



North West Athletics

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Speed is a Skill - Speed is the Key

Russell Parsons, OAM

Australian Track & Field Coaches' Association: Level 4: Sprints; Hurdles; Distance; Relays

Olympic Athlete Program: Athletics Australia National Elite Juniors Co-ordinator, 1995-96

Education Victoria: Inaugural Most Outstanding Teacher Contribution to Sport, 1994

Debbie-Flintoff King Olympic Gold Track & Field Camps: 1992-1995

Speed is a Skill / Speed is the Key Camps Program: 1998-

Ouyen Secondary College, Sports Co-ordinator, 1967-1998

Australian Swimming Coaches' & Teachers' Association, Level 2(Bonze)

Geelong Swimming Club

Kings, Mornington & Echuca Swimming Intensive Programs: 1998 -

North West Athletics (1980 -)

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This outline presents **one approach** to a series of sequences and progressions that introduce young athletes to critical form elements as they pursue **their** speed potential.

Although we can not guarantee the acquisition of elite speed values, a well-organised program can help each person to acquire skills, and enhance their self esteem.

The acquisition of **new skills** is fundamental to developing higher levels of **self image**.

Sessions are based on 90 minutes.

Considerable variation to learning targets will be required. Various adaptations are constantly being made.

Accordingly, the plan should be seen as flexible ... but, it is better to have a plan that can be varied, than to have no plan at all. As a coach and teacher, you may modify the program with your own skills and expectations.

There has been a skill tags reward program developed to be applied in conjunction with the Speed is the key Program .. details in a separate document: the program is skill based and provides "rewards" for **all**.

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However

***We are what we repeatedly do;
(Only) Plenty of Perfect Practice Produces Permanent Perfect Performances***

Aknowledgements

The *Speed is a Skill* program has evolved over number of years through a series of fortunate but critical associations.

1. The **Debbie Flintoff-King Olympic Gold Camps Program** that offered me the opportunity to expand my relationships with coaches and athletes, and, develop an association with Seoul Olympic Gold Medallist **Debbie Flintoff-King** and her coach, currently Athletics Australia Head Coach, **Phil King**.

Their input, advice, and friendship has been fundamental to the developing quality of *Speed is a Skill*.

The DFK Program has been, in my opinion, clearly the best organised and highest quality track and field program for juniors in Australia.



2. **Loren Seagrave**, distinguished sprints and hurdles coach from the U.S.A., who with Kevin O'Donnell has packaged and marketed an excellent and comprehensive video series depicting a multitude of drills that can be used not just to stimulate the acquisition of speed, but add variety and fun to training sessions.

I was indeed fortunate in my role as National Elite Juniors Co-ordinator for Athletics Australia to travel Australia with Loren, to watch, to learn, to be inspired by his knowledge and ability to communicate.

I strongly advise teachers and coaches to investigate the Speed Dynamics video series: *Sprint Training I and II*; *High Hurdles I and II*; and *Drills for Speed*.

Summaries of the content of each video are available; the videos may be ordered from **Speed Dynamics**, 3503 Runelle Place, S.W., Lilburn, GA, 30247, USA;
Fax: (404) 972-5645

3. Thanks also to the many coaches across Australia, junior and senior athletes who have trialed various aspects of the program at DFK Camps, at Ouyen Secondary College, Athletics Victoria Heart Health Clinics, Athletics Australia OZ Squad Camps.

Special thanks to **Mark Woodbridge** (DFK Program, Berwick Secondary College) whose advice and support has been of special significance.

Speed is a Skill Program I is succeeded by two further Programs that introduce additional dimensions and challenges, and, encourage the acquisition of hurdle skills.

The bottom line for me is: More of (all of) our sprinters should be hurdling (properly).

But, *Speed is a Skill* has wider applications and benefits.

The programs address the wider issues of enhancing not just obvious motor skills, but also co-ordination, flexibility, and self-esteem, in an atmosphere that challenges students and athletes to explore their control over their bodies.

The FUN aspect of the program is limited only by our imaginations.

Decide: More of the same old lessons and same old responses; or, something different and the prospect of a different (perhaps more positive) reaction.

SPEED IS A SKILL



Week 1: Introduction 1 (Come 'n Try It) ... activities may be modified to match circumstances

Instructors: Track suit; NWA Tops; water bottles.
Need to be on hand 15 minutes before the session.
Pens, clipboards, information sheets, DFK Stretch Sheets .. provided.

