

## Track and Field Camp Daily Overview

### Half-Day Schedule



## Skyhawks Sports Academy - Private and Confidential

Camp Opening/Life Skill	Dynamic Warm Up/Camp Game	Skill of the Day	Skill Based Drills & Games	Snack Break	Camp Game	Skill Based Drills & Gar Scrimmage Activities	Camp Close
10 minutes	20 minutes	5 minutes	55 minutes	15 minutes	15 minutes	30 minutes	25 minutes
9-9:10am	9:10-9:30am	9:30-9:35am	9:35am-10:30am	10:30 - 10:45am	10:45 - 11:00am	11:00 - 11:30am	11:30 - 11:55am
		Introduce skill using whole-part-whole. Use 3-4 simple coaching cues. Give context for skill.	Plan 3-4 drills & games with a water break in between each activity.			Plan 2-3 drills & games. Okay to use activities that touch on different skills.	See Tournament Day page for ideas.
							11:55am-12pm

## Track and Field Weekly Skill-of-the-Day

	Monday: Sportsmanship	Tuesday: Respect	Wednesday: Leadership	Thursday: Responsibility	Friday: Teamwork
Main Skill-of-the-Day	Sprinting	Jumping	Relays	Throwing	Review Skills

	Sprinting	Jumping	Relays	Throwing	Throwing
Skill Breakdown	1. Push knees upward & high 2. Land on toes "balls of feet" 3. Cheek to Cheek with arms 4. Try to keep arms at 90 degree angles	1. Long jump: Drive knee up and drive arms up the same time as knee drive. 2. Jump off your dominant foot	1. Runner without baton, starts to run before teammate arrives. (turn shoulders and visually see teammate). 2. Turn shoulders and visually see teammate. Thumb up and grab baton at shoulder height. 3. Person running with baton yells stick and teammate will reach back and grab stick.	Discus: 1. Top hand on discus with fingers holding on. 2. Throwing arm extended out. 3. Rock back and forth (sway). 2. Javelin: 1. Hand on bottom. Center of hand wrapped around. 2. Reach arm straight back, keep close to body, tip pointing toward face. 3. 5 step approach with plant and throw. 4. When throwing release high, similar to throwing ball.	Throwing continued: 3. Shot Put: 1. Hold on cheek. 2. Athletic stance, stand sideways. 3. Push shot outward

Testing Notes	Tourney Day
1.Kids tested on 3 events each day (Mon: Javelin, 100 m, Running Long Jump; Tue: Shotput, 50 m, Standing Long jump; Wed: 4 x 100 relay, 50 m hurdles, Discus; Thurs: All events)	On Tourney Day kids can do all events (50/100 meter run; 50 meter hurdles;; 4 x 100 relay; running long jump; standing jump; javelin; Shot Put; Discus

