

# SYC Track & Field Practice Plan

Spring 2023 - March 24

**Please print the page relevant to your group(s)**

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**AS A COACH, YOU MAY CHANGE THE WORKOUTS/DRILLS/ETC. AS NEEDED AND WITHIN REASON. YOU ARE THE COACH 😊 IF YOU WANT SUGGESTIONS, PLEASE LET ME KNOW.**

# Coaches Quick Guide

## Warmups:

### **K – 2 Grade:**

Each drill is to be performed out and back 10 yards.

1. On Toes	2. Toes Inward	3. Toes Outward	4. Skips (high knee)
5. Skips (arm circles)	6. Skips (arm crosses)	7. Skips (arm punches)	8. Shuffle
9. Frankensteins	10. Fast Feet	11. Butt Kicks	12. High Knees

### **General (Both Sprint & Distance):**

Each drill is to be performed out and back 15 yards.

1. On Toes	2. Toes Inward	3. Toes Outward	4. Skips (high knee)
5. Skips (arm circles)	6. Skips (arm crosses)	7. Skips (arm punches)	8. Shuffle
9. Frankensteins	10. Fast Feet	11. Butt Kicks	12. High knees
13. Two Lap Jog			

### **Sprint Drills:**

Performed after General Warmups; out and back 15 yards.

1. A-Skip	2. B-Skip	3. Scoops	4. Open the Gate
5. Close the Gate	6. Frankensteins	7. Bounds for Height	8. Bounds for Distance
9. Squat Jumps	10. Fast Feet		

### **Ladder Drills:**

Performed only by sprint groups.

1. One Step	2. Side Step	3. 5 Hops, Run	4. Side Straddle Hop
5. In and Out	6. Back & Forth		

Reference: <https://www.youtube.com/watch?v=VE9K9w6rOmM> (or make up your own 😊 )

### **Key Running Considerations:**

<b>SPRINT</b>	<b>DISTANCE</b>
Arms cheek-to-cheek, not crossing the body	No "chefs arms", not crossing body
No looking back at competitors	No heel strike
We want to see a drive phase	No head bob
Fast feet throughout race	Eyes should be facing forward
No jogging/shuffling during sprint intervals	Easy pacing during warmup/slow intervals
Knee drive	Pushing oneself during hard workouts
Pushing oneself during hard workouts	

**What if there's an injury?** If an athlete has a minor injury that hurts while they run, please sit them out and ask to see their parents at the end of practice. Notify the parents. Ice and rest will fix most issues. If it is a serious injury (or there are tears), please tell the Assistant Head Coach/Head Coach.

# Coach Assignments

Commissioner: Danielle F. ([running@sycva.com](mailto:running@sycva.com))

Head Coach WSHS: Christopher F. ([coach.running@sycva.com](mailto:coach.running@sycva.com))

Head Coach JLHS: Duncan F.

- **K – 2 West Springfield Group 1:** Eric K., Meagan D., Alaina M.
- **K – 2 West Springfield Group 2:** Eva G., Sarah K., Kelly H., Gabs G.
- **K – 2 West Springfield Group 3:** Brian A., Qin W., Kevin P., Marianna D.
- **K – 2 West Springfield Group 4:** John B., Kristy D., Alison F., Matt N.
- **K – 2 West Springfield Group 5:** Christopher F., Preet K., Suzie P., Riley S.
- **K – 2 West Springfield Group 6:** Melinda B., Aimee M., Shameka M., Omar E.
- **K – 2 John Lewis Group 1:** Shart'e M
- **K – 2 John Lewis Group 2:** Connecticut W., Christine D.
- **K – 2 John Lewis Group 3:** Jimmie H.
- **K – 2 John Lewis Group 4:** Duncan F.
- **K – 2 John Lewis Group 5:** Danielle F.
- **Sprint Group 1:** Rudy M., Sarah V., Gaby W.
- **Sprint Group 2:** Edom A., Stephen D., Cece W.
- **Sprint Group 3:** Diane L., Omar W., Toni R.
- **Sprint Group 4:** Geoff C., Barbara F.
- **Sprint Group 5:** Grant S., Amy T.
- **Sprint Group 6:** Danielle F., Keren D.
- **Sprint Group 7:** Lance D., Shart'e M.
- **Sprint Group 8:** Susana B., Quentin S.
- **Sprint Group 9:** Duncan F., Coleen B.
- **Sprint Group 10:** Ralph P.
- **Distance Group 1:** Riley S., Jake R.
- **Distance Group 2:** Suzie P., Shawna A., Christopher F.
- **Distance Group 3:** John O., Christian D.
- **Distance Group 4:** Lizz T., Qin W., Nikita B.
- **Distance Group 5:** Aaron A., Bobby M.
- **Distance Group 6:** Kathy P., Chris A..
- **Distance Group 7:** Mehrdad B., Marc B.
- **Distance Group 8:** Russell D., Chris M., Shameka M.
- **Distance Group 9:** Mariana D., Theresa G., Chris D.
- **Distance Group 10:** John B., Victoria A.

## Coach Resources/Pre Watch Videos

- [All resources on the Coaches Corner](#)
- **[MUST HAVE @ PRACTICE: Coaches Quick Guide \(see page 2\)](#)**
- Watch before practice: [Track Markings](#)
- Watch before practice: [Track & Field Events](#)
- Watch before practice: [Standing Starts](#)
- Watch before practice: [SYC Track & Field Warmups](#)
- Watch before practice (sprints): [Ladder Drills](#) (refer to Coaches Quick Guide)
- Watch before practice: [Basic Running Form](#)

## K – 2 Grade Group One (WSHS)

**When:** 10:40 AM – 11:30 AM; Arrive by 10:30 AM

**Who:** Eric K., Meagan D., Alaina M.

### At Practice

- **10:40 AM:** Arrive to your group's cone (cone with the label "1"), and begin chatting with the athletes until the Head Coach's announcement.
- **ON YOUR OWN:**
  - **10:45 AM:** After the Head Coach announces that you may begin, introduce yourself to your group. Ask everyone to say their name and their favorite animal. Ask your group why they wanted to join the track & field team.
  - **10:50 AM:** Begin the general K – 2 warmups **at a random location on the field (not at your cone)**. You may have your group break up into several lines, if necessary. Explain the purpose of warmups (to get one's body ready to run fast and help prevent injury). Demonstrate each drill before asking the athletes to repeat it. Athletes will start at their cone (or another location around the field) and perform the warmups out to 10 yards.
  - **11:00 AM:** After warmups, explain to the athletes who proper form should look like: arms "cheek-to-cheek" and not crossing your body, head/eyes forward, breathing through your mouth. See *"Basic Running Form"* under *Coach Resources/Pre Watch Videos*.
  - **11:05 AM:** Next, have each athlete get a sip of water and meet you by the start/finish line.
  - **11:05 AM: Main Workout:**
    - Explain where and what the finish line and start line (400m, 800m, 1600m) line is. Briefly explain that the 400m is a one lap sprint, the 800m is two laps, and the 1600m is four laps (1 mile).
      - **Please stager groups (e.g., if one group just left, wait a few second before going).**
      - Have your group line up on the start line. Explain that you are going to jog a lap very slowly. Explain that this is called pacing, and that pacing helps you run further and not get tired too quickly in long events.
      - Begin your jog, having all athletes stay behind you while you jog very slowly. Stop at the 200m start lines. Explain that the 200m is a sprint. Have all of the athletes point to the finish line. Demonstrate where the staggered 200m start lines are.
      - Jog slowly to the 100m start. Explain that the 100m is a very fast sprint. Show them the start line and have them all point (again) to the finish line. Explain the purpose of lanes (to make sure you don't run into any body) and explain that they must stay in their lane during the entire race.
      - Jog slowly back to the finish line and have your group get a sip of water.
  - **Until 11:15 AM:** After the Main Workout, find a spot on the turf field. (*You may not have time for this activity. That is OK*)
    - Complete a series of sprints starting at one line going to another line 20 yards away. Focus on kids having good arms and fast feet. About 30 – 60 seconds rest between each one.
      - Normal start (demonstrate a good standing start beforehand)
      - Normal start
      - Pushup start
      - Reverse pushup start
      - "Funky" pose start
- **AS A TEAM:**
  - **11:15~ AM:** The Head Coach will gather everyone together and re-explain the importance of pacing. Then, they will begin the game of Sharks & Minnows. Groups 1 – 3 on the right side of the field. Groups 4 – 6 on the left. *You must be ready to join the game when the Head Coach gathers everyone together.*
  - **11:28 AM:** The Head Coach will end the game and gather athletes up to stretch.
  - **11:30 AM:** The Head Coach will send athletes home after congratulating them on a job-well-done.

## K – 2 Grade Group Two (WSHS)

**When:** 10:40 AM – 11:30 AM; Arrive by 10:30 AM

**Who:** Eva G., Sarah K., Kelly H., Gabs G.

### At Practice

- **10:40 AM:** Arrive to your group's cone (cone with the label "2"), and begin chatting with the athletes until the Head Coach's announcement.
- **ON YOUR OWN:**
  - **10:45 AM:** After the Head Coach announces that you may begin, introduce yourself to your group. Ask everyone to say their name and their favorite animal. Ask your group why they wanted to join the track & field team.
  - **10:50 AM:** Begin the general K – 2 warmups **at a random location on the field (not at your cone)**. You may have your group break up into several lines, if necessary. Explain the purpose of warmups (to get one's body ready to run fast and help prevent injury). Demonstrate each drill before asking the athletes to repeat it. Athletes will start at their cone (or another location around the field) and perform the warmups out to 10 yards.
  - **11:00 AM:** After warmups, explain to the athletes who proper form should look like: arms "cheek-to-cheek" and not crossing your body, head/eyes forward, breathing through your mouth. See "Basic Running Form" under Coach Resources/Pre Watch Videos.
  - **11:05 AM:** Next, have each athlete get a sip of water and meet you by the start/finish line.
  - **11:05 AM: Main Workout:**
    - Explain where and what the finish line and start line (400m, 800m, 1600m) line is. Briefly explain that the 400m is a one lap sprint, the 800m is two laps, and the 1600m is four laps (1 mile).
      - **Please stager groups (e.g., if one group just left, wait a few second before going).**
      - Have your group line up on the start line. Explain that you are going to jog a lap very slowly. Explain that this is called pacing, and that pacing helps you run further and not get tired too quickly in long events.
      - Begin your jog, having all athletes stay behind you while you jog very slowly. Stop at the 200m start lines. Explain that the 200m is a sprint. Have all of the athletes point to the finish line. Demonstrate where the staggered 200m start lines are.
      - Jog slowly to the 100m start. Explain that the 100m is a very fast sprint. Show them the start line and have them all point (again) to the finish line. Explain the purpose of lanes (to make sure you don't run into any body) and explain that they must stay in their lane during the entire race.
      - Jog slowly back to the finish line and have your group get a sip of water.
  - **Until 11:15 AM:** After the Main Workout, find a spot on the turf field. (*You may not have time for this activity. That is OK*)
    - Complete a series of sprints starting at one line going to another line 20 yards away. Focus on kids having good arms and fast feet. About 30 – 60 seconds rest between each one.
      - Normal start (demonstrate a good standing start beforehand)
      - Normal start
      - Pushup start
      - Reverse pushup start
      - "Funky" pose start
- **AS A TEAM:**
  - **11:15~ AM:** The Head Coach will gather everyone together and re-explain the importance of pacing. Then, they will begin the game of Sharks & Minnows. Groups 1 – 3 on the right side of the field. Groups 4 – 6 on the left. *You must be ready to join the game when the Head Coach gathers everyone together.*
  - **11:28 AM:** The Head Coach will end the game and gather athletes up to stretch.
  - **11:30 AM:** The Head Coach will send athletes home after congratulating them on a job-well-done.