Athletes ... Upon arrival: (15 minutes)

1. Athletes distributed with information sheets; pens provided .. assist to fill out forms.
Height / Arm Span Measurements
2. Jog around Gym .. Frog Stretch; One Leg Over/Under.
3. Brief Welcome .. explanation.
4. Continue warm-up: gym strides .. front / back / sideways / silent.

Tests: (Athletes carry their sheet to successive tests) (30-40 minutes)

(Note carefully the protocol for each test)

1. **Reaction Sprint:** .. one practice / one trial in pairs (split timer); prone, face down; feet on wall.
Complete the reaction sprint again, after the group has been finalised (e.g. Week 3).
2. **Netball Rebounds:** .. ball to rebound at or slightly above shoulder level; 2m from wall.
3. **Agility Run:**.. see set-up diagram.
4. **4 x Double Leg Bounds** .. from stationary stance.

Stretches: (6-10 minutes)

Review: Frog; One Leg Over /Under.
Introduce: Thigh Stretch / Simple Twist.

Drills: (20 minutes)

1. A Walk
2. A Skip
3. Ankling.
4. Butt Kick ... single leg.
5. Butt Kick ... alternating.



Video and Athlete demonstrations.

Races: (10 minutes)

Standing Starts .. foot (leg) / hand (arm) associations .. correct positions;
clap starts; progress to “falling” starts if time allows.

Next Week .. crouch starts (announce the progression).

Review: Drills / Stretches
Homework Sheet ... DFK Stretches
Plans for next week.
Presentations: Top Performers Week 1.

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Week 2: Introduction 2 (Come 'n Try It)

1. **Warm-Up:** active; varied.
Review of stretches ... introduce Simple Twist, Lying Forward Bend,
Modified Hurdle Sit.
Weight / Seated Height measurements incorporated in warm-up, or as
athletes arrive.

2. **Review of Drills from Week 1**

Ankling; Butt Kick ... single leg; Butt Kick ... alternating.
A-Walk; A-Skip.

Video and Athlete demonstrations.

Introduce: Double A's.

3. **Tests:**

Sit & Reach: can be completed during other activities.
Flying 20m: time and video.
Cricket Ball Throw ... if time permits.

4. **Starts:**

Review of Week 1: standing / falling.
Crouch starts ... foot, hand, shoulder, head position emphasis;
sprint to 15m; 4-5 trials.
2-3 Reaction drills to finish: e.g. "Running the Boards"; Prone-Clap-Sprint.

5. **Review**

Drills.
Warm Down.
Expectations .. presentations; what happens now?
Thank you to all who have tried the program.



Post Session:

1. Review of Tests.
2. Subjective evaluation.
3. Review of Video .. sprints / drills.
4. Letters to all who attended: thank you / well done.
Select and invite Pre-Squad and Skills Squad members.



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Week 1: Skills Squad

Pre-Squad Members are introduced and encouraged to acquire skills in a similar sequence but at a more conservative rate.

1. Welcome

2. Warm-Up:

active; varied.

Review of Stretches ... DFK Stretches Sheet to be given out at the end of the session.

By the conclusion of this week, all athletes should be familiar with the full range (8) of DFK stretches.

Explain Newsletter ... every two weeks.

Why bring a personal video? .. show an example of what they can expect.

Homework: Stretches.

3. Drills

Brief review of drills ... practice (group and individual).

Introduce: Double A's (variations on command) .. progress patiently.

Apply Drills: 3-4 Technical Build-Up Runs .. "Toe Up, Heel Up, Knee Up" ..
Run Quietly .. stepping over the opposite knee.

4. Reaction Sprints ... re-evaluation.

Timed individually .. times recorded on master sheet.

5. Reaction Drills

A-Skip (5m) >> sprint 15-20m.

Running the Boards (3 secs.).

Running the Boards >> sprint 20m.

6. Starts

Review: Standing; Falling; Crouch.

Introduce 3-pt. Starts.

Introduce Resisted Starts: Face and Chase.



7. Review

Double A's.

Command Drills .. smooth and instant changeovers.

Homework Sheets .. Stretches.

Top Performers: Week 1.

Warm Down.

