

Sprints Lesson Plan #1 for Athletes Ages 5-8

Introduction & Cues:

The following exercises are geared to young children (5-8) aiming to develop proper running techniques.

Ensure that the students know the importance of not actually touching each other during the warm up tag games.

Warm-Up:

The students can warm up with a quick game of shadow tag, modified for social distancing purposes.

In order to tag someone, the students will have to step on the head of another's shadow. This works best outside on a sunny day.

If indoors, the students can play a quick game of red light-green light to get warmed up.

Cool Down:

As a cool down, the kids can do a full body shake out.

Shake one arm, the other, both. Shake one leg, the other, both, head, hips then the whole body.

Main Part:

Displacement/ Arms

The first exercise they can do will help them learn the stride motion when running.

They can line up 2m apart and run across the area to a finish line, taking large bouncy running strides to get there.

You can make it more of a fun competition by seeing who can get to the finish line in the least number of steps.

Next, you can add a cone at about 5-10 meters from the start line and get them to take their smallest steps all the way to the cone and then transition into their big steps to the finish line.

This can also be made into a race.

Finally, they will look at the importance of their arms when running.

Have the students cross their arms across their chests and run to finish line. They'll quickly notice that they feel wonky without them!

When they add in the arms, ensure that they move straight from hip to lip and not across their bodies.

With these new techniques, they can try some races on their own.

Games:

Animal Relay: Have athletes in teams of 5. Each athlete gets assigned the role of an animal (Cheetah, Antelope, Ostrich, Human, Sloth); these animals can also be practiced as a group first in case there are athletes who don't know what certain are.

Athletes will be given 2-3 minutes to decide the order of their relay (i.e. Sloth starts vs ending with the cheetah).

At the start of the race, athletes must run to the opposite side of the gym (or 20m) and then back. Once past, the next animal will then begin their leg of the relay. Repeat the relay as many times, with variations.

Variations:

Have athletes change their animals on their teams; change the animal order;

Sprints Lesson Plan #2 for Athletes Ages 5-8

Introduction:

Learn about different ways athletes can move across the field of play.

Warm-up:

Running around the general area, can add some rhythmic music to emphasize change of speed/direction while moving around in space, can stop the music to have the students stop as well

Light stretching, preferably dynamic

Cool Down:

The students can do "copy cat" stretches to cool down afterwards. They can take turns demonstrating their favorite stretch while the rest copy it.

Main Part:

Basic Shuttle Relay:

Step up a pylon at the start line and then another one 20m away. Split the athletes into 2-3 groups.

To eliminate touch points, once a student crosses the start line, the next goes instead of giving a high five.

Round One: Fast pace walk—Arm Focus

Second Round: Jog

Third Round: Run/Sprint x 2-3

Can challenge the students to find new ways of locomotion for the next round of relay. They will figure out which are most efficient and easiest to do

To start the relay, you can alternate between visual and auditory cues. Exposes them to different stimuli which will broaden their reaction capabilities

Games:

Rock, paper, scissors relay: Split up into two teams (or if there are too many students, can have more teams with smaller numbers). Set up a course with hoops which connects the start point of 2 opposing teams. Have each student come up with a different mode of locomotion and use it in the relay (can come from the previous exercise). Have either a visual or auditory cue to start the relay.

First two students from each team moves through the hoops and meet once they are two hoops away from each other (to keep good distance: Play rock, paper, scissors; the winner gets to keep advancing through the hoops towards the other team's start line. Once a player from one team loses, the next on that team moves through the hoops to meet the opposing player. So on so fourth until a team reaches the other's start line to win

Sprints Lesson Plan #1 for Athletes Ages 9-12

Introduction:

Learn about different basic sprint movement patterns and how to incorporate them into running

Warm-Up:

Discuss about the fastest people in the class, who they know that is very fast and who are the fastest man and women in the world

Leg and Arm Swings

Shuttle relay, sprinting back and fourth

Start w an auditory stimulus like you would have in a real race

Each other student can start when the one before crosses the start line

Cool Down:

Stretching, static

Discuss what they've learnt today and explain how these movement patterns are an essential part of sprinting and running faster

Main Part:

Intro of basic sprint movements: A's, B's, C's:

Constant and even rhythm is very important for each variation; Split Athletes into a 3 lines

A's- Also known as high knees:

Marching, then skipping, then running in progression

Cues to look for:

Knee coming up past hip level

Toes dorsiflexed (pointed up)

Arms moving along with opposite leg (keep 90° angle)

C's- Also knows as butt kicks:

Only running

Cues to look for:

Heel coming up to the butt

Arms moving along with opposite leg (keep 90° angle)

B's- Combination of A's and C's :

Marching, then skipping, then running in progression

Cues

Bring heel up to the butt

Instead of bringing the foot down, bring the knee forward along with the foot

Bring the foot down with a pulling motion (make sure not to overreach)

Arms moving along with opposite leg (keep 90° angle)

Games:

Short races:

Set cones at 30m

Can split up students into a few lines

Have a auditory cue to start the race

Make sure to have them focus on the different patterns learnt in the skill development portion of the class

Sprints Lesson Plan #2 for Athletes Ages 9-12

Introduction:

In this activity for ages **9-12**, the main focus will be on re-lays.

