

**North West Athletics**  
[www.nwaswimaths.com](http://www.nwaswimaths.com)



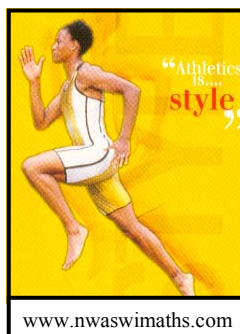
**Skills**  
**Confidence**  
**Self-Esteem**

Russell Parsons

**North West Athletics**

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*“Win with a  
grin,  
Lose with a  
smile.”*



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*The thrill is  
not just winning,  
but,*



*having the courage  
to join the race*

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## **NWA Skill Enhancement Program: Features**

- Athletes collect tags as a record of their **skill progression**. Tags may be attached to bags and/or collected and displayed in a booklet. (Business card booklets can be bought cheaply at Big W.)
- **Skills** other than those identified on the tag can be allocated to each session; the tag represents a reward to athletes that reinforces their perception of the coach / parent / peer group recognizing and respecting their skill acquisition.
- In addition to the twenty (20) basic tags, additional reward tags are available to recognize progression, thereby enabling all athletes to have access to a reward every week (or every session).  
Tags encourage the refinement of basic running form, but also reflect the acquisition of specific skills (e.g. hurdling) and training procedures (e.g. speed cf. speed endurance; fartlek), the fundamental focus being ... *Speed is the Key*.
- Improved posture, co-ordination, together with strength, power, and flexibility, enhanced through athletics, present the potential to acquire benefits that can be applied in many other sporting disciplines, together with many other aspects of life and its challenges.
- The examples provided are **a few examples only**; more comprehensive resources are available.
- The **general format** of awards proceeds in **five (5) week blocks**, i.e. tags 1-5; 6-10, etc.

After each five weeks, or indeed at any time, special sessions are offered in which young athletes can make-up, i.e. complete a task(s) that they may have missed through absence, or, coaches can use their discretion as to the order of tag availability. Some tags, for example, may not be applicable to the needs and interests of every athlete: the **tags are to be used by coaches** to help them reinforce skills and enhance their communication with their athletes.

However, no more than one tag per week is recommended, although additional tags may be made available according to athlete readiness and coach discretion.

**Minimum:** 20 Tags + 6 extra tags = 13-26 weeks/sessions

A similar (but even more comprehensive) NWA program operates for swimmers.

The program is **flexible** (coaches can decide their own precise tag distribution/award policy) .. but, better to have a program, than no program at all.

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# NWA Skill Enhancement Program ... a few Sample Tags

NWA



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**Only perfect practice produces perfect performances**

NWA

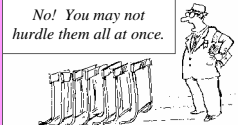
### Hurdling Drills

- Lead Leg Wall Attack
- Trail Leg Hip Circles
- Rapid Lead Leg
- Marching Stepovers
- Single Stepovers
- Karate Kid
- Start ▶ H1

Drill both sides of the body to equality.

Start each drill practice with your non-preferred

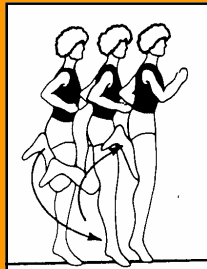
No! You may not hurdle them all at once.



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**A-Skip**  
**Alt. Butt Kicks**  
**Alt. Fast Leg**  
**Combinations**  
**Fast Claw**

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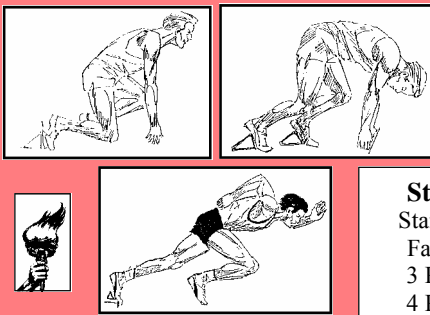
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**Sport can build character**

No one can ever make you feel inferior without your consent

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4

**Starts**  
 Standing  
 Falling  
 3 Point  
 4 Point

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### Review of Hurdle Drills

Good is not enough where better is possible



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### Command Drills

Review: A-Skip; Ankling; Alt. Butt Kicks; Alt. Fast Leg; Fast Claw; Alt. Combinations; Double A's; Seated Arm Drill; B-Skip; Straight Leg Shuffle / Bounding; SLB-Alt. Fast Leg; Running-the-Boards ▶ Sprint; Karioka; ...

Standing LJ; Standing TJ; 3 & 5 step LJ & TJ; 2H-2S-J.



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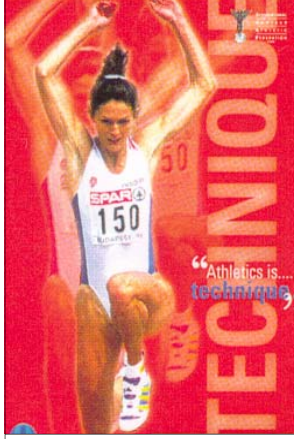
**We can't all be Winners but We can all be Champions**

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Learning NEW Skills is FUN and achievable by all !!

ALL Athletes / ALL Standards can learn together drill together have fun together

Competition programs more than amply reward successful competitors. NWA seeks to recognise endeavour and improvement by all.



“Athletics is... **TECHNIQUE**”

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