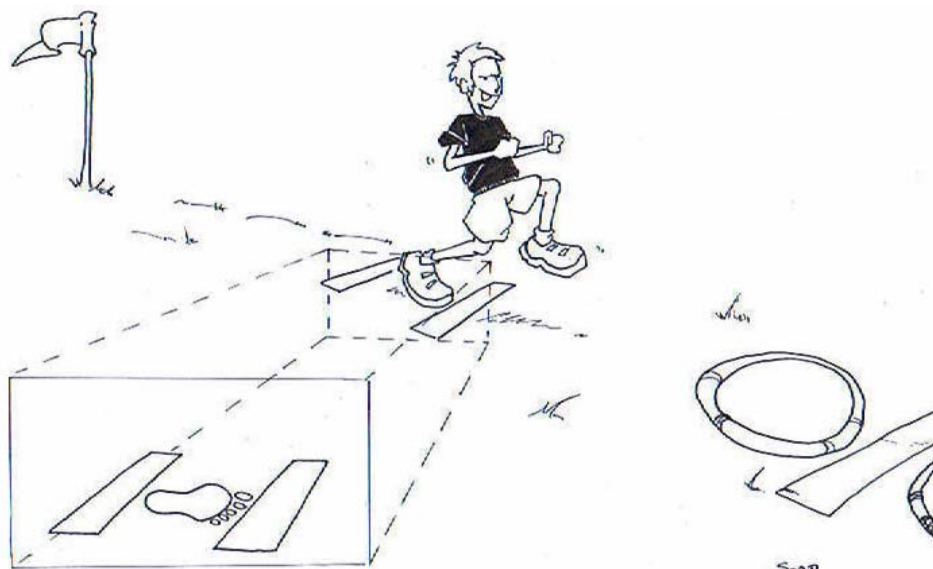


How to prepare the long jump for precision?

Analysis of the jumping practice: The long jump within a limited area requires a minimum mastery of precision in the approach and the jumping technique.

Safety of the participants: There are two guarantees for safety:

- Carry out the jumping exercises on a soft and non-slippery ground.
- Direct the practicing efforts to the technical mastery first, before working on the performance.



Event from the IAAF Kids' Athletics Competition

NB: In all training situations for multiple jumping events, “the jumping regularity” will be the priority.

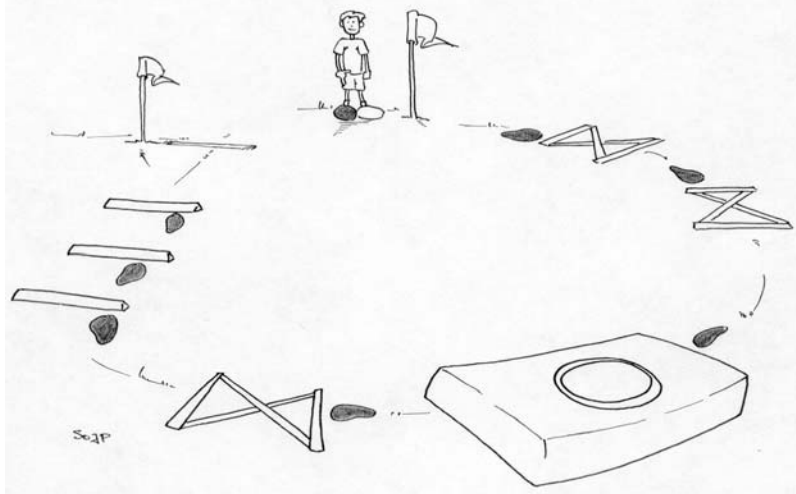


Educational Card 1: Long Jump for Precision

Objective: To improve the take-off precision

Proposed situation: Complete forward jumps with a short run-up to improve precision in the support placement. The obstacles will be mainly horizontal so as not to force the participants to jump high.

The beginner's behaviour: To gain precision, beginners slow down before the jumping area and look at the ground, turning aside from the regular general jumping behaviour.



Instructions for the exercise:

- Do not look at the ground
- Link the jumping and the running phases into a whole sequence

Noticeable points:

- Precise foot placement
- No loss of speed before jumping
- Landing at running speed

Teaching progression:

- Vary the distances between rivers (keep short distance – 10m)
- Modify the width of rivers when possible
- Carry out take-off from the right foot and the left foot
- Carry out landing on right foot hopping and left foot hopping
- Move towards games

Safety:

- Soft ground
- Safe and non-slippery markers

Equipment:

- Jumping markers
- Markers on the course

*** This training situation is valid for the short run-up triple jumping event and the short run-up long jumping event.**



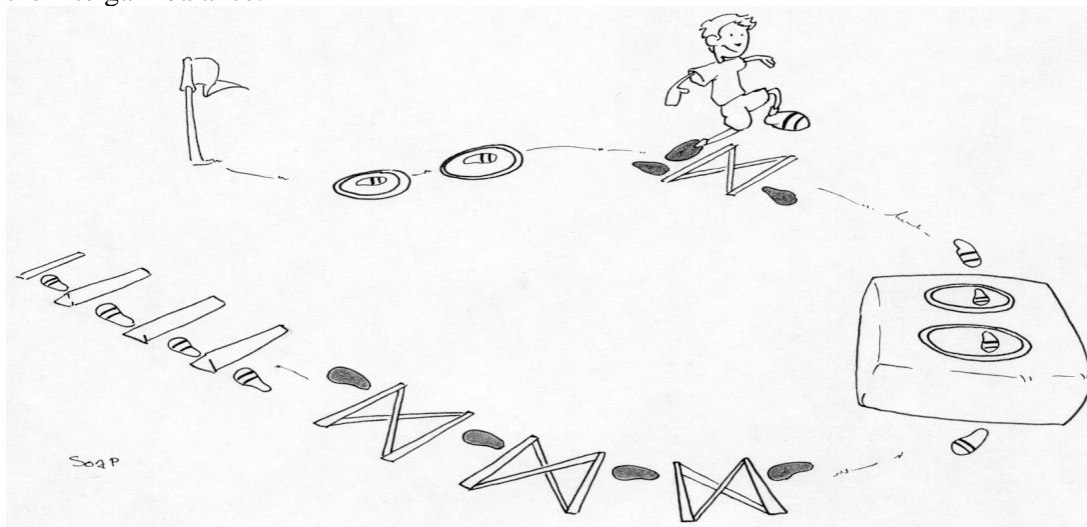
Educational Card 2: Long Jump for Precision

Objective: To experiment and master the jumping technique

Proposed situation: Discover and improve the hopping technique through various sequences of exercises. First, the jumping area will be limited for a better achievement.

Example: Hopping sequence over a whole marked-out distance.

The beginner's behaviour: Once beginners faced the basic coordination problem of the hopping technique, they very often lose balance sideways while hopping as the body weight is not over the support leg. They often do not coordinate their arms with the hops and “block” them to gain balance.



Instructions for the exercise:

- Get over ground support
- Use your arms to move ahead

Noticeable points:

- The athlete is able to bounce (so: good placement on first touchdown)
- The athlete keeps a balanced position while hopping and after the hop

Teaching progression:

- Vary the courses
- Offer various distances following an increasing scale
- Repeat several hops
- Move towards games

Safety:

- Soft ground
- Safe obstacles

Equipment:

- Horizontal markers