



***Special
Olympics***
British Columbia

**Athletics Sport Drill Book
Updated August 2012**

STEPS IN TEACHING A DRILL

1. Introduce
2. Demonstrate
3. Explain
4. Organize
5. Execute
6. Correct
7. Practice

GENERAL PRINCIPLES

- Drills should relate specifically to what you are teaching.
- Athletes should be made aware of how drills relate to the sport.
- Drills should only be a part of your practice.
- Drills should be introduced at a slow pace and then gradually increased
- Drills should be accommodated for fitness, age and abilities.
- Drills should move from simple to complex. First perform drills that will help keep the interest of athletes.
- Drills should relate to the system of play that the athletes will use.
- Perform a variety of drills to prevent monotony.
- As fatigue sets in, technique deteriorates so provide frequent rest periods.

EXECUTION PRINCIPLES

- Review the drill procedure before practice so you know how it works.
- When introducing a new drill, walk a group of athletes through it so others can see how it is performed.
- Avoid talking too much, get the athletes performing, they will learn by doing.
- When errors occur, the drill should be stopped momentarily to correct errors.
- Praise those athletes doing the drill well and encourage those having difficulty.
- If equipment is necessary, ensure it is set up before so that progression from one drill to the next can progress smoothly.

Warm Up for Athletics

Warm Up 1:

- Walk or Jog for 3-5 minutes, any distance but at a low intensity- a good time to socialize.
- Stretch large muscle groups first- hold each stretch for 30 seconds- do each muscle group twice. Also do some dynamic stretching.

Warm Up 2:

Drills ABC's

- A's: While always staying on your toes, walk or hop for approx 20 meters or 20 secs, rest and then repeat.
- B's: Perform lunges thinking about taking big steps, having your knees touch the ground, back straight and arms in good running form.
- C's: Bound along the track. This is taking between 2-10 steps of the biggest steps you can while maintaining good form. Although this is difficult at first, it can be very helpful for developing stride. (2x 20 m)

*These can be done at low intensity for distance runners or high intensity for sprinters.

Other warm up ideas may include incorporating coordination and mobility components to further warm the body and challenge the athletes. These may include:

- backwards running
- skipping
- side shuffle
- lunge walking
- bounding, leaps

- high knee skipping
- high knee running
- bum kicks
- robot walk
- touch downs



On Field:

Have athletes work through small tasks that help to increase coordination, mobility and balance.

- Perform over and under passes with a ball
- Side passes both left and right with a ball.
- Set up low hurdles, about knee height.
- Rolling ball along a course on the field.
- Perform chest passes with a medicine ball/basketball while executing sit-ups.
- Jump over board (planks of wood) placed on the ground.
- Chasing each other for certain distance.
- Chasing a ball for a certain distance.

Fun Relays:

Organize athletes into relay teams and have them doing a variety of activities that emphasize movements used in track and field.

Some examples:

- Tagging cones along the way.
- Running between cones.
- Doing touch down between set up cones.
- Zigzag across the field
- Baton passing.



Sprints for Athletics

Starters:

- Stand straight with feet together
- Gradually begin to lean forward until gravity forces you to take a step forward.
- At this point, take off for a 15 yard sprint.
- Idea is to tilt as far forward as you can and begin sprinting without stumbling.
- Drive legs powerfully and pump arms → teaches explosion!

Spinners:

- Jog slowly in a straight line.
- At the coach's signal, athletes jump up and turn 180 degrees and fall into starting position.
- Then they accelerate and sprint for 15 yards.
- This drill helps to feel the explosiveness needed to start a sprint.

Running Starts

- Runner accelerates slowly over a distance and then sprints at their max for 20-40 yards.
- Amount of reps and duration of rest depends on the runner's ability.

Sprint Tips:

#1 take 2 deep breaths when set in the blocks. When started says "set", take one more deep breath and hold it. Keep holding until 5 or 6 steps out into the sprint.

#2 Keep the head down for the first 6-8 steps, this helps keep the body low.

Remember: Head still, on toes, knees high, arms at 90 degrees, swing from shoulders, hands relaxed, lean forward!

Running Drills for Athletics

Ins and Outs:

- Athletes run fast along the straights and slow around the curves.

Intervals:

- Run at a medium pace for set time (ie 2min)
- Increase pace to sprint for set time (ie 15 secs)
- Return to medium pace for set time (ie 2min)
- Increase pace to sprint for set time (ie 30 secs)
- Continue this process

Ladders:

- Run 100m, walk 50m
- Run 200m, walk 50m
- Run 400m, walk 50m
- Run 200m, walk 50m
- Run 100m, walk 50m



Starts:

Practice the starts, running only the first 25 m but really pushing it. Emphasize importance of good technique in this first push.

