DOMES & dishes

DISH **DOME**

YOU WILL NEED
Cnes, stopwatch

AIM

Sprint over short distances and make rapid decisions to run in a particular direction. Move the body from low to high and high to low.

GETTING SET (How to Organise the Game)

1. Set out an area 20m by 20m.
2. Give each group an equal number of cones.
3. Ask one group to set the cones out as domes (right way up, with the large base to the ground).
4. Ask one group to set the cones out as dishes (wrong way up, with the small top to the ground).

ON YOUR MARKS (Game Rules)

1. Both teams start outside the area.
2. One group tries to turn domes into dishes, the other team dishes to domes.
3. Allow athletes to play the game for 30 – 60 seconds.

GOOD FORM

1. Be aware of others around you by looking up at all times.
2. Athlete should lean their body in the direction they wish to move.
3. Athlete to push with their feet in the opposite direction they wish to move (e.g. push down and back to move forwards and up).

TURN OVER...

SAFETY TIPS
1. Scatter the cones evenly around the playing area.
2. Athletes should be aware of each other when moving around.
3. Avoid bumping into each other.
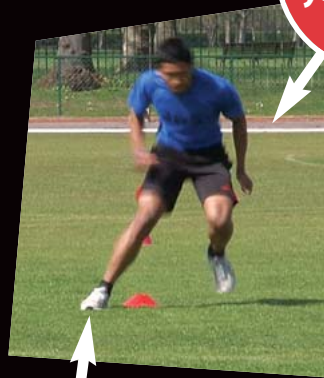
CA Coaching Assistant

DOMES & dishes

HARDER/EASIER OPTIONS (STEP)

Increase/decrease the:

1. **Space:** Size of the area.
2. **Task:** Length of time/ change halves after turning over a cone.
3. **Equipment:** Height at which the cones are placed (e.g. by putting a cone on top of a traffic cone).
4. **People:** Number of players.

THINK INCLUSIVE!

Helping Athletes Change Direction (Agility)

Lean in the direction you wish to move

Push off the ball of your foot in the opposite direction you wish to move

Helping Athletes Use a Standing Start

Bend your knees and lean forwards

Body weight on the balls of your feet

CA
Coaching Assistant

SHARK tag

YOU WILL NEED
Cones, mats, chalk

AIM

For athletes to run faster over short distances and be aware of others.

GETTING SET (How to Organise the Game)

1. Mark out a 10m x 20m rectangle with four cones.
2. Create an "island" near each corner.
3. Create a "ship" near the centre.
4. Divide athletes into "sharks" and "sailors".

ON YOUR MARKS (Game Rules)

1. When the sailors hear "Abandon ship!" they run to an island without getting "tagged" (eaten) by a shark. A tagged sailor becomes a shark.
2. Sailors sprint back to ship, avoiding the sharks.
3. Keep going until all the sailors have become sharks.

GOOD FORM

1. Head up, looking around.
2. Athletes start in "On your marks" position: one foot and opposite arm forward (right leg, left arm).
3. Athletes lean forward as they start to move.
4. Athletes push down and back with their feet.
5. Arms moving quickly.

SAFETY TIPS
1. Make sure athletes don't bump into each other.
2. Encourage athletes to keep heads up.
3. Make sure area is dry.
4. Ensure there are no obstacles around the edge of the playing area.

TURN OVER...

CA
Coaching Assistant

SHARK tag

HARDER/EASIER OPTIONS (STEP)

1. **Space:** Increase/decrease the size of the area.
2. **Task:** Increase/decrease the challenge of the game. Teams or individuals sprint to a set "island".
3. **Equipment:** Increase/decrease the number of islands.
4. **People:** Increase/decrease number of sailors and/or sharks.

THINK INCLUSIVE!

Helping Athletes use a Standing Start

Lowered centre of mass

Front arm opposite to front foot (left & right)
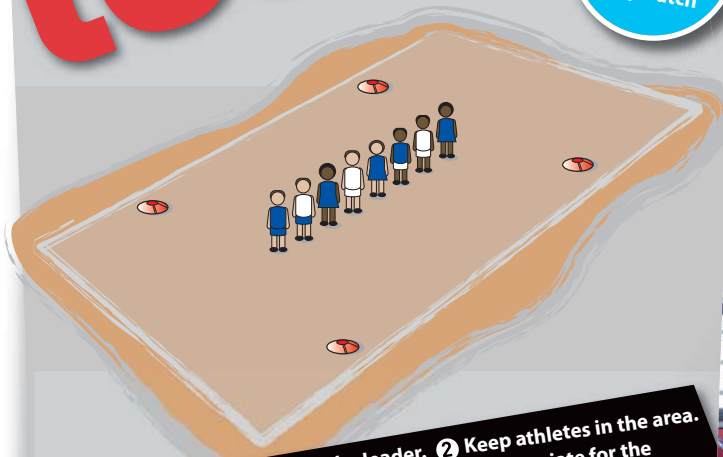
Helping Athletes Accelerate Quickly

Lean body forwards

Push down and back off both feet

CA — Coaching Assistant

FOLLOW THE leader

YOU WILL NEED
Cones, stopwatch

❶ Keep changing the leader. ❷ Keep athletes in the area.
❸ Check that the movements are appropriate for the ability levels of the group.

AIM

The athletes will have an increased heart rate and smiles on their faces!

GETTING SET (How to Organise the Game)
❶ Mark out an area with x4 cones.
❷ Nominate the leader.

ON YOUR MARKS (Game Rules)
❶ Follow the leader.
❷ Copy the actions and movements the leader does.

GOOD FORM
❶ Smiles, laughter and increased breathing!
❷ Posture control (head in line with spine).
❸ Hips in a neutral position(bucket of water analogy).

TURN OVER...

CA Coaching Assistant

FOLLOW THE leader

Helping Athletes with Floor Movement and Footwork

HARDER/EASIER OPTIONS (STEP)

1. **Space: Change the size of the space.**
2. **Task: Use movements relevant to the group.**
3. **Equipment: Introduce equipment such as balls, beanbags, etc.**
4. **People: Change the group sizes.**

THINK INCLUSIVE!