Your Personal Performance Video

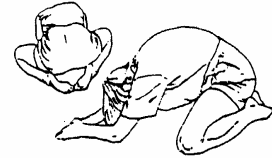
Each athlete must provide a new 3 hour VHS video, **clearly labelled**, for the accumulation of images of their progress.

You will be able to see yourself improve, and therefore believe in yourself and your capacity to excel.

(Some) Debbie Flintoff-King Stretches

Don't over-stretch; hold each stretch for at least sixty (60) seconds

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



2. **Thigh Stretch:** Kneel; back to the wall; place your knee against the wall; position your foot outside your buttocks so you can press back with your bottom into the wall. The opposing leg balances; repeat on both sides.



3. **Kneeling Twist:** (for the groin and lower back) Kneel on your right knee; bring your left knee out in front of you; extend your right shoulder over your left knee, pushing your palm to the ground.



4. **Sitting Forward Bend / Modified Hurdle Sit** (Hamstrings) Sit with legs outstretched; bend your right knee, the sole of the foot pulled into the groin. Using both hands, grip your left knee, ankle or foot (wherever you feel the stretch is enough). Repeat on both sides.



5. **Lying Forward Stretch (Bent Knee)** Sit, bending your right knee at 45°, extending your left leg straight back behind you. Lean forward stretching your arms in front of you. Keep your right buttock on the floor. Both sides.



6. **Dog Stretch:** Standing, feet shoulder width apart, with toes slightly turned in. Walk your hands away from your body, fingers pointed straight ahead. Head hangs loose; push your heels to the ground (hold); at the same time keep your buttocks high.



7. **Tricinasna:** (for the back) Best done against a wall. With feet apart (1m+), run your left foot along the skirting board (2cm out from the wall). Right heel back, toes pointed slightly inwards. Keep your legs straight; extend your left arm down; try to keep your shoulders back. Right arm raised above your head. Look up.



8. **Simple Twist:** Sit down cross-legged. Take your right leg over your left knee. Take your left shoulder inside your right knee, and hold on to your right foot. Turn, and look over your right shoulder.



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Week 2: Skills Squad ... catch-up week; preparing for Level 1 Testing.

Pre-Squad Members are introduced and encouraged to acquire skills in a similar sequence but at a more conservative rate.

1. Welcome

- 2. Warm-Up:** active; varied.
Review of Stretches.
Test on all (8) stretches in two weeks; Sit & Reach re-evaluation.

3. Drills

Level 1 Testing Next Week:

Practice and review of: "A" Walk; "A" Skip; Ankling; Butt Kicks; Alt. Butt Kicks;
Double "A's".

Review of drills ... practice (group and individual); music.

Apply Drills: 3-4 Technical Build-Up Runs .. "Toe Up, Heel Up, Knee Up" ..
Run Quietly stepping over the opposite knee.

4. Reaction Sprints ... re-evaluation (make-up if not completed in Week 1)

Timed individually .. times recorded on master sheet.

- 5. Videos:** show a sample; General Video of first 3 weeks: to be viewed by athletes / parents.
Athletes receive their personal video; show an example; **show ideal sprint model.**
Athletes to take their video home and watch carefully .. discussion next week.

6. Reaction Drills

A-Skip (5m) >> sprint 15-20m.
Running the Boards (3 secs.).
Running the Boards >> sprint 20m.

7. The "Feel of Speed"

- 3 Groups:
1. Stretches.
 2. Resistance Drills - Release (A-Skip; Double "A's").
 3. Broomstick Drills.

Rotate groups every 10 minutes.

8. Review

Introduce: Fast Claw.
Double A's.
Command Drills .. smooth and instant changeovers.
Top Performers: Week 2.
Newsletter ... remind about stretches.
Warm Down.



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Week 3: Skills Squad ... Bar Circuit / Preparation for Level 1 Testing.

Pre-Squad Members are introduced and encouraged to acquire skills in a similar sequence but at a more conservative rate.

- 1. Welcome:** questions re personal videos; what did you see? what was good? what are you going to aim to improve? Remind athletes to keep the video safe and in good condition (cannot be replaced).

- 2. Warm-Up: Drills & Stretches Review (15 mins.)**

Group Warm-Up: these (4) groups are to remain consistent for the remainder of the program .. for warm-up; for drills practice; assistants/coaches have a “home group” but work with all groups over every 2 week cycle.

Distinctive, speed related group name ... lists of group names.

