

WEEK 1 - 4th Nov

equip-witches' hats, line or rope, hurdles, beanbags, med ball x 4.

W.U - focus -tall posture - not sitting down when you run

Longer run - 90 secs - **pace the race (beanbags drop)5 reps**

For beginners or weary athletes -do one miss one

Advanced can keep running for a maximum of 5 laps - 2kms.

PLYO CIRCUITS-small groups of 4 - 30 on 30 off

skater lunges, pogo hops - count to 10 switch legs, squats with 2kg med ball, side to side over track line or cone, jumping over hurdles 2 feet.

Cool down - running trains (2 speeds)

WEEK 2 - 11th Nov

equip- witches' hat cones, cones, tape measure, beanbag batons

W.U. focus- co-ordination e.g. backwards hopscotch, lunges

SPRINTS- 30m, 60m, 90m x 2 walk-back recovery.

TRIPLE JUMP - chain it- e.g. in teams how far can they hop, then leap then jump 1 to 2 footed. Use world record distance - how few hops does it take for them to get to 18.29 (J. Edwards M) or 15.67 (Yulimar Rojas F)

LADDER DRILLS - CO-ORDINATION - hopscotch, lateral hops,

Game- Hill relays

WEEK 3 - 18th Nov

equip - witches' hats, howlers, cones and hoops.

W.U. - talk about core - engage these muscles by having arms up in high knee drill.

A-skips, high knees, cariocas, bounds for height, fast feet, ankling, goose running.

THROW- Howler throw - keep elbow high - clear the shark infested water- 5- 10m.

Longer run. 600m in pairs - beginners - **2 lots of 600m**, **intermediate 3** **advanced 4-5.**

Game - Sharks and fishes

WEEK 4 - 25th Nov

equip - witches' hats cones, turning board, hurdle, indoor measure.

W.U. focus - pockets to sockets

SPRINTS- 200m continuous relays in 3s **beginner 4 intermediate 5, advanced 6 reps**

10 reps of the steps - jump to top then jog down

NB turning board practice & speed bounce & vertical jump ahead of SH match3.

Game - meet and retreat - work in small group or pairs- run to meet each other then back- easy pace x 2.

WEEK 5 - 1st Dec

equip.- witches' hats, Eveque hurdles, low hurdles,

W.U. focus - forefoot strike e.g. goose-running

Longer grass reps using the hill- 2-3 minutes of running then rest **3, 4 or 5 reps.**

Running over obstacles- use Eveque hurdles or low solid if windy, discuss rhythm and lead leg. 1, 2 3, over.

Starts if time - discuss opposite leg to opposite arm start and forward lean and feet in direction of travel- discuss cross country starts, elbows out, don't hang back.

Game: jockey up or hill relays

WEEK 6 - 11th Dec - discuss Sportshall - how it went

equip- baton, tennis balls, witches' hats

W.U. focus - bounds for height

Acceleration/reaction game - sprint track- tennis balls- stand 1, 2, 3, metres away from partner and run to catch tennis ball that has been dropped use cones.

Baton passing - discuss voice command and pushing down into the receiver's hand.

SHORTER- **50m reps in 8-9s** (9 for continuous) Vs **100m reps 4 or 5s** USE baton. **400M** run the gauntlet.

Toilet tag - once tagged sit in squat to be released another athlete must press down on arm.

WEEK 7 - 18TH Dec

CHRISTMAS FUN RUN 12 MINS 9 (COOPERS' RUN) USE GRASS OR TRACK -



DRESS-UP ENCOURAGED.

LEIGH RIDE GAMES-

USING ELASTIC EXERCISE BANDS - PAIRS AND SWITCH AROUND.