



Eden Prairie
Track & Field Association
2010 Skills & Drills Progression

Boys and Girls
K-6



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EPTFA Skills & Drills Progression

Each year there is a different point of emphasis for the skills of the developing runner. From year to year the skills get progressively more difficult. The drills progress from a few simple and easy drills for the younger runners to a greater number of more difficult and more complicated drills for older runners.

Coaches should focus on the points of emphasis for their age level, and should reinforce the skills and drills learned in previous years. For instance, when coaching third graders the main point of emphasis for the arms is keeping the elbows in close to the runner's body, the main point of emphasis for the legs is low heel recovery, and the other main point of emphasis is tall posture. The coach should start the season using drills the runners know from the previous years using elbows in as the main point of emphasis; the coach should also remind the runners what skills they learned in previous years like staying relaxed and arms at 90 degrees.

As the season progresses, the coach introduces the new drills for the year. The coach should mix drills from the current year with any previous year's drills within any practice session making sure to keep the yearly points of emphasis.

Practice Stretches

Before practice, stretches should not be static, but instead moving, dynamic stretches are recommended. These stretches, along with drills will be used both for coordination and flexibility.

K-3 Stretches

On Ground

Bicycle

Scissors (front to back)

Scissors (side to side)

Standing

Arm circles

Leg Swings (front to back)

Leg Swings (side to side)

4-6 Stretches

On Ground

K-3 Stretches plus:

Front Eagles

Back Eagles

Rollover Hurdle

Hurdle Seat Exchange

Standing

K-3 Stretches

Stretch Descriptions

K-3 Stretches

Bicycle- Athletes lie on back with legs in the air and make bicycle pedaling motion. Pedal for 10-20 seconds.

Scissors (front to back)-Athletes lie on their backs with their legs in the air as straight as possible. They move their legs front to back over their head. Repeat 10-20 times.

Scissors (side to side)-Athletes lie on their backs with their legs in the air as straight as possible. They move their legs side to side over their head. Repeat 10-20 times.

Arm Circles-With arms held straight to the side the athlete makes increasingly larger circles.

Leg Swings (front to back)- Make sure there is enough room between the athletes so they are not kicking each other. Athletes stand by a fence for support. They move their legs front to back as high as they can, keeping their legs straight as possible. Make sure there is enough room so they are not kicking each other.

Leg Swings (side to side)- Make sure there is enough room between the athletes so they are not kicking each other. Athletes stand by a fence for support. They move their legs side to side as high as they can, keeping their legs straight as possible.

4-6 Stretches

Front Eagles-Athletes lie on stomachs in a spread eagle position. The athlete alternately brings the right foot to the left hand and then the left foot to the right hand. Repeat 6-10 times

Back Eagles-Athletes lie on back and use the same alternate leg motions as front eagles

Rollover Hurdle-Athletes start in hurdle stretch position with leg oriented outward. The back leg is brought forward over the straight leg. As the leg is coming forward the athlete rolls to the side in the same direction as the backward leg is moving. The athlete completes the roll with his/her legs in opposite positions as the start. Rollover 8-10 times.

Hurdle Seat Exchange- Athletes start in hurdle stretch position with lower leg oriented inward. Then they roll backward onto their backs, then roll forward off their backs and finish in the hurdle stretch position with their leg position exchanged (whichever leg was straight is now the curled in leg).

Coaches Checklist: Running Form

Head

Jaw relaxed
Shoulders relaxed
Eyes up
Head level, not up

Arms

Hands relaxed
Action front to back
Elbows up on backward swing
Hands to chin on forward swing
Elbow angle < 90° forward swing
Elbow angle > 90° backward swing

Posture

Shoulders down, but not hunched
Tall through torso
Forward lean
Lean from ankles not waist

Legs

Foot plant under hips
Active foot plant
Knees up
Ankle step over knee
Foot dorsal flexed
Full extension of hip
Full extension of knee
Full extension of ankle