## Track & Field Skill Drills

<b>Sprinting Drills</b> 1. Arm Action Drill: Swing arms like when running: Progression of seated, standing, light jog, and sprint. Can do seated with legs straight, or kneeling, or standing. 2. Wall Drill: Extend arms out to wall leaning at an angle. Pump up knees running in place work on high knees. Mountain Climber. 3. Lean, Fall, Sprint, Jog: Lean forward with feet together until balance is lost, into a sprint for 20 yards, then jog. This drill works on getting forward lean at the beginning of the sprint. 4. Jog, Sprint, Jog, Sprint, Jog Drill: Changing speeds from jogging to sprinting on coaches whistle, use parachutes. 5. Backwards Running: 2 x 10 yards, 2 x 20 yards, 2 x 30 yards, etc. Work on striding back and keeping low center of gravity, bending legs and reaching back with legs while running backwards. 6. Kids on back, say magic word and then sprint different distances (10m, 20m, etc..) 7. Block position drill: Setup 2 poly spots - Put knees on spots (1 foot apart) and do starts. Hands - shoulder width apart behind lines. On magic word, kids practice starts. <b>* Developing maximal speed requires running fast with proper technique, don't forget that!</b> <b>Jumping Drills</b> 1. Agility ladder drills: running through forward (one foot in, two feet in), sideways shuffle, carioca, double leg forward hops, lateral hops, single leg forward hops, lateral hops, etc. Emphasize 'Hot Lava' on the ground! 2. Long jump practice: Jump off 1 leg and land on 2. 3. Hurdles: Sit down and have both legs at 90 degree angles. Cues (Look at watch, grab pocket, opposite arm forward of leg). Jump off dominant leg. Try to maintain speed while jumping over hurdle 4. Mini Hurdle Drills: Start at 6 inches, then progress to 9, then to 12 inches. Double leg and single leg forward/backward hops and also lateral hops, diagonal, etc. Again emphasize 'Hot Lava', minimal foot contact with ground to develop fast twitch muscles. <b>Throwing Drills</b> 1. Slow motion throw. Focus on each step, along with proper technique 2. Throwing different distances, along with accurate throws. <b>Relay Drills</b> 1. Kids on poly spots reaching back and handing baton to next person in line. Work on communicating "stick" for each hand-off. 2. Mini relay - 20 meters at a time.	<b>Sprinting Games</b> 1. Relay Races/Individual Races: Can do relays with a pinnie or ball or other item. Races can include sprints from 10 yards up to 100 yards. 2. Relay, Team races with parachutes, where kids need to run 50 yards down and back then take off parachute and give to teammate. 3. Follow the leader. All kids jog in a line and the runner at the end sprints to the front <b>Jumping Games</b> 1. Most jumps in 20 seconds over mini-hurdles, can do team, individual, etc. Coach times for 20 seconds. Can jump forward/backward, side to side, etc. 2. Obstacle course with mini-hurdles or ladder where quick feet/quick jumps/plyometrics is key, coach can again time and give kids incentive to compete against each other. <b>Throwing Games</b> 1. Longest throwing competition. Place discs at different distances. Ex.: Red discs - 20 meters, green - 30 meters, yellow - 40 meters, etc.... <b>Track and Field Events</b> 1. Use skill games that features a lot of running and changing direction 2. Ultimate Frisbee, Capture the Flag, Freeze Tag, Ships and Sailors are popular camp games 3. Set up unique contests each day during the scrimmage: Long jump, obstacle course 4. Kids will constantly ask what time or distance they had for each event. Write down the scores on the track and field master sheet. <b>*Always make sure to correct form and teach proper technique during Skill Games, Speak Up!</b>
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## Track and Field Tournament Day Overview



**Skyhawks Sports Academy - Private and Confidential**

Warm Up and Intro	Camp Game	Track and Field Meet (Stations)	Snack Break	Track and Field Meet (Stations)	Award Ceremony
15 minutes	15 minutes	60 minutes	15 minutes	65 minutes	10 minutes
9 - 9:15	9:15 - 9:30	9:30 - 10:30	10:30 - 10:45	10:45 - 11:50	11:50 - Noon
		4 Stations: Shot Put, Standing Jump, 50 Meters, 50 Meter Hurdles *15 minutes per station		5 Stations: Discus, Javelin, 4 x 100 Relay, Long jump, 100 Meters *12 minutes per station	Make it fun for kids!

## Track and Field Tournament Day Ideas

<b>Track Meet Stations</b>	Setup 3 different areas and have a jump area (running long jump, standing jump, 50 m hurdles), throwing area (javelin, shot put, discus) and running area (50 meter, 100 meter, 4 x 100 relay). Staff should document the scores/times of each participant within each group.
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## Track and Field Meet Station Guidelines

6 to 12 year olds	<ol style="list-style-type: none"> <li>1. Staff should record the scores/times of each participant within each group.</li> <li>2. Coaches rotate to all stations with their same group for the entire track meet section.</li> <li>3. Keep kids hydrated and take plenty of breaks as needed, especially in warmer weather.</li> </ol>
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