Keep an upright posture

Keep hips square

Keep the shoulders square

Keep body upright

Keep hips square (facing forwards)

Keep hips square

Land and push off the balls of your feet

Gradually build tempo

CAT & mouse

YOU WILL NEED
Cones, stopwatch, cloth strips/coloured bands

❶ Stop the session frequently and change mouse/cat or pair. ❷ Keep athletes in the area. ❸ Avoid bumping into each other.

AIM

The athletes will have increased heart rate and changed directions quickly.

GETTING SET (How to Organise the Game)
❶ Mark out an appropriate size area with x4 cones.
❷ Put groups into pairs.

ON YOUR MARKS (Game Rules)
❶ Mouse to avoid having their "tail" taken by the cat, but must stay in the area.
❷ If they lose their tail, they become the cat and chase the "mice".
❸ Keep head up.
❹ Frequently change direction.

GOOD FORM
❶ All athletes are involved.
❷ Heads up, running tall.
❸ Changing direction at speed.

TURN OVER...

CA Coaching Assistant

CAT & mouse

Helping Athletes Change Speed and Direction

Keep body upright

Opposite arm to leg forwards (right leg, left arm forwards)

Bend your knees and lean forwards

Extend legs back behind body

Keep the body upright and head up looking forwards

Drive the feet down and back

Lean in the direction you wish to move

Land and push off the balls of the feet

HARDER/EASIER OPTIONS (STEP)

1. **Space:** Change the size of the space (bigger, smaller, wider, narrower).
2. **Task:** Introduce different movements (e.g. hopping).
3. **Equipment:** Place beanbags on head to promote good posture.
4. **People:** More mice than cats.

THINK INCLUSIVE!

JUMP THE rainbow

AIM

The athletes will have increased heart rate and performed numerous jumping styles.

GETTING SET (How to Organise the Game)

1 Mark out a rectangular area with 4 cones.
2 Within the area position at random, different coloured cones, face up.

ON YOUR MARKS (Game Rules)

1 As individuals, run around the area and perform any type of jump over each cone.
2 Allocate each colour marker, a type of jump (e.g. left leg hop OR jump from one foot and land on both).
3 Every cone to be jumped over.

GOOD FORM

1 Knees bent and feet flat on landing.
2 Land with feet shoulder width apart.
3 Swing arms backwards and forwards.
4 Head up, looking forwards.

SAFETY TIPS
1 Keep athletes in the area.
2 Avoid bumping into each other.
3 Ensure area is dry.

TURN OVER...

CA
Coaching Assistant

JUMP THE rainbow

Helping Athletes with Jumping

HARDER/EASIER OPTIONS (STEP)

1. **Space: Change the size of the space to be used.**
2. **Task: Do combinations of jumps.**
3. **Equipment: Use coloured agility hurdles, or throw down lines/spots.**
4. **People: Group athletes in pairs, threes or fours rather than everyone in the space at one time.**

Swing arms backwards then forwards

Land with feet shoulder width apart

Extend at hips, knees and ankles at take off

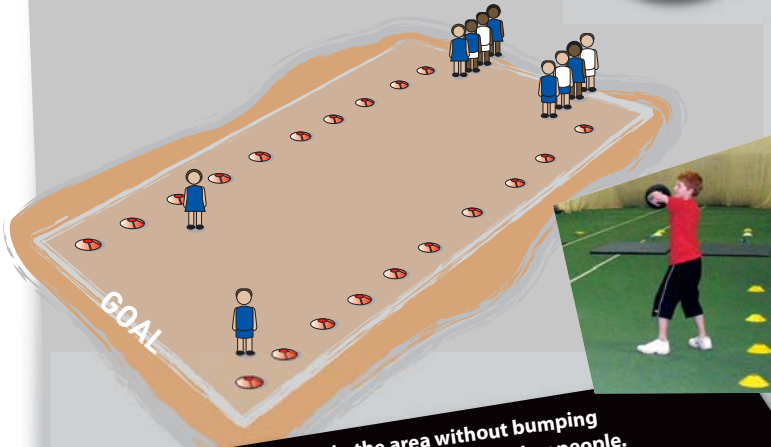**Bend the knees (soft knees on landing)**

PUSH
throw
RELAY

YOU WILL NEED
Cones, footballs/light medicine balls

GOAL

AIM

The athletes will have increased heart rate and performed a two handed pushing throw action.

GETTING SET (How to Organise the Game)

❶ Set out lines of cones over 10-20m with a goal line marked at one end.

❷ Group athletes into teams of two pairs (one line of cones per team) – each team with a ball.

ON YOUR MARKS (Game Rules)

❶ 1st pair stand sideways to the goal, facing each other.

❷ Athletes push-pass the ball to each other whilst moving towards the goal.

❸ On reaching the goal they run back to the start and give the other pair the ball, who then do the same.

❹ Points scored for reaching the goal without dropping ball.

GOOD FORM

❶ Shoulders and elbows fully extending.

❷ Wrists and fingers fully extending.

❸ Knees bent to assist the throw.

TURN OVER...

SAFETY TIPS ❶ Keep athletes in the area without bumping into each other. ❷ No throwing at other people. ❸ Ensure area is dry. ❹ Show athletes the run-back area.

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PUSH throw RELAY

Helping Athletes with a Push Throw

HARDER/EASIER OPTIONS (STEP)

1. **Space: Change the throwing space (wider/narrower).**
2. **Space: Change the distance from the start to the 'goal'.**
3. **Task: Use a single handed push.**
4. **Equipment: Increase/decrease the weight of the ball.**
5. **People: Change the teams/pairs.**

THINK INCLUSIVE!

Step into throw keeping shoulders facing forwards

Release the ball at the highest point

Push the ball up and forwards

Extend the arms at the elbows

Keep the back straight

SPEEDING UP

YOU WILL NEED
Cones, whistle

AIM

Athletes will have learnt to adjust pace gradually (acceleration/deceleration).