Review of drills / stretches.

Reminder: Sit & Reach re-test next week.

- 3. Reaction Sprints:**

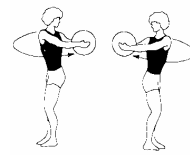
A-Skip (5m) >> sprint 15-20m.

Running the Boards (3 secs.).

Running the Boards >> sprint 20m.

A-Skip >> Running the Boards >> Sprint.

Starts: Standing / Falling / Four Point / Three Point.



- 4. Bar Circuit ... precede with video example / demonstration**

Modified Circuit as per attached Sheet.

Athletes with very light bars / poly pipe .. emphasis on correct movements.

Not too many lunges; 2 x 10 max.

Music.

- 5. Advanced Drills ... demonstration ... instructors / athletes.**

- 6. Sample Drills Level 1 Evaluation ... show how it will be done / show Certificates / explain the ratings procedure.**

Revision of Drills for Level 1: “A” Walk; “A” Skip; Ankling; Butt Kicks;

Alt. Butt Kicks; Double “A’s”.

- 7. Review**

Fast Claw.

Remind about stretches.

Remind about L1 Testing.

Top Performers: Week 3.

Coaches / Assistants .. associate athletes / parents; the “quiet word” .. to athletes / parents.



(Modified) **Bar Circuit**

(Very light bars / poly pipe; emphasis on correct movements)



To be completed to music

- | | | | |
|----|-------------------------------|---|-----------|
| 1. | BAR CLEAN & PRESS: | feet flat on the ground; bend your knees; elbows under the bar before pushing to full extension. | 15 |
| 2. | SWITCH-OVER SPRINGS: | balanced; on the balls of the feet. | 20 |
| 3. | SIT-UPS: | bent knees; bar on chest; feet flat on floor. | 15 |
| 4. | BICEP CURLS: | stay tall; keep the bar under control; full extension of the arm as bar is lowered. | 15 |
| 5. | 1/4 SQUAT SPRINGS: | small, explosive movements; maintain balance; on the balls of the feet. | 15 |
| 6. | BENCH PRESS: | hands slightly wider than shoulders; feet flat on floor; knees bent; down “slow”, up “faster”. | 15 |
| 7. | LUNGES: | count is on one lead leg; keep upper body upright; extend back leg; front lower leg is vertical in the full lunge position. | 10 |
| 8. | UPRIGHT ROWING: | narrow grip; elbows always stay above the bar; lift up along the line of the body; stay tall / upright throughout. | 15 |

Build (over time) to 2-3 x Circuit.

Separate each cycle with 30-60 seconds “A” Skip Drill (in place).

Maintain fluid intake during the circuit and between cycles ... encourage athletes to challenge themselves but work at their individual standards.

Vary the Activities: among the other possible inclusions are: Tricep Curls; Reverse Curls; Heel Raises; 1/2 Squats; Military Press; Bent-Over Rowing; Extended Sit-Ups; and a million more.

Don't overdo it !! ...

Encourage the athletes to explore and have **fun** with these (**correctly executed**) new movements.

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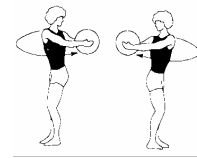
Week 4: Skills Squad: Level 1 Testing / Skills Circuit

1. **Welcome**
Outline the Program for Week 4.
2. **Warm-Up:** Warm-Up Groups ... stretches / drills (15 minutes).
Organise assessment groupings during the warm-up.
3. **Level 1 Testing:** conducted in groups of 2-3; (Allow 40-50 minutes)
During the Drills Testing .. athletes re-test Sit & Reach.

4. **Skills Circuit** .. about 5 mins. at each activity.

(Note: Activity 2 and 4 require athletes to work in pairs)

1. **Drills:** Fast Claw; A-Skip; Double A's.
2. **Football / Netball Hand-Passes:** 3 x max. in 30 seconds; boys / girls.
Preferred / Non-Preferred / Alternating
3. **Drills:** Alternating Butt Kicks; Alternating Fast Leg.
4. **Back-To-Back:** Netball / Football Twisting Passes;
3-4 x max. in 30 seconds; boys / girls.
5. **Running the Stairs:** every step.



5. **Discussion / Video of Drills** ("Drills 2")
6. **Extension:** Review Fast Claw single / coach commands.
Introduce "B" Skip Full Group.
Small Group practices.