Ends:

Work on learning to push past the finish line and keep running for 10 m to be sure athletes aren't slowing down when approaching finish line.

Relay Drills for Athletics

Arm Sprint Passes:

- 2 athletes stand facing the same direction in a straight line about 1 meter apart.
- Both runners stand in a slightly incline position as if to imitate the sprinting start.
- Back person makes a verbal call to the person in front who holds out their hand to receive the baton.
- One they have received it, they switch it from the right hand to the left hand.
- Carrier pumps the arms, which should be bent at 90 degree angle and imitates the running action without moving the legs.
- Repeat this 3-5 times.

Slow Jog:

- One behind the other, the athletes must jog in a line with the back person holding a baton.
- He or she makes a verbal call and the next person in line holds their hand back and the exchange is made.
- This person now shifts the baton and makes a verbal call to the next one in line and the exchange is made. Repeat with all members of team.
- This drill is run slowly at first and then the speed can be increased so runners are at 60-80% of max speed.

Choosing the running order for a relay team should be as follows:

- 1st runner: should be the **best starter**.
- 2nd runner: should be the **second fastest runner**.
- 3rd runner: should be a **good 200m runner**.
- 4th runner: should be the **fastest runner**



Shot Put Drills

Warm Ups:

- Windmills with the arms, shoulder shrugs, bend and straighten wrists and then fingers.
- Raise and lower rubber bag with two hands, one hand, then the other.
- Pass the bag from one hand to the other in front and behind.
- Swing it between the legs, then swing it and throw it out in front.

Skill Practice:

- Stand with non throwing arm side facing out to target.
- Legs bend and back relaxed.
- Shifting weight from the back leg/foot rocking onto the front foot.
- Power comes from the back leg- like a spring.
- Holding fingers against the neck below the ear, elbow up.
- “Put” the delivery arm up and straight out- wrist must be straight, it’s a push not a throw.
- Keep chin up, resist temptation to look forward.
- Hold arm out and point fingers in front.
- Practice with bean bag, tennis ball, softball, rubber bag...first without releasing it and then with releasing it.

Standing Shot Put:

- Stand straight up and cradle the shot put under the chin.
- Flex the right leg and reach back with the left to stabilize your stance.
- Shoulders should be square to the rear and body low to the ground.
- Push forward, upwards and around the direction of the throw.
- Thrust your throwing arm and snap the wrist to finish the throw.

Shot Put Drills

No Spin Shot Put:

- Stand straight facing the direction you wish to throw.
- If right handed, step with left foot and throw the shot with your right.
- Keep throwing arm elbow high and begin action by moving body forward.
- Extend your legs and push the shot from the fingers, not from palm.
- Finish throw with hand out extended and above the head.

Jumping Drills

There are four main phases to the long jump: RUN UP, TAKE OFF, FLIGHT and LANDING. Train each phase seperately!

Run up:

Control speed, relax, maintain speed over last 5 strides by trying to accelerate with high knee lifts.

Take off:

Center of gravity over takeoff foot, drive knee and hips high, extend rear leg, maintain good posture.

In flight:

After take off, both legs are extended out in front of body in preparation for landing. As arms windmill around, the opposite leg also extends forward in preparation for landing.

Landing:

Legs extended out in front. Torso is pushed down on the legs, head up and arms back.

Warm Ups:

- 2 legged hops- on the spot
- 2 legged hops, 3 in a row(low and forward)
- jump pulling both knees high up to chest
- jump pulling knees up and try to put hands around
- jump pulling knees up and reach upward with arms

Jumping Drills

Standing Jumps:

- From a standing start, swing the arms and use a double legged jump to jump as far as you can.
- Strong push with both legs, heels land first, knees bent, let buttocks land but fall forward.
- Perform from the edge of the long jump pit.
- Do 5 reps, each time trying to improve the distance.

Mound Jumps:

- This drill will aid in learning to bring your knees up.
- Pile up sand in the jumping pit to create a small mound.
- Have athletes execute the nine-step approach and jump over the mound of sand, focusing on lifting their knees to avoid the sand.
- After each successfully cleared attempt, add more sand to create a larger mound.

Starting Jumps:

- Stand on the runway board facing away from the pit.
- Have non jumping leg pointed ahead of the other.
- Run 9 strides back down the runway in order to establish where your starting mark should be.
- At takeoff for the jump, look forward, not down.
- Drive hips forward, thrust the thigh of leading leg.
- Heels land flat first, then the buttocks.

Lead Ups:

- Find a variety of objects that increasingly get larger (rope, cone and hurdles)
- Spread out the jumping obstacles so that there is plenty of room to jump and run awhile before the next jump.
- The emphasis is on good form and taking the time between each jump to do this.

