

# Drills and Coaching Tips

## Long Jump

### TRAINING TO IMPROVE TECHNIQUE - RUNNING LONG JUMP

Observation	Correction by Coach	Drill/Test
Athlete stutter-steps and takes off on the wrong foot and looks down at the board.	<ul style="list-style-type: none"> <li>• Verify run-up and start point.</li> <li>• Practice doing the run the exact same way each time.</li> </ul>	Do run-up on track with controlled acceleration
Athlete is not getting any height in the jump (stays close to the ground),	<ul style="list-style-type: none"> <li>• Increase drive.</li> <li>• Make sure the upper body is not angled forward.</li> <li>• Look up at take-off and use extension of legs.</li> </ul>	<ul style="list-style-type: none"> <li>• Bounding and jumping drills</li> <li>• Strengthen core muscles</li> </ul>
Athlete lands upright.	<ul style="list-style-type: none"> <li>• Increase forward reach and momentum.</li> <li>• Increase height so legs can be repositioned.</li> </ul>	<ul style="list-style-type: none"> <li>• Strengthen core muscles</li> <li>• Bounding two-footed jumps</li> </ul>

<b>Drill</b>	Cross the Brook	<b>Purpose</b>	Develops jumping and falling forward Develop tall body position during jump
<b>Reps:</b>	10-12 Jumps	<b>When to Use</b>	Beginner jumpers or Technique work
<b>Teaching Points</b>			
<ol style="list-style-type: none"> <li>1. Place two ropes on ground about shoulder-width apart, forming a "brook."</li> <li>2. Jump from one side of the brook to the other.</li> <li>3. Space ropes farther apart to work on hopping distance.</li> </ol>			
<b>Points of Emphasis</b>			
<input type="checkbox"/> Powerful drive from legs			

<b>Drill</b>	Pop-Ups	<b>Purpose</b>	Develop hitch kick and arm action in the air Develop Height on jump
<b>Reps:</b>	10-12 jumps per set	<b>When to Use</b>	Beginning of Training Session or Beginner jumpers
<b>Teaching Points</b>			
<ol style="list-style-type: none"> <li>1. Place hurdle or string or light rope across pit about five feet from takeoff board.</li> <li>2. Take Hips Tall position and begin short approach (five or seven strides).</li> <li>3. Run toward pit with moderate, controlled speed.</li> <li>4. Hit board driving up and out over marker.</li> <li>5. Perform hitch kick and arm action in air and land into pit.</li> </ol>			
<b>Points of Emphasis</b>			
<ul style="list-style-type: none"> <li>• Athlete can take off at mark closer to pit if needed</li> <li>• Athlete can step onto low box to help create height</li> <li>• Maintain tall body posture in position</li> </ul>			


<b>Drill</b>	Circle Jumping	<b>Purpose</b>	Develop powerful, explosive leg action
<b>Reps:</b>	10-12 Jumps	<b>When to Use</b>	Beginner jumpers or Technique work
<b>Teaching Points</b>			
<ol style="list-style-type: none"> <li>1. Place a series of hoops, etc., on ground.</li> <li>2. Hop or bound from hoop to hoop.</li> <li>3. Initially place hoops close to each other, then set them progressively farther apart to demand long reaching strides and explosive leg action. Pylons can also be used for athletes to land beside if athletes may land/step on hoops.</li> <li>4. Use a forward and upward swing of the arms to help each jump.</li> </ol>			
<b>Points of Emphasis</b>			
<input type="checkbox"/> Good Arm Action			

## SHOT PUT

### TRAINING TO IMPROVE TECHNIQUE SHOT PUT

Observation	Correction by coach	Drill/Test
Throwing the shot instead of "putting" it.	Throwing elbow may have dropped below the shoulder. Shot may not be cradled directly under the chin	Correct hand/arm/elbow positioning, keeping elbow high. Practice standing in the put stance.
Shot is not going upward when put	Use legs when thrusting: make sure upward direction is being followed with the body.	Use a target to "put over" in the air (coach can hold a long stick/bar)
Put has not thrust from fingers	Hold shot properly (pads of fingers and thumb) Do not let the shot drop into the palm of hand.	Strengthen thumb and fingers. Practice without shot.
No distance/ power in put	Lift upward simultaneously with legs and back, making sure legs are "thrusting" and all parts are occurring in the right sequence	Break the skill down. Practice technique without a shot or with a ball.

Note to the coaches: Shot put drills may use shot puts or use a soccer ball, basketball or light medicine ball for drills involving throwing. Throwing can be from behind the head, between the legs or around the side of the body. It is important to assess your athletes' skill levels correctly and ensure the safety of athletes and others while performing drills.