Points of Emphasis

Relaxed running
Front to back motions, not side to side
High Knees
Elbows back

Coaches Vocabulary

“Knees Up, Toes Up”
“Claw the Ground”
“Elbows Back”
“Relax Your Neck, Shoulders, Face, Hands”

EPTFA List of Events by Grade

Running Events	K	1 st Grade	2 nd Grade	3 rd Grade	4 th Grade	5 th Grade	6 th Grade
50M Dash	X						
100M Dash	X	X	X	X	X	X	X
200M Dash		X	X	X	X	X	X
400M Dash	X	X	X	X	X	X	X
800M Run				X	X	X	X
1600M Run					X	X	X
4x25M Relay	X						
4x100M Relay		X	X	X	X	X	X
4x200M Relay						X	X
55M Hurdles						X	X

Field Events	K	1 st Grade	2 nd Grade	3 rd Grade	4 th Grade	5 th Grade	6 th Grade
Long Jump	X	X	X	X	X	X	X
Softball Put	X	X	X	X			
Shot Put					X	X	X
High Jump					X	X	X

Starting Skills and Drills (K-6)

"On Your Mark" Position in the Starting Blocks

Teaching the skill:

Set the front block two foot lengths behind the start line; the back block should be set one foot length behind the front block.

Kneel on the track and position the feet firmly against the blocks so the toes barely touch the ground.

Place hands shoulder-width apart on the track just behind the start line; set the fingertips down so the thumbs point in toward each other, the fingers out, and the arches formed by the index fingers and thumbs lie parallel to the start line.

Roll the body forward slightly, and keep the arms straight and rigid, but not locked.

Distribute weight evenly over hands and back knee.

Hold the head up in line with the spine.

Focus on a spot a few meters in front of the start line.



Coaching Points

Set the blocks for a medium position, or when the athlete is kneeling in the blocks, the front knee barely touches the start line and the back knee is in line with the ankle of the front foot.

"SET" Position in the Starting Blocks

Assume the correct "on your mark" position.

Elevate hips so back leg forms a 120 degree angle at the knee, and distribute weight evenly over hands

(hips should be slightly higher than the shoulders).

Take a deep breath while rising to the "set" position.

Hold the head in line with the spine and focus two meters down the track.

Assume a balanced "set" position and concentrate on reacting to the sound of the gun (or command).



Sprinting Out of the Starting Blocks

Teaching the skill

Assume the correct "set" position.

At the sound of the gun (or start command), exhale forcefully and thrust the back knee and opposite arm forward strongly.

Keep the body low and push hard off the power foot.

Extend fully the power leg, then drive the legs and arms forward to accelerate into full sprinting stride.

Sprint 15-20 meters, and slow to a jog.



Suggestions for the Teacher/Coach

At the start signal, give the athlete a slight push to initiate an explosive start. Emphasize using arm action to get out of the blocks quickly. Remind the athletes to wait for the starting signal so as not to commit a false start.

Acceleration to Top Speed

Teaching the skill

Use short, quick steps out of the blocks allowing stride to increase in length as velocity increases.

Make sure the feet strike the ground directly under the center of gravity.

Use the arms vigorously, bringing the loosely-closed hands to the chest line during the upswing and stopping them at the back side of the hips on the downswing.

Starting Drills

Hopping Start-Start with power foot forward and fast foot backward. Have runners imagine the lane line is six inches high. Hop over it twice, and when you land the second time begin your start focusing on proper hand movement or proper feet movement

Falling Start-Athletes start with their power foot forward and their fast foot backward, body parallel to the track, and their hands hanging down. Athletes lean forward until they feel as if you are going to fall on their face. When they feel like falling they begin their start focusing on proper hand movement or proper feet movement

Fast Hands-Athletes start with feet together, body parallel to the track, and hands hanging down. On the command “go” athletes bring their lead arm up to eye level, and their back arm goes back and becomes long and straight. They pause in this position for a split second. Then slowly raise their trunks as they quickly drive their hands from chin to back pocket focusing on fast, fast, fast hands.

