

SYC Track & Field 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>

Key Running Considerations:

| SPRINT | DISTANCE |
|--|--|
| 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.

How to Read a Workout Plan:

Below is a basic sample workout for a 5th grade sprint group. It is color coded.

| GROUP FIVE | |
|--|--|
| <ul style="list-style-type: none">• TOGETHER: General Warmups• On Your Own: Sprint Drills & Ladder Drills• With Groups 6/7/8:<ul style="list-style-type: none">○ 200m, 200m, 100m, 100m focusing on proper starts and form throughout the interval.○ (80%, 85%, 80%, 90% effort)○ (4 min, 4 min, 3 min rest)○ Lanes 4/5/6 starting at 100m start for each.• At 10:00 AM/TOGETHER:<ul style="list-style-type: none">○ Discuss hydration (10 minutes)○ Play Sharks & Minnows (10 minutes)○ Stretch & Core (10 minutes) | |

GROUP FIVE: The name/number of your assigned group.

TOGETHER: This activity is performed together as a team led by the assistant head coach.

On Your Own: Your group performs this activity together led by the group's Lead Coach.

With Groups 6/7/8: Your group will complete this activity alongside groups 6, 7, and 8, led by a Lead Coach of one of those groups.

200m, 200m, 100m, 100m: This is the primary workout. Each of these is called an interval.

focusing on proper starts and form throughout the interval: This is a short synopsis of what I'd like the coaches to focus on and observe. It may help to tell the athletes what you are watching for before beginning the workout.

(80%, 85%, 80%, 90% effort): This is the relative effort at which the athletes need to run the corresponding interval. In other words, the first 200m should be ran at 80% of the athlete's relative max effort. You may conceptualize this to the athletes by saying 100% is an all-out race, 80% is difficult but you saved some energy, 50% is a jog.

(4 min, 4 min, 3 min rest): This is the rest time between each interval. This time is approximate. In this example, you would have the athletes rest for four minutes between the first and second 200m and three minutes between the first and last 100m. In between intervals you may discuss good things you saw and areas for improvement. In general, kids should not sit down between intervals and take small sips of water only. Distance athletes can do an active recovery, wherein they jog slowly during their rest period – a one lap jog on the turf equates to about 2:30 – 4:00 minutes at an easy pace.

Lanes 4/5/6 starting at 100m start for each.: Each group/pairing of groups will be assigned a location to execute their workout. In this case, groups 6/7/8 are assigned to use only lanes 4/5/6 on the track. In addition, they must start at the 100m start line for each interval. This is to ensure groups do not run into each other or otherwise conflict in each other's workouts. Depending on the number of athletes, type of interval, etc. you can start kids differently. For example, in this workout I would start two kids in each lane (six total) and give it 15 seconds before releasing another group.

At 10:00 AM: This means that at 10:00 AM, regardless of where your group is in their workout, you should meet begin to execute the following actions.