<b>Drill</b>	<b>UNDERHAND TOSS</b>	<b>Purpose</b>	Warm the body up properly for any shot put practice or competition
<b>Reps:</b>	10 throws	<b>When to Use</b>	Warm-up, in throwing ring
<b>Teaching Points</b>			
<ol style="list-style-type: none"> <li>1. Stand facing landing area.</li> <li>2. Hold shot in front of body with both hands.</li> <li>3. Bend knees and throw shot up and out, away from body, using an underhand toss.</li> </ol>			
<b>Points of Emphasis</b>			
<ul style="list-style-type: none"> <li>• Good extension of arms and legs</li> <li>• Deep squat, with explosive drive up through hips</li> </ul>			

<b>Drill</b>	<b>PUTTING FOR HEIGHT AND DISTANCE</b>	<b>Purpose</b>	Develop complete putting action Develop explosive power in putting action
<b>Reps:</b>	5-10 throws	<b>When to Use</b>	Once technique work begins.
<b>Teaching Points</b>			
<ol style="list-style-type: none"> <li>1. Stretch a rope between two high jump standards, 2M above ground.</li> <li>2. Stand behind rope and put ball over rope.</li> <li>3. If successful, take two steps back away from rope and repeat.</li> </ol>			
<b>Points of Emphasis</b>			
<ul style="list-style-type: none"> <li>• Use whole body in this action, not just arms.</li> <li>• Complete arm extension</li> <li>• Weight behind body</li> </ul>			

## MINI-JAVELIN

## TRAINING TO IMPROVE TECHNIQUE – MINI-JAVELIN

Observance	Correction by Coach	Drill/Test
Incorrect Grip: Grips too Tightly	Wiggle the mini-jav in the athlete's hand to loosen grip.	Release the mini-jav and re-grip using correct technique.
Incorrect Grip: Grips in a Fist	Rearrange the fingers to correct position.	Release the mini-jav and re-grip using correct technique.
Holds the mini-jav using only the fingertips.	Demonstrate the correct method of gripping the mini-jav.	Release the mini-jav and re-grip using correct technique.
Points the mini-jav in the wrong direction.	Remind athletes to keep the javelin pointed in the direction they want the jav to go or to "point" the javelin at the target.	Show athletes the right direction and ask them to identify a target area.
Low, round arm throwing action.	Teach athletes to deliver the javelin over their shoulder like a tennis serve.	Mimic the jav throwing action: instruct athletes to drag their fingers like a paintbrush forward and backwards over their throwing arm shoulder, like they are painting a long beam above their head. (Try this action yourself)

<b>Drill</b>	Unders	<b>Purpose</b>	Develop speed and strength
<b>Reps:</b>	2 sets of 5 reps	<b>When to Use</b>	During Warm up or early in the season
<b>Teaching Points</b>			
4. Begin with the ball overhead.			
5. Quickly bend so the ball is between the knees.			
6. Then throw it forward (underarm) in an arching manner as far as possible.			
<b>Points of Emphasis</b>			
<ul style="list-style-type: none"> <li>• Start with a light ball and slowly increase weight of ball as the athlete gets stronger</li> <li>• A medicine ball may be used when athlete is strong enough</li> </ul>			


<b>Drill</b>	Stretching	<b>Purpose</b>	To stretch major muscles in the shoulders, torso and arms.
<b>Reps:</b>	Refer each exercise	<b>When to Use</b>	Warm Up
<b>Teaching Points</b>			
<ol style="list-style-type: none"> <li>1. With a wide two handed grip and straight arms, pass the broomstick over their head and back again. Ensure hands are at the correct width so the athlete doesn't bend their arms. <ul style="list-style-type: none"> <li>• 2 sets of 5 reps</li> </ul> </li> <li>2. Holding the broomstick, the athlete completes a rowing/paddling action. <ul style="list-style-type: none"> <li>• 2 sets of 10 reps</li> </ul> </li> <li>3. Standing in front of a wall with the athlete standing one step back from the wall, raise their arms high and place their hands on the wall. They should lean into the wall and feel the stretch in the shoulders and torso. <ul style="list-style-type: none"> <li>• 2 sets of 5secs</li> </ul> </li> <li>4. Similar to the position above, get the athlete to use one arm at a time and step the same leg as their arm back (e.g. right arm and right leg) and stretch the full side of their body. <ul style="list-style-type: none"> <li>• 2 sets of 3 secs on each arm alternating</li> </ul> </li> <li>5. Windmills – swing arms at the side of the body in full circles at the same time and then alternatively. Forwards and backwards <ul style="list-style-type: none"> <li>• 2 sets of 10 swings on each arm</li> </ul> </li> </ol>			
<b>Points of Emphasis</b>			
<ul style="list-style-type: none"> <li>• Start slowly and increase speed as the athlete warms up</li> </ul>			

## 100 Meter

### Training to Improve Technique

Observation	Correction by Coach	Drill/Test
Arms and shoulders rotate.	Keep the torso parallel to the direction of running.	<ul style="list-style-type: none"> <li>• Practice while running in place on one spot.</li> </ul>
Athlete is not running in the upright position.	Make sure the drive leg is being fully extended (push off).	Bounding and strides.
Athlete is tense. (Fist Clenched, Shoulders High)	<ul style="list-style-type: none"> <li>• Practice running relaxed.</li> <li>• Emphasize correct breathing.</li> </ul>	Practice relaxation and breathing techniques.
Athlete weaves in lanes.	Feet should be parallel to lane line	Run on lane lines and between cones/pylons.