## K – 2 Grade Group Three (WSHS)

**When:** 10:40 AM – 11:30 AM; Arrive by 10:30 AM

**Who:** Brian A., Qin W., Kevin P., Marianna D.

### At Practice

- **10:40 AM:** Arrive to your group's cone (cone with the label "3"), and begin chatting with the athletes until the Head Coach's announcement.
- **ON YOUR OWN:**
  - **10:45 AM:** After the Head Coach announces that you may begin, introduce yourself to your group. Ask everyone to say their name and their favorite animal. Ask your group why they wanted to join the track & field team.
  - **10:50 AM:** Begin the general K – 2 warmups **at a random location on the field (not at your cone)**. You may have your group break up into several lines, if necessary. Explain the purpose of warmups (to get one's body ready to run fast and help prevent injury). Demonstrate each drill before asking the athletes to repeat it. Athletes will start at their cone (or another location around the field) and perform the warmups out to 10 yards.
  - **11:00 AM:** After warmups, explain to the athletes who proper form should look like: arms "cheek-to-cheek" and not crossing your body, head/eyes forward, breathing through your mouth. See "*Basic Running Form*" under *Coach Resources/Pre Watch Videos*.
  - **11:05 AM:** Next, have each athlete get a sip of water and meet you by the start/finish line.
  - **11:05 AM: Main Workout:**
    - Explain where and what the finish line and start line (400m, 800m, 1600m) line is. Briefly explain that the 400m is a one lap sprint, the 800m is two laps, and the 1600m is four laps (1 mile).
      - **Please stager groups (e.g., if one group just left, wait a few second before going).**
      - Have your group line up on the start line. Explain that you are going to jog a lap very slowly. Explain that this is called pacing, and that pacing helps you run further and not get tired too quickly in long events.
      - Begin your jog, having all athletes stay behind you while you jog very slowly. Stop at the 200m start lines. Explain that the 200m is a sprint. Have all of the athletes point to the finish line. Demonstrate where the staggered 200m start lines are.
      - Jog slowly to the 100m start. Explain that the 100m is a very fast sprint. Show them the start line and have them all point (again) to the finish line. Explain the purpose of lanes (to make sure you don't run into any body) and explain that they must stay in their lane during the entire race.
      - Jog slowly back to the finish line and have your group get a sip of water.
  - **Until 11:15 AM:** After the Main Workout, find a spot on the turf field. (*You may not have time for this activity. That is OK*)
    - Complete a series of sprints starting at one line going to another line 20 yards away. Focus on kids having good arms and fast feet. About 30 – 60 seconds rest between each one.
      - Normal start (demonstrate a good standing start beforehand)
      - Normal start
      - Pushup start
      - Reverse pushup start
      - "Funky" pose start
- **AS A TEAM:**
  - **11:15~ AM:** The Head Coach will gather everyone together and re-explain the importance of pacing. Then, they will begin the game of Sharks & Minnows. Groups 1 – 3 on the right side of the field. Groups 4 – 6 on the left. *You must be ready to join the game when the Head Coach gathers everyone together.*
  - **11:28 AM:** The Head Coach will end the game and gather athletes up to stretch.
  - **11:30 AM:** The Head Coach will send athletes home after congratulating them on a job-well-done.

## K – 2 Grade Group Four (WSHS)

**When:** 10:40 AM – 11:30 AM; Arrive by 10:30 AM

**Who:** John B., Kristy D., Alison F., Matt N.

### At Practice

- **10:40 AM:** Arrive to your group's cone (cone with the label "4"), and begin chatting with the athletes until the Head Coach's announcement.
- **ON YOUR OWN:**
  - **10:45 AM:** After the Head Coach announces that you may begin, introduce yourself to your group. Ask everyone to say their name and their favorite animal. Ask your group why they wanted to join the track & field team.
  - **10:50 AM:** Begin the general K – 2 warmups **at a random location on the field (not at your cone)**. You may have your group break up into several lines, if necessary. Explain the purpose of warmups (to get one's body ready to run fast and help prevent injury). Demonstrate each drill before asking the athletes to repeat it. Athletes will start at their cone (or another location around the field) and perform the warmups out to 10 yards.
  - **11:00 AM:** After warmups, explain to the athletes who proper form should look like: arms "cheek-to-cheek" and not crossing your body, head/eyes forward, breathing through your mouth. See "*Basic Running Form*" under *Coach Resources/Pre Watch Videos*.
  - **11:05 AM:** Next, have each athlete get a sip of water and meet you by the start/finish line.
  - **11:05 AM: Main Workout:**
    - Explain where and what the finish line and start line (400m, 800m, 1600m) line is. Briefly explain that the 400m is a one lap sprint, the 800m is two laps, and the 1600m is four laps (1 mile).
      - **Please stager groups (e.g., if one group just left, wait a few second before going).**
      - Have your group line up on the start line. Explain that you are going to jog a lap very slowly. Explain that this is called pacing, and that pacing helps you run further and not get tired too quickly in long events.
      - Begin your jog, having all athletes stay behind you while you jog very slowly. Stop at the 200m start lines. Explain that the 200m is a sprint. Have all of the athletes point to the finish line. Demonstrate where the staggered 200m start lines are.
      - Jog slowly to the 100m start. Explain that the 100m is a very fast sprint. Show them the start line and have them all point (again) to the finish line. Explain the purpose of lanes (to make sure you don't run into any body) and explain that they must stay in their lane during the entire race.
      - Jog slowly back to the finish line and have your group get a sip of water.
  - **Until 11:15 AM:** After the Main Workout, find a spot on the turf field. (*You may not have time for this activity. That is OK*)
    - Complete a series of sprints starting at one line going to another line 20 yards away. Focus on kids having good arms and fast feet. About 30 – 60 seconds rest between each one.
      - Normal start (demonstrate a good standing start beforehand)
      - Normal start
      - Pushup start
      - Reverse pushup start
      - "Funky" pose start
- **AS A TEAM:**
  - **11:15~ AM:** The Head Coach will gather everyone together and re-explain the importance of pacing. Then, they will begin the game of Sharks & Minnows. Groups 1 – 3 on the right side of the field. Groups 4 – 6 on the left. *You must be ready to join the game when the Head Coach gathers everyone together.* **11:28 AM:** The Head Coach will end the game and gather athletes up to stretch.
  - **11:30 AM:** The Head Coach will send athletes home after congratulating them on a job-well-done.

## K – 2 Grade Group Five (WSHS)

**When:** 10:40 AM – 11:30 AM; Arrive by 10:30 AM

**Who:** Christopher F., Preet K., Suzie P., Riley S.

### At Practice

- **10:40 AM:** Arrive to your group's cone (cone with the label "5"), and begin chatting with the athletes until the Head Coach's announcement.
- **ON YOUR OWN:**
  - **10:45 AM:** After the Head Coach announces that you may begin, introduce yourself to your group. Ask everyone to say their name and their favorite animal. Ask your group why they wanted to join the track & field team.
  - **10:50 AM:** Begin the general K – 2 warmups **at a random location on the field (not at your cone)**. You may have your group break up into several lines, if necessary. Explain the purpose of warmups (to get one's body ready to run fast and help prevent injury). Demonstrate each drill before asking the athletes to repeat it. Athletes will start at their cone (or another location around the field) and perform the warmups out to 10 yards.
  - **11:00 AM:** After warmups, explain to the athletes who proper form should look like: arms "cheek-to-cheek" and not crossing your body, head/eyes forward, breathing through your mouth. See "*Basic Running Form*" under *Coach Resources/Pre Watch Videos*.
  - **11:05 AM:** Next, have each athlete get a sip of water and meet you by the start/finish line.
  - **11:05 AM: Main Workout:**
    - Explain where and what the finish line and start line (400m, 800m, 1600m) line is. Briefly explain that the 400m is a one lap sprint, the 800m is two laps, and the 1600m is four laps (1 mile).
      - **Please stager groups (e.g., if one group just left, wait a few second before going).**
      - Have your group line up on the start line. Explain that you are going to jog a lap very slowly. Explain that this is called pacing, and that pacing helps you run further and not get tired too quickly in long events.
      - Begin your jog, having all athletes stay behind you while you jog very slowly. Stop at the 200m start lines. Explain that the 200m is a sprint. Have all of the athletes point to the finish line. Demonstrate where the staggered 200m start lines are.
      - Jog slowly to the 100m start. Explain that the 100m is a very fast sprint. Show them the start line and have them all point (again) to the finish line. Explain the purpose of lanes (to make sure you don't run into any body) and explain that they must stay in their lane during the entire race.
      - Jog slowly back to the finish line and have your group get a sip of water.
  - **Until 11:15 AM:** After the Main Workout, find a spot on the turf field. (*You may not have time for this activity. That is OK*)
    - Complete a series of sprints starting at one line going to another line 20 yards away. Focus on kids having good arms and fast feet. About 30 – 60 seconds rest between each one.
      - Normal start (demonstrate a good standing start beforehand)
      - Normal start
      - Pushup start
      - Reverse pushup start
      - "Funky" pose start
- **AS A TEAM:**
  - **11:15~ AM:** The Head Coach will gather everyone together and re-explain the importance of pacing. Then, they will begin the game of Sharks & Minnows. Groups 1 – 3 on the right side of the field. Groups 4 – 6 on the left. *You must be ready to join the game when the Head Coach gathers everyone together.*
  - **11:28 AM:** The Head Coach will end the game and gather athletes up to stretch.
  - **11:30 AM:** The Head Coach will send athletes home after congratulating them on a job-well-done.

