



# Dryland Support for Juniors

North West Athletics  
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## Recognition of all Endeavour is Critical

The ideas contained are a sample of activities that can be used with juniors.

There are **many** other programs that support the ideas offered .. some are available through NWA, others are available from the various sports to the coach/teacher who seeks support with an open mind.

Remember:

All youngsters do not want to seek elite excellence  
(Swimming, Running, Sports in general are just one thing / one phase of life)

**but**

**All** want (appreciate) their efforts at skill consolidation and extension  
being recognised.

## Preparation is everything

Get your intentions and resources organised  
before (well before) each session

Be sure to spend a few minutes at the commencement of  
each session revising acquired skills .. and, **always end** a session  
with a **positive** .. something they can do, and do well.

Remember if you are doing a drill or stretch that they cannot all do/try together,  
you may be (are) doing the wrong drill.

*Everything you do .. Everything you say  
may be youngster dinner table conversation  
(You will not be present to “explain”)*

## How do you want to be reported?

**Flatter me, and I may not believe you.**

**Criticize me, and I may not like you.**

**Ignore me, and I may not forgive you.**

**Encourage me, and I will not forget you.**

(William Arthur Ward)

There are a multitude of ideas available on the NWA site.

Experience must be acquired over time,  
but .. knowledge accumulates quickly  
(**only**) in an open mind.

# North West Athletics .. Dryland Support for Juniors

Seven (7) week program; 2-3 stretches per week; facility with stretches will/should accumulate.  
Stretches should be practiced 5-6 days a week. Time allocation: 10-15 mins. per day.

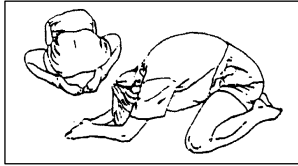
**50 Repeats forms a habit .. thousands of correct repeats to change a habit.**

## EXAMPLES

Hold stretches for a minimum of 30 seconds unless otherwise indicated

### 1. Week 1 ... 2 exercises

#### 1.1 Frog Stretch



**Frog Stretch:** (for the groin) Kneel; knees wide apart; toes in and touching at the back; from sitting on heels, lean forward; arms outstretched.

#### 1.2 TV Stretch



TV Stretch

**Relax** - extend your reach; hold the stretch for 10-15 minutes on each side, each day; relax into the stretch; as you improve (over several days/weeks) elevate your elbow; e.g. 2-4 cm. ... a book beneath your elbow .. your length of stroke will improve.

### 2. Week 2 ... 3 exercises

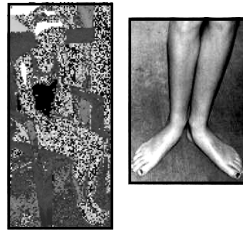
#### 2.1 One Leg Over-Under



#### One Leg Over / One Leg Under

Sit down cross legged; keep your right knee in towards your groin, and take your left leg and bend it over the top of your right knee. Keep your bottom on the floor (do **not** sit on your heels). Aim to get your knees on top of one another; now lean forward (until you feel the stretch). Repeat both sides. Sitting on a kick board(s) may help in the early stages

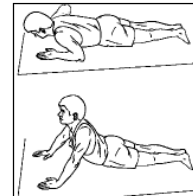
#### 2.2 Duck Walk



**Seated**—knees-ankles together. Back straight.  
Turn toes out, keeping heels and knees together; hold for 2 seconds and repeat x 10.

**Duck Walk** - upright very small steps; keep toes turned out and knees together.

#### 2.3 Back Arch



x 6-10

1. Lie on stomach.
2. Place palms flat on floor beneath shoulders; straighten your arms, putting an arch in your back keeping your hips on the floor.
3. Hold for 5 seconds.
4. Return to starting position.

### 3. Week 3 ... 2 exercises

#### 3.1 Cross Body Lifts

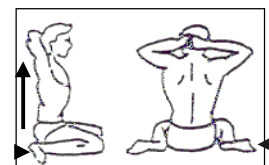


5xRArm-LLeg + 5xRLeg-LArm: hold for 2-3 secs.

Messages come from the left hand side of the brain to the right hand side of the body; and visa versa

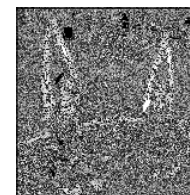
Cross Body Lifts can improve the efficiency of message delivery and should be done (2-3 sets) 4-5 times a week by **all** (junior) athletes.

#### 3.2 B-R Sit



#### B-R Sit

Back straight; feet turned out; sit on kickboard(s) in the early stages. Arms may be elevated (streamline position) with improvement.