3 Point-Start in the three point position. On the go command begin your start focusing on the specified skill.

Sticks-From which ever starting position/drill as you take your first steps place them with backward power on the sticks and recover your feet over your ankles the entire way through the sticks.

Coaches Checklist: Starts

Blocks

Spacing
Distance to start line

Loading

Load backward
Spike plate on track
Balance of foot firmly on pad

“On Your Marks”

Hands bridged
Arms a bit wider than shoulders
Arms long and tall “Tall bridge”
Shoulders over hand
Eyes looking 2-3 feet down track

“Set”

Buttocks rise until back foot firmly in contact with pad
Front leg - 90°
Back leg - 130°
Eyes looking 2-3 feet down track

Gun

Focus on fast hands or feet
Lead arm up to eye level
Back arm long and straight
Push with both feet
Low heel recovery
Fast hands

Relay Skills Progression & Drills (K-6)

Passing the Baton, Open Exchange

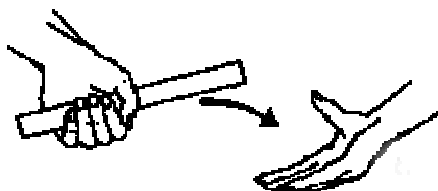
Runners hold the end of the baton in the right hand with the fingers wrapped around the end of the baton and the thumb lying on top of it.

As they run to the exchange zone they stay to the inside of their lane.

In the exchange zone pass the baton with an extension of the right arm to the outgoing runner’s left hand.

Do not ever slow down before the exchange.

Coaching tip: Put tape on the baton to show where to grip the baton.



Receiving the Baton, Open Exchange

Identify the 20M exchange zone.

Stand just in front of first zone line (nearest start line), and to the right side of lane.

Face inward to the middle of the track.

Place right foot forward, facing forward, left foot back facing inward, and look back over the left shoulder. Hold inside hand back (left hand in this case) and keep body weight forward slightly. Look back over inside shoulder for incoming runner. Begin running forward when incoming runner reaches a point 4-5m from exchange zone. Take three fast steps facing forward. Twist upper body to the left while extending left arm backward to receive baton. Hand is palm up with thumb in hitchhiker position. Watch incoming runner pass baton into your left hand. Turn to look forward, while passing the baton to right hand.

Relay Drills

Hitchhiker-Runners hold arms back to receive baton with palm up and thumb extended.

Light Touches Drill-With full relay team, line up in a line as if running relay. Fourth leg is in front of 3rd leg, in front of 2nd leg, in front of 1st leg. First leg has baton in right hand, runners begin an easy jog and first runner will pass to 2nd leg and so on until baton reaches 4th leg. Fourth leg drops baton, first runner picks up baton. Repeat.

Continuous Relay-Five athletes will run continuous 100M intervals over 400M. Each runner will remain at position they finished running their 100M while baton is carried around track. The 5th runner takes baton at finish line, brings it to first runner. Repeat.

Standing Long Jump (K)

Practice jumping over obstacles to encourage jumping up and out.

Three arm swings is generally thought of as the best number for the optimum jump.

Teach the athlete to fall forward instead of backward, and explain that the measurement is taken from the mark/indentation closest to their takeoff location (the end of the asphalt or the takeoff board).

1. Bend Knees
2. Swing Arms
3. Kaboom!! Explode up and forward

Long Jump Drill Progression (1-6)

The Takeoff

To effectively set up a takeoff, the running pattern and heel recovery is changed on the last two steps of the approach. The penultimate (next to last) step is a full foot contact with a rocking action. This is the longest step of the entire approach. Foot contact will still be underneath the body like the previous steps. The recovery of the heel will be over the ankle or mid calf only. Attempting to run over this step while the foot is still on the ground is a great cue. The takeoff step will be similar to the penultimate in ground contact (full foot, rocking action) and stepping over the ankle instead of heel to butt, but it will be shorter in length. Ground contact will be a little in front of the body. Again continuing to move the body past the takeoff foot while it is on the ground is a good cue.