## Training Drills for 100M

<b>Drill</b>	Skips	<b>Purpose</b>	Develop quick leg action Develop consistency in proper foot strike
<b>Reps:</b>	3x30m	<b>When to Use</b>	Warm Up
<b>Teaching Points</b>			
<ol style="list-style-type: none"> <li>1. Take hips tall position</li> <li>2. Bend and drive one leg up</li> <li>3. Extend leg from knee</li> <li>4. Drive leg down on ball of foot.</li> <li>5. Alternate legs every other skip.</li> <li>6. Jog back to start</li> <li>7. Repeat.</li> </ol>			
<b>Points of Emphasis</b>			
<ul style="list-style-type: none"> <li>• Heel drive to buttocks</li> </ul>			

## 400 Meter

### Training to Improve Technique

<b>Observation</b>	<b>Correction by Coach</b>	<b>Drill/Test</b>
Runner is not erect enough. (Chin is too low; )	Remind athlete to: <ul style="list-style-type: none"> <li>• Position the chin higher</li> <li>• Hold shoulders back.</li> <li>• Maintain this position.</li> </ul>	Practice correction
Runner appears to be bobbing up and down. (excessive bouncing)	Remind athlete to: <ul style="list-style-type: none"> <li>• Pull through elbows.</li> <li>• Wrist needs to go hip to chin.</li> </ul>	Practice correction. Do arm movement while standing.
Runner is "twisting."	Remind athlete to: <ul style="list-style-type: none"> <li>• Keep the torso in a forward direction and toes pointed forward.</li> </ul>	Have the runner run on a line or inside of the lane.

## Training Drills for 400M

<b>Drill</b>	Russian Workout	<b>Purpose</b>	Develop Speed Endurance
<b>Reps:</b>	5 (increasing to 15 over time)	<b>When to Use</b>	Mid Season
<b>Teaching Points</b>			
<ol style="list-style-type: none"> <li>1. Run 5x200m at ¾ race pace.</li> <li>2. Rest 45 seconds between each 200m.</li> <li>3. After five repetitions, rest three minutes.</li> <li>4. Repeat.</li> </ol>			
<b>Points of Emphasis</b>			
<ul style="list-style-type: none"> <li>• Athlete developing speed endurance</li> </ul>			

## 800 Meter

### Training to Improve Technique

<b>Observation</b>	<b>Correction by Coach</b>	<b>Drill/Test</b>
Athlete's leg drive causes the body to move upward instead of forward.	Make sure hips maintain same level – do not rise up and down.	Practice each step as a push forward and not a push upward. Observation
Arms swing across the chest.	Arm movement should be back and forward and not across chest. Ask athlete to point where they are going with each arm swing.	Sit-down arm movement drill.
Athlete tenses up while running.	Improve aerobic/anaerobic endurance	Concentrate on relaxation, especially facial muscles (relaxation drills).
Head is swinging/ bobbing side to side.	Ensure arms are moving back and forward and not across the chest. Ensure athlete is running upright and not leaning back.	Concentrate on technique. Ask athlete to look straight ahead and focus on something down the track.



# Training Drills for 800M

## Interval Training

- Repetitive training runs (often on a track).
- Effort and recovery are usually equal.
- Effort can be from one to five minutes.
- Recovery can be walking or slow running
- Fartlek Training
- Also known as “speed play.”
- Athletes combine normal run with varying bursts of effort (speed).
- Usually on a varied terrain (flat and hills).

## Long Runs

- Athletes run for a specified distance or time at a moderate speed for longer distances.

## Speed Training

- Aims to improve the speed at which the athlete can maintain relaxed and correct running form.
- Mainly during the pre-competition and competition phase of the season.
- Example: Athlete runs 1x600m all out with a 20-minute rest interval. This is followed by 10x100m as fast as possible, with a 100m walk interval between each

# Relays

## Training to Improve Technique

<b>Observation</b>	<b>Correction by Coach</b>
Incoming runner runs into the outgoing runner.	<ul style="list-style-type: none"><li>• Outgoing runner may need to start running sooner.</li><li>• Outgoing runner may not be standing close to the correct side of the lane</li></ul>
Exchange happens outside of the zone.	<ul style="list-style-type: none"><li>• Outgoing runner may need to start running sooner.</li><li>• Make sure the outgoing runner is not accepting the baton before the start of the exchange zone.</li></ul>
Incoming runner has difficulty putting the baton in the outgoing runner's hand.	<ul style="list-style-type: none"><li>• Have the two runners practice the baton exchange technique by walking, then jogging, and then sprinting to ensure they are executing properly.</li></ul>