GETTING SET (How to Organise the Game)
❶ Mark out a large area with 4 cones.
❷ Decide the pace of the vehicle (e.g. Tractor = Walking, Lorry = jogging/skipping, Car = fast jogging, Plane = sprinting).

ON YOUR MARKS (Game Rules)
❶ All athletes move around the area running tall.
❷ When told, gradually increase arm speed to the new pace (when the arms move faster so will the legs).
❸ After sprinting at top speed, change the pace down again.

GOOD FORM
❶ Smooth changes of pace.
❷ Tall running position.
❸ Arms speed up.

TURN OVER...

SAFETY TIPS
❶ Keep athletes in the area.
❷ Avoid bumping into each other.
❸ All athletes are involved.

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Coaching Assistant

SPEEDING UP

Helping Athletes Run for Speed

HARDER/EASIER OPTIONS (STEP)

1. **Space: Change the size of the area.**

2. **Equipment: Put out x4 cones in a line to indicate gear changes.**

3. **People: Put athletes in pairs: athlete A decides the pace, B follows - then they swap. Pairs must keep pace with each other.**

THINK INCLUSIVE!

Bring heel up and under the buttock

Lift your hips tall

Relaxed shoulders with sockets to pockets arm action

Knee up, toe up action

Active strike - down and back action with your feet

QUICK start

YOU WILL NEED
Cones, whistle

20m

AIM

For athletes to accelerate with good posture from stationary positions.

GETTING SET (How to Organise the Game)
1. Mark a start and finish line that are 10-20m apart.
2. Split athletes into pairs, threes or fours.

ON YOUR MARKS (Game Rules)
1. Athletes choose from two starting positions: sitting or kneeling.
2. Athletes get ready on: "On your marks."
3. Athletes concentrate on: "Set."
4. On "Go!", athletes accelerate away as fast as possible.

GOOD FORM
1. Leaning forward.
2. Legs pushing until straight (hips, knees and ankles, in that order).
3. Arms power back.
4. Footsteps speed up.

TURN OVER...

SAFETY TIPS
1. Work in small groups. 2. Use cones to mark out the sprint area.
3. Tell athletes to walk back to the start, outside the sprint area.
4. Keep athletes running every minute or two.

CA Coaching Assistant

QUICK start

Helping Athletes use a Standing Start

Helping Athletes Accelerate Quickly

Lowered centre of mass

Front arm opposite to front foot (left & right)

Lean body forwards

Push down and back off both feet

HARDER/EASIER OPTIONS (STEP)

1. **Space:** Increase/decrease the distance between the start and finish line.

2. **Task:** Athletes can use variations of the standing and kneeling start to help increase/decrease the level of challenge:
   - Use a standing start.
   - Use a standing, staggered start.
   - Start from lying down on front or on back.
   - Falling forwards start.

3. **Equipment:** Use a flag or visual cue to start.

4. **People:** Split athletes into groups depending on similarities (e.g. those covering a shorter distance, those starting with a visual cue).

THINK INCLUSIVE!

Position 1 – Laying on front

Position 2 – Kneeling start

Position 3 – Three point start

Position 4 – Crouch start

CA Coaching Assistant

RAID THE goal

YOU WILL NEED
Cones, hoops, beanbags, stopwatch

AIM

For athletes to run continuously for the length of the activity.

GETTING SET (How to Organise the Game)

1. Set out two bases 50-100m apart.
2. Put 20 beanbags at each base, inside a hoop.
3. Create two teams of equal numbers.

ON YOUR MARKS (Game Rules)

1. Athletes run steadily to the opponents' base, one person at a time from each team. They squat down to pick up one beanbag each.
2. Athletes run back to home base and place their beanbags inside the hoop.
3. Teams keep stealing the opposing team's beanbags until the whistle blows.
4. The team with the most bean bags after the whistle blows wins the game.

GOOD FORM

1. Relaxed shoulders.
2. Tall running position.
3. Steady pace.

TURN OVER...

SAFETY TIPS
1. Check runners are aware of which direction they should run.
2. Remind runners to watch and avoid other runners at the 'bases'.
3. Continuous assessment of risk and challenge to the whole group.

CA Coaching Assistant

RAID THE goal

Helping Athletes Run at a Steady Pace

Run at a steady controlled pace

Keep shoulders relaxed

Keep posture upright

Land on the mid-foot with a down and back action

HARDER/EASIER OPTIONS
(STEP)

Increase/decrease the:

1. **Space: Space between hoops (course).**
2. **Task: Length of time.**
3. **Task: Some athletes may steal from a different hoop (perhaps closer or where the beanbags are at a higher level).**
4. **Equipment: Number of cones/ beanbags.**
5. **People: Number of players and /or teams.**
6. **People: Change to a relay to allow for recovery.**

THINK INCLUSIVE!

CA
Coaching Assistant

RACE Walk RELAY

YOU WILL NEED
Cones, stopwatch

AIM

The athletes will have race walked for a sustained period of time.

GETTING SET (How to Organise the Game)

1. Create a course for athletes to walk around, using different coloured markers.
2. Athletes work in 4s (2 pairs) of similar ability.
3. Each team selects a cone from where they will start and handover.

ON YOUR MARKS (Game Rules)

1. 1st pair start race walking around course until they return to their marker where they hand over to the 2nd pair, who do their first lap.
2. Athletes keep swapping over until end of activity and add up all their laps.

GOOD FORM

1. Tall posture.
2. Bent arms come across the chest to a mid point, as well as drive backwards ('Chest to Pocket' arm/hand action).
3. Foot landing on heel with toes up.
4. Leg is straight when it contacts with the ground.

TURN OVER...

SAFETY TIPS
1. Use suitable area.
2. Notify other coaches.

