rotate forward over your legs
- ⇒ Give arms a vigorous swing forward on landing, to help you to rotate forward over your feet
- ⇒ Bend knees as heels touch the sand to avoid the bottom hitting the sand behind feet landing point and reducing jump measurement



For more tips:

<http://www.wikihow.com/Long-Jump>

Training Drills - Jump specific (check your technique)

Exercise	Sets	Rest
20% Effort	3	10s
40% Effort	3	20s
60% Effort	3	20s
80% Effort	3	30s
100% Effort	3	30s
80% Effort	3	20s
60% Effort	3	20s
40% Effort	3	20s
20% Effort	3	10s

Training Drills - Bodyweight Exercises

Exercise	Sets	Reps
Push-Ups	5	10
Sit-Ups	5	15
Jump Squats	5	5
Jump Lunges	5	12
Dips	5	15
Jump Rope	1	500

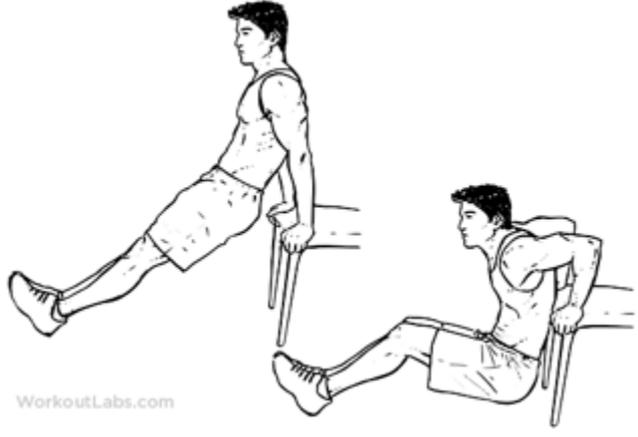
Jump Squats



Jump Lunges



Dips





Athletics

Shot Put Training

Throwing-Shot putt Key Points Card

Help improve the shot putt throwing technique. Use this card to refer to the key points.

Health and Safety

1. Only throw and collect when the Teacher says.
2. Do NOT drop shot putt. Place on floor.
3. Do NOT run with it.
4. If shot putt is wet, dry with the cloth provided.



Starting Position

Shot putt is pushed into neck (dirty neck) and held with finger tips.

Feet shoulder width apart and body weight on back foot. Aiming for chin over knee over toe.

As the back leg transfers the weight to the front leg the shot putt is kept in chin.

Throwing Technique

Shot putt held into chin until arm starts to extend.

Other arm points in direction of the throw. Non-throwing side of the body is braced

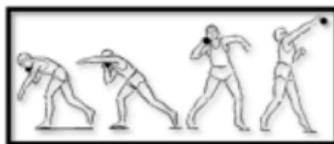
Drive right hip forward

Release

Head remains facing in the direction of throw

Drive the throwing arm forwards and upwards to help maintain the correct position of the hips

Release the shot putt at the highest point.



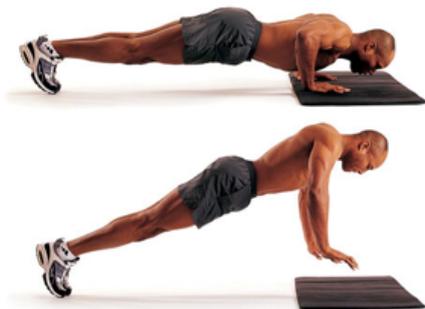
Training Drills - Throw specific (check your technique)

Exercise	Sets	Rest
Very Light Shot Throw	3	10s
Light Shot Throw	3	20s
Medium Shot Throw	3	20s
Heavy Shot Throw	3	30s
Medium Shot Throw	3	30s
Light Shot Throw	3	20s
Very Light Shot Throw	3	10s