Takeoff Drills

Skipping of all varieties. In particular, power skips and single leg skips where left or right foot takeoffs are emphasized.

Approaches with a “pop up”, short run emphasizing the take-off action and the vertical impulse.

The Landing

Often this in the air technique is the technical focal point for coaches and athletes. Controlling or limiting forward rotation is the goal of all in the air action. Much of the jump distance is already determined by the approach and takeoff actions. There are some drills listed below which address these areas.

Landing Drills

1. Begin with a standard SLJ with an upright landing
2. SLJ with a squat landing
3. SLJ with a rolling of buttocks to where the feet touch down
4. Short Approach Jumps - Progress from slow to fast, learning to bring the takeoff leg forward and extended so that both feet are together and the athlete learns how to get their buttocks to where their feet landed.



Coaches Checklist: Running Long Jump

1. One leg takeoff
2. Jump up, not forward
3. 7-9 step approach
 - a. Determine start point
 - b. Determine planting foot
 - c. Consistent run up/pace

Points of Emphasis

1. Jump up, not out
2. Start point and consistent run up

Coaches Vocabulary

“Run the same way each time you go”

“Jump up”

“Chest up, eyes up”

Softball Throw (K-3)

Find dominant hand – if not known, have athlete pick up softball from the ground and have them use that hand until a favored hand is established.

The ball is held at the base of the fingers, not the palm.

The fingers are slightly spread apart with the thumb for support.

The ball should be held under the jaw on the side of the neck.

Have the athlete concentrate on pushing, stepping, and following through on their throw.

Step into the throw.

Throw up and out as straight a line as possible.

Emphasize warming up before competing.

Shot Put Drill Progression (4-6)

Holding the Shot Put

The shot is held at the base of the fingers, not the palm.

The fingers are slightly spread apart with the thumb for support.

The hand will be bent back in the cocked position when holding the shot.

It looks like you are carrying a pizza.



Holding the Shot on the Neck

Raise the shot above your head

Lower the shot straight down until it is under your jaw.

Push the shot into your neck.

Lift your elbow parallel to the floor. Don't squeeze your elbow towards your back

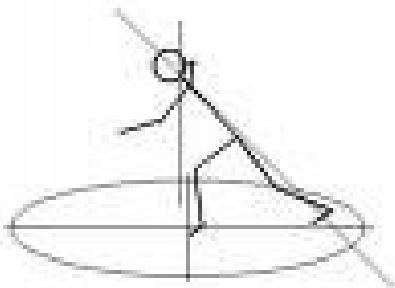
Check to see that your thumb is pointing down towards your clavicle.

The palm should be pointing towards the throwing direction.



Power Position and Use of Legs

Body position in the power position



The thrower will stand perpendicular to the throwing direction.

The feet position will be shoulder width apart or a little wider with left foot slightly behind the right foot (toe heel relationship).

The right foot will be perpendicular to the throwing direction

The thrower needs to be in an athletic position.

Power Position: The thrower will shift 80% percent of his/her weight onto the right leg.

The thrower will twist his/her upper body completely opposite the throwing direction.

This position from up above will look like an X.

The chest, knee and toe should be in line with each other.

The thrower places the shot into his/her neck.

The left arm will be extended and out from the body with a right angle relationship to the right elbow.

Power Position Drill (with softball)

Points to remember as you practice the drill:

Tuck softball into chin

Rotate body 180 degrees

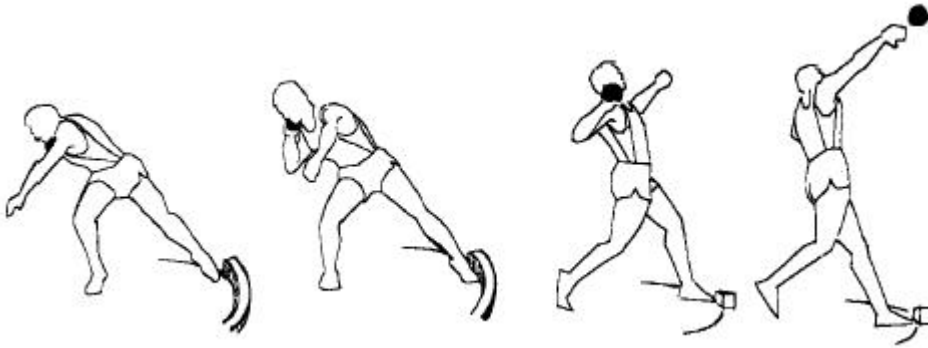
Keep focal point at the back of the circle