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RACE walk RELAY

Helping Athletes with Race Walking

Look forward not down

Relaxed shoulders

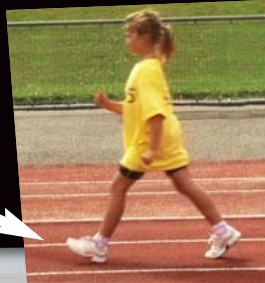**Keep legs straight on contact**

Keep an upright posture

Keep one foot on the ground at all times

Shoulders square to the front

Land with an active heel to toe action

'Chest to Pocket' arm action with hands

HARDER/EASIER OPTIONS (STEP)

1 **Space: Change the distance of the circuit.**

2 **Task: Set number of laps opposed to time - 1st team to complete all laps wins.**

3 **Task: Pursuit relay challenge – trying to catch the team in front.**

4 **People: Change the number of people in a team, so that they get more/less recovery.**

THINK INCLUSIVE!

PACE THE race

AIM

Athletes should be able to run at a constant, comfortable pace.

GETTING SET (How to Organise the Game)

❶ Layout small running area in shape of horseshoe.

❷ Group athletes in teams of 4 giving each a colour and 2 bean bags.

❸ Leader to blow the whistle at set intervals (e.g. always 10secs). Scoring - runners to score points for being within 5m of the marker.

❹ More points for more accuracy.

ON YOUR MARKS (Game Rules)

❶ 1st runner takes their bean bags and drops one when they hear the 1st whistle. Continue running round horseshoe and drop second bean bag on 2nd whistle.

❷ Continue running to where the team is.

❸ 2nd runner has to reach bean bags as whistle blows - score a point for each bean bag hit.

❹ 3rd and 4th runners do same.

GOOD FORM

❶ Correct pace judgement.

❸ Relaxed shoulders.

❸ Quiet footsteps.

TURN OVER...

SAFETY TIPS ❶ Use a dry area.

CA
Coaching Assistant

PACE THE race

Helping Athletes with Running

HARDER/EASIER OPTIONS (STEP)

1. **Space:** Increase/ decrease the distance to cover.
2. **Task:** Lengthen the time first person runs for.
3. **Task:** Change the number of beanbag drops (e.g. reduce to 1, increase to 3).
4. **People:** Change the lead runner.

THINK INCLUSIVE!

Judge your pace carefully

Keep shoulders relaxed

Keep posture upright

Land mid-foot with a down and back action

PAIRS running

YOU WILL NEED
Cones, whistle and watch

A

Recovery

B

a b c
a b c

AIM

Athletes will be able to run relaxed for several minutes, maintaining pace whilst getting a little tired.

GETTING SET (How to Organise the Game)
❶ Create a large oval/circuit for them to run around with a start/finish area and a hand over area.
❷ Group in to similar ability pairs - A and B.

ON YOUR MARKS (Game Rules)
❶ A runs half way around circuit and hands over to B. B carries on to the finish line.
❷ Whilst B is running, A jogs across the middle of the circuit to the finish.
❸ When B arrives, A starts again and B moves to the hand over area.
❹ Continue this relay for 2-20 mins.

GOOD FORM
❶ Slightly out of breath.
❷ Relaxed shoulders.
❸ Tall posture (head up/hips up).

TURN OVER...

SAFETY TIPS
❶ Keep athletes active. ❷ Adjust pace for those having to walk. ❸ Ensure athletes are aware of change over points and where to jog during recovery.

CA Coaching Assistant

PAIRS
running

Helping Athletes with Running

HARDER/EASIER OPTIONS (STEP)

1. **Space: Change the distances athletes have to run (a, or b, or c).**
2. **Space: Change the shape of the oval (e.g. make it wider/narrower).**
3. **Task: Athletes can run a whole circuit and then wait at the changeover point.**
4. **Equipment: Add small agility hurdles around the circuit.**
5. **People: Run as two pairs, or in threes.**

THINK INCLUSIVE!

Judge your pace carefully

Keep shoulders relaxed

Keep posture upright

Land mid-foot with a down and back action

HURDLE Running

3m

3.5m

4m
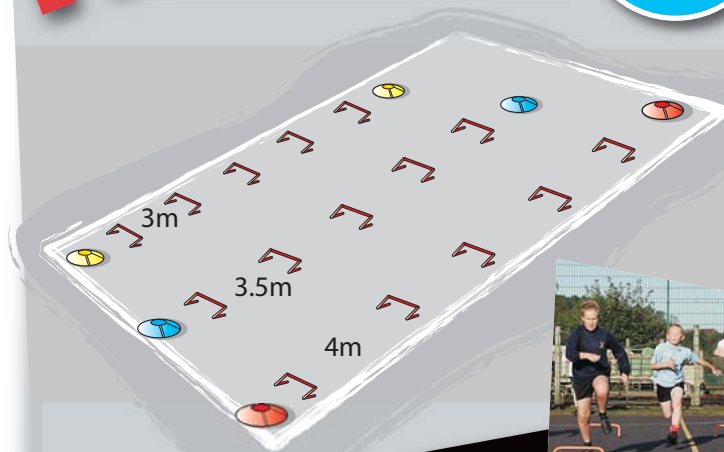
AIM

For athletes to decide their 'lead leg' when sprinting over hurdles, but to practise both 'lead legs'.

GETTING SET (How to Organise the Game)

1 Set up a start and finish line, 40m apart.

2 Set out three lines of hurdles. The first hurdle 7m from start; then spaced at 3m intervals in the first lane, 3.5m intervals in the second and 4m in the third.

ON YOUR MARKS (Game Rules)

1 Athletes run over the first lane of hurdles three or four times.

2 Athletes use the same leg to take off each time and take three steps between hurdles.

3 Athletes who find the first lane of hurdles too close together, move to the second lane, then third lane and so on.

4 Athletes pump their arms vigorously as they run.

5 They get their lead leg back on the ground as fast as possible.

GOOD FORM

1 Same take-off leg each time.

2 Leading knee powers up and forwards.

3 Arms drive backwards.

TURN OVER...