## K – 2 Grade Group Six (WSHS)

**When:** 10:40 AM – 11:30 AM; Arrive by 10:30 AM

**Who:** Melinda B., Aimee M., Shameka M., Omar E.

### At Practice

- **10:40 AM:** Arrive to your group's cone (cone with the label "6"), and begin chatting with the athletes until the Head Coach's announcement.
- **ON YOUR OWN:**
  - **10:45 AM:** After the Head Coach announces that you may begin, introduce yourself to your group. Ask everyone to say their name and their favorite animal. Ask your group why they wanted to join the track & field team.
  - **10:50 AM:** Begin the general K – 2 warmups **at a random location on the field (not at your cone)**. You may have your group break up into several lines, if necessary. Explain the purpose of warmups (to get one's body ready to run fast and help prevent injury). Demonstrate each drill before asking the athletes to repeat it. Athletes will start at their cone (or another location around the field) and perform the warmups out to 10 yards.
  - **11:00 AM:** After warmups, explain to the athletes who proper form should look like: arms "cheek-to-cheek" and not crossing your body, head/eyes forward, breathing through your mouth. See "*Basic Running Form*" under *Coach Resources/Pre Watch Videos*.
  - **11:05 AM:** Next, have each athlete get a sip of water and meet you by the start/finish line.
  - **11:05 AM: Main Workout:**
    - Explain where and what the finish line and start line (400m, 800m, 1600m) line is. Briefly explain that the 400m is a one lap sprint, the 800m is two laps, and the 1600m is four laps (1 mile).
      - **Please stager groups (e.g., if one group just left, wait a few second before going).**
      - Have your group line up on the start line. Explain that you are going to jog a lap very slowly. Explain that this is called pacing, and that pacing helps you run further and not get tired too quickly in long events.
      - Begin your jog, having all athletes stay behind you while you jog very slowly. Stop at the 200m start lines. Explain that the 200m is a sprint. Have all of the athletes point to the finish line. Demonstrate where the staggered 200m start lines are.
      - Jog slowly to the 100m start. Explain that the 100m is a very fast sprint. Show them the start line and have them all point (again) to the finish line. Explain the purpose of lanes (to make sure you don't run into any body) and explain that they must stay in their lane during the entire race.
      - Jog slowly back to the finish line and have your group get a sip of water.
  - **Until 11:15 AM:** After the Main Workout, find a spot on the turf field. (*You may not have time for this activity. That is OK*)
    - Complete a series of sprints starting at one line going to another line 20 yards away. Focus on kids having good arms and fast feet. About 30 – 60 seconds rest between each one.
      - Normal start (demonstrate a good standing start beforehand)
      - Normal start
      - Pushup start
      - Reverse pushup start
      - "Funky" pose start
- **AS A TEAM:**
  - **11:15~ AM:** The Head Coach will gather everyone together and re-explain the importance of pacing. Then, they will begin the game of Sharks & Minnows. Groups 1 – 3 on the right side of the field. Groups 4 – 6 on the left. *You must be ready to join the game when the Head Coach gathers everyone together.*
  - **11:28 AM:** The Head Coach will end the game and gather athletes up to stretch.
  - **11:30 AM:** The Head Coach will send athletes home after congratulating them on a job-well-done.

## **K – 2 Grade Group One (JLHS)**

**When:** 4:30 PM – 5:20 PM; Arrive by 4:20 PM

**Who:** Shart'e M.

### **At Practice**

**4:30 PM:** Arrive to your group's cone and begin chatting with the athletes until the Head Coach's announcement.

### **ON YOUR OWN:**

**4:35 PM:** After the Head Coach announces that you may begin, re-introduce yourself to your group. Like last week, ask everyone to say their name.

**4:40 PM:** Begin the general K – 2 warmups **at a random location on the field (not at your cone)**. You may have your group break up into several lines, if necessary. Re-explain the purpose of warmups (to get one's body ready to run fast and help prevent injury). Demonstrate each drill before asking the athletes to repeat it. Athletes will start at their cone (or another location around the field) and perform the warmups out to 10 yards.

**4:50 PM:** After warmups, re-explain to the athletes who proper form should look like: arms "cheek-to-cheek" and not crossing your body, head/eyes forward, breathing through your mouth. See "*Basic Running Form*" under *Coach Resources/Pre Watch Videos*.

**4:55 PM:** Next, have each athlete get a sip of water and meet you by the **turf (end zone)**.

### **4:55 PM: Main Workout (YOU MAY COMBINE GROUPS, IF NECESSARY):**

- Explain that today you are going to work on speed and form. Reminding athletes to use good form, you will do the following intervals: 10 yard sprint, 20 yards, 30 yards, 50 yards, and a challenge 100 yards. Between each interval ask athletes to walk back to the start line and take a 30 second - 1 minute break.
  - As they run, remind them to use proper form.
  - Start each interval with the following commands: "runners to your mark... get set... go!"
  - You should teach them proper starts (see "*Standing Starts*" video under *Coach Resources/Pre Watch Videos*.)
  - If there are group-wide deficiencies in form, speed, etc. encourage the group to focus on improving those aspects. Sometime it helps to have them redo drills such as fast feet or high knees if they are executing poor form/foot speed.

**Until 5:05 PM:** After the Main Workout, Briefly talk about each track & field event... 100m, 200m, 400m, 800m, 1600m, and long jump.

### **AS A TEAM:**

**5:05~ PM:** The Head Coach will gather everyone together. The Head Coach will choose a game of their choice or an activity of their choice.

**5:18 PM:** The Head Coach will end the game or activity and gather athletes up to stretch.

**5:20 PM:** The Head Coach will send athletes home after congratulating them on a job-well-done.

## **K – 2 Grade Group Two (JLHS)**

**When:** 4:30 PM – 5:20 PM; Arrive by 4:20 PM

**Who:** Connecticut W., Christine D.

### **At Practice**

**4:30 PM:** Arrive to your group's cone and begin chatting with the athletes until the Head Coach's announcement.

### **ON YOUR OWN:**

**4:35 PM:** After the Head Coach announces that you may begin, re-introduce yourself to your group. Like last week, ask everyone to say their name.

**4:40 PM:** Begin the general K – 2 warmups **at a random location on the field (not at your cone)**. You may have your group break up into several lines, if necessary. Re-explain the purpose of warmups (to get one's body ready to run fast and help prevent injury). Demonstrate each drill before asking the athletes to repeat it. Athletes will start at their cone (or another location around the field) and perform the warmups out to 10 yards.

**4:50 PM:** After warmups, re-explain to the athletes who proper form should look like: arms "cheek-to-cheek" and not crossing your body, head/eyes forward, breathing through your mouth. See "*Basic Running Form*" under *Coach Resources/Pre Watch Videos*.

**4:55 PM:** Next, have each athlete get a sip of water and meet you by the **turf (end zone)**.

### **4:55 PM: Main Workout (YOU MAY COMBINE GROUPS, IF NECESSARY):**

- Explain that today you are going to work on speed and form. Reminding athletes to use good form, you will do the following intervals: 10 yard sprint, 20 yards, 30 yards, 50 yards, and a challenge 100 yards. Between each interval ask athletes to walk back to the start line and take a 30 second - 1 minute break.
  - As they run, remind them to use proper form.
  - Start each interval with the following commands: "runners to your mark... get set... go!"
  - You should teach them proper starts (see "*Standing Starts*" video under *Coach Resources/Pre Watch Videos*.)
  - If there are group-wide deficiencies in form, speed, etc. encourage the group to focus on improving those aspects. Sometime it helps to have them redo drills such as fast feet or high knees if they are executing poor form/foot speed.

**Until 5:05 PM:** After the Main Workout, Briefly talk about each track & field event... 100m, 200m, 400m, 800m, 1600m, and long jump.

### **AS A TEAM:**

**5:05~ PM:** The Head Coach will gather everyone together. The Head Coach will choose a game of their choice or an activity of their choice.

**5:18 PM:** The Head Coach will end the game or activity and gather athletes up to stretch.

**5:20 PM:** The Head Coach will send athletes home after congratulating them on a job-well-done.

## **K – 2 Grade Group Three (JLHS)**

**When:** 4:30 PM – 5:20 PM; Arrive by 4:20 PM

**Who:** Jimmie H.

### **At Practice**

**4:30 PM:** Arrive to your group's cone and begin chatting with the athletes until the Head Coach's announcement.

### **ON YOUR OWN:**

**4:35 PM:** After the Head Coach announces that you may begin, re-introduce yourself to your group. Like last week, ask everyone to say their name.

**4:40 PM:** Begin the general K – 2 warmups **at a random location on the field (not at your cone)**. You may have your group break up into several lines, if necessary. Re-explain the purpose of warmups (to get one's body ready to run fast and help prevent injury). Demonstrate each drill before asking the athletes to repeat it. Athletes will start at their cone (or another location around the field) and perform the warmups out to 10 yards.

**4:50 PM:** After warmups, re-explain to the athletes who proper form should look like: arms "cheek-to-cheek" and not crossing your body, head/eyes forward, breathing through your mouth. See "*Basic Running Form*" under *Coach Resources/Pre Watch Videos*.

**4:55 PM:** Next, have each athlete get a sip of water and meet you by the **turf (end zone)**.

### **4:55 PM: Main Workout (YOU MAY COMBINE GROUPS, IF NECESSARY):**

- Explain that today you are going to work on speed and form. Reminding athletes to use good form, you will do the following intervals: 10 yard sprint, 20 yards, 30 yards, 50 yards, and a challenge 100 yards. Between each interval ask athletes to walk back to the start line and take a 30 second - 1 minute break.
  - As they run, remind them to use proper form.
  - Start each interval with the following commands: "runners to your mark... get set... go!"
  - You should teach them proper starts (see "*Standing Starts*" video under *Coach Resources/Pre Watch Videos*.)
  - If there are group-wide deficiencies in form, speed, etc. encourage the group to focus on improving those aspects. Sometime it helps to have them redo drills such as fast feet or high knees if they are executing poor form/foot speed.

**Until 5:05 PM:** After the Main Workout, Briefly talk about each track & field event... 100m, 200m, 400m, 800m, 1600m, and long jump.

### **AS A TEAM:**

**5:05~ PM:** The Head Coach will gather everyone together. The Head Coach will choose a game of their choice or an activity of their choice.

**5:18 PM:** The Head Coach will end the game or activity and gather athletes up to stretch.

**5:20 PM:** The Head Coach will send athletes home after congratulating them on a job-well-done.

## **K – 2 Grade Group Four (JLHS)**

**When:** 4:30 PM – 5:20 PM; Arrive by 4:20 PM

**Who:** Duncan F.

### **At Practice**

**4:30 PM:** Arrive to your group's cone and begin chatting with the athletes until the Head Coach's announcement.

### **ON YOUR OWN:**

**4:35 PM:** After the Head Coach announces that you may begin, re-introduce yourself to your group. Like last week, ask everyone to say their name.

**4:40 PM:** Begin the general K – 2 warmups **at a random location on the field (not at your cone)**. You may have your group break up into several lines, if necessary. Re-explain the purpose of warmups (to get one's body ready to run fast and help prevent injury). Demonstrate each drill before asking the athletes to repeat it. Athletes will start at their cone (or another location around the field) and perform the warmups out to 10 yards.

**4:50 PM:** After warmups, re-explain to the athletes who proper form should look like: arms "cheek-to-cheek" and not crossing your body, head/eyes forward, breathing through your mouth. See "*Basic Running Form*" under *Coach Resources/Pre Watch Videos*.

**4:55 PM:** Next, have each athlete get a sip of water and meet you by the **turf (end zone)**.

### **4:55 PM: Main Workout (YOU MAY COMBINE GROUPS, IF NECESSARY):**

- Explain that today you are going to work on speed and form. Reminding athletes to use good form, you will do the following intervals: 10 yard sprint, 20 yards, 30 yards, 50 yards, and a challenge 100 yards. Between each interval ask athletes to walk back to the start line and take a 30 second - 1 minute break.
  - As they run, remind them to use proper form.
  - Start each interval with the following commands: "runners to your mark... get set... go!"
  - You should teach them proper starts (see "*Standing Starts*" video under *Coach Resources/Pre Watch Videos*.)
  - If there are group-wide deficiencies in form, speed, etc. encourage the group to focus on improving those aspects. Sometime it helps to have them redo drills such as fast feet or high knees if they are executing poor form/foot speed.

**Until 5:05 PM:** After the Main Workout, Briefly talk about each track & field event... 100m, 200m, 400m, 800m, 1600m, and long jump.

### **AS A TEAM:**

**5:05~ PM:** The Head Coach will gather everyone together. The Head Coach will choose a game of their choice or an activity of their choice.