Low Hurdles:

- **Set up low hurdles and walk beside them.**
- If you leading leg is the right, then walk on the left side of the hurdle.
- Drive the thigh up and extend it over the low hurdle.
- Then drive it forward and touch the ground.
- Emphasis is on driving the leading leg up.

Leg Partner Practice:

- **Have athletes in partners.**
- **If the trailing leg is the left, have them stand on the right side of the hurdle.**
- Have athlete stand on the leading leg and bring the trailing leg over hurdle.
- Before they do so, lean forward and lean onto their partner for balance. This stimulates the forward body lean during a race.
- Repeat this several times slowly and then increase speed.

Two Hurdle:

- Set 2 hurdles at 6 meters apart and partner off the athletes.
- First do a dry run in a lane with no hurdles mimicking the actions.
- Try to take only 3 paces between hurdles and do it again.
- Then move to the hurdles and run them.
- Once successfully completed 3 times, increase the distance of the hurdles by one meter.

Fitness Drills for Athletics

Trail Leg Drill:

- Have athlete lean onto a something, like a chair for support.
- Bring the trail leg back, up and around like you would if you were going over a hurdle.
- Do three sets of ten for each leg. Focus on bringing the knee up high.

One Step Drill:

- Set out 5 hurdles about 1 foot apart. Hurdles do not have to be high.
- The object is to take only 1 step in between them when running them at a semi fast pace.
- This is a good drill to learn to snap your lead leg.

Try using one of these drills as part of the fitness component of the practice plan.

Brazilian Mile Runs:

- Gather a group of at least 4 runners, jog around the track slowly in a single file line.
- To begin, the first runner at the back of the line sprints to the front and assumes the leader position.
- When the runner reaches the front, then runner number 3 sprints to the front. Next, runner 2 and so forth.
- To increase the difficulty, add more people running so that the sprinting distance is longer.

Interval Sprints:

- On a track, have the runner sprint the straight aways and walk the corners. Or sprint the curves and walk the straights.
- Can also create intervals such as:
- Run 100 yards, Walk 100 yards, Run 200 yards, Walk 100 yards, Run 300 yards, Walk 100 yards.

Maximum's:

- Run 50 meters at 50 % of your max. Focus on keeping good form.
- Stop at 50 meters and walk back to the starting line.
- Run this again this time at 60%, then 70%, then 80%, 90% and 100%.
- This is a good way of getting your heart rate up as well as focusing on technique.

Laps:

- Athletes alternate each lap between running and one leg movement.
- Run around the track using different leg movements.
- Examples: Heel flicks, high knees, skipping, lunges, bounding

Practice Plan

Unstructured Free Play (10 min)

Prior to the practice athletes who have arrived early should be encouraged to participate in free play activities.

Warm Up (10-12 min)

Warm up should start with a light jog to get the athletes' heart pumping. Athletes should then gather to stretch, starting slowly and gradually involving all the muscles and body parts to be utilized in the exercise related instruction phase of the practice.

Basic Motor Skills (15-20 min)

Basic Motor Skills are defined as the very simplest movement skills (i.e. running, kicking, jumping, throwing, catching, etc). This phase starts with known content and progresses to the application of skill(s) resembling the game/competition, allowing athletes to fine-tune these basic skills to enhance the acquisition of sport skills. It should focus on one specific skill at a time. The combination of 2 or more skills will be encompassed in the next section.

Sport Specific Skills (15-20 min)

During this phase the athletes will combine several basic motor skills and practice the skills as demonstrated during the instruction. Emphasis should be placed on creating competition-like conditions (through game-like drills) during this phase.

Fitness (12-20 min)

This phase involved physical conditioning activities that are specific to the fitness needs of your sport. This is done by setting continual work/pause ratios (through circuits) for your athletes that stress the correct energy system(s). Fitness encompasses cardio, muscular strength, muscular endurance and flexibility.

Simulated Game (10-15 min; for team sports only)

During this phase athletes will compete in a competition-like setting to incorporate all the skills they have learned as well as the rules of the sport. Infractions should be called so that the athletes learn all aspects of the sport.

Cool Down (5-8 min)

Don't forget this portion. Cool downs are a vital part of a practice as they allow the heart rate to return to normal. Stretching should also be included at this time to prevent sore muscles the next day.