CA
Coaching Assistant

HURDLE Running

Helping Athletes Run Over Obstacles (Hurdles)

Keep shoulders and body facing forwards

Relaxed sockets to pockets arm action

Do not reach for the next hurdle

Three steps between each hurdle

HARDER/EASIER OPTIONS (STEP)

1. **Space:** Change the distance between the hurdles.
2. **Task:** Change or alternate the take-off leg. Wheelchair users can slalom between the hurdles.
3. **Equipment:** Use higher or lower obstacles.
4. **People:** Group athletes depending on similarities (e.g. those going over higher hurdles, those doing a slalom etc.).

THINK INCLUSIVE!

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CHICKEN relay

YOU WILL NEED
Different coloured cones, relay batons
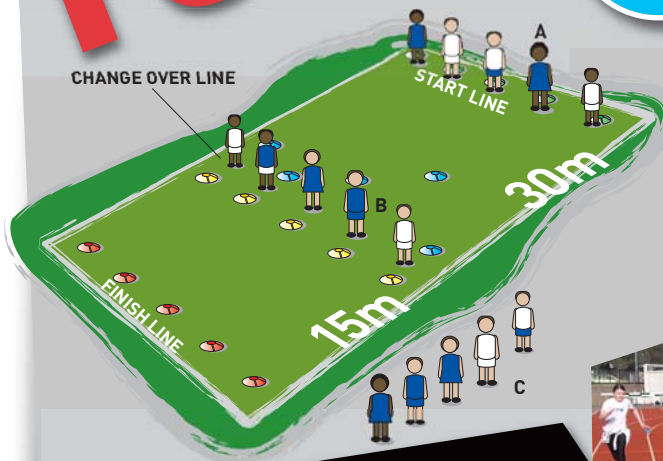
CHANGE OVER LINE

START LINE

A

30m

B

15m

FINISH LINE

C

AIM
Pairs of athletes will pass the baton whilst both are sprinting. The two runners should be at the finish line at change over (like a relay).

GETTING SET (How to Organise the Game)
1. Using cones set up a start line, a change over line 30m away and a finish line - 15m from the change over line.
2. Group athletes into teams of 3 - A, B and C
   A=Chaser B=Escaper C=Observer.

ON YOUR MARKS (Game Rules)
1. B positions a cone between the start line and change over line. On "go" A starts sprinting, B starts sprinting when A goes past their cone. B must pass finish line before A. C tells B how far away A was at the end. After 3rd effort B moves their cone nearer to themselves to score additional points.
2. Next challenge - B has to position the cone so that A nearly catches B.
3. Next challenge - A must catch B - at the finish line.
4. Write down the distance where the cone now is.
5. Change roles and introduce a relay baton and go to back to step 3.

GOOD FORM
1. Gradual acceleration - no deceleration.
2. Concentration - looking ahead.

TURN OVER...

CA Coaching Assistant

CHICKEN relay

Helping Athletes Run for Speed

HARDER/EASIER OPTIONS (STEP)

1. **Space:** Make the run longer/shorter.
2. **Task:** Set up the activity around a curve.
3. **Equipment:** Use beanbags/batons.
4. **People:** Change the groups to make 3's or 4's and introduce a change over.

THINK INCLUSIVE!

Head up with focus in front

Relaxed shoulders with sockets to pockets arm action

Knee up, toe up action

Lift hips tall

Keep posture upright

Bring heel up and under the buttock

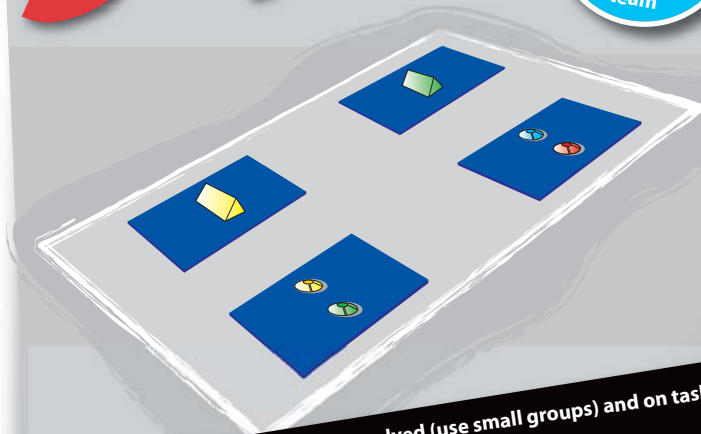**Active strike - down and back action with feet**

JUMPING
styles

YOU WILL NEED

Mats, 2 cones and soft wedge or cane per team

AIM

Athletes will have experienced different styles of jumping.

GETTING SET (How to Organise the Game)

❶ Four athletes per team given sets of equipment.

ON YOUR MARKS (Game Rules)

❶ Jump over cones/wedge.
❷ Two feet to two feet - side to side, forwards/backwards.
❸ One foot to the other foot - side to side (scissor kick).

GOOD FORM

❶ Athletes doing the type of jumps they are told to do.
❷ A quiet landing with knees bent.
❸ Athlete stays tall with high hips.
❹ On take-off, hips, knees, ankles extend (in that order).

TURN OVER...

SAFETY TIPS

❶ Keep the athletes involved (use small groups) and on task.
❷ If getting bored, change the activity.
❸ Use a dry surface – preferably a mat.