**5:18 PM:** The Head Coach will end the game or activity and gather athletes up to stretch.

**5:20 PM:** The Head Coach will send athletes home after congratulating them on a job-well-done.

## **K – 2 Grade Group Five (JLHS)**

**When:** 4:30 PM – 5:20 PM; Arrive by 4:20 PM

**Who:** Danielle F.

### **At Practice**

**4:30 PM:** Arrive to your group's cone and begin chatting with the athletes until the Head Coach's announcement.

### **ON YOUR OWN:**

**4:35 PM:** After the Head Coach announces that you may begin, re-introduce yourself to your group. Like last week, ask everyone to say their name.

**4:40 PM:** Begin the general K – 2 warmups **at a random location on the field (not at your cone)**. You may have your group break up into several lines, if necessary. Re-explain the purpose of warmups (to get one's body ready to run fast and help prevent injury). Demonstrate each drill before asking the athletes to repeat it. Athletes will start at their cone (or another location around the field) and perform the warmups out to 10 yards.

**4:50 PM:** After warmups, re-explain to the athletes who proper form should look like: arms "cheek-to-cheek" and not crossing your body, head/eyes forward, breathing through your mouth. See "*Basic Running Form*" under *Coach Resources/Pre Watch Videos*.

**4:55 PM:** Next, have each athlete get a sip of water and meet you by the **turf (end zone)**.

### **4:55 PM: Main Workout (YOU MAY COMBINE GROUPS, IF NECESSARY):**

- Explain that today you are going to work on speed and form. Reminding athletes to use good form, you will do the following intervals: 10 yard sprint, 20 yards, 30 yards, 50 yards, and a challenge 100 yards. Between each interval ask athletes to walk back to the start line and take a 30 second - 1 minute break.
  - As they run, remind them to use proper form.
  - Start each interval with the following commands: "runners to your mark... get set... go!"
  - You should teach them proper starts (see "*Standing Starts*" video under *Coach Resources/Pre Watch Videos*.)
  - If there are group-wide deficiencies in form, speed, etc. encourage the group to focus on improving those aspects. Sometime it helps to have them redo drills such as fast feet or high knees if they are executing poor form/foot speed.

**Until 5:05 PM:** After the Main Workout, Briefly talk about each track & field event... 100m, 200m, 400m, 800m, 1600m, and long jump.

### **AS A TEAM:**

**5:05~ PM:** The Head Coach will gather everyone together. The Head Coach will choose a game of their choice or an activity of their choice.

**5:18 PM:** The Head Coach will end the game or activity and gather athletes up to stretch.

**5:20 PM:** The Head Coach will send athletes home after congratulating them on a job-well-done.

# Sprint Group One

**When:** 5:30 PM – 7:00 PM; Arrive by 5:15 PM

**Who:** Rudy M., Sarah V., Gaby W.

## At Practice

**5:20 PM:** Arrive to your group's cone and begin chatting with the athletes until the Head Coach's announcement.

## ON YOUR OWN:

**5:35 PM:** After the Head Coach announces that you may begin, re-introduce yourself to your group. Ask everyone to say their name again.

**5:40 PM:** Begin the general 3 - 8 warmups **at a random location on the field (not at your cone)**. Athletes will start at their cone and perform the warmups out to 15 yards.

**5:50 PM:** Have your group jog slowly two laps. Explain that they must jog slowly so that they do not get too tired for activities that come later. They should not be breathing hard; they should be able to talk to their friends easily while running.

**5:55 PM:** Have your group gather together near your cone. Begin the Sprint Drills (see Coaches Quick Guide). Demonstrate each drill and explain its purpose (see warmups video). The overall purpose of sprint drills is to build athletes' muscle memory so they can use good form in their races without thinking about it. It is very important they get the drills right. Redo them if needed.

**6:05 PM:** Begin the ladder drills. The purpose of these drills is to improve athletes' foot speed, which is critically important to sprinting ability.

## **6:15 PM: Workout: WITH GROUP TWO – AS ONE BIG TEAM**

- Before starting, using the ladder, your team's cone, or other marker, please mark 75 yards (estimate).
- **PART ONE: 5 x 75 yard (approx.) sprint** focusing on good starts and stellar form. We want to see athletes "staying low" for the first 10 meters or so – this is the acceleration zone. We need to see athletes executing solid starts, primarily focusing on putting their weight on that front foot to explode off of it. We need to see fast feet – NOT long strides. This is a sprint. If they are not "getting" the fast feet, redo the one-step ladder drill several times, each time asking them to go faster.
- **PART TWO: Stadium stair sprints (four times, more if they want)**. The focus is on knee drive and pumping the arms. The athletes need to lift their feet up fast to get up the stairs fast.
- **(The field sprints are at 85% - 90% effort; the stadium stairs are at 100% effort).**
- **(2 – 3 minutes rest on field sprints after a walk back; 2+ minutes on stadium stairs)**
- **Use the field for the field sprints and pick a staircase on the press box bleachers for the stair workout.**

After the workout is complete, gather your group, praise their efforts, offer feedback, and ask if anyone has questions. Ensure they drink water at this time.

## AS A TEAM:

**6:40~ PM:** The Head Coach will gather everyone together. The Head Coach will choose a game of their choice or an activity of their choice.

**6:55 PM:** The Head Coach will end the game and gather athletes up to stretch.

# Sprint Group Two

**When:** 5:30 PM – 7:00 PM; Arrive by 5:15 PM

**Who:** Edom A., Stephen D., Cece W.

## At Practice

**5:20 PM:** Arrive to your group's cone and begin chatting with the athletes until the Head Coach's announcement.

## ON YOUR OWN:

**5:35 PM:** After the Head Coach announces that you may begin, re-introduce yourself to your group. Ask everyone to say their name again.

**5:40 PM:** Begin the general 3 - 8 warmups **at a random location on the field (not at your cone)**. Athletes will start at their cone and perform the warmups out to 15 yards.

**5:50 PM:** Have your group jog slowly two laps. Explain that they must jog slowly so that they do not get too tired for activities that come later. They should not be breathing hard; they should be able to talk to their friends easily while running.

**5:55 PM:** Have your group gather together near your cone. Begin the Sprint Drills (see Coaches Quick Guide). Demonstrate each drill and explain its purpose (see warmups video). The overall purpose of sprint drills is to build athletes' muscle memory so they can use good form in their races without thinking about it. It is very important they get the drills right. Redo them if needed.

**6:05 PM:** Begin the ladder drills. The purpose of these drills is to improve athletes' foot speed, which is critically important to sprinting ability.

## **6:15 PM: Workout: WITH GROUP ONE – AS ONE BIG TEAM**

- Before starting, using the ladder, your team's cone, or other marker, please mark 75 yards (estimate).
- **PART ONE: 5 x 75 yard (approx.) sprint** focusing on good starts and stellar form. We want to see athletes "staying low" for the first 10 meters or so – this is the acceleration zone. We need to see athletes executing solid starts, primarily focusing on putting their weight on that front foot to explode off of it. We need to see fast feet – NOT long strides. This is a sprint. If they are not "getting" the fast feet, redo the one-step ladder drill several times, each time asking them to go faster.
- **PART TWO: Stadium stair sprints (four times, more if they want)**. The focus is on knee drive and pumping the arms. The athletes need to lift their feet up fast to get up the stairs fast.
- **(The field sprints are at 85% - 90% effort; the stadium stairs are at 100% effort).**
- **(2 – 3 minutes rest on field sprints after a walk back; 2+ minutes on stadium stairs)**
- **Use the field for the field sprints and pick a staircase on the press box bleachers for the stair workout.**

After the workout is complete, gather your group, praise their efforts, offer feedback, and ask if anyone has questions. Ensure they drink water at this time.

## AS A TEAM:

**6:40~ PM:** The Head Coach will gather everyone together. The Head Coach will choose a game of their choice or an activity of their choice.

**6:55 PM:** The Head Coach will end the game and gather athletes up to stretch.

# Sprint Group Three

**When:** 5:30 PM – 7:00 PM; Arrive by 5:15 PM

**Who:** Diane L., Omar W., Toni R.

## At Practice

**5:20 PM:** Arrive to your group's cone and begin chatting with the athletes until the Head Coach's announcement.

## ON YOUR OWN:

**5:35 PM:** After the Head Coach announces that you may begin, re-introduce yourself to your group. Ask everyone to say their name again.

**5:40 PM:** Begin the general 3 - 8 warmups **at a random location on the field (not at your cone)**. Athletes will start at their cone and perform the warmups out to 15 yards.

**5:50 PM:** Have your group jog slowly two laps. Explain that they must jog slowly so that they do not get too tired for activities that come later. They should not be breathing hard; they should be able to talk to their friends easily while running.

**5:55 PM:** Have your group gather together near your cone. Begin the Sprint Drills (see Coaches Quick Guide). Demonstrate each drill and explain its purpose (see warmups video). The overall purpose of sprint drills is to build athletes' muscle memory so they can use good form in their races without thinking about it. It is very important they get the drills right. Redo them if needed.

**6:05 PM:** Begin the ladder drills. The purpose of these drills is to improve athletes' foot speed, which is critically important to sprinting ability.

## **6:15 PM: Workout: WITH GROUP FOUR – AS ONE BIG TEAM**

- Before starting, using the ladder, your team's cone, or other marker, please mark 75 yards (estimate).
- **PART ONE: 5 x 75 yard (approx.) sprint** focusing on good starts and stellar form. We want to see athletes "staying low" for the first 10 meters or so – this is the acceleration zone. We need to see athletes executing solid starts, primarily focusing on putting their weight on that front foot to explode off of it. We need to see fast feet – NOT long strides. This is a sprint. If they are not "getting" the fast feet, redo the one-step ladder drill several times, each time asking them to go faster.
- **PART TWO: Stadium stair sprints (four times, more if they want)**. The focus is on knee drive and pumping the arms. The athletes need to lift their feet up fast to get up the stairs fast.
- **(The field sprints are at 85% - 90% effort; the stadium stairs are at 100% effort).**
- **(2 – 3 minutes rest on field sprints after a walk back; 2+ minutes on stadium stairs)**
- **Use the field for the field sprints and pick a staircase on the press box bleachers for the stair workout.**

After the workout is complete, gather your group, praise their efforts, offer feedback, and ask if anyone has questions. Ensure they drink water at this time.

## AS A TEAM:

**6:40~ PM:** The Head Coach will gather everyone together. The Head Coach will choose a game of their choice or an activity of their choice.

**6:55 PM:** The Head Coach will end the game and gather athletes up to stretch.

# Sprint Group Four

**When:** 5:30 PM – 7:00 PM; Arrive by 5:15 PM

**Who:** Geoff C., Barbara F.

## At Practice

**5:20 PM:** Arrive to your group's cone and begin chatting with the athletes until the Head Coach's announcement.

## ON YOUR OWN:

**5:35 PM:** After the Head Coach announces that you may begin, re-introduce yourself to your group. Ask everyone to say their name again.

**5:40 PM:** Begin the general 3 - 8 warmups **at a random location on the field (not at your cone)**. Athletes will start at their cone and perform the warmups out to 15 yards.

**5:50 PM:** Have your group jog slowly two laps. Explain that they must jog slowly so that they do not get too tired for activities that come later. They should not be breathing hard; they should be able to talk to their friends easily while running.

**5:55 PM:** Have your group gather together near your cone. Begin the Sprint Drills (see Coaches Quick Guide). Demonstrate each drill and explain its purpose (see warmups video). The overall purpose of sprint drills is to build athletes' muscle memory so they can use good form in their races without thinking about it. It is very important they get the drills right. Redo them if needed.

