Sat 10 Oct 2020 8.30am:	ATHLETES Registration of Athletes in Officials lounge Coach briefing on GSG/RJT sessions	OFFICIALS
9.00am:	Get Set Go- 3 to 6 year olds Group warm-up of attendees-Skipping variations	9am - 10am
9.10am:	Rotate groups around the 4 stations for 15 mins.  Station 1: Stability:	Throws
	Balance: 8 mins  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 10m 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.  B: Jump Box- Athletes step up onto low box. From one leg, they jump to the ground, landing on 2 feet.  C: Round-about: Athletes hop around a circle or hoop. Start with double leg bunny hops then single leg hops.  Landing: 4 mins  A: Jump over the River- In a single line, have the athletes jump over 2 skipping ropes, to the other side. Slowly widen width.  Rotation: 3 mins:  A: Run in a circle, clockwise then anti-clockwise.  B: Double leg hop in a circle  C: Skip in a circle	
9.25am:	Station 2: Locomotor: Skipping: 3 mins Skip variations to 10m cone and back. Jumping: 4 mins Double leg jumps into hoops Dodging: 3 mins Run in & out of poles Running: 4 mins a. Run like an elephant b. Run like a Giraffe. c. Run like a cheetah	
9.40am:	Station 3: Manipulative: Throwing underarm: 4 mins Throw bean bags into hoops. Move out for distance. 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.  Overarm throw: 5 mins. Complete an overarm throw with a bean bag, trying to land inside a hoop. Coaches can move hoops around.  (5 min break)	

10.00am: Station 4: Athletics: 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 10m away. Even teams run out to a cone 10m away, turns and tags the next person in the line. **B**: Have athletes run out 10m 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. 10.20am: Finish Go again if time allows. Run Jump Throw- 7 to 11-year olds 9.00am: 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. 9.10am: Station 1: Running Shuttle relay: 8 mins. A: 2 teams- Run to 15m cone and back then tag next runner. B: Run to 15m cone and bounce ball to next team member. Go through team twice. C: Run to 15m 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. 9.25am: Station 2: Jumping 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. 9.40am: Station 3: Throwing 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) 10.00am: Station 4: Athletics 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.

10.20am: Finish	Standing starts from d mins: Have athletes ac lying, kneeling or standi		
	Athletes	Coaches	
9.00am-10.20am:	Athletic Skill based Drills- 12 years & up 1: Group warm-up with skipping variations. 2: Stretching activities 3: Mini hurdle drills 4: Acceleration runs over 10m, 15m & 20metres 5: Sets of Build-up runs over 40m 6: 3 Point starts over 20m, 30m & 40 metres. 7: Group warm-down activities		10am -11am Jumps
10.30am-11am	Relay Baton change p 7 -14year-olds.  1: Show the athletes the receive the baton. 2: Practice running out f 3: Practice hand positio 4: Explain the standing 2 and zone 3. 5: Explain the baton pas 6: Practise baton excha	e way of standing to rom this position. In when running out. Dosition at zone 1, zone asing process.	
11am-11.30am	Hurdle training 10-14-year olds. 2 Groups: Beginner hurdlers 10-12 Intermediate hurdlers 12		
11.30am-12pm	<b>Triple Jump</b> 10-14-year olds 1 Group: Introduction to	Triple Jump	11am-12pm Health and Safety
11am-12pm	Track: Sprints/Middle 10-14-year olds 1 Group: Technical drills		
2pm – 5pm	Pre-season Open Sen	or Meet #1	