7. **Warm-Down**

Congratulate on Level 1 Tests; distribute Certificates.
Top Performers: Week 4
Next Week: "B" Skip / Combinations; a Newsletter;
and, the Pentathlon (explain).
Reaction Sprints.



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Note! It is important to keep an accurate record of the Ratings achieved by each athlete at each assessment.

All athletes should display progression over the series of assessments.

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Week 5: Skills Squad: Pentathlon ... Five (5) activities

1. Welcome

Warm-Up; emphasis ... Review of Stretches.
Stretches to be tested next week ... Certificate (DFK Stretches).

2. Drills Revision dynamic movements:

All Level 1 Sprint Drills; “B” Skip; Fast Claw .. Single, Multiple, Coach Commands.
Full Group and W/U Group practices.

3. Pentathlon

Explain: Four (4) levels .. **Blue**(>20) / **Red** (16-20) / **Green** (10-15) / **Black** (<10)

Five Activities (Skills): 1-4: completed in small groups, assessed by group leader (master sheets); 5: Full Group .. assessed by Head Coach.

5-8 Mins. per activity

(Explain .. Demonstrate .. Practice .. Feedback .. Practice .. Assess)

(Ratings: 5, 4, 3, 2, 1)

- 1. Crouch (Medium) Starts:** sprint to 20m.
e.g. Back foot firmly against skirting board; front foot level with back knee; shoulders over hands; bridging; appropriate hand spacing; “Set”; “GO!” (clapboard).
- 2. A-Skip (Poly Pipe on Shoulders)**
“Toe Up, Heel Up, Knee Up; Step over the opposite knee”;
Fast (dynamic yet controlled) movements; relatively slow forward progress; “Tall, Tall, Tall”; slight forward lean.
- 3. A-Skip (5m) / Running the Boards (2-3 sec.) >> Sprint 15m**
All “A” Skip form elements; fast transitions; running the boards for 2-3 seconds; smooth, fast transition to the sprint.
- 4. Fast Claw (single, multiple)**
“Toe Up, Heel Up, Knee Up; Step over the opposite knee”;
Upright; don’t “sit” or lean back; “negative foot speed”;
contact with ball of the foot; recover to starting point; FAST.
- 5. Coach Command Drills**
Small groups (max. of three) demonstrate at least four (4) different drills on request; smooth “changeovers” critical.



4. Video ... Sprint form: brief discussion of key elements; relate to the drills; e.g. “B” Skip; Fast Claw; ...

5. Striding (Sprint Form) ... mostly from Falling Starts (20 metres).

Variations: Explosive; Build-ups; Silent Running; Reaction Drills.

6. Warm-Down

Present ribbons .. results collated during **Striding**.

Top Performers: Week 5.

Next Week: Stretches assessment: show Certificate.

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Pentathlon Assessment Sheet

Based on Warm-Up Groups

Awards: **Blue** (>20); **Red** (16-20); **Green** (10-15); **Black** (<10)

Record the Ratings for your activity; transfer to an Aggregate Sheet
Determine Awards

Group Leaders to present awards.

Group: _____

Date: _____

Name	1	2	3	4	5	Aggregate	Award



Pentathlon Assessment Sheet

Awards: Blue (>20); Red (16-20); Green (10-15); Black (<10)

Date: _____

1. **Crouch (Medium) Starts:** sprint to 20m.
e.g. Back foot firmly against skirting board; front foot level with back knee; shoulders over hands; bridging; appropriate hand spacing; "Set"; "GO!" (clapboard). 5 4 3 2 1

2. **A-Skip (Poly Pipe on Shoulders)**
"Toe Up, Heel Up, Knee Up; Step over the opposite knee"; *Fast* (dynamic yet controlled) movements; relatively slow forward progress; "Tall, Tall, Tall"; slight forward lean. 5 4 3 2 1

3. **A-Skip (5m) / Running the Boards (2-3 sec.) >> Sprint 15m**
All "A" Skip form elements; fast transitions; running the boards for 2-3 seconds; smooth, fast transition to the sprint. 5 4 3 2 1

4. **Fast Claw (single, multiple)**
"Toe Up, Heel Up, Knee Up; Step over the opposite knee"; Upright; don't "sit" or lean back; "negative foot speed"; contact with ball of the foot; recover to starting point; FAST. 5 4 3 2 1