**6:05 PM:** Begin the ladder drills. The purpose of these drills is to improve athletes' foot speed, which is critically important to sprinting ability.

## **6:15 PM: Workout: WITH GROUP THREE – AS ONE BIG TEAM**

- Before starting, using the ladder, your team's cone, or other marker, please mark 75 yards (estimate).
- **PART ONE: 5 x 75 yard (approx.) sprint** focusing on good starts and stellar form. We want to see athletes "staying low" for the first 10 meters or so – this is the acceleration zone. We need to see athletes executing solid starts, primarily focusing on putting their weight on that front foot to explode off of it. We need to see fast feet – NOT long strides. This is a sprint. If they are not "getting" the fast feet, redo the one-step ladder drill several times, each time asking them to go faster.
- **PART TWO: Stadium stair sprints (four times, more if they want)**. The focus is on knee drive and pumping the arms. The athletes need to lift their feet up fast to get up the stairs fast.
- **(The field sprints are at 85% - 90% effort; the stadium stairs are at 100% effort).**
- **(2 – 3 minutes rest on field sprints after a walk back; 2+ minutes on stadium stairs)**
- **Use the field for the field sprints and pick a staircase on the press box bleachers for the stair workout.**

After the workout is complete, gather your group, praise their efforts, offer feedback, and ask if anyone has questions. Ensure they drink water at this time.

## AS A TEAM:

**6:40~ PM:** The Head Coach will gather everyone together. The Head Coach will choose a game of their choice or an activity of their choice.

**6:55 PM:** The Head Coach will end the game and gather athletes up to stretch.

# Sprint Group Five

**When:** 5:30 PM – 7:00 PM; Arrive by 5:15 PM

**Who:** Grant S., Amy T.

## At Practice

**5:20 PM:** Arrive to your group's cone and begin chatting with the athletes until the Head Coach's announcement.

## ON YOUR OWN:

**5:35 PM:** After the Head Coach announces that you may begin, re-introduce yourself to your group. Ask everyone to say their name again.

**5:40 PM:** Begin the general 3 - 8 warmups **at a random location on the field (not at your cone)**. Athletes will start at their cone and perform the warmups out to 15 yards.

**5:50 PM:** Have your group jog slowly two laps. Explain that they must jog slowly so that they do not get too tired for activities that come later. They should not be breathing hard; they should be able to talk to their friends easily while running.

**5:55 PM:** Have your group gather together near your cone. Begin the Sprint Drills (see Coaches Quick Guide). Demonstrate each drill and explain its purpose (see warmups video). The overall purpose of sprint drills is to build athletes' muscle memory so they can use good form in their races without thinking about it. It is very important they get the drills right. Redo them if needed.

**6:05 PM:** Begin the ladder drills. The purpose of these drills is to improve athletes' foot speed, which is critically important to sprinting ability.

## **6:15 PM: Workout: WITH GROUP SIX – AS ONE BIG TEAM**

- **50 yard, 50 yard, 75 yard, 100 yard sprint** focusing on good starts and stellar form. We want to see athletes "staying low" for the first 10 meters or so – this is the acceleration zone. We need to see athletes executing solid starts, primarily focusing on putting their weight on that front foot to explode off of it. We need to see fast feet – NOT long strides. This is a sprint. If they are not "getting" the fast feet, redo the one-step ladder drill several times, each time asking them to go faster.
- **(90% effort).**
- **(3+ minutes rest on sprints after a walk back)**
- **Pick a spot on the end zone away from other groups.**
- If you finish early, you could have athletes "race" at various distances. For example, have everyone race to the 30 yard line. Winner gets to pick the exercise for everyone else (e.g., 20 sit-ups). Alternatively, grab a baton from the coaches' bag and do a four person relay around the field (i.e., one athlete at every corner). If you have enough kids, you may be able to do 2 or 3 teams. You could also play a game of tag, sharks and minnows, etc. as a group (or with other groups if they're done).

After the workout is complete, gather your group, praise their efforts, offer feedback, and ask if anyone has questions. Ensure they drink water at this time.

## AS A TEAM:

**6:40~ PM:** The Head Coach will gather everyone together. The Head Coach will choose a game of their choice or an activity of their choice.

**6:55 PM:** The Head Coach will end the game and gather athletes up to stretch.

# Sprint Group Six

**When:** 5:30 PM – 7:00 PM; Arrive by 5:15 PM

**Who:** Danielle F., Keren D.

## At Practice

**5:20 PM:** Arrive to your group's cone and begin chatting with the athletes until the Head Coach's announcement.

## ON YOUR OWN:

**5:35 PM:** After the Head Coach announces that you may begin, re-introduce yourself to your group. Ask everyone to say their name again.

**5:40 PM:** Begin the general 3 - 8 warmups **at a random location on the field (not at your cone)**. Athletes will start at their cone and perform the warmups out to 15 yards.

**5:50 PM:** Have your group jog slowly two laps. Explain that they must jog slowly so that they do not get too tired for activities that come later. They should not be breathing hard; they should be able to talk to their friends easily while running.

**5:55 PM:** Have your group gather together near your cone. Begin the Sprint Drills (see Coaches Quick Guide). Demonstrate each drill and explain its purpose (see warmups video). The overall purpose of sprint drills is to build athletes' muscle memory so they can use good form in their races without thinking about it. It is very important they get the drills right. Redo them if needed.

**6:05 PM:** Begin the ladder drills. The purpose of these drills is to improve athletes' foot speed, which is critically important to sprinting ability.

## **6:15 PM: Workout: WITH GROUP FIVE – AS ONE BIG TEAM**

- **50 yard, 50 yard, 75 yard, 100 yard sprint** focusing on good starts and stellar form. We want to see athletes "staying low" for the first 10 meters or so – this is the acceleration zone. We need to see athletes executing solid starts, primarily focusing on putting their weight on that front foot to explode off of it. We need to see fast feet – NOT long strides. This is a sprint. If they are not "getting" the fast feet, redo the one-step ladder drill several times, each time asking them to go faster.
- **(90% effort).**
- **(3+ minutes rest on sprints after a walk back)**
- **Pick a spot on the end zone away from other groups.**
- If you finish early, you could have athletes "race" at various distances. For example, have everyone race to the 30 yard line. Winner gets to pick the exercise for everyone else (e.g., 20 sit-ups). Alternatively, grab a baton from the coaches' bag and do a four person relay around the field (i.e., one athlete at every corner). If you have enough kids, you may be able to do 2 or 3 teams. You could also play a game of tag, sharks and minnows, etc. as a group (or with other groups if they're done).

After the workout is complete, gather your group, praise their efforts, offer feedback, and ask if anyone has questions. Ensure they drink water at this time.

## AS A TEAM:

**6:40~ PM:** The Head Coach will gather everyone together. The Head Coach will choose a game of their choice or an activity of their choice.

**6:55 PM:** The Head Coach will end the game and gather athletes up to stretch.

# Sprint Group Seven

**When:** 5:30 PM – 7:00 PM; Arrive by 5:15 PM

**Who:** Larence D., Shart'e M.

## At Practice

**5:20 PM:** Arrive to your group's cone and begin chatting with the athletes until the Head Coach's announcement.

## ON YOUR OWN:

**5:35 PM:** After the Head Coach announces that you may begin, re-introduce yourself to your group. Ask everyone to say their name again.

**5:40 PM:** Begin the general 3 - 8 warmups **at a random location on the field (not at your cone)**. Athletes will start at their cone and perform the warmups out to 15 yards.

**5:50 PM:** Have your group jog slowly two laps. Explain that they must jog slowly so that they do not get too tired for activities that come later. They should not be breathing hard; they should be able to talk to their friends easily while running.

**5:55 PM:** Have your group gather together near your cone. Begin the Sprint Drills (see Coaches Quick Guide). Demonstrate each drill and explain its purpose (see warmups video). The overall purpose of sprint drills is to build athletes' muscle memory so they can use good form in their races without thinking about it. It is very important they get the drills right. Redo them if needed.

**6:05 PM:** Begin the ladder drills. The purpose of these drills is to improve athletes' foot speed, which is critically important to sprinting ability.

## **6:15 PM: Workout: WITH GROUP EIGHT– AS ONE BIG TEAM**

- **50m, 75m, 100m, 150m sprint** focusing on good starts and stellar form. We need to see athletes executing solid starts, primarily focusing on putting their weight on that front foot to explode off of it. We need to see fast feet – NOT long strides. This is a sprint. If they are not "getting" the fast feet, redo the one-step ladder drill several times, each time asking them to go faster. Athletes must stay IN THEIR LANES.
- **(80% – 85% effort).**
- **(4+ minutes rest on sprints after a walk back)**
- **Lanes 1, 2, 3, 4, 5, 6 on the VISITOR side starting at the 300m start going towards the 200m start.**
- If you finish early, you could have athletes "race" at various distances. For example, have everyone race to the 30 yard line on the field. Winner gets to pick the exercise for everyone else (e.g., 20 sit-ups). Alternatively, grab a baton from the coaches' bag and do a four person relay around the field (i.e., one athlete at every corner). If you have enough kids, you may be able to do 2 or 3 teams. You could also play a game of tag, sharks and minnows, etc. as a group (or with other groups if they're done).

After the workout is complete, gather your group, praise their efforts, offer feedback, and ask if anyone has questions. Ensure they drink water at this time.

## AS A TEAM:

**6:40~ PM:** The Head Coach will gather everyone together. The Head Coach will choose a game of their choice or an activity of their choice.

**6:55 PM:** The Head Coach will end the game and gather athletes up to stretch.

# Sprint Group Eight

**When:** 5:30 PM – 7:00 PM; Arrive by 5:15 PM

**Who:** Susana B., Quentin S.

## At Practice

**5:20 PM:** Arrive to your group's cone and begin chatting with the athletes until the Head Coach's announcement.

## ON YOUR OWN:

**5:35 PM:** After the Head Coach announces that you may begin, re-introduce yourself to your group. Ask everyone to say their name again.

**5:40 PM:** Begin the general 3 - 8 warmups **at a random location on the field (not at your cone)**. Athletes will start at their cone and perform the warmups out to 15 yards.

**5:50 PM:** Have your group jog slowly two laps. Explain that they must jog slowly so that they do not get too tired for activities that come later. They should not be breathing hard; they should be able to talk to their friends easily while running.

**5:55 PM:** Have your group gather together near your cone. Begin the Sprint Drills (see Coaches Quick Guide). Demonstrate each drill and explain its purpose (see warmups video). The overall purpose of sprint drills is to build athletes' muscle memory so they can use good form in their races without thinking about it. It is very important they get the drills right. Redo them if needed.

**6:05 PM:** Begin the ladder drills. The purpose of these drills is to improve athletes' foot speed, which is critically important to sprinting ability.

## **6:15 PM: Workout: WITH GROUP SEVEN – AS ONE BIG TEAM**

- **50m, 75m, 100m, 150m sprint** focusing on good starts and stellar form. We need to see athletes executing solid starts, primarily focusing on putting their weight on that front foot to explode off of it. We need to see fast feet – NOT long strides. This is a sprint. If they are not "getting" the fast feet, redo the one-step ladder drill several times, each time asking them to go faster. Athletes must stay IN THEIR LANES.
- **(80% – 85% effort).**
- **(4+ minutes rest on sprints after a walk back)**
- **Lanes 1, 2, 3, 4, 5, 6 on the VISITOR side starting at the 300m start going towards the 200m start.**
- If you finish early, you could have athletes "race" at various distances. For example, have everyone race to the 30 yard line on the field. Winner gets to pick the exercise for everyone else (e.g., 20 sit-ups). Alternatively, grab a baton from the coaches' bag and do a four person relay around the field (i.e., one athlete at every corner). If you have enough kids, you may be able to do 2 or 3 teams. You could also play a game of tag, sharks and minnows, etc. as a group (or with other groups if they're done).

