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 ski
    - 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

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 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.