Evaluation/Tips (5-10 min)

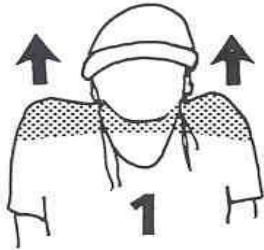
Evaluation is used to assess the effectiveness of specific activities or the total practice. It is helpful to spend a few minutes with your athletes at the end of a practice to get some feedback on the practice session. It can take the form of a 5 minute rap session about things that went well and things that the athletes and/or coaches need to work on. The topics discussed can be built into the next week's practice. All around training should also encompass nutrition and/or mental training so it is important to discuss these items with your athletes as well.

NOTE: for additional resources, go to www.specialolympics.bc.ca and click on Resources

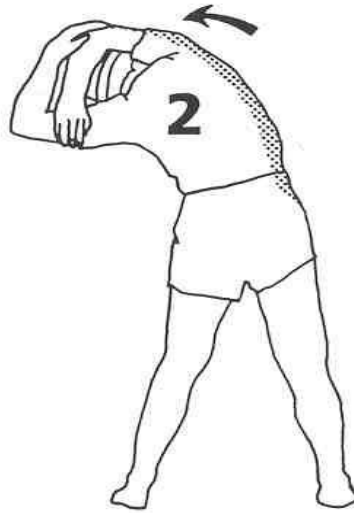
Before Running

Approximately 4 Minutes

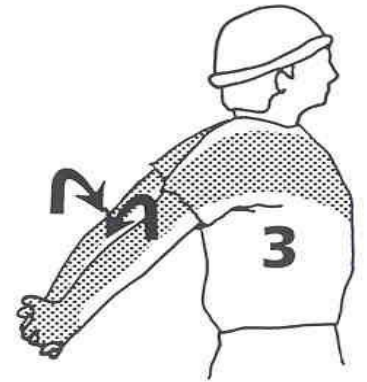
Warm up by jogging for 3–5 minutes before stretching.



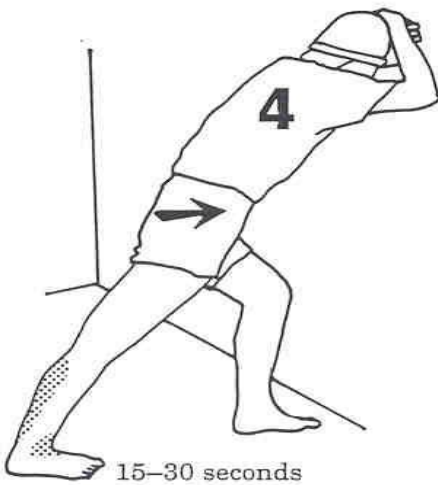
3–5 seconds
2 times
(page 46)



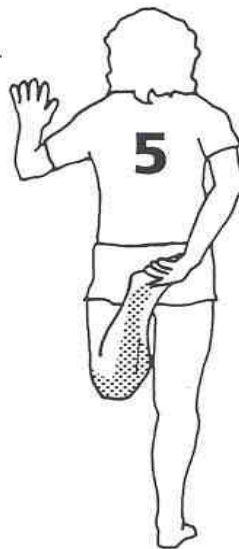
8–10 seconds
each side
(page 44)



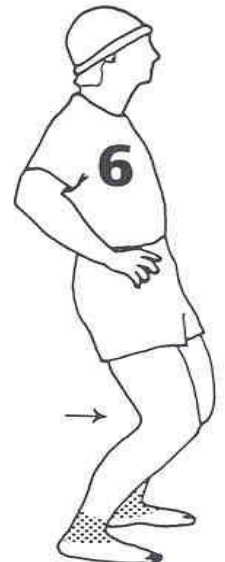
10–15 seconds
(page 47)



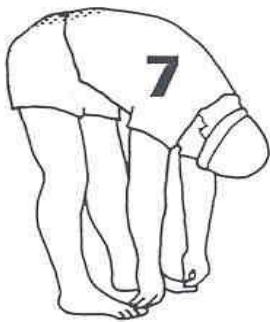
15–30 seconds
each leg
(page 71)



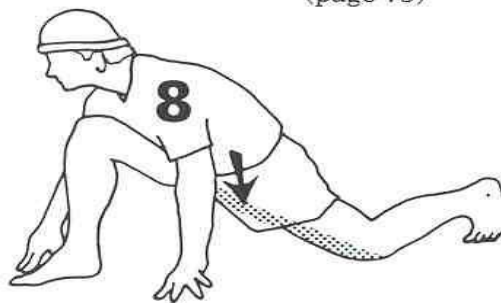
10–15 seconds
each leg
(page 75)



15–30 seconds
(page 55)



10–15 seconds
(page 54)



15 seconds
each leg
(page 51)

Short on time?
After a mild warm-up of 2–3 minutes, do this mini-routine:
3, 4, 5, 8
Approx. 1½ minutes