After the workout is complete, gather your group, praise their efforts, offer feedback, and ask if anyone has questions. Ensure they drink water at this time.

## AS A TEAM:

**6:40~ PM:** The Head Coach will gather everyone together. The Head Coach will choose a game of their choice or an activity of their choice.

**6:55 PM:** The Head Coach will end the game and gather athletes up to stretch.

# Sprint Group Nine

**When:** 5:30 PM – 7:00 PM; Arrive by 5:15 PM

**Who:** Duncan F., Coleen B.

## At Practice

**5:20 PM:** Arrive to your group's cone and begin chatting with the athletes until the Head Coach's announcement.

## ON YOUR OWN:

**5:35 PM:** After the Head Coach announces that you may begin, re-introduce yourself to your group. Ask everyone to say their name again.

**5:40 PM:** Begin the general 3 - 8 warmups **at a random location on the field (not at your cone)**. Athletes will start at their cone and perform the warmups out to 15 yards.

**5:50 PM:** Have your group jog slowly two laps. Explain that they must jog slowly so that they do not get too tired for activities that come later. They should not be breathing hard; they should be able to talk to their friends easily while running.

**5:55 PM:** Have your group gather together near your cone. Begin the Sprint Drills (see Coaches Quick Guide). Demonstrate each drill and explain its purpose (see warmups video). The overall purpose of sprint drills is to build athletes' muscle memory so they can use good form in their races without thinking about it. It is very important they get the drills right. Redo them if needed.

**6:05 PM:** Begin the ladder drills. The purpose of these drills is to improve athletes' foot speed, which is critically important to sprinting ability.

## **6:15 PM: Workout: WITH GROUP TEN – AS ONE BIG TEAM**

- **50m, 75m, 100m, 150m sprint** focusing on good starts and stellar form. We need to see athletes executing solid starts, primarily focusing on putting their weight on that front foot to explode off of it. We need to see fast feet – NOT long strides. This is a sprint. If they are not "getting" the fast feet, redo the one-step ladder drill several times, each time asking them to go faster. Athletes must stay **IN THEIR LANES**.
- **(80% – 85% effort).**
- **(4+ minutes rest on sprints after a walk back)**
- **Lanes 1, 2, 3, 4, 5, 6 on the HOME side starting at the 100m start going towards the start/finish line**
- If you finish early, you could have athletes "race" at various distances. For example, have everyone race to the 30 yard line on the field. Winner gets to pick the exercise for everyone else (e.g., 20 sit-ups). Alternatively, grab a baton from the coaches' bag and do a four person relay around the field (i.e., one athlete at every corner). If you have enough kids, you may be able to do 2 or 3 teams. You could also play a game of tag, sharks and minnows, etc. as a group (or with other groups if they're done).

After the workout is complete, gather your group, praise their efforts, offer feedback, and ask if anyone has questions. Ensure they drink water at this time.

## AS A TEAM:

**6:40~ PM:** The Head Coach will gather everyone together. The Head Coach will choose a game of their choice or an activity of their choice.

**6:55 PM:** The Head Coach will end the game and gather athletes up to stretch.

# Sprint Group Ten

**When:** 5:30 PM – 7:00 PM; Arrive by 5:15 PM

**Who:** Ralph P.

## At Practice

**5:20 PM:** Arrive to your group's cone and begin chatting with the athletes until the Head Coach's announcement.

## ON YOUR OWN:

**5:35 PM:** After the Head Coach announces that you may begin, re-introduce yourself to your group. Ask everyone to say their name again.

**5:40 PM:** Begin the general 3 - 8 warmups **at a random location on the field (not at your cone)**. Athletes will start at their cone and perform the warmups out to 15 yards.

**5:50 PM:** Have your group jog slowly two laps. Explain that they must jog slowly so that they do not get too tired for activities that come later. They should not be breathing hard; they should be able to talk to their friends easily while running.

**5:55 PM:** Have your group gather together near your cone. Begin the Sprint Drills (see Coaches Quick Guide). Demonstrate each drill and explain its purpose (see warmups video). The overall purpose of sprint drills is to build athletes' muscle memory so they can use good form in their races without thinking about it. It is very important they get the drills right. Redo them if needed.

**6:05 PM:** Begin the ladder drills. The purpose of these drills is to improve athletes' foot speed, which is critically important to sprinting ability.

## **6:15 PM: Workout: WITH GROUP NINE – AS ONE BIG TEAM**

- **50m, 75m, 100m, 150m sprint** focusing on good starts and stellar form. We need to see athletes executing solid starts, primarily focusing on putting their weight on that front foot to explode off of it. We need to see fast feet – NOT long strides. This is a sprint. If they are not "getting" the fast feet, redo the one-step ladder drill several times, each time asking them to go faster. Athletes must stay **IN THEIR LANES**.
- **(80% – 85% effort).**
- **(4+ minutes rest on sprints after a walk back)**
- **Lanes 1, 2, 3, 4, 5, 6 on the HOME side starting at the 100m start going towards the start/finish line**
- If you finish early, you could have athletes "race" at various distances. For example, have everyone race to the 30 yard line on the field. Winner gets to pick the exercise for everyone else (e.g., 20 sit-ups). Alternatively, grab a baton from the coaches' bag and do a four person relay around the field (i.e., one athlete at every corner). If you have enough kids, you may be able to do 2 or 3 teams. You could also play a game of tag, sharks and minnows, etc. as a group (or with other groups if they're done).

After the workout is complete, gather your group, praise their efforts, offer feedback, and ask if anyone has questions. Ensure they drink water at this time.

## AS A TEAM:

**6:40~ PM:** The Head Coach will gather everyone together. The Head Coach will choose a game of their choice or an activity of their choice.

**6:55 PM:** The Head Coach will end the game and gather athletes up to stretch.

# Distance Group One

**When:** 9:00 AM – 10:30 AM; Arrive by 8:45 AM

**Who:** Riley S., Jake R.

## At Practice

**8:50 AM:** Arrive to your group's cone and begin chatting with the athletes until the Head Coach's announcement.

## ON YOU OWN:

**9:05 AM** After the Head Coach announces that you may begin, introduce yourself to your group. Ask everyone to say their name and why they wanted to join the track & field team. Feel free to talk a little bit about your experience with track & field or any knowledge you know (types of events, things we will learn this season, etc.)

**9:10 AM:** Begin the general 3 - 8 warmups. You may have your group break up into several lines if necessary. Explain the purpose of warmups (to get one's body ready to run fast and help prevent injury). Demonstrate each drill before asking the athletes to repeat it. Athletes will start at their cone and perform the warmups out to 15 yards (see the Coaches Quick Guide).

**9:20 AM:** Have your group jog slowly two laps. Explain that they must jog slowly so that they do not get too tired for activities that come later. They should not be breathing hard; they should be able to talk to their friends easily while running. If they are too tired when they return, explain again that warmups must be slow and breathing hard means they went too fast. Ensure they get a sip of water before moving on.

**9:25 AM:** Begin the ladder drills. The purpose of these drills is to improve athletes' foot speed, which is important to running ability. You may also add jumping drills such as single leg hops, bunny hops, etc.

## **9:35 AM: Workout:**

- **4 x (200m stride, 200m slow jog back)** focusing on good form. There should be a clear difference in their stride and jogging speed. Form should be solid on the strides (knee drive and arms not cross the body).
- **(Fast effort on strides, slow but no walking on jog)**
- **(Active recovery)** The slow jog between strides is the recovery. Inexperienced athletes may take a short break, as needed, between sets. Experienced athletes can do more than 3 sets, if time allows. If athletes must sit out or they finish early, have them do pushups, sit-ups, etc.
- **Start at the start/finish line in lanes 1 and 2.** Athletes should line up in two rows next to each other (faster athletes up front) and everyone go at once. If there are clear differences in ability, you may make two groups and have them start at different times.

After the workout is complete, gather your group, praise their efforts, offer feedback, and ask if anyone has questions. Ensure they drink water at this time.

## AS A TEAM:

**10:05~ AM:** The Head Coach will gather everyone together and re-explain the importance of taking the drills seriously and putting in your best effort at practice. They will explain the rules of Sharks & Minnows and explain that athletes should use good arms and fast feet during the game. Then, they will break the team up into two groups: Groups 1, 2, 3, 4, 5 will play Sharks & Minnows and the grass field by the tennis courts and Groups 6, 7, 8, 9, 10 will play on the turf field. Leads from each side will pick two athletes to start as sharks. Then, the game will begin.

**10:25 AM:** The Head Coach will end the game and gather athletes up to stretch.

## Distance Group Two

**When:** 9:00 AM – 10:30 AM; Arrive by 8:45 AM

**Who:** Suzie P., Shawna A., Christopher F.

### At Practice

**8:50 AM:** Arrive to your group's cone and begin chatting with the athletes until the Head Coach's announcement.

### ON YOU OWN:

**9:05 AM** After the Head Coach announces that you may begin, introduce yourself to your group. Ask everyone to say their name and why they wanted to join the track & field team. Feel free to talk a little bit about your experience with track & field or any knowledge you know (types of events, things we will learn this season, etc.)

**9:10 AM:** Begin the general 3 - 8 warmups. You may have your group break up into several lines if necessary. Explain the purpose of warmups (to get one's body ready to run fast and help prevent injury). Demonstrate each drill before asking the athletes to repeat it. Athletes will start at their cone and perform the warmups out to 15 yards (see the Coaches Quick Guide).

**9:20 AM:** Have your group jog slowly two laps. Explain that they must jog slowly so that they do not get too tired for activities that come later. They should not be breathing hard; they should be able to talk to their friends easily while running. If they are too tired when they return, explain again that warmups must be slow and breathing hard means they went too fast. Ensure they get a sip of water before moving on.

**9:25 AM:** Begin the ladder drills. The purpose of these drills is to improve athletes' foot speed, which is important to running ability. You may also add jumping drills such as single leg hops, bunny hops, etc.

### **9:35 AM: Workout:**

- **4 x (200m stride, 200m slow jog back)** focusing on good form. There should be a clear difference in their stride and jogging speed. Form should be solid on the strides (knee drive and arms not cross the body).
- **(Fast effort on strides, slow but no walking on jog)**
- **(Active recovery)** The slow jog between strides is the recovery. Inexperienced athletes may take a short break, as needed, between sets. Experienced athletes can do more than 3 sets, if time allows. If athletes must sit out or they finish early, have them do pushups, sit-ups, etc.
- **Start at the 300m start line in lanes 3, 4, 5.** Athletes should line up in three rows next to each other (faster athletes up front) and everyone go at once. If there are clear differences in ability, you may make two groups and have them start at different times.

After the workout is complete, gather your group, praise their efforts, offer feedback, and ask if anyone has questions. Ensure they drink water at this time.

### AS A TEAM:

**10:05~ AM:** The Head Coach will gather everyone together and re-explain the importance of taking the drills seriously and putting in your best effort at practice. They will explain the rules of Sharks & Minnows and explain that athletes should use good arms and fast feet during the game. Then, they will break the team up into two groups: Groups 1, 2, 3, 4, 5 will play Sharks & Minnows and the grass field by the tennis courts and Groups 6, 7, 8, 9, 10 will play on the turf field. Leads from each side will pick two athletes to start as sharks. Then, the game will begin.