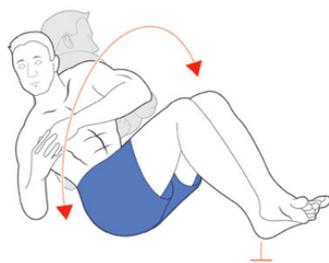
Training Drills - Bodyweight Exercises

Exercise	Sets	Reps
Normal Push-Ups	3	10
Power Push-Ups	2	10
Sit-Ups	3	15
Roman Twists	3	12
Jump Squats	3	5
Jump Lunges	3	12
Tuck Jumps	3	8
Dips	3	15
Jump Rope	1	500

Power Push-Up



Roman Twists



Tuck Jumps



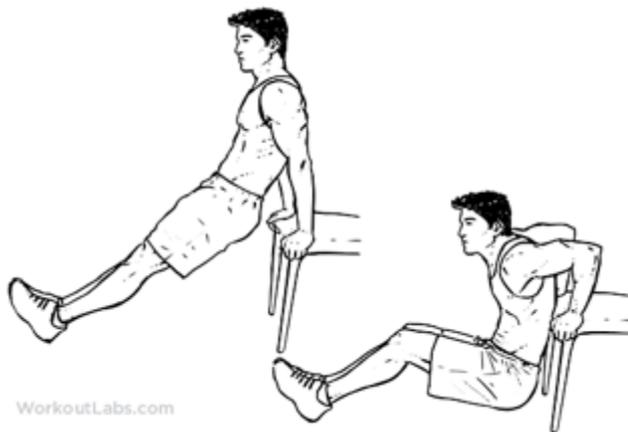
Jump Squats



Jump Lunges



Dips



Check your technique!

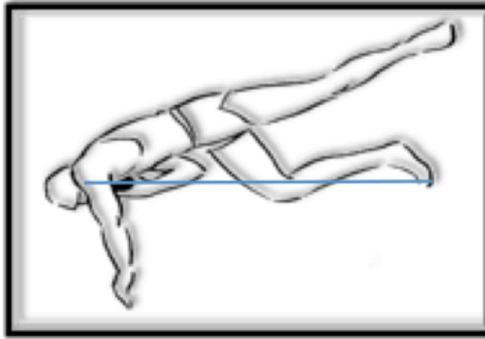
Throwing-Shot putt Analysis Card

Peer Assessment. Use this card to help your partner improve their throwing technique in shot putt.

Health and Safety

1. Only throw and collect when the Teacher says.
2. Do NOT drop shot putt. Place on the floor.
3. Do NOT run with it.
4. If shot putt is wet, dry with a cloth.

Chin Knee Toe



Starting Position

Does your partner have a dirty neck? (Shot putt is pushed into neck)

Are they holding the shot with their finger tips?

Are their feet shoulder width apart?

Do they have a good chin over knee over toe position?

Throwing Technique

Does your partner hold the shot putt into their chin until their arm starts to extend.

Is their other arm pointing in the direction of the throw?

Do they drive their non-throwing hip forward to create power?

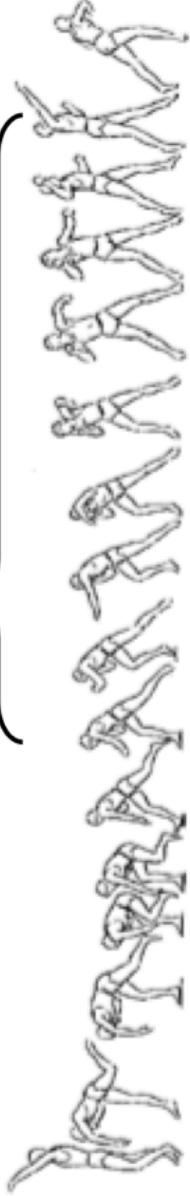
Release

Is their head facing in the direction of the throw?

Do they drive their throwing arm forwards?

Do they release the shot putt at its highest point?

Do you have any other pointers for your partner?