### 4. Week 4 ... Review of Weeks 1—3

**These are NOT the only stretches or the essential stretches; but, which ever stretches you select, they MUST be done correctly .. I can't do it is not an option; persistence and gradual progression is the goal.**

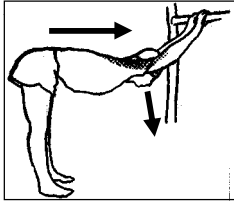
## North West Athletics .. Dryland Support for Juniors (cont.)

Seven (7) week program; 2-3 stretches per week; gradual improvement is the aim. Stretches should be practiced 5-6 days a week. Time allocation: 10-15 mins. per day.

**50 repeats forms a habit .. thousands of correct repeats to change a habit.**

### 5. Week 5 ... 3 exercises

#### 5.1 FLY Stretch



Hands secured above head level. Eye focus - Head down. Relax into the stretch.

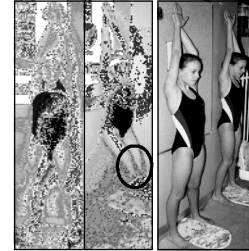
#### 5.2 Back Extension



Lean back on the ball. Roll back until complete leg extension .. hold .. return to original position.

Hold relaxed extended position: 10-15 secs. x 6

#### 5.3 Wall Slide



Wall Slide x 10

#### B-R Kick .. Wall Slide

Feet shoulder width apart .. streamline stance; heels on the ground (maintained throughout) .... slide down the wall, lowering butt, touching insides of the knees; maintain contact with the wall—hips— back of head—back of hands throughout.

*Down Slow .. Up FAST*

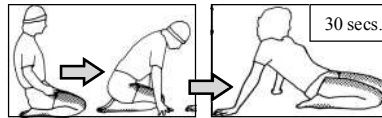
### 6. Week 6 ... 2 exercises

#### 6.1 Ladder Drills



**Ladder Drills:** draw the ladder on a flat surface: approx. 40cmx40cm. Single Stepping; Double Stepping; Ins & Outs .. separate sheet. Something different .. challenge the athlete's co-ordination

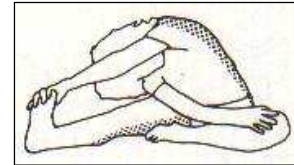
#### 6.2 Ankle Stretch



10-15 secs. each position

#### Ankle Stretch

Sit on feet with toes extending backwards. Allow knees to lift if necessary. Stretch muscles of the shin. Stop if you feel knee pain.



