

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