Right knee should come down and in, to turn hips

Release softball

This exercise does not have to be done strictly with a softball; a varying number of weights can be used.

Throwing from the Power Position



Over exaggerate the use of the legs in the throw especially the hips.

Sequence of the throw will be legs - hips - back - arm.

Push the weight from right leg to the left leg in an upwards direction.

When driving up with your legs your right heel (hips) needs to be turned out.

There will be a stretch reflex reaction between your upper body and lower body.

The upper body will start coming around.

As your upper body comes around sweep the left arm around and then bring it tight to your body.

Stop the left side of your body to aid in accelerating the shot.

Push the shot out with the arm, make sure the elbows stay high.

Keeping thumb down, flick the wrists at the end of the throw.

Release Drill (with softball)

Points to remember as you practice the drill:

Softball is tucked into chin

Tuck left arm in and push bean bag up simultaneously

Keep block solid (no bending at the waist)

Feet forward

Palm should be out and thumb down

Wrist Flips - Use this drill for proper release of the shot.

The thrower will stand facing the sector. The thrower starts with the softball above his head in his throwing hand. The thrower will flip the softball out of his hand.

Arm Strike - Use this drill for the arm delivery in the shot put.

a) The thrower will be standing tall facing the throwing direction

b) The thrower will place the shot against his neck

c) The thrower will sky the eyes to the ceiling and push the shot away from his neck focusing on driving through the shot towards the throwing area

d) The thrower needs to flip the wrist at the end

Shot Put Coaches Vocabulary

“To get power bend your knees”

“Feet at 12 and 3”

“Extend”

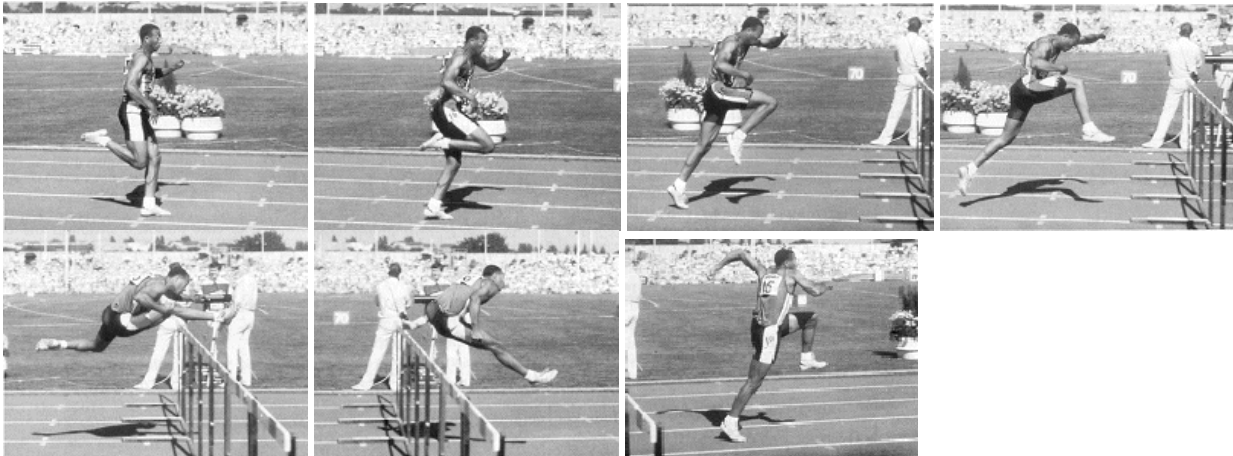
“Flick wrist”

“Thumb down”

Hurdle Drill Progression (4-6)

Drills can be done by all age levels which are allowed to hurdle. Coaches should do both lead and trail leg drills in practices. Start with lower barriers early in season and move up to higher barriers later in the season.