Athletics Discus Training

Throwing-Discus Key Points Card

Help improve the discus throwing technique. Use this card to refer to the key points.

Health and Safety

1. Only throw and collect when the teacher says.
2. When collecting pick it up and take it back sensibly.
3. Do NOT run with it.
4. If the discus is wet, dry with a cloth.

The Grip	Starting Position	Throwing Technique	Release
<p>Dominant hand on top of the discus and other hand supports underneath.</p> <p>Fingers evenly spread across discus.</p> <p>Fingertips curl over the rim of the discus.</p> <p>Do not grip the discus.</p> 	<p>Feet shoulder width apart and body weight evenly spread.</p> <p>Opposite leg aims for: chin over knee over toe.</p> <p>As the throwing leg leaves the ground the weight must be over the opposite leg.</p> <p>Discus is kept high so it travels further.</p>	<p>Discus is held high so it travels further.</p> <p>Shoulders level and balanced while the other arm points in direction of the throw.</p> <p>Non-throwing side of the body is braced.</p> <p>Drive throwing hip forward - note the "bow" position.</p>	<p>Head remains facing in the direction of the throw.</p> <p>Drive the throwing leg forwards and upwards to help maintain the correct position of the hips.</p> <p>Release the discus at its highest point.</p> <p>Collect the discus when the teacher has said.</p>



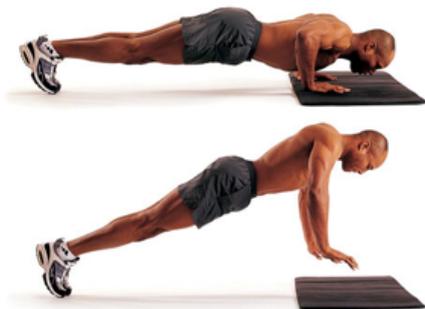
Training Drills - Throw specific (check your technique)

Exercise	Sets	Rest
20% effort throw	2	15-30s
40% effort throw	2	30-50s
60% effort throw	2	90-120s
80% effort throw	2	2-3m
100% effort throw	2	2-3m
80% effort throw	2	2-3m
60% effort throw	2	90-120s
40% effort throw	2	30-60s
20% effort throw	2	15-30s

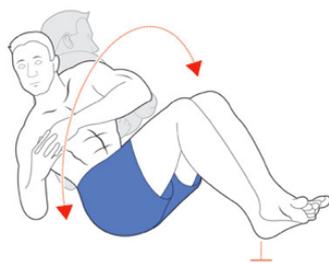
Training Drills - Bodyweight Exercises

Exercise	Sets	Reps
Normal Push-Ups	3	10
Power Push-Ups	2	10
Sit-Ups	3	15
Roman Twists	3	12
Jump Squats	3	5
Jump Lunges	3	12
Tuck Jumps	3	8
Dips	3	15
Jump Rope	1	500

Power Push-Up



Roman Twists



Tuck Jumps



Jump Squats



Jump Lunges



Dips



Throwing-Discus Analysis Card

Peer Assessment. Use this card to help your partner improve their throwing technique in discus.

Health and Safety

1. Only throw and collect when the teacher says.
2. When collecting pick it up and take it back sensibly.
3. Do NOT run with it.
4. If the discus is wet, dry with a cloth.

The Grip

- Are they using their dominant hand?
- Are their fingers evenly spread across discus?
- Are they holding the discus correctly? If not then correct them.



Starting Position

- Are their feet shoulder width apart?
- Are they creating a good chin over knee over toe?
- Is their non-throwing leg taking all the weight?
- Is the discus being kept nice and high?

Throwing Technique

- Is the discus being kept nice and high?
- Are their shoulders level?
- Is their non-throwing arm pointing in the direction of the throw?
- Do they create a "bow" position with their body during the throw?

Release

- Is their head facing in the direction of the throw?
- Do they drive their throwing leg forwards?
- Do they release the discus at its highest point?
- Do you have any other pointers for your partner?

