

AAAC COACHING CHILDREN ATHLETICS

JUMPING MOVEMENTS - GENERAL

Develop an all-round multi-directional jumping vocabulary on one and two feet in all directions and amplitudes.

Body parts have to “brace” or stop before release – teach and condition them to brace / land before teaching them to jump.

The event is the approach run – teach them to run correctly.

Take-off and landing: extend at the hip, knee, ankle (in this order) to maximise take off.

Push down and backwards to jump forwards.

Lean slightly in the direction of jump.

Land with feet shoulder width apart, soft knees (bending at knees) and flat foot action. Only a credit card gap should be beneath the heels on landing. On landing knee should point in the same direction as foot. Land with knees apart over toes.

LONG JUMP SPECIFIC

Identify preferred take off leg.

On take-off focus forwards not down wards at the take-off board.

Keep body upright and hips high at take-off.

Swing arms backwards then forwards.

Land in sand pit with heels first, bend knees to absorb momentum.

When landing-allow the body to travel over the foot placement in a forwards or sideways direction but not backwards. Always encourage athletes to walk out the end of the pit.

Where we want to get the athletes:

- Get the basics
 - Take-off from single foot
 - Sprint on the runway
 - Controlled landing
- To a position where they can be independent at competitions
 - Understand run-up and how to adapt during events
 - Understand basic rules – take-off board, mark in the sand
- To a position where they can progress technique
 - Become comfortable with the basics – sprinting, take-off, landing
 - Become comfortable with challenges – jumping high, flight, short run-up, obstacles

What can coaches do out with an athletics facility:

- Work on coordination
- General jumps activities
- General landing activities
- Speed work

HIGH JUMP SPECIFIC

Running the curve- keep body tall with a gradual and smooth entry into curve, no bending at the waist. Athlete leans into curve. Set out cones to encourage athletes to run a J shape approach.

Encourage athletes to focus forwards not down.

Drive the leg closest to the bar up and over the bar, keeping the knee slightly bent.

Take off leg follows to complete the jump.

Scissor jump- land on mat on lead foot

Fosbury flop- drive vertically at take-off, using the arms in an upward motion to aid jumping technique. Drive the inside knee up to 90 degrees, then stretch the body after take-off. At take off fully extend at the hip, knee, ankle.

Stay tall and keep the body posture tall during take-off.

Push hips upwards to arch over the bar, lift the legs clear and land safely with the mid to upper back touching down first.

Where we want to get the athletes:

- Get the basics
 - Become comfortable with side jumping
 - Reasonably straight legs
 - Include run-up
- To a position where they can be independent at competitions
 - Understand run-up and how to adapt during events
 - Understand basic rules – turn-taking, starting height
 - Become comfortable with competition bar
- To a position where they can progress technique
 - Establish an appropriate landing medium – sand, small mat, big mat
 - Become comfortable with the basics – scissor jump, straight run-up, land on feet
 - Introduce progress – Fosbury flop
 - Practice flopping
 - J-curve run-up
 - Etc.

What can coaches do out with an athletics facility:

- Work on coordination
- General jumps activities
- General landing activities
- Speed work

TRIPLE JUMP SPECIFIC

Athletes should try and maintain equal phases and not overstretch.

Hop, step and jump sequence (same foot to same foot, to other foot, to both feet)

Keep hips square (facing forwards), body upright and use arms for balance at hop, step and jump take offs.

Encourage the athlete to extend at the hips, knees and ankle (in that order) at each take off.

Where we want to get the athletes:

- Get the basics
 - Manage the technique
 - Run on the runway
 - Control
- To a position where they can progress technique
 - Become comfortable with the basics
 - hop, step, jump
 - introduce run-up
 - break the phases down to master the technique
 - Become comfortable with challenges – introduce speed, timing

What can coaches do out with an athletics facility:

- Work on coordination
- General jumps activities
- General landing activities
- Hurdling
- Speed work

COMPETITION

Child marks run up. Odd number of steps closest to child's age. Encourage the athlete to run normally to mark run up and not over stride.