CA
Coaching Assistant

JUMPING
styles

Helping Athletes with Jumping

Bend then extend at the knees to aid jumping for height

Keep your body tall

Push down and to the outside when jumping side to side

Use active backwards to upward arm swing action

Bend then extend at knees at take off
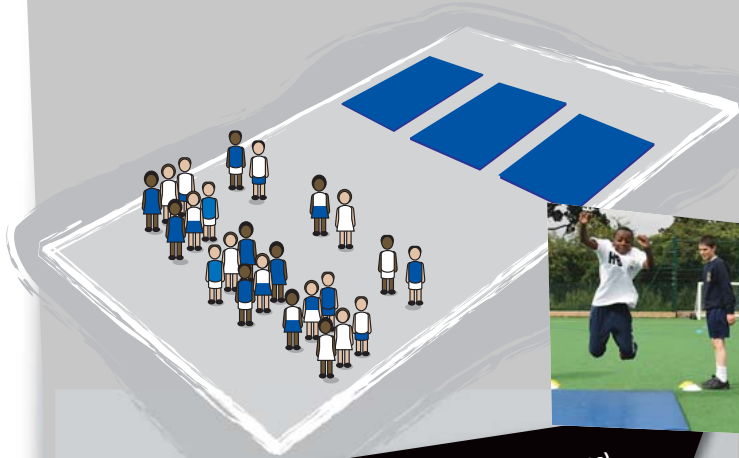
Bend the knees (soft knees on landing)

HARDER/EASIER OPTIONS (STEP)

1. **Space: Create more jumping stations.**
2. **Task: How many jumps in 5-10 seconds.**
3. **Equipment: Change the height of the obstacle.**
4. **People: Group athletes to determine recovery (e.g. 1 jumping, 2 observing; or everyone jumping at the same time).**

THINK INCLUSIVE!

Jump
THE GAP

YOU WILL NEED
Cones, dry take-off surface, dry landing area: grass, gym floor or sandpit

AIM

For athletes to jump further.

GETTING SET (How to Organise the Game)

❶ Mark out boundaries, take-off and landing zones.
❷ Divide the athletes into groups of three or four.
❸ Each group takes it in turns to jump for distance.

ON YOUR MARKS (Game Rules)

❶ Athletes stand with their feet shoulder width apart.
❷ Athletes bend their knees then straighten them quickly – jumping forwards and up.
❸ Athletes land on two feet.
❹ One athlete in the team marks where the back of the feet land.
❺ Next time, the athlete aims to beat their distance.
❻ Wheelchair users use a single push to propel themselves forwards as far as they can in a straight line. Mark the point where the chair goes off line.

GOOD FORM

❶ Soft landing on both feet.
❷ Athletes stretching tall and thin in the air.
❸ Athletes pushing off the balls of their feet.
❹ On take-off, hips, knees and ankles extend, in that order.

TURN OVER...

SAFETY TIPS
❶ Keep all athletes involved (use small groups).
❷ Change activity if athletes get bored.

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Jump THE GAP

Helping Athletes use a Standing Long Jump

Swing arms backwards then forwards

Land with feet shoulder width apart

Extend at hips, knees and ankles at take off

Bend the knees (soft knees on landing)

HARDER/EASIER OPTIONS (STEP)

1. **Space:** Increase/decrease the size of the jumping area (gap).
2. **Task:** Change the type of jump two feet to one foot take offs.
3. **Equipment:** Introduce a micro hurdle just after take- off to encourage height.
4. **People:** Mix up the groups so a stronger jump is teamed with a weaker jumper or children of the same ability are put together.

THINK INCLUSIVE!

CA Coaching Assistant

HOP STEP Jump

YOU WILL NEED
Three coloured markers and one landing mat per group

2-3m
2-3m
1m
1m

AIM

For athletes to perform a hop, step and jump in sequence.
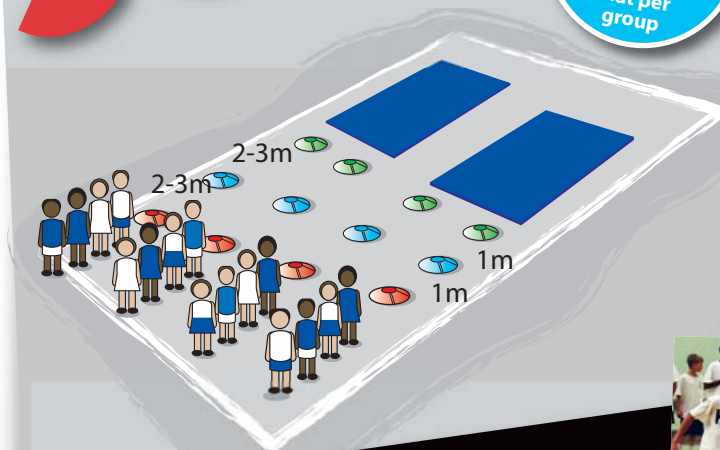
GETTING SET (How to Organise the Game)
❶ Group athletes into fours of similar ability.
❷ Make sure each group has a jumping and landing area.

ON YOUR MARKS (Game Rules)
❶ Athletes put down the markers, equally spaced, in a straight line to the landing area.
❷ Athletes perform a HOP, STEP, JUMP from standing still, landing by each marker. Wheelchair users can use a combination of single and double arm pushes to move between markers.
❸ Gradually move the markers, up to 2-3m apart.

GOOD FORM
❶ Balanced landing.
❷ Hop, Step, Jump (uses same leg, other leg, both).
❸ Consistent rhythm: 1... 2... 3.
❹ Free leg pushes up and forwards.
❺ Athlete stays tall with high hips.

TURN OVER...

SAFETY TIPS
❶ Landing area is soft.
❷ Encourage a balanced, soft, two-footed landing.

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HOP **STEP** Jump

Helping Athletes use a Hop, Step and Jump Action

HARDER/EASIER OPTIONS (STEP)

1 **Space:** Increase/decrease the space between markers.

2 **Task:** Change the sequence of jumps. Introduce a five to seven-stride run-up.

3 **Equipment:** Use throw down lines/spots to identify landing areas.

4 **People:** Use athletes to act as observers.

THINK INCLUSIVE!