**10:25 AM:** The Head Coach will end the game and gather athletes up to stretch.

## Distance Group Three

**When:** 9:00 AM – 10:30 AM; Arrive by 8:45 AM

**Who:** John O., Christian D.

### At Practice

**8:50 AM:** Arrive to your group's cone and begin chatting with the athletes until the Head Coach's announcement.

### ON YOU OWN:

**9:05 AM** After the Head Coach announces that you may begin, introduce yourself to your group. Ask everyone to say their name and why they wanted to join the track & field team. Feel free to talk a little bit about your experience with track & field or any knowledge you know (types of events, things we will learn this season, etc.)

**9:10 AM:** Begin the general 3 - 8 warmups. You may have your group break up into several lines if necessary. Explain the purpose of warmups (to get one's body ready to run fast and help prevent injury). Demonstrate each drill before asking the athletes to repeat it. Athletes will start at their cone and perform the warmups out to 15 yards (see the Coaches Quick Guide).

**9:20 AM:** Have your group jog slowly two laps. Explain that they must jog slowly so that they do not get too tired for activities that come later. They should not be breathing hard; they should be able to talk to their friends easily while running. If they are too tired when they return, explain again that warmups must be slow and breathing hard means they went too fast. Ensure they get a sip of water before moving on.

**9:25 AM:** Begin the ladder drills. The purpose of these drills is to improve athletes' foot speed, which is important to running ability. You may also add jumping drills such as single leg hops, bunny hops, etc.

### **9:35 AM: Workout:**

- **4 x (200m stride, 200m slow jog back)** focusing on good form. There should be a clear difference in their stride and jogging speed. Form should be solid on the strides (knee drive and arms not cross the body).
- **(Fast effort on strides, slow but no walking on jog)**
- **(Active recovery)** The slow jog between strides is the recovery. Inexperienced athletes may take a short break, as needed, between sets. Experienced athletes can do more than 3 sets, if time allows. If athletes must sit out or they finish early, have them do pushups, sit-ups, etc.
- **Start at the 200m start line in lanes 1 and 2.** Athletes should line up in two rows next to each other (faster athletes up front) and everyone go at once. If there are clear differences in ability, you may make two groups and have them start at different times.

After the workout is complete, gather your group, praise their efforts, offer feedback, and ask if anyone has questions. Ensure they drink water at this time.

### AS A TEAM:

**10:05~ AM:** The Head Coach will gather everyone together and re-explain the importance of taking the drills seriously and putting in your best effort at practice. They will explain the rules of Sharks & Minnows and explain that athletes should use good arms and fast feet during the game. Then, they will break the team up into two groups: Groups 1, 2, 3, 4, 5 will play Sharks & Minnows and the grass field by the tennis courts and Groups 6, 7, 8, 9, 10 will play on the turf field. Leads from each side will pick two athletes to start as sharks. Then, the game will begin.

**10:25 AM:** The Head Coach will end the game and gather athletes up to stretch.

# Distance Group Four

**When:** 9:00 AM – 10:30 AM; Arrive by 8:45 AM

**Who:** Lizz T., Qin W., Nikita B.

## At Practice

**8:50 AM:** Arrive to your group's cone and begin chatting with the athletes until the Head Coach's announcement.

## ON YOU OWN:

**9:05 AM** After the Head Coach announces that you may begin, introduce yourself to your group. Ask everyone to say their name and why they wanted to join the track & field team. Feel free to talk a little bit about your experience with track & field or any knowledge you know (types of events, things we will learn this season, etc.)

**9:10 AM:** Begin the general 3 - 8 warmups. You may have your group break up into several lines if necessary. Explain the purpose of warmups (to get one's body ready to run fast and help prevent injury). Demonstrate each drill before asking the athletes to repeat it. Athletes will start at their cone and perform the warmups out to 15 yards (see the Coaches Quick Guide).

**9:20 AM:** Have your group jog slowly two laps. Explain that they must jog slowly so that they do not get too tired for activities that come later. They should not be breathing hard; they should be able to talk to their friends easily while running. If they are too tired when they return, explain again that warmups must be slow and breathing hard means they went too fast. Ensure they get a sip of water before moving on.

**9:25 AM:** Begin the ladder drills. The purpose of these drills is to improve athletes' foot speed, which is important to running ability. You may also add jumping drills such as single leg hops, bunny hops, etc.

## **9:35 AM: Workout:**

- **4 x (200m stride, 200m slow jog back)** focusing on good form. There should be a clear difference in their stride and jogging speed. Form should be solid on the strides (knee drive and arms not cross the body).
- **(Fast effort on strides, slow but no walking on jog)**
- **(Active recovery)** The slow jog between strides is the recovery. Inexperienced athletes may take a short break, as needed, between sets. Experienced athletes can do more than 3 sets, if time allows. If athletes must sit out or they finish early, have them do pushups, sit-ups, etc.
- **Start at the 100m start line in lanes 3, 4, 5.** Athletes should line up in three rows next to each other (faster athletes up front) and everyone go at once. If there are clear differences in ability, you may make two groups and have them start at different times.

After the workout is complete, gather your group, praise their efforts, offer feedback, and ask if anyone has questions. Ensure they drink water at this time.

## AS A TEAM:

**10:05~ AM:** The Head Coach will gather everyone together and re-explain the importance of taking the drills seriously and putting in your best effort at practice. They will explain the rules of Sharks & Minnows and explain that athletes should use good arms and fast feet during the game. Then, they will break the team up into two groups: Groups 1, 2, 3, 4, 5 will play Sharks & Minnows and the grass field by the tennis courts and Groups 6, 7, 8, 9, 10 will play on the turf field. Leads from each side will pick two athletes to start as sharks. Then, the game will begin.

**10:25 AM:** The Head Coach will end the game and gather athletes up to stretch.

# Distance Group Five

**When:** 9:00 AM – 10:30 AM; Arrive by 8:45 AM

**Who:** Aaron A., Bobby M.

## At Practice

**8:50 AM:** Arrive to your group's cone and begin chatting with the athletes until the Head Coach's announcement.

## ON YOU OWN:

**9:05 AM** After the Head Coach announces that you may begin, introduce yourself to your group. Ask everyone to say their name and why they wanted to join the track & field team. Feel free to talk a little bit about your experience with track & field or any knowledge you know (types of events, things we will learn this season, etc.)

**9:10 AM:** Begin the general 3 - 8 warmups. You may have your group break up into several lines if necessary. Explain the purpose of warmups (to get one's body ready to run fast and help prevent injury). Demonstrate each drill before asking the athletes to repeat it. Athletes will start at their cone and perform the warmups out to 15 yards (see the Coaches Quick Guide).

**9:20 AM:** Have your group jog slowly two laps. Explain that they must jog slowly so that they do not get too tired for activities that come later. They should not be breathing hard; they should be able to talk to their friends easily while running. If they are too tired when they return, explain again that warmups must be slow and breathing hard means they went too fast. Ensure they get a sip of water before moving on.

**9:25 AM:** Begin the ladder drills. The purpose of these drills is to improve athletes' foot speed, which is important to running ability. You may also add jumping drills such as single leg hops, bunny hops, etc.

## **9:35 AM: Workout: WITH GROUP SIX – AS ONE BIG TEAM.**

- **2 x (Around the school on sidewalk (about 800m), three 50m strides on turf).** The first one should be slow, focusing on pacing and holding a steady speed that is maintainable throughout the interval. The second should be faster than the first, but still controlled. Focus on good finishing form (arms not cross the body, head neutral, eyes forward). The strides should be fast and focused on good form.
- **(Slow first one, faster second one – the goal is to drop time; strides fast.)**
- **(3 minutes rest)** Between the first and second lap, athletes should be getting small sips of water and WALKING not sitting. Chat with them about their goals for the season, other sports they play, and about how we are introducing them to a basic endurance workout that will help for many other sports and track events.
- **Start Door 5 and run round the school starting towards the school busses (Door 6).** Ensure one coach is with them. Return to the turf field for three strides (if time).

After the workout is complete, gather your group, praise their efforts, offer feedback, and ask if anyone has questions. Ensure they drink water at this time.

## AS A TEAM:

**10:05~ AM:** The Head Coach will gather everyone together and re-explain the importance of taking the drills seriously and putting in your best effort at practice. They will explain the rules of Sharks & Minnows and explain that athletes should use good arms and fast feet during the game. Then, they will break the team up into two groups: Groups 1, 2, 3, 4, 5 will play Sharks & Minnows and the grass field by the tennis courts and Groups 6, 7, 8, 9, 10 will play on the turf field. Leads from each side will pick two athletes to start as sharks. Then, the game will begin.

**10:25 AM:** The Head Coach will end the game and gather athletes up to stretch.

## Distance Group Six

**When:** 9:00 AM – 10:30 AM; Arrive by 8:45 AM

**Who:** Kathy P., Chris A.

### At Practice

**8:50 AM:** Arrive to your group's cone and begin chatting with the athletes until the Head Coach's announcement.

### ON YOU OWN:

**9:05 AM** After the Head Coach announces that you may begin, introduce yourself to your group. Ask everyone to say their name and why they wanted to join the track & field team. Feel free to talk a little bit about your experience with track & field or any knowledge you know (types of events, things we will learn this season, etc.)

**9:10 AM:** Begin the general 3 - 8 warmups. You may have your group break up into several lines if necessary. Explain the purpose of warmups (to get one's body ready to run fast and help prevent injury). Demonstrate each drill before asking the athletes to repeat it. Athletes will start at their cone and perform the warmups out to 15 yards (see the Coaches Quick Guide).

**9:20 AM:** Have your group jog slowly two laps. Explain that they must jog slowly so that they do not get too tired for activities that come later. They should not be breathing hard; they should be able to talk to their friends easily while running. If they are too tired when they return, explain again that warmups must be slow and breathing hard means they went too fast. Ensure they get a sip of water before moving on.

**9:25 AM:** Begin the ladder drills. The purpose of these drills is to improve athletes' foot speed, which is important to running ability. You may also add jumping drills such as single leg hops, bunny hops, etc.

### **9:35 AM: Workout: WITH GROUP FIVE – AS ONE BIG TEAM.**

- **2 x (Around the school on sidewalk (about 800m), three 50m strides on turf).** The first one should be slow, focusing on pacing and holding a steady speed that is maintainable throughout the interval. The second should be faster than the first, but still controlled. Focus on good finishing form (arms not cross the body, head neutral, eyes forward). The strides should be fast and focused on good form.
- **(Slow first one, faster second one – the goal is to drop time; strides fast.)**
- **(3 minutes rest)** Between the first and second lap, athletes should be getting small sips of water and WALKING not sitting. Chat with them about their goals for the season, other sports they play, and about how we are introducing them to a basic endurance workout that will help for many other sports and track events.
- **Start Door 5 and run round the school starting towards the school busses (Door 6).** Ensure one coach is with them. Return to the turf field for three strides (if time).

After the workout is complete, gather your group, praise their efforts, offer feedback, and ask if anyone has questions. Ensure they drink water at this time.