Take off not touching plasticine on take-off board.

Always walk out from sand pit away from take-off board.

RUNNING MOVEMENTS -GENERAL

Early coaching centres on PAL (Posture, Arms and Legs).

Develop an all-round multi-directional running vocabulary.

Speed and co-ordination and multi-directional work introduced & developed through play and game-based activities: planned repetitive short-duration interval activities.

Get the foot contact and recovery right and the knee, hip and trunk should follow. If not then check the action from the top down.

Upright posture

Shoulders and body should be aligned forwards

Arms drive backwards, not across body

Relax face and neck to relax shoulders

Hips tall

Head up focussing 20m in front

Feet land directly under shoulders.

Every athlete in an athletic club should at the very least:

- Have a neat standing start position
 - One foot on line
 - Feet point forwards
 - Opposite arm opposite leg
 - Look forwards or towards the ground
 - Bend knees
 - Low centre of gravity
- Know to stay within their own lane during a sprint ($\leq 400\text{m}$)
- Know to take the shortest route during a race in excess of 400m
- Understand how to run through the finish line
 - Don't slow down up to the line
 - Decelerate gradually having passed the line
 - Stay within their lane following a sprint until it is appropriate to leave the track
- Know where the various start areas are on the track
- Appreciate how to behave on/around a track during competition and training

SPRINT SPECIFIC

Bring knee up so its parallel with ground and toes up towards shin

Heel up and under buttocks

Ankle at 90 degrees and not dangling by the time foot starts to accelerate down to the ground

Foot hits ground directly under body.

Active strike (down and back action) on the ball of the foot. Athletes should only have credit card gap under their heel on contact.

Drive elbows back, keep a relaxed 90 degrees angle at the elbow. Arm drive powerful but relaxed, socket to pocket action.

ENDURANCE SPECIFIC

Mechanical before metabolic.

Aerobic system work introduced through a) aerobic fartlek (speed play) activities: i.e low intensity continuous activity over a variety of surfaces at a variety of speeds, and b) the use of tempo running modules.

Get athlete to check heart rate resting. Maximum heart rate $220 - \text{age}$.

Steady running 70% - 80% of maximum heart rate.

Sustained pace running 80% - 90% of maximum heart rate.

Run intervals at differing paces. Work on pace judgement. Check heart rate after running to ensure working in appropriate training zone. Break a set distance into several phases indicated by markers. Encourage athlete to hit each check marker in a specific time.

Include speed play, fartlek, as part of training, speeding up and slowing down based on a whistle or specified marker.

Athletes should gradually increase the distance and time they run.

Land mid foot with a down and back action, only have credit card gap under their heel on contact.

Athlete brings heel up under their buttock.

Keep shoulders relaxed and upright posture.

Athlete drives arms from chest to pockets with efficient movement.

Knees do not come as high as sprinting.

COMPETITION

Sprints

Can be a standing start, crouch start or block start (recommended U15+)

With athlete standing back from start line, Starter will say, on your marks, get set, bang (starters gun)

Run in lanes

Endurance

800m can be run starting in lanes then break at 100m on the back straight indicated by yellow markers on track or the 800m can start on a curve.

Athlete moves to lane 1 at break.

1500m starts on curve at the 300m start on track.

Hurdles

Athletes should aim to take off approximately 2/3 of the hurdle stride in front of the hurdle.

Athlete drives forward more than upward at take off.

Drive knee of lead leg straight at hurdle at take off then extend the heel towards the hurdle. This will maintain a linear lead leg.

Athletes should fully extend hip, knee and ankle joints at take off.

Shoulders and body should be facing forwards throughout.

Gradually work up to the competition height.

COMPETITION HEIGHTS

U13G	70m distance	68.5cm Height	11m to 1 st hurdle	7.0m between hurdles	10m to finish	8 hurdles	Pink mark on track
U15G	75m	76.2cm	11.5m	7.5m	11m	8	Orange
U13B	75m	76.2m	11.5m	7.5m	11m	8	Orange
U15B	80m	84cm	12m	8m	12m	8	Black

THROWS MOVEMENTS – GENERAL

INSTRUCTIONS HERE ARE FOR RIGHT HANDED THROWERS

Explain rules at beginning of session.

