

GENERAL WARM UP

JOG: Where and how far you jog will depend on your environment and space provided but generally running a lap of the track and meeting at a certain point to stop and get into the next stage of the warm up is the easiest. Ensure that you encourage athletes to jog and not to race each other. The children should be warm enough to be able to stretch their bodies comfortably; usually 400m is enough. Asking the athletes “are you all warm now” or “are you puffed now” will give you a good indication. As we all know, Ballarat can be freezing, so if you find that the athletes are not warm enough after a lap, instruct the athletes to run for a few short bursts and then sprint on the spot.

DRINK BREAK

STRETCH: Try to use a large variety of stretches that will target all parts of the body and try to conduct the athletes to do the stretches randomly (legs, arms, core, back, neck etc.) I have included some common stretches below. Hold for around 10- 20 seconds for each stretch.

1. Arms: across and over head
2. Legs: knee held up to chest then foot held back to butt
3. Back: Rotations, keeping legs/feet planted, sway arms from left to right while body is up tall
4. Neck; Forward to back X3 then left to right X3

DRINK BREAK

RUN THROUGHGS: X3, Smooth and in control run throughs between 60-100m Making a point of straight and tall bodies, 90 degree arms, striding out the legs with good extension and looking straight ahead. If you find that the athletes are trying to race each other instead of being in control, try doing a staggered start by instructing athletes in each lane to go on your command.

DRINK BREAK

DRILLS: X2 of each drill for about 20m each time.

1. High Knees
2. Butt Kicks
3. Skipping
4. Grape vine / side stepping

DRINK BREAK

ACCELERATIONS: From a standing start or from blocks, instruct athletes to sprint out between 20-40m at a comfortable fast pace. Instruct athletes to use their arms to drive their legs to push off fast and powerfully. This will not only allow athletes to practice their starts but help to get their legs ready to run faster and harder than they were going in the run throughs.