

# 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.**