Instruct athlete when they can throw safely.

Only allow athletes to retrieve equipment when everyone has thrown.

Throw two-handed and one-handed from one and two feet in every plane and direction as a starting point.

All throwing starts at the feet and transfers forces all the way to the hand.

Body parts have to “brace” or stop before release – teach and condition them to brace / land before teaching them to throw.

Weights:

Groups	Age	Discus	Shot	Javelin	Hammer
U13 Boys	11 & 12	1Kg	3.25Kg	400g	3Kg
U15 Boys	13 & 14	1.25Kg	4Kg	600g	4Kg
U13 Girls	11 & 12	0.75Kg	2.72Kg	400g	3Kg
U15 Girls	13 & 14	1Kg	3Kg	500g	3Kg

Can only coach discus and hammer, with competition equipment, if you have completed this module online and completed health and safety assessment following completion of Coach qualification.

Shot Put

Rest the shot put on the base of fingers of the hand not the palm. (Clean palm/dirty neck)

Place the shot under the chin at the side of the neck with elbow high.

Keep the wrist firm.

Stand sideways on to the direction of throw. Left toes are in line with heel of the right foot. Right foot is at a diagonal.

Both legs are bent with weight on the ball of the right foot.

Turn shoulders away from the direction of the throw.

Athletes chin, right knee and right toes should be in line with each other creating a Chin, Knee, Toe (Power Position).

Curve back, face over back foot, pretend to look at watch on left arm.

Keep elbow high with the shot put placed under the chin and against neck throughout the movement prior to release.

Keep the throwing elbow high throughout the movement.

Transfer the body weight from the right leg to the left leg in delivery phase moving from low to high.

In delivery phase, drive and turn the right hip up and forward over the straightening left leg.

Keep the left arm high in the delivery phase.

Push right arm long and high extending at the elbow, then wrist and finally flicking with fingers.

Where we want to get the athletes:

- Get the basics
 - One handed push from neck
 - Use entire body, not just arms
- To a position where they can be independent at competitions
 - Mastery of a basic technique
 - Understand basic rules – turn-taking, circle exit, neck push, palm of hand
- To a position where they can progress technique
 - Become comfortable with the basics – low position, twist, power, extend
 - Become comfortable with challenges – movement in circle, technique control

What can coaches do out with an athletics facility:

- Work on coordination
- General jump extension activities
- General push activities
- Power work

COMPETITION

Athlete must wait to be called to throw behind shot put circle, on side away from direction of throw.

Shot put must be thrown from neck to be scored.

Athlete must not step over the wooden kick board at front of throws circle when throwing or leaving the throwing circle.

Athlete must leave the throws circle for the rear.

JAVELIN

Standing Throw

Hold the javelin back with an extended arm and palm high facing towards the sky. (like holding a hot dog).

Stand side on with feet shoulder width apart, left foot in front with foot pointing forwards.

The free arm is reached out in the direction of the throw when the throwing arm is held back.

Extend the right leg at the knee and ankle and drive the right hip forward over a straightened left leg.

After the hip drive, pull the javelin through the point with the elbow high and close to the ear.

The free arm is rapidly brought into the side of the body, with the shoulder remaining as far forward as possible, creating a stretch of the chest.

Keep the body in a high, straight release position.

Ensure the elbow remains above the shoulder when the athlete performs the javelin throw.

Where we want to get the athletes:

- Get the basics
 - Become comfortable
 - Side-on start position
 - Controlled launch
- To a position where they can be independent at competitions
 - Understand their technique and not copy others
 - Understand basic rules – runway, boundary line, javelin landing
- To a position where they can progress technique
 - Become comfortable with the basics – standing star position, throw passed your eye
 - Become comfortable with challenges – introduce run-up, alternative implements

What can coaches do out with an athletics facility:

- Work on coordination
- General throws activities
- General pulling activities
- Power work

COMPETITION

Athlete must wait for horn sounding before throwing.

