## Auckland Junior Athletics Festival- Schedule 10 October 2020

| Sat 10 Oct 2020 8.30am: | ATHLETES <br> Registration of Athletes in Officials lounge Coach briefing on GSG/RJT sessions | OFFICIALS |
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| 9.00am: <br> 9.10am: <br> 9.25am: <br> 9.40am: | Get Set Go- 3 to 6 year olds <br> Group warm-up of attendees-Skipping variations Rotate groups around the 4 stations for 15 mins. Station 1: Stability: <br> Balance: 8 mins <br> A: Play Stop Lights- Line athletes up on base line. Coach calls a colour, either red, green or orange. On Green, athletes run or walk 10 m to a line then back to the start. On Red, the athletes need to stop and balance on one leg. On Orange, the athletes need to move in slow motion. <br> B: Jump Box- Athletes step up onto low box. From one leg, they jump to the ground, landing on 2 feet. <br> C: Round-about: Athletes hop around a circle or hoop. Start with double leg bunny hops then single leg hops. <br> Landing: 4 mins <br> A: Jump over the River- In a single line, have the athletes jump over 2 skipping ropes, to the other side. Slowly widen width. <br> Rotation: $\mathbf{3}$ mins: <br> A: Run in a circle, clockwise then anti-clockwise. <br> B: Double leg hop in a circle <br> C: Skip in a circle <br> Station 2: Locomotor: <br> Skipping: 3 mins Skip variations to 10 m cone and back. <br> Jumping: 4 mins Double leg jumps into hoops <br> Dodging: 3 mins Run in \& out of poles <br> Running: 4 mins $a$. Run like an elephant $b$. <br> Run like a Giraffe. c. Run like a cheetah <br> Station 3: Manipulative: <br> Throwing underarm: 4 mins Throw bean bags into hoops. Move out for distance. <br> Play Friendly vs Fire: 5 mins. When coach calls Friendly, athletes walk around any direction in a square, tossing a bean bag in the air and catching it again. When coach calls Fire, have the athletes try and hit the other athletes in the lower legs, with a bean bag, by an underarm throw. If you miss, need to retrieve bean bag \& try again. If hit, athletes need to stand still until coach calls out Friendly. <br> Overarm throw: 5 mins. Complete an overarm throw with a bean bag, trying to land inside a hoop. Coaches can move hoops around. <br> (5 min break) | 9am-10am <br> Throws |

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\hline 10.00am:

10.20am: Finish \& | Station 4: Athletics: |
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| Long Jump: 10 mins. From side of pit from the field side. Start with double leg jumps. Progress to one leg, landing on two legs. Finish with short run and jump. |
| Shuttle Relays: On the D's: 10 mins |
| A: Place cone 10 m away. Even teams run out to a cone 10 m away, turns and tags the next person in the line. |
| B: Have athletes run out 10 m and place a tennis ball in the cone then runs back to team member. Next runner runs out to cone then brings ball back to start cone. Go right through the team. Go again if time allows. | \& <br>

\hline 9.00am: \& | Run Jump Throw- 7 to 11-year olds |
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| Group warm up: Skipping variations then Play Mountains \& Valleys: Use 12 cones \& divide group into 2. One group turns cone up, the other group turns cone to normal position. Count up after a 1-minute time period. |
| Rotate groups around 4 stations for 15 minutes. | \& <br>


\hline 9.10am: \& | Station 1: Running |
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| Shuttle relay: 8 mins. A: 2 teams- Run to 15 m cone and back then tag next runner. |
| B: Run to 15 m cone and bounce ball to next team member. Go through team twice. |
| C: Run to 15 m cone and pass rugby ball to next team member. |
| Obstacle course: 6 mins. Run athletes one at a time, over a set course of cones, poles and mini hurdles. | \& <br>


\hline 9.25am: \& | Station 2: Jumping |
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| Mini hurdle bunny hops: 6 mins: A: Double leg jumps over 6 hurdles, facing forwards. Have 3 turns. |
| B: Double leg jumps laterally (sideways). |
| C: Single leg jumps over 6 hurdles. |
| Standing Jumps in Pit: 8 mins. A: Double leg jumps from edge of pit. B: Single leg take-off, landing on 2 feet. | \& <br>


\hline 9.40am: \& | Station 3: Throwing |
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| Overhead Med ball Pull throw: 5 mins. Use 1 \& 2 kg med ball and throw to ground towards partner. |
| Overarm Vortex throw: 5 mins. Throw to a target. Try throwing with both arms. Aim to land in hoops, if available. |
| Push pass throw: 4 mins. Use med balls. Throw with feet together then standing side on as in shot. |
| ( 5 min break) | \& <br>


\hline 10.00am: \& | Station 4: Athletics |
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| Long Jump: 6 mins: 2 stride run in and jump into pit. |
| Combination Jump: 6 mins: 2 strides then hop, step and jump, landing in the sand. | \& <br>

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| 10.20am: Finish | Standing starts from different positions: 8 mins: Have athletes accelerate for 15 m , from a lying, kneeling or standing start. |  |
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|  | Athletes Coaches |  |
| 9.00am-10.20am: | Athletic Skill based Drills- 12 years \& up <br> 1: Group warm-up with skipping variations. <br> 2: Stretching activities <br> 3: Mini hurdle drills <br> 4: Acceleration runs over $10 \mathrm{~m}, 15 \mathrm{~m} \& 20$ metres <br> 5: Sets of Build-up runs over 40m <br> 6: 3 Point starts over 20m, 30m \& 40 metres. <br> 7: Group warm-down activities | 10am -11am Jumps |
| 10.30am-11am | Relay Baton change protocols <br> 7 -14year-olds. <br> 1: Show the athletes the way of standing to receive the baton. <br> 2: Practice running out from this position. <br> 3: Practice hand position when running out. <br> 4: Explain the standing position at zone 1, zone 2 and zone 3. <br> 5: Explain the baton passing process. <br> 6: Practise baton exchange in pairs, if possible. |  |
| 11am-11.30am | Hurdle training <br> 10-14-year olds. <br> 2 Groups: <br> Beginner hurdlers 10-12 year olds Intermediate hurdlers 12-14 year olds |  |
| 11.30am-12pm | Triple Jump <br> 10-14-year olds <br> 1 Group: Introduction to Triple Jump | 11am-12pm <br> Health and Safety |
| 11am-12pm | Track: Sprints/Middle distance 10-14-year olds <br> 1 Group: Technical drills and skills for track |  |
| 2pm - 5pm | Pre-season Open Senior Meet \#1 |  |