### 7. Week 7 ... Review of Weeks 1—6

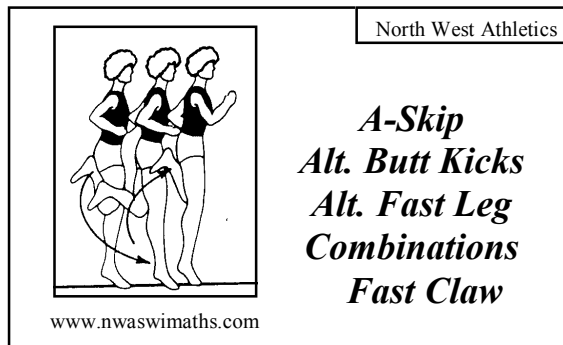
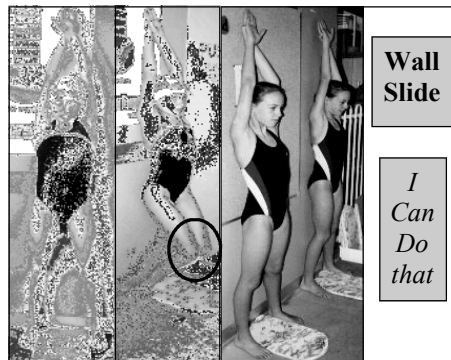
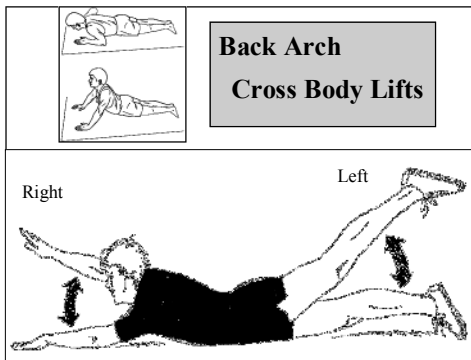
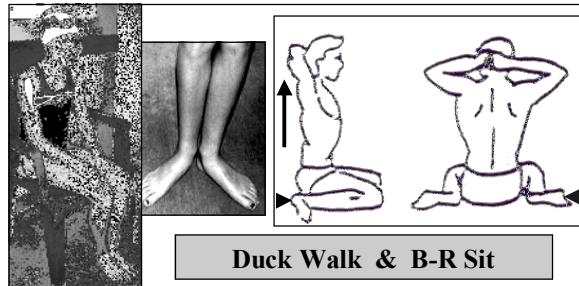
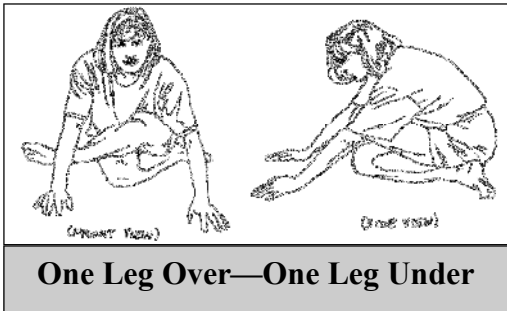
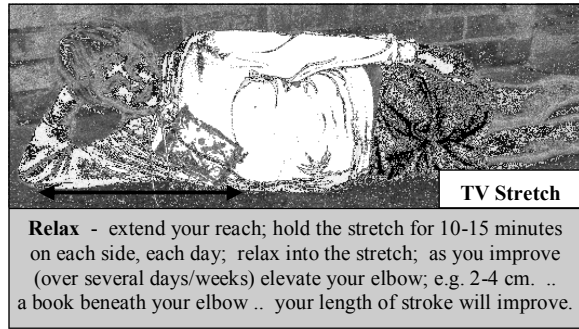
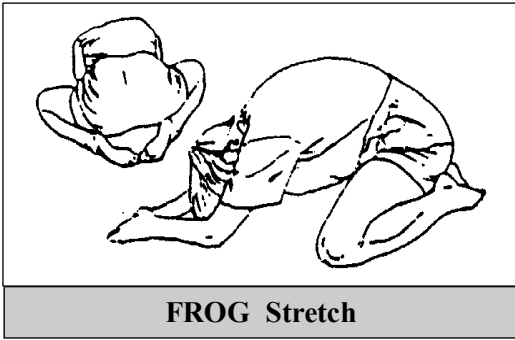
Flexibility is very sport-specific and individual-specific .. only regular attention—(daily)—can produce improvements in your range of movement and your sports performance.

## An eye-ful is better than a mouthful

1. Show the athletes what you want, but keep it simple. (Photo / video)
2. Youngsters do not want to be passive .. they want *action*; so, restrict your stretching time allocation .. extended stretching times can become too *social*.
3. Remember *50 repeats forms a habit* .. insist on correct execution .. closely supervise all stretching carefully.  
**Be patient .. and .. don't allow practice of errors.**
4. Test .. Have a testing/reward strategy that the youngsters know about; e.g. Tags, Tests, ... examples supplied.
5. Be ready for—encourage—*why are we doing this?* Have a response.  
**Explain the significance of what you are asking them to do.**

All athletes in all sports need to be able to move through the range of motion their sport demands with comfort .. improved flexibility enhances skill execution. But, remember every youngster does not want to be an elite performer .. but almost all want to improve .. empowering them with knowledge and skills should be the aim of **development coaches**.

**NWA: Sample Reward (Recognition) Tags**



Above are a few of the tags that can be made up and used to recognize achievement.  
Basic flexibility and co-ordination-agility tasks benefit ALL sports.

If you want tags made up, just contact me.

No cost other than materials and postage.  
nwa@iinet.net.au

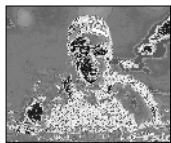


## NWA Swimming: Quiz 1

Circle the **best** answer

Name: \_\_\_\_\_ (PRINT neatly)

1. Identify the strokes: (Circle the best answer)



1.1

- A Butterfly
- B Backstroke
- C Breaststroke
- D Freestyle

1.2

- A Butterfly
- B Backstroke
- C Breaststroke
- D Freestyle

1.3

- A Butterfly
- B Backstroke
- C Breaststroke
- D Freestyle

1.4

- A Butterfly
- B Backstroke
- C Breaststroke
- D Freestyle

2. What do the following abbreviations stand for: (Circle the best answer)

2.1 **F-S**

- A Butterfly
- B Backstroke
- C Breaststroke
- D Freestyle

2.2 **B-K**

- A Butterfly
- B Backstroke
- C Breaststroke
- D Freestyle

2.3 **B-R**

- A Butterfly
- B Backstroke
- C Breaststroke
- D Freestyle

Parents and/or coaches may assist with the questions and answers

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Total: 7 Marks

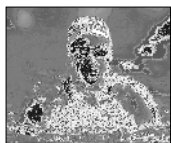


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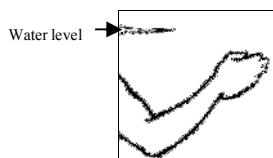
Total: 7 Marks

