

**TRACK AND FIELD FOCUS: Sprints
(FURTHER DEVELOPMENT)**
**SKILLS: Sprint Training,
Phases of Sprinting**



SESSION COMPONENTS	ACTIVITY
<p>WARM-UP</p> <p>Locomotive Moves</p> <p>Stretching (5-10 minutes)</p>	<p>Getting Started <i>You will need cones for these activities.</i></p> <p>Mummy Walks Athletes walk forward with their arms stretched out, pretending to be mummies. Keeping the legs straight, swing them forward as high as the navel. During the first set, have athletes keep their planted foot flat on the ground. During the second, they can rise up on their toes.</p> <p>Knee Hugs Athletes move at a slow marching pace, alternating between hugging each knee to their chest. Hold the stretch for two to three seconds while balancing on one leg.</p> <p>Toe Walks Athletes walk on their tiptoes with the feet facing forward, then outward, and finally inward. Have the students do the same thing on their heels while keeping their toes off the ground.</p> <p>Skip Twists Athletes skip forward with high knees while twisting the upper body in the direction opposite from the leg that is up.</p> <p>Have students form a circle around you, and lead them in stretches. <i>Please see the Supplementary Session Card for Stretching.</i></p>

SESSION COMPONENTS	ACTIVITY
<p>SKILL DEVELOPMENT</p> <p><u>SKILL</u> Sprint Training</p> <p><u>SKILL COMPONENTS</u> Reaction Acceleration</p>	<p>Reaction You will need cones and a whistle. Reaction time is the interval between the whistle going off and an athlete's first movements. Have your athletes practice reacting to a whistle and voice commands whenever you can.</p> <p>Get Up, Stand Up! Have athletes lie down on the ground (backs or stomachs are fine). On your command (voice, clap, whistle), they get up and sprint toward you. You should stand 20 to 30 yards away. Practice this for 5 to 10 minutes.</p> <p>Go! You will need cones and a whistle. Standing tall and relaxed, athletes will receive a start command from behind. Quickly bring the right knee up to a position where the thigh is parallel with the ground and keep the foot flexed, not pointed. Keep the lower leg vertical to the ground. Bend arms at 90-degree angles with the left elbow parallel to and in front of the right knee. Raise the right elbow so it is behind the body. Rise up on the toes of the left foot. Switch sides.</p>



Acceleration

Acceleration training helps develop sprint starts. To develop acceleration, practice the following exercises 5 to 10 times:

1. A crouch start and sprint on command for 30 yards.
2. Double leg jumps into an accelerated run for 10 yards.

Finishing

For all sprints, encourage your runners not to slow down before or at the finish line. Tell them to "run through the line," running hard for two strides past the finish. They should use a slight body lean at the finish, thrusting the chest forward. To practice, have athletes race each other for 10 yards, finishing with the correct technique. When practicing sprints make sure to have enough room after the finish line for the runner to slow down.

SKILL

Phases of Sprinting

SKILL COMPONENTS

Finishing

SESSION COMPONENTS

ACTIVITY

WRAP-UP GAME

Bean Bag Challenge

You will need cones, bean bags, and a whistle. Spread the beanbags randomly across the playing field. Divide runners into teams. Remind them that this is not a relay race. Have runners stand in straight lines a set distance away from the beanbags. Announce a color and the first member of each team will try to collect as many beanbags of that color. When you have done this for each color, the game is over. Count the beanbags to declare a winner.

For a more advanced game, have runners sit until you call a color; have them sit facing away from the beanbags or assign an exercise (jumping jacks, push-ups, squats, etc.) before they can run to collect beanbags. You can also enforce a time limit – if a student does not return to the starting line in time, they must return their bean bags to the middle.