Note: 4th grade will use the 24” Banana Steps instead of hurdles.



Methods of Establishing Lead Leg (this should be the first hurdle drill each season)

1. Kick a ball. The kicking foot is lead leg.
2. Lean forward until off balance, forcing to take a step forward. Forward leg is lead leg.
3. Run over barriers (like pizza boxes, banana steps, cones and poles).

Trail Leg Drills

Effective trail leg movement is set by the knee making an arc to the side of the body, moving up toward the armpit and finishing in front of the body at waist level. Also, of note is the toe of the trail leg needs to point out, not down.

Left Lead Leg - stand in front of and to the **left** of a low pizza box or banana step.

Right Lead Leg - stand in front of and to the **right** of a low pizza box or banana step.

Walking Trail Leg - Athlete's arms move in unison while walking. The athlete walks to a series of banana step/pizza box and clears trail leg over each banana step/pizza box using proper trail leg mechanics.

Jogging Trail Leg - Jog to banana step/pizza box; clear trail leg over banana step/pizza box using proper trail leg mechanics.

As athlete progresses, move to a larger banana step, or pizza boxes set slightly higher each set.

Key Points:

Trail leg knee should lift under arm pit.

Arm pulls back and around as trail leg passes over banana step/pizza box.

Lead Leg Drills

The sequence of movement for an effective lead leg is knee up, heel up, pull leg down straight.

Lead Leg March-High knee marching, hands moving like running lifting lead leg every third step.

Lead Leg Jog-High knee jog, hands moving like running, step over small banana step/low pizza box with lead leg.

Repeat entire sequence moving to a hurdle set at lowest height.

Lead Leg and Trail Leg Drills

Place a pizza box at 27" on trail leg side.

Place a 5" banana step on the lead leg side.

Clearance Drill-Arms moving in unison to walking steps: Walk to hurdles; clear lead leg over short banana step and trail leg over higher hurdle. Repeat drill jogging to hurdles.

Repeat entire sequence for several sets, gradually raising the height of the lead leg hurdle until it is even with the trail leg barrier.

Shuttle Hurdle Relay-Set up several banana steps/pizza boxes with the hurdles the same distance apart, but of all different heights. (Do not be concerned about clearance technique or strides between obstacles). Set up a couple teams, line up athletes at both end of hurdle flights and have a fun race. Make sure not to use real hurdles, because the athletes should never go over hurdle backward.

Coaches Checklist: Hurdles

Take Off

Lead Leg

Basic Skill A, B

Lead with knee

Sagittal Plane

Thigh above horizontal (Guys only)

Trail Leg

C Action

Toe out

Begins when lead leg is at or over hurdle

Heel follows knee

Arms & Shoulders

Shoulders square

Lead arm check watch, or block

Miscellaneous

Body lean

Distance from hurdle

Center of gravity path

Coaches Vocabulary

"Knee up, heel up"

"Toe up"

"Lead with your knee"

Hurdle Clearance

Lead Leg

Lead leg sagittal

Straight leg or flexed

Trail Leg

Horizontal plane of motion

Position/rotation of knee

Knee angle

Heel and toe

Total Action

Length of total clearance

Center of gravity curve

Position

Pawing of arms

Body Lean

Hips forward

Balance

"

"Check your watch"

"Keep running on landing"

High Jump Drills and Skills (4-6)