## NWA Swimming: Quiz 2

Circle the **best** answer

Name: \_\_\_\_\_ (PRINT neatly)

1. Identify the stroke:



- A ... Freestyle
- B ... Backstroke
- C ... Butterfly
- D ... Breaststroke

2. What does “**pb**” stand for?

- A ... Personal Best
- B ... Pretty Boy
- C ... Point Blank
- D ... Popular Boy

3. Which of the following requires the swimmer to move **both arms** through the same motion at the **same time**?

- A ... Freestyle and Butterfly
- B ... Freestyle and Backstroke
- C ... Breaststroke and Backstroke
- D ... Butterfly and Breaststroke

4. What does **B-R** stand for?

- A ... Freestyle
- B ... Backstroke
- C ... Butterfly
- D ... Breaststroke

5. At the start of a swimming race, which of the following (should) describe the commands of the starter?

- A ... *Ready – Set – Go !*
- B ... *On Your Marks – Set – Gun !*
- C ... *Whistle – Take Your Marks – Gun !*
- D ... *Are You Ready? Are You Set? Go!*

Parents and/or coaches may assist with the questions and answers

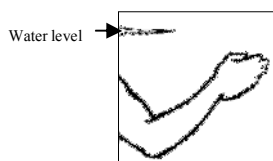
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### NWA: Skill Test 1



Name: \_\_\_\_\_

Date: \_\_\_\_\_

- |                               |   |   |   |   |   |
|-------------------------------|---|---|---|---|---|
| 1. Frog Stretch               | 5 | 4 | 3 | 2 | 1 |
| 2. TV Stretch                 | 5 | 4 | 3 | 2 | 1 |
| 3. One Leg Over—One Leg Under | 5 | 4 | 3 | 2 | 1 |
| 4. Duck Walk                  | 5 | 4 | 3 | 2 | 1 |
| 5. Back Arch                  | 5 | 4 | 3 | 2 | 1 |
| 6. Cross Body Lifts           | 5 | 4 | 3 | 2 | 1 |
| 7. Breaststroke Sit           | 5 | 4 | 3 | 2 | 1 |

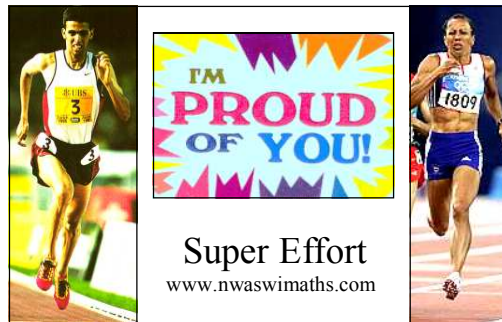
**Ratings**

5 = Excellent; “lookin’ good” .. “real good”.  
 4 = Very Good; minor improvements in technique / tempo possible.  
 3 = Good; some fundamental technique / tempo elements need attention.  
 2 = Fair; improvement evident; more practice recommended.  
 1 = Early days; practice regularly, the improvement will come.

50 REPEATS FORMS A HABIT ... THOUSANDS OF CORRECT REPEATS TO CHANGE THE HABIT



**Improvement Award**  
*Well Done !!*  
[www.nwaswimaths.com](http://www.nwaswimaths.com)



**Super Effort**  
[www.nwaswimaths.com](http://www.nwaswimaths.com)



### NWA: Skill Test 2



Name: \_\_\_\_\_

Date: \_\_\_\_\_

- |                   |   |   |   |   |   |
|-------------------|---|---|---|---|---|
| 1. FLY Stretch    | 5 | 4 | 3 | 2 | 1 |
| 2. Back Extension | 5 | 4 | 3 | 2 | 1 |
| 3. Wall Slide     | 5 | 4 | 3 | 2 | 1 |
| 4. Ladder Drills  | 5 | 4 | 3 | 2 | 1 |
| 5. Ankle Stretch  | 5 | 4 | 3 | 2 | 1 |
| 6.                | 5 | 4 | 3 | 2 | 1 |
| 7.                | 5 | 4 | 3 | 2 | 1 |

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WE ARE WHAT WE REPEATEDLY DO ... EXCELLENCE CAN BECOME YOUR HABIT

You can draw up your own stretch—drill series, or, insert them in the Skill Test examples shown.