



Coaches Training Guide to Sports Camp

Equipment Needed:

- Mini Jav or an empty paper towel roll, small PVC pipe, or a wrapping paper roll with or without the wrapping.
- T-Shirt to use as a target
- Shot Put or a small soft ball, softball, or nerf ball

Athletics – Skills to be done outside

- Skill 1 – How to hold & throw the mini jav
 - Holding the Mini jav
 - hold the mini jav in front of you
 - Pick up the jav by the grip area
 - This grip area is by the tail of the mini jav
 - Remember to have your pointer finger facing the tail
 - Always remember to hold the Mini jav with the tip facing down when waiting to throw
 - Throwing the Mini Jav
 - Holding the mini jav in the above position
 - Extend your arm out to the side
 - Turn your wrist
 - So the tip is angling up
 - Extend your arm forward throwing the mini jav nice and high towards the sky
 - Practice throwing the mini jav 10 times
- Skill 2 – Mini Jav Drill
 - Place a t-shirt on the ground 10 giant steps in front of you
 - Use cones to make your starting line
 - Practice throwing the mini jav and aim for the T-shirt
 - Throw 10 times or until you are consistently hitting the target
 - Move the t-shirt back another 5 giant steps
 - Throw 10 times or until you are consistently hitting the T-shirt
 - Keep moving the T-shirt at 5 giant steps
- Skill 3 – Running & Race Walking
 - Techniques
 - Running & Race Walking
 - Arm Swing –
 - Elbows bent at a 90 degree angle
 - Move smoothly back and forth from the shoulder
 - Feet -
 - Start with a walk

Athletics – Skills to be done outside

- Skill 4 – Running & Race Walking Drill – Red Light, Yellow light, Green light
 - Have your athletes begin walking
 - Randomly call out red, yellow or green light
 - Red means stop & freeze
 - Yellow means walk
 - Green means run
 - You can also use colored paper to also signal to the athletes, this will help them learn to look up when they run and not watch their feet
- Skill 4 – Putting the Shot
 - Using any type of ball that is small
 - Mark a tow board with tape, string or chalk
 - Stand sideways at the tow board - make sure you non-throwing arm and leg are closest to the tow boards
 - Hold the ball with your fingertips,
 - Rest the hand on you shoulder and lift your elbow until it is at a 90 degree angle
 - The ball should now be at your neck
 - Keep your feet in place and twist at your waist
 - Your non-throwing arm should be straight out for balance
 - Then twist back to your starting position, extend the arm up and out as your release the ball
 - Practice this skill 10 times
- Skill 5 – Shot Putt Drill
 - Using the skill of Putting the shot
 - Set up targets for the athlete to aim out.
 - Set the target at 10 ft, then 15 ft
 - Practice putting at each target a minimum of 10 times
 - If the athletes is doing well, increase the distance of the targets.