Athlete must not step or fall over the throwing line either during the throw or when leaving the runway.

DISCUS

Can only coach discus and hammer, with competition equipment, if you have completed this module online and completed health and safety assessment following completion of Coach qualification.

Rest rim of discus on the finger tips. Open up fingers but do not stretch them too far apart. Thumb is not placed on discus.

Start with shoulders square to the back of the circle with left toes in line with the heel of the right foot, approximately 1 ½ shoulder width apart.

Wind up body, so the shoulders are away from the direction of throw but feet remain in place. The athlete should keep a straight back.

Both legs are bent with weight on the ball of the right foot.

Athletes chin, right knee and right toes should be in line with each other creating a chin, Knee, Toe Power Position.

Swing the discus backwards, keeping the arm at shoulder height with palm down. This needs to be done quickly so discus does not fall from hand.

Initiate the throw with a vigorous action of the right hip and leg turning to the front. Athletes pivot on the ball of their left foot.

After the hip has driven, pull arm through long and fast.

Keep the arm long and relaxed with a good upright posture.

Left leg, then hip, brace prior to release transferring force.

Where we want to get the athletes:

- Get the basics
 - How to handle the implement
 - Controlling the implement
 - Get the implement out the cage
- To a position where they can be independent at competitions
 - Understand their technique
 - Understand basic rules – circle exit, sector
- To a position where they can progress technique
 - Become comfortable with the basics – use the whole body, straight arms, flight
 - Become comfortable with challenges – technique advancement

What can coaches do out with an athletics facility:

- Work on coordination
- General push activities
- General pull activities
- Power work

COMPETITION

Discus is thrown by the athlete from a cage on infield

Athlete must wait for horn sounding before throwing.

Do not fall or step over the front of the circle when throwing

Leave by the back of the circle

HAMMER

Can only coach discus and hammer, with competition equipment, if you have completed this module online and completed health and safety assessment following completion of Coach qualification.

Stand with feet slightly wider than shoulder – width apart with back to the direction of throw.

Keep the back straight, legs slightly bent and weight evenly balanced on both feet.

Use body and weight distribution on the feet to counter the pull of the hammer.

Extend the arms and swing the hammer from low, just off the right foot, to a high point above the left shoulder.

Accelerate the hammer with both feet in contact with the ground as long as possible.

Athlete pivots, balanced on the heel of the left foot and ball of the right foot to aid the swing technique.

COMPETITION

Hammer is thrown by the athlete from a cage on infield.

Do not fall or step over the front of the circle when throwing

Leave by the back of the circle

PHYSICAL COMPETENCY STANDARDS

8 -10 YEARS NEED TO BE ABLE TO:

Squat – arms in front

Lunge – forward and return

Lateral Brace – Forearm 25 seconds

Push up – End year 2, 5 reps

Lying pull Up - End year 2, 5 reps

Landing – two feet to two feet

10 -12 YEARS NEED TO BE ABLE TO:

Squat – 10 reps, arms behind head

Single leg Squat – to 90 degrees, each leg

Overhead Squat

Lunge – End of year 1 – Forward & Return, 5 reps each leg. End of year 2 – Walking lunge to 10m

Lateral Brace – Hand, 45 seconds

Push Up – 10 reps

Chin Up – End year 1, 1 rep

End of year 2, 5 reps

Hinge- lower to mid -shin and return

Landing - double to double

Single to single

Lateral step and stick

SESSION ORGANISATION

If you need to use a certain area of the track/indoor arena, arrange with other coaches working within the area prior to session.

Registration

Introduction of session and tell athlete aim of session

Q & A

Determine any injury or illness

Risk assessment of area, equipment and athletes

Q & A at end of session to check for athlete understanding

DELIVERY

Set up a positive learning environment “No lists, no laps, no lines”

No queuing

No long talking

Lots of activities

TYPICAL SESSION

15 mins warm up and drills

15 mins conditioning

20 mins main activity/activities

10 mins cool down/stretch

RW PDO/RW/JJ 2018