### AS A TEAM:

**10:05~ AM:** The Head Coach will gather everyone together and re-explain the importance of taking the drills seriously and putting in your best effort at practice. They will explain the rules of Sharks & Minnows and explain that athletes should use good arms and fast feet during the game. Then, they will break the team up into two groups: Groups 1, 2, 3, 4, 5 will play Sharks & Minnows and the grass field by the tennis courts and Groups 6, 7, 8, 9, 10 will play on the turf field. Leads from each side will pick two athletes to start as sharks. Then, the game will begin.

**10:25 AM:** The Head Coach will end the game and gather athletes up to stretch.

# Distance Group Seven

**When:** 9:00 AM – 10:30 AM; Arrive by 8:45 AM

**Who:** Mehrdad B., Marc B.

## At Practice

**8:50 AM:** Arrive to your group's cone and begin chatting with the athletes until the Head Coach's announcement.

## ON YOU OWN:

**9:05 AM** After the Head Coach announces that you may begin, introduce yourself to your group. Ask everyone to say their name and why they wanted to join the track & field team. Feel free to talk a little bit about your experience with track & field or any knowledge you know (types of events, things we will learn this season, etc.)

**9:10 AM:** Begin the general 3 - 8 warmups. You may have your group break up into several lines if necessary. Explain the purpose of warmups (to get one's body ready to run fast and help prevent injury). Demonstrate each drill before asking the athletes to repeat it. Athletes will start at their cone and perform the warmups out to 15 yards (see the Coaches Quick Guide).

**9:20 AM:** Have your group jog slowly two laps. Explain that they must jog slowly so that they do not get too tired for activities that come later. They should not be breathing hard; they should be able to talk to their friends easily while running. If they are too tired when they return, explain again that warmups must be slow and breathing hard means they went too fast. Ensure they get a sip of water before moving on.

**9:25 AM:** Begin the ladder drills. The purpose of these drills is to improve athletes' foot speed, which is important to running ability. You may also add jumping drills such as single leg hops, bunny hops, etc.

## **9:35 AM: Workout: WITH GROUP EIGHT – AS ONE BIG TEAM.**

- **3 - 4 x field lap (jog long sides, sprint short sides)** Athletes will run as a group around the edge of the turf field. The goal of the workout is to build both endurance and speed. Ensure athletes are sprinting and jogging with good form. Encourage them to try to complete each lap faster than the last.
- **(Slog job on long straights, much faster (sprint) on short sides.)**
- **(3 – 4 minutes rest)** Between intervals (laps) athletes should rest for 3 - 4 minutes
- **You are using the grass field near the tennis courts. Start at any corner.** Ensure that group coaches are spread out to help athletes with form and motivation.

After the workout is complete, gather your group, praise their efforts, offer feedback, and ask if anyone has questions. Ensure they drink water at this time.

## AS A TEAM:

**10:05~ AM:** The Head Coach will gather everyone together and re-explain the importance of taking the drills seriously and putting in your best effort at practice. They will explain the rules of Sharks & Minnows and explain that athletes should use good arms and fast feet during the game. Then, they will break the team up into two groups: Groups 1, 2, 3, 4, 5 will play Sharks & Minnows and the grass field by the tennis courts and Groups 6, 7, 8, 9, 10 will play on the turf field. Leads from each side will pick two athletes to start as sharks. Then, the game will begin.

**10:25 AM:** The Head Coach will end the game and gather athletes up to stretch.

# Distance Group Eight

**When:** 9:00 AM – 10:30 AM; Arrive by 8:45 AM

**Who:** Russell D., Chris M., Shameka M.

## At Practice

**8:50 AM:** Arrive to your group's cone and begin chatting with the athletes until the Head Coach's announcement.

## ON YOU OWN:

**9:05 AM** After the Head Coach announces that you may begin, introduce yourself to your group. Ask everyone to say their name and why they wanted to join the track & field team. Feel free to talk a little bit about your experience with track & field or any knowledge you know (types of events, things we will learn this season, etc.)

**9:10 AM:** Begin the general 3 - 8 warmups. You may have your group break up into several lines if necessary. Explain the purpose of warmups (to get one's body ready to run fast and help prevent injury). Demonstrate each drill before asking the athletes to repeat it. Athletes will start at their cone and perform the warmups out to 15 yards (see the Coaches Quick Guide).

**9:20 AM:** Have your group jog slowly two laps. Explain that they must jog slowly so that they do not get too tired for activities that come later. They should not be breathing hard; they should be able to talk to their friends easily while running. If they are too tired when they return, explain again that warmups must be slow and breathing hard means they went too fast. Ensure they get a sip of water before moving on.

**9:25 AM:** Begin the ladder drills. The purpose of these drills is to improve athletes' foot speed, which is important to running ability. You may also add jumping drills such as single leg hops, bunny hops, etc.

## **9:35 AM: Workout: WITH GROUP SEVEN – AS ONE BIG TEAM.**

- **3 - 4 x field lap (jog long sides, sprint short sides)** Athletes will run as a group around the edge of the turf field. The goal of the workout is to build both endurance and speed. Ensure athletes are sprinting and jogging with good form. Encourage them to try to complete each lap faster than the last.
- **(Slog job on long straights, much faster (sprint) on short sides.)**
- **(3 – 4 minutes rest)** Between intervals (laps) athletes should rest for 3 - 4 minutes
- **You are using the grass field near the tennis courts. Start at any corner.** Ensure that group coaches are spread out to help athletes with form and motivation.

After the workout is complete, gather your group, praise their efforts, offer feedback, and ask if anyone has questions. Ensure they drink water at this time.

## AS A TEAM:

**10:05~ AM:** The Head Coach will gather everyone together and re-explain the importance of taking the drills seriously and putting in your best effort at practice. They will explain the rules of Sharks & Minnows and explain that athletes should use good arms and fast feet during the game. Then, they will break the team up into two groups: Groups 1, 2, 3, 4, 5 will play Sharks & Minnows and the grass field by the tennis courts and Groups 6, 7, 8, 9, 10 will play on the turf field. Leads from each side will pick two athletes to start as sharks. Then, the game will begin.

**10:25 AM:** The Head Coach will end the game and gather athletes up to stretch.

# Distance Group Nine

**When:** 9:00 AM – 10:30 AM; Arrive by 8:45 AM

**Who:** Mariana D., Theresa G., Chris D.

## At Practice

**8:50 AM:** Arrive to your group's cone and begin chatting with the athletes until the Head Coach's announcement.

## ON YOU OWN:

**9:05 AM** After the Head Coach announces that you may begin, introduce yourself to your group. Ask everyone to say their name and why they wanted to join the track & field team. Feel free to talk a little bit about your experience with track & field or any knowledge you know (types of events, things we will learn this season, etc.)

**9:10 AM:** Begin the general 3 - 8 warmups. You may have your group break up into several lines if necessary. Explain the purpose of warmups (to get one's body ready to run fast and help prevent injury). Demonstrate each drill before asking the athletes to repeat it. Athletes will start at their cone and perform the warmups out to 15 yards (see the Coaches Quick Guide).

**9:20 AM:** Have your group jog slowly two laps. Explain that they must jog slowly so that they do not get too tired for activities that come later. They should not be breathing hard; they should be able to talk to their friends easily while running. If they are too tired when they return, explain again that warmups must be slow and breathing hard means they went too fast. Ensure they get a sip of water before moving on.

**9:25 AM:** Begin the ladder drills. The purpose of these drills is to improve athletes' foot speed, which is important to running ability. You may also add jumping drills such as single leg hops, bunny hops, etc.

## **9:35 AM: Workout: WITH GROUP TEN – AS ONE BIG TEAM.**

- **3 - 4 x field lap (jog long sides, sprint short sides)** Athletes will run as a group around the edge of the turf field. The goal of the workout is to build both endurance and speed. Ensure athletes are sprinting and jogging with good form. Encourage them to try to complete each lap faster than the last.
- **(Slog job on long straights, much faster (sprint) on short sides.)**
- **(3 – 4 minutes rest)** Between intervals (laps) athletes should rest for 3 - 4 minutes
- **You are using the turf field. Start at any corner.** Ensure that group coaches are spread out to help athletes with form and motivation.

After the workout is complete, gather your group, praise their efforts, offer feedback, and ask if anyone has questions. Ensure they drink water at this time.

## AS A TEAM:

**10:05~ AM:** The Head Coach will gather everyone together and re-explain the importance of taking the drills seriously and putting in your best effort at practice. They will explain the rules of Sharks & Minnows and explain that athletes should use good arms and fast feet during the game. Then, they will break the team up into two groups: Groups 1, 2, 3, 4, 5 will play Sharks & Minnows and the grass field by the tennis courts and Groups 6, 7, 8, 9, 10 will play on the turf field. Leads from each side will pick two athletes to start as sharks. Then, the game will begin.

**10:25 AM:** The Head Coach will end the game and gather athletes up to stretch.

# Distance Group Ten

**When:** 9:00 AM – 10:30 AM; Arrive by 8:45 AM

**Who:** John B., Victoria A.

## At Practice

**8:50 AM:** Arrive to your group's cone and begin chatting with the athletes until the Head Coach's announcement.

## ON YOU OWN:

**9:05 AM** After the Head Coach announces that you may begin, introduce yourself to your group. Ask everyone to say their name and why they wanted to join the track & field team. Feel free to talk a little bit about your experience with track & field or any knowledge you know (types of events, things we will learn this season, etc.)

**9:10 AM:** Begin the general 3 - 8 warmups. You may have your group break up into several lines if necessary. Explain the purpose of warmups (to get one's body ready to run fast and help prevent injury). Demonstrate each drill before asking the athletes to repeat it. Athletes will start at their cone and perform the warmups out to 15 yards (see the Coaches Quick Guide).

**9:20 AM:** Have your group jog slowly two laps. Explain that they must jog slowly so that they do not get too tired for activities that come later. They should not be breathing hard; they should be able to talk to their friends easily while running. If they are too tired when they return, explain again that warmups must be slow and breathing hard means they went too fast. Ensure they get a sip of water before moving on.

**9:25 AM:** Begin the ladder drills. The purpose of these drills is to improve athletes' foot speed, which is important to running ability. You may also add jumping drills such as single leg hops, bunny hops, etc.

## **9:35 AM: Workout: WITH GROUP NINE – AS ONE BIG TEAM.**

- **3 - 4 x field lap (jog long sides, sprint short sides)** Athletes will run as a group around the edge of the turf field. The goal of the workout is to build both endurance and speed. Ensure athletes are sprinting and jogging with good form. Encourage them to try to complete each lap faster than the last.
- **(Slog job on long straights, much faster (sprint) on short sides.)**
- **(3 – 4 minutes rest)** Between intervals (laps) athletes should rest for 3 - 4 minutes
- **You are using the turf field. Start at any corner.** Ensure that group coaches are spread out to help athletes with form and motivation.

After the workout is complete, gather your group, praise their efforts, offer feedback, and ask if anyone has questions. Ensure they drink water at this time.

## AS A TEAM:

**10:05~ AM:** The Head Coach will gather everyone together and re-explain the importance of taking the drills seriously and putting in your best effort at practice. They will explain the rules of Sharks & Minnows and explain that athletes should use good arms and fast feet during the game. Then, they will break the team up into two groups: Groups 1, 2, 3, 4, 5 will play Sharks & Minnows and the grass field by the tennis courts and Groups 6, 7, 8, 9, 10 will play on the turf field. Leads from each side will pick two athletes to start as sharks. Then, the game will begin.

**10:25 AM:** The Head Coach will end the game and gather athletes up to stretch.