Keep your body upright
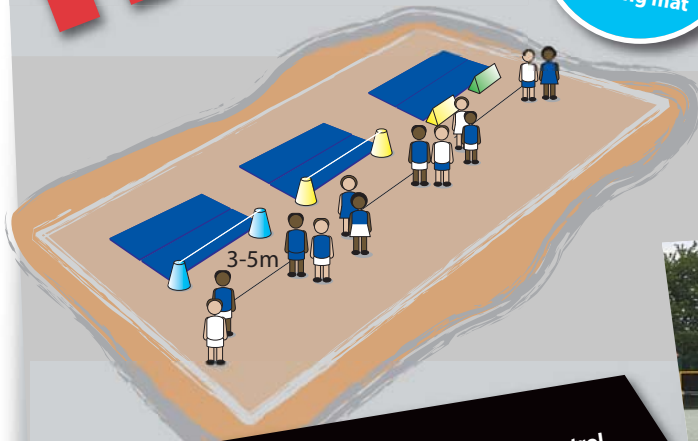
Use your arms for balance

Don't stretch between hop, step and jump combinations

Same foot to same foot, to other foot, to both feet

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JUMPING FOR height

YOU WILL NEED
Low (30cm) hurdle/cones and stick, landing mat

3-5m

AIM

Athlete will be able to perform a jump for height from one foot and landing on two.

GETTING SET (How to Organise the Game)
❶ Group athletes in threes, each group with a jumping area.

ON YOUR MARKS (Game Rules)
❶ Athlete takes 2-3 steps towards the "bar" from 45 degree angle and performs one footed take off and two footed landing.
❷ Swap over after 2-3 goes.

GOOD FORM
❶ Jumping leg: ankle, knee and hip all extend at take-off.
❷ Free leg pushes up and forwards.
❸ Athlete stays tall with high hips.

TURN OVER...

SAFETY TIPS
❶ Soft landing area.
❷ Two footed landing, with balance and control.

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JUMPING FOR height

Helping Athletes with Jumping

HARDER/EASIER OPTIONS (STEP)

1. **Space:** Lengthen run up to 4-5 steps.
2. **Equipment:** Move to a high jump mat and have higher bar.
3. **Equipment:** Use throw down lines/spots instead of hurdles.
4. **People:** All athletes jumping at one time.

THINK INCLUSIVE!

Bend then extend at the knees to aid jumping for height

Keep head and body upright at take off

Extend at the hips, knee and ankle at take off

Drive the leg closest to the bar up and over
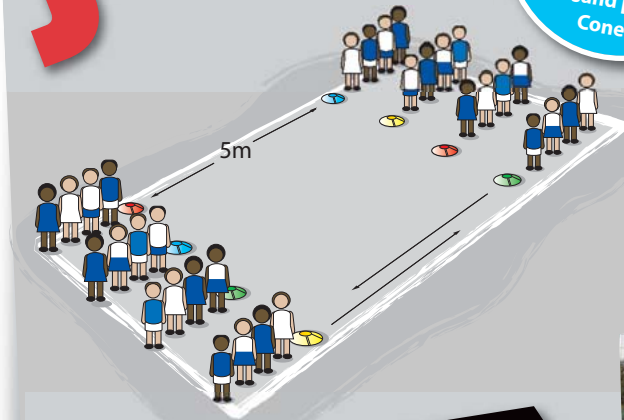
Bend the knees (soft knees on landing)

Take off leg follows to complete the jump

SWAP jump

YOU WILL NEED
Take off: dry surface
Landing zone: dry grass, gym floor, sand pit
Cones

5m

AIM

Athletes will have executed different combinations of jumping actions.

GETTING SET (How to Organise the Game)
1. Set out two rows of cones, 5m apart.
2. Split into teams of 4, numbering each athlete 1 to 4.
3. Two teams sit opposite each other behind a cone.

ON YOUR MARKS (Game Rules)
1. Coach to call out a number and action (e.g. 1, 3 - jump).
2. Athletes 1 & 3 from both teams, stand up and do two footed jumps to the other team.
3. Sit down in the vacant spaces.

GOOD FORM
1. Athletes doing the type of jumps they are told to do.
2. A quiet landing with knees bent.
3. Athletes push off the balls of their feet.
4. On take-off, hips, knees and ankles extend (in that order).

TURN OVER...

SAFETY TIPS
1. Keep the athletes involved (use small groups) and on task.
2. If getting bored, change the activity.

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SWAP jump

Helping Athletes with Jumping

HARDER/EASIER OPTIONS (STEP)

1. **Space: Change the distance between the teams.**
2. **Task: Use more than one jumping action.**
3. **Task: Use combinations of jumps.**
4. **Equipment: Use throw down lines, spots, cones or agility hurdles to jump over.**
5. **People: Change the number of athletes jumping.**

THINK INCLUSIVE!

Swing arms backwards then forwards

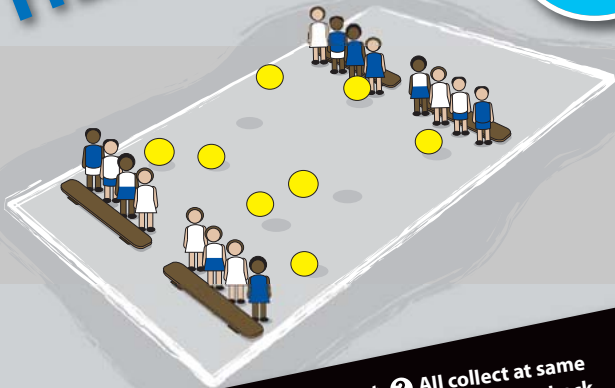**Land with feet shoulder width apart**

Extend at hips, knees and ankles at take off

Bend the knees (soft knees on landing)

HEAVE IT here HEAVE IT THERE

YOU WILL NEED
Footballs/basketballs, benches

AIM

Athletes will be able to perform a heaving action both forwards and backwards overhead.

GETTING SET (How to Organise the Game)
1 In pairs with a ball each.
2 1st thrower sits on bench facing partner.

ON YOUR MARKS (Game Rules)
1 1st thrower stands up from bench and throws ball backwards over their head.
2 Collect when you tell them.
3 2nd thrower does same.

GOOD FORM
1 Feet shoulder width apart.
2 Back straight with upright posture.
3 Movement from low to high position.

TURN OVER...

SAFETY TIPS
1 Use appropriate equipment. 2 All collect at same time on coach's instruction. 3 Carry equipment back to bench. 4 Ensure the benches are a safe distance away from landing area.

