

Why Drills ?

Motivating – Rewarding Young Athletes

Program presented by

Russell Parsons, OAM,
ATFCA2, ASCTA2 (Bronze)
North West Athletics
2/72 Hopwood Street
ECHUCA, 3564
AUSTRALIA
03-54-801-705
nwa@iinet.net.au
www.nwaswimaths.com



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Many (most) young people will never
be the fastest .. the best .. a winner

**But, while we can't all be winners,
We can all be champions.**



Why Drills ?

1. To practice **YOU** being in command of your intentions and reactions



Why Drills ?

2. To stimulate interest, variety and fun.



So, what is a drill ?

**Simply - a drill
is part of a movement**

We are breaking down a movement into its sum of parts, e.g. clearance of a hurdle

Learning / practising the parts

Then, re-assembling the parts

Having-a-go



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Seated Arm Drill

- Sit tall; knees together;
- Preserve a 90° arm angle;
- Arm swing should not cross centre line of the body;
- Gradually increase tempo to maximum for 5-6 seconds.

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Starts

- ▶ Standing
- ▶ Falling
- ▶ Hop
- ▶ 3-Point
- ▶ Bow-Touch-Go
- ▶ Reaction
- ▶ 4-Point



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Both feet turned out

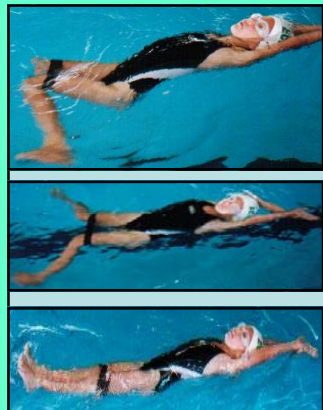
Both feet turned out

NWA Swimming

Breaststroke Reminders

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Streamline Breaststroke Kick on back

Head Back
Hips Up – Toes Up

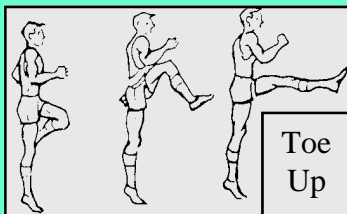
There are many options to reward and encourage young athletes as they pursue new skills

Not our focus now, but many examples are available

Interested?

The range of drills is almost endless, but pure fun and variety aside, drills should be specific to the movements you wish to enhance.

There are basic drills - but in each sport, a multitude of sport-specific drills.



- Drills should be precisely planned and perfectly executed ... repeatedly.

Patience --- Precision --- Persistence



Fast Claw .. *Preparation* position

Any comments?

Positive?

Improvements?

You can't put in what God left out

("Chariots of Fire")

but

Drills offer an opportunity to refine and expand skills, and enhance self-esteem.

Don't miss the opportunity

I have seen many, many swimmers and runners who are not and never will be the fastest ... but, I have never encountered a **resolute** athlete who could not develop commendable drill mastery ..

We can't all be winners, but we can all be champions

Associated Handouts

- Presentation Details
- Various Drill Progressions .. Athletics / Swimming
(sample motivational / skill awards)

Other Presentations

Sprint Hurdles .. An Analysis
Why Drills?

Learning New Skills is Fun .. Athletics

and others



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There are many more issues raised by the presentation than are answered ..

*Knowledge accumulates quickly **only** in an open mind.*

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