5. **Coach Command Drills**
Small groups (max. of three) demonstrate at least four (4) different drills on request; smooth "changeovers" critical. 5 4 3 2 1

Total Score:

Coach: _____

(Only) Plenty of Perfect Practice Produces Permanent Perfect Performance



Selected Stretches: (Debbie Flintoff-King)

Assessment

Rating Scale

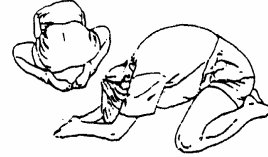
5 = Excellent; 3 = Satisfactory & Improving; 1 = Work Hard to Improve

Name: _____

Date: _____

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

5 4 3 2 1



2. **Thigh Stretch:** Kneel; back to the wall; place your knee against the wall; position your foot outside your buttocks so you can press back with your bottom into the wall. The opposing leg balances; repeat on both sides.

5 4 3 2 1



3. **Kneeling Twist:** (for the groin and lower back) Kneel on your right knee; bring your left knee out in front of you; extend your right shoulder over your left knee, pushing your palm to the ground.

5 4 3 2 1



4. **Sitting Forward Bend / Modified Hurdle Sit** (Hamstrings) Sit with legs outstretched; bend your right knee, the sole of the foot pulled into the groin. Using both hands, grip your left knee, ankle or foot (wherever you feel the stretch is enough). Repeat on both sides.

5 4 3 2 1



5. **Lying Forward Stretch (Bent Knee)** Sit, bending your right knee at 45°, extending your left leg straight back behind you. Lean forward stretching your arms in front of you. Keep your right buttock on the floor. Both sides.

5 4 3 2 1



6. **Dog Stretch:** Standing, feet shoulder width apart, with toes slightly turned in. Walk your hands away from your body, fingers pointed straight ahead. Head hangs loose; push your heels to the ground (hold); at the same time keep your buttocks high.

5 4 3 2 1



7. **Tricinasna:** (for the back) Best done against a wall. With feet apart (1m+), run your left foot along the skirting board (2cm out from the wall). Right heel back, toes pointed slightly inwards. Keep your legs straight; extend your left arm down; try to keep your shoulders back. Right arm raised above your head. Look up.

5 4 3 2 1



8. **Simple Twist:** Sit down cross-legged. Take your right leg over your left knee. Take your left shoulder inside your right knee, and hold on to your right foot. Turn, and look over your right shoulder.

5 4 3 2 1

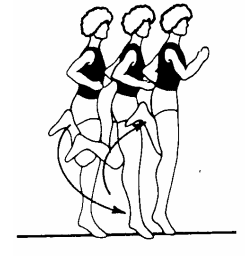


Week 7: Skills Squad: Relays / Level 1 Assessment (Stage 2)



- 1. Welcome**
Warm-Up .. Full Group .. elements of Active Dynamic Warm-Up.
Netball / Football / Basketball Hand Passes.

- 2. Review:**
On the track or in the gym: All Level 1 Drills (W/U Groups).
Level 2 Drills: Full Group .. Fast Leg (L); Fast Leg (R):
“B” Walk; “B” Skip; Alt. Fast Leg.
Introduce “C” & “A” Drill .. demonstration; practice.



- 3. Progression ... Have you developed your skills?**

4.1 Level 1 Assessment .. Stage 2

also

- 4.2 Falling Starts
4.3 3-Point and Medium (4-Point) Starts

- 4. Relays (40 minutes)**

On the track .. pre-selected teams on the “short course”; i.e. on a course of approximately 150-200 metres in total length.

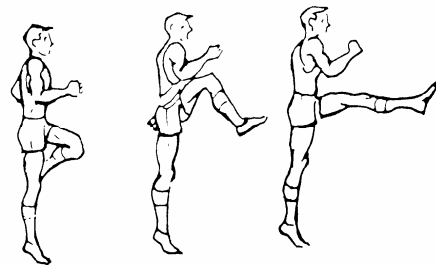
Demonstrate ... explain .. “have-a-go” .. feedback .. “have another go”
Fun emphasis .. 2-4 runs; change relay positions at least once.

- 5. Warm Down**

2-3 Stretches; remind of importance.

Top Performers, Week 7.

Next Week: **The Best 5** ... W/U Groups to demonstrate their best five (5) drills .. plan with Group Leader.