These techniques may be used for all types of relays (sprints and distance races). We will look at the passing positions and the takeoff stances during this activity.

Warm-Up:

For the warm up, we will do a modified version of a stationary baton passing drill.

Students will line up one behind the other (2m apart for social distancing).

They will begin to swing their arms as if running- be sure to have them maintain a 90-degree elbow angle and move arms from 'hip to lip'.

The student at the back of the line will begin by shouting a cue word (ex. "Hand!") and that will cue the student directly in front to reach their left hand straight back (open palm with thumb pointing down).

The student calling the cue should punch their right arm straight out as if they were actually passing a baton.

Each student can pass a few times and will be repeated all the way up to the front person.

The students will not actually pass/receive the batons but this allows them to play around with their hand placements as well as their reaction times.

Cool Down:

The students can do "copy cat" stretches to cool down afterwards. They can take turns demonstrating their favorite stretch while the rest copy it.

Main Part:

Complete a Shuttle Relay activity from Lesson plan #2 of 5-8.

To challenge Athletes in a more of a competitive setting: Students will utilize techniques from the warm up by participating in the "Random Relay".

Have the students make 2 equal lines a few meters apart. With cones placed approx. 50m away.

Each student should start in a slightly crouched 'ready position' with their left hand back, just like they practiced in the warm up. They will also look back (Open hand-off).

They will run to the cone but travel back to the main line in a different way of their choice (ex. single leg hops, skipping etc.).

Once they return on the outside of the main line, the next runner should be in ready position and is able to go.

** The team that gets through all their players the fastest wins.

Games:

See Main Part.

Sprints Lesson Plan #1 for Athletes Ages 13-16

Introduction:

In this section, the students (13-16) will work on their starts as well as their reaction time.

Warm-Up:

As a warm up, pair the students up and give each student one playing card (or a thick piece of paper).

One person will hold their arm straight out and the other person should be in ready position to try and catch the card before it hits the ground.

**First to 3 catches wins.

Cool Down:

For the cool down, they can do some static stretches. Each person can choose a different body part to focus on stretching.

Main Part:

Have the students race starting at various positions on the ground.

First, they can start on one knee in a lunging position, this will encourage them to get a quicker first step.

They can then try a push-up to sprint position or a rollover to sprint.

For the latter, they can start on their backs which allows them to burst from a low position and get quickly into acceleration by bracing their core.

Games:

Pirates of the Caribbean - This is a review of prone and supine starts. The "pirate ship" is a playing field comprised of the Bow (front), Stern (back), Starboard (right), Port (left). On command students run to different parts of the pirate ship. Add commands "Hit the Deck" (lie to stomach; prone position), "Jolly Roger" (lie on back; supine position, one leg up). "Jolly Roger" or "Hit the Deck" can be carried out any time. VARIATION: modify "pirate" auditory directions for ship direction and movement.

Sprints Lesson Plan #2 for Athletes Ages 13-16

Introduction:

Learning about hurdles and different basic movement patterns that are used and altered to fit these specific events.

Warm-Up:

Dynamic stretching

Obstacle relay

Split up students into teams and line them up

Arrange cones or small obstacles that they must run over during the relay

These can be fairly small

Have at least 3-4 obstacles on the way there and back

Cool Down:

Static stretching

Cool down jog

Main Part:

Intro to hurdles

Have the students quickly discuss how they ran over the obstacles in the relay of the previous exercise and explain that running over them in stride is more efficient than fully jumping over them

A's

Marching, jogging and running BUT with cones or objects every 4 steps that they must go over

After going through these obstacles with a run, now place markers where each student should take off before the 'hurdle' and where their next step should land once over the 'hurdle'

General cues to look for

Eyes up, students will be tempted to look down to get the proper footing before take-off but it is important that they learn to go over hurdles while looking up as they would in a race

Run, don't jump over hurdles

Develop a rhythm, try to get the same amount of steps between each hurdle so that the take-off and landing leg will be the same over each hurdle

Games:

Hurdle for Gold:

Split students up into 4 teams

Set up 4 sets of sticks on top of blocks or other equipment that would replicate small hurdles (1 set for each team)

Place 4 hoops with bean bags in them in the middle of the gym

Each team will run over their hurdles and back bringing one bag back each turn

First team to bring back all bean bags assigned to their team, wins