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HEAVE IT here HEAVE IT THERE

Helping Athletes with a Heave Throw

HARDER/EASIER OPTIONS (STEP)

1 **Space:** Create a target zone that can be narrowed or widened to aid accuracy
2 **Task:** Throw for distance and mark.
3 **Equipment:** Use different sizes and weights of balls.
4 **People:** All athletes throwing at once.

THINK INCLUSIVE!

Keep a straight back

Move from 'low to high'

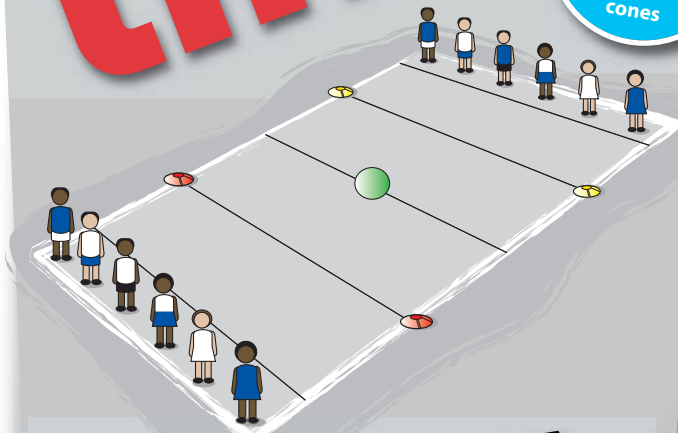Rotate through waist to increase force

Keep arms extended throughout

CROSS THE line

YOU WILL NEED
Bean bags or tennis balls, basketballs, cones

AIM

Athletes will be able to throw more accurately with a pulling action.

GETTING SET (How to Organise the Game)
1. Set up court as shown (throwing line, goal line and centre line).
2. Divide group into two teams.
3. Put a big target ball in the middle of the court.

ON YOUR MARKS (Game Rules)
1. Bean bag held by corner, throw at large ball in the middle from their throwing line and try to knock it over their opponent's goal line.

GOOD FORM
1. Long pulling action.
2. Standing tall when throwing.

TURN OVER...

SAFETY TIPS
1. Use appropriate equipment.
2. Keep athletes active.
3. Collect throwing objects when told.

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CROSS THE line

Helping Athletes with Throwing

Extend arm backwards before pulling forwards

Keep the elbow above shoulder level

Rotate at the hips and torso prior to throwing

Bend then extend the arms at the elbow

HARDER/EASIER OPTIONS (STEP)

1. **Space: Change the distance between throwing line and the centre line.**
2. **Task: Use a different throwing technique (under arm/push throw).**
3. **Equipment: Use more target balls or swiss balls.**
4. **People: Change the number of people throwing at one time.**

THINK INCLUSIVE!

FREE Style

YOU WILL NEED
Heavy balls/ soft shot (1-3kg)

AIM

Athletes will have performed a series of push throws and established the most effective way to throw.

GETTING SET (How to Organise the Game)

1. In pairs of similar abilities, one throwing at a time, next thrower will then collect.
2. Throwing stations 5m apart.

ON YOUR MARKS (Game Rules)

1. Athletes will throw with a pushing action from a variety of positions: Seated, standing, stepping back and from a side on position.
2. Try 4-5 throws of each method and decide which is the most effective way of throwing.

GOOD FORM

1. Knees bent at the start and straightening, throwing from a tall position.
2. Use of arms (fast and last).
3. Push the ball upwards and forwards.

TURN OVER...

SAFETY TIPS
1. All throw, all collect at same time.
2. No-one throws if someone is in front.
3. Carry equipment back.

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FREE Style

Helping Athletes with a Push Throw

HARDER/EASIER OPTIONS (STEP)

1. **Space: Create a target zone that can be narrowed or widened to aid accuracy**
2. **Task: Use a different throwing technique (Pull/Sling /Heave).**
3. **Task: Two handed or one handed throws.**
4. **Equipment: Using a heavier/lighter ball.**
5. **People: Change the number of people throwing at one time.**

THINK INCLUSIVE!

Step into throw keeping shoulders facing forwards

Release the ball at the highest point

Push the ball up and forwards

Keep the back straight

Extend the arms at the elbows

ROCKET throw

YOU WILL NEED
Foam rockets/ beanbags/turbo javs/small balls/ vortex howler, cones

WALL OR FENCE

1 Make sure all athletes throw and collect at the same time.
2 Tell athletes not to throw if someone's standing in front of them!
3 Ensure wheelchair users are firmly secured before throwing.

AIM
For athletes to perform an overhead pulling throw.

GETTING SET (How to Organise the Game)
1 Set up throwing stations 2-3m apart.
2 Ideally throw against a wall or fence.
3 Put athletes in pairs of similar abilities; one will throw and one will collect.

ON YOUR MARKS (Game Rules)
1 Athletes face forwards and throw objects over their heads with a slightly bent arm.
2 Athletes repeat the throw with one foot in front of the other.
3 Athletes throw again, but now turn sideways on.
4 Ask athletes to name the best throwing position: face on, split feet or sideways. Practise throwing from the chosen position.

GOOD FORM
1 Keep the elbow high (above shoulder height) and release object high.
2 Standing tall when throwing.

TURN OVER...

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ROCKET throw

Helping Athletes Use a Pull Throwing Action

HARDER/EASIER OPTIONS (STEP)

1. **Space: Increase/decrease the size of the throwing area.**
2. **Task: Introduce a run up (space permitting).**
3. **Equipment: Use a two-handed throw with athletes using a large ball (instead of a foam javelin).**
4. **People: Mix up pairs – enable children of the same ability to be placed together.**

THINK INCLUSIVE!

Extend arm backwards before pulling forwards

Keep the elbow above shoulder level

Rotate at the hips and torso prior to throwing

Step into the throw

This example shows an athlete using a tennis pull to perform the pull throw.
The same points can be used when helping an athlete use a foam or turbo javelin.

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