**Week 8: Skills Squad: Review and Extension
(B-Skip)**



1. Welcome

Video introduction .. Lead in Tape (World Ch. '95 / Oly. '96).
Warm-Up .. Full Group .. Stretches / Active Dynamic Warm-Up.

2. Starts: Full Group, but working in W/U Groups.

Falling; 4-Point; 3-Point.
Mule Kicks.
Donkey Kicks.
Resisted Starts.
Face and Chase.

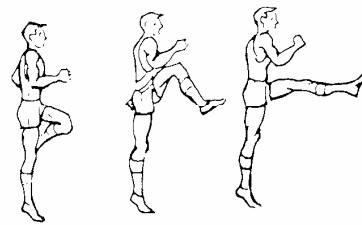
3. Best 5 Drills: in W/U Groups; 2-3 repeats done as Coach Command Drills.

4. B-Skip Drill ... (15-20 minutes) ... stress importance

Full Group: demonstrate.
Full Group: practice.

W/U Group: practice

Full Group: review.



Three (3) phase movement;
keep knee lift lower than depicted; toe “up” throughout; extension .. heel push;
“snappy” movements; eye focus ahead not down. Careful rehearsal .. walking.

5. Bar Circuit: review Bar Circuit from Week 3

Brief revision .. 1-2 circuits to Music

6. “C” Type Drills

Explain / demonstrate: “A” / “B” Movements.
“C” Type Movements.

Introduce: Continuous “C”; “C & A” Drill; “A/Double C”.

7. Warm Down

Jogging / stretch.
Brief visual quiz; also, *Take Home Test*.
Top Performers: Week 8.
Announce Plans for Week 10 .. Program Evaluation

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Challenge Yourself



Parents can assist.

Name:

1. Study the graphics below. Indicate the correct sequence or order in which the figures should be placed to demonstrate a crouch start and sprint:



A



B



C



D

Answer:

2. The athlete in the graphic is attempting A-Skip.

Circle an area where the athlete should try to improve.

Use a word or phrase to explain what should be the main focus of that improvement.



3. Complete the following statement:

Long levers (e.g. arms) move slower,
Short levers move _____

4. List three (3) things you should do in your warm-up. (Hint! Check out the Graphic for one.)

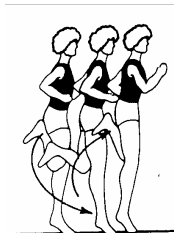
1. _____

2. _____

3. _____



5. Identify (name) the drill:



Suggest one (1) "very good" thing the athlete is doing as she demonstrates this drill:

Prizes for the five (5) neatest and best answers.

Week 9: Skills Squad: Preparation for Level 2 Testing



1. Welcome / Warm-Up

Variations .. Stretches; Strides; Fast Claw; Passes; Relays.

2. A Training Session

Brief video introduction: "Drills 2": *Speed Drills (Session)* .. 5-6 minutes.

Video depicts and organises: A-Skip; B-Skip; Knees Up Starts; Double A's;
Butt Kicks: Full, L, R, Alt., Full; Arm Swings (Dumbbell / Active Legs);
Combination Drill; A-Skip (wt./release); Combination Drill;
Starts: 3 pt., 4-pt., (exclude Push-Up Starts) .. include, Mule Kicks.
Finish with 2 x 10 Lunges

Technical Model emphasis in all running, run outs, and jog outs.

To be conducted in three (3) Groups: supervised by Group Coaches.

Junior ... Intermediate ... Senior
(Determine composition before the session)

Overview: Head Coach.

Allow at least 45 minutes to complete.

Be flexible: adjust the challenges to the capabilities of each group.

3. Stretching .. informal review of the session. (5-10 minutes)

4. Preparation for Level 2 Assessment: Review of Drills

Demonstration: to the Full group; W/U Group practice.

Fast Leg (L); Fast Leg (R): "B" Walk; "B" Skip;

Alternating Fast Leg; "C" & "A".

5. Extension ... introduce Combinations: Fast Leg / Butt Kick

6. Warm Down

Jogging / stretch.

Take Home Test results .. prizes.

Top Performers: Week 9.

Announce Plans for Week 10 .. Level 2 Testing.

Newsletter: A Presentation Evening: list Level 1 drills and starts to be displayed and by whom.

Ensure Individual Data Sheets on each athlete are compiled.