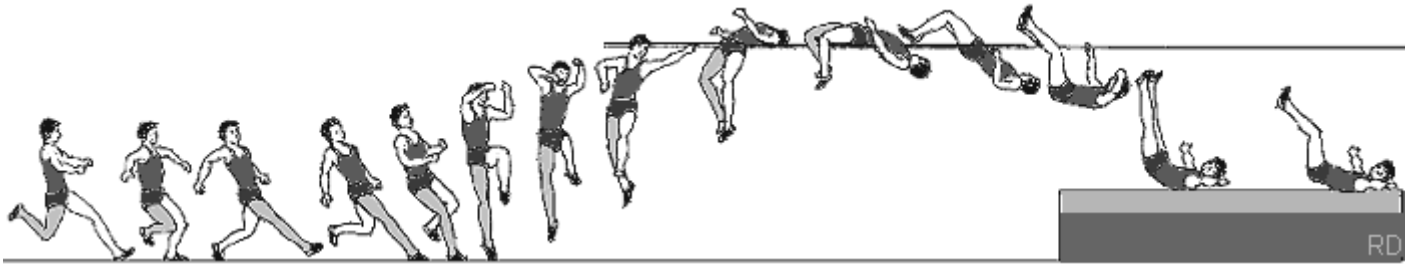
High Jump Background

The approach portion of the high jump is the most important aspect of the entire event. It should be practiced hundreds of times each season to ensure correct technique and the correct take-off position. The athlete needs to establish their steps and be able to correctly measure these steps to have complete accuracy throughout the season. The approach involves a gradual J toward the high jump cross bar. This J type of approach allows for:

- 1) More horizontal speed
- 2) The ability to turn in the air (centripetal force)
- 3) Places athlete in a good take off position
- 4) Is easy to teach

The approach should be a gradual acceleration that is neither a sprint nor a jog, but rather a hard controlled stride. The approach should be somewhere between 8-12 strides in which the athlete runs with a tall, bouncy, gazelle like running form. Emphasis should be placed on proper running mechanics. The athlete should focus on the transition into the curve phase of the approach. This part is where many great jumps are lost. The athlete should ensure that they are **leaning from the ankles and not the hips**. They should also make sure that they are not stepping out of the curve, but actually **putting one foot in front of the other**. Many high jumpers are former basketball players or football receivers these athletes are accustomed to "cutting" in or out. Make sure they stay on that curve.

Many times athletes do not want to practice approaches they just want to jump. Remember you can't change for flight path once you leave the ground so the approach must be perfect.



Approach Drills

These drills can be done with all age levels of high jumpers.

Circle Runs or Skips

These can be done anywhere and any diameter of circle. Try increasing speed on the approach. Emphasize pushing to the outside and single track running. Run or skip the circle 2-3 times in a row. They can be done with takeoffs (pop ups) as well.

Straights with Circles

Have the athlete run in straight line (like the linear part of the approach) and then run 2-3 circles. This is a good drill to link the two parts and can be done away from the pit

Pit Circles

Once the athlete has learned how to run the earlier circle drills try this one. Have them start an arm length away and just inside the near standard. They will run a circle drill and pop up into the pit, landing on their feet. It may take a couple of attempts to figure out how many steps are needed. Once this is determined mark the far point of the approach with tape or a marker. You will see that this drill can be set up to closely match the athletes turn. Try it with a slower straight away run emphasizing the transition, complete a circle and pop up.

The Takeoff

During the takeoff, athletes will transition from a curved approach to a vertical takeoff. During the takeoff steps the athlete should maintain speed and "stay away" from the bar. The last two steps of the approach also need to be done on the turn with foot contacts directly in front of each other. Watch for the tendency of the athlete to lean into the bar upon planting the takeoff foot. If the takeoff is executed properly the athlete will feel like they are planting the foot "inside" because they are still leaning away from the bar and running on the turn.

The penultimate and takeoff steps will be rocking action, full foot contacts. There should be no heel recovery on these steps, as the foot will only step over the ankle or mid calf. The plant for the takeoff will occur just inside (towards the far standard) the near standard with the toe of the takeoff foot aiming at the far standard. Arm action can either continue single arm or be double arm at takeoff. When the athlete plants the takeoff leg, it will need to be braced or ready for the jump. They will be getting great energy back from the plant, so they need to make sure to continue moving over the top of the leg. If the approach was done correctly their back should have been to the bar at the plant. The knee of the penultimate leg will be brought up because of stored energy from the previous step. Coaching of this leg action should be to get the ankle to the bar and knee away from the bar. Athletes should leave this knee up and let the takeoff leg come up to meet it.

Takeoff Drills

These drills can be done with all age levels of high jumpers.

3 and 5 Step Jumps- Have the athlete run back (arm length from the bar, just inside the near standard) 3 or 5 steps marking the spot where the step is. This mark will be inside of their normal run because they will not be moving as fast. Make sure they still run the turn.

Walk in or Jog in 5 Steps- Same as above but move to the takeoff spot by either walking or jogging in. This is good linking to the full approach and less stressful than full approach jumps.

Bar Clearance and Takeoff

Like the other jumps, it is difficult to separate this phase from previous ones. There are a couple of drills listed that will work on the dynamic flexibility and spatial awareness needed to arch over a bar. During the takeoff the head should have been looking at the far standard. As the athlete becomes airborne, with hips near the bar, the head should look directly back so that the hips will rise over the bar. To get the feet to clear the bar, the athlete will bring their head back to the chest, finally landing on their upper back in the pit.

In the Pit Drills

These drills can be done with all age levels of high jumpers.

Back Arch- Have athlete place their hands on the ground next to their head (fingers pointing towards shoulders) and press up. Progress to doing this drill in the pit.

Standing bar clearance- Have the athlete start standing on a box, with their back to the bar on two feet. Clear the bar and land in the pit.

Distance Running (4-6)

Distance running can be both intimidating and exciting to kids. Historically, running is thought of as difficult and “too much work”. It is the fear of being winded or completely out of breath, as well as the fear of not being fast enough to keep up with the others. Another issue is that running is often used as a punishment in other sports – (i.e., you may hear a coach say, “if you miss the shot, you’re going to run...”). Each of these items can contribute to the lack of interest in pursuing middle or distance running in track.

As track & field coaches, it is our challenge to share the “exciting” part of distance running to the kids (i.e., the thrill of going further than they had before, as well as being able to hold a pace over a certain distance). After all, most other sports require some sort of running or conditioning, and distance running can be a lifelong activity and form of exercise for most people. Why not teach them the fun part while they are still young?!

We have provided you with a variety of fun drills and workouts for running. Please add your own unique drills or games to this list. Your enthusiasm will also be a key contributor to the way they approach running.

Finally, one of the keys to introducing kids to distance running is to teach them how to pace themselves. The following details the paces zones that you can introduce to the kids. Refer to these “zones” in your running events throughout the season. Here are the PACE ZONES..

Pace	Workouts/Drills	Focus
Zone 1 SLOW – WARM UP Total Conversation, Share Stories	Warm-up, Cool-down, Going Between Events	Teaches Patience, Confidence, Consistency “It’s OK to be SLOW”
Zones 2 A LITTLE FASTER Conversational – Able to talk in sentences with an occasional deep breath	Easy Does It Runs, Long Slow Distance (<i>running further than the event</i>), Tempo Running, Pace for Front Runner in Single File Surges, and Tennis Ball Trot	Builds Endurance, Lungs and Heart, and Muscle Strength; Builds Confidence & Consistency
Zones 3 UPTEMPO – FASTER Only able to reply with a “YES” / “NO” Answer	Up Tempo Running, Fartleks, Intervals, Repeats, Hills, Ladders, Cross Country Running 200+ Meters	Builds Endurance & Strength Teaches Fartleks (<i>Speed Play</i>), Interval Training, and the Value They Bring.
Zones 4 SPINTING – KICK No Talking - Focus	Sprints (100 Meters or less), Long Jump Approach, Hurdles, Fartleks, Intervals, Hills, Plyometrics	Prepare for Sprints or the “Kick” of a Distance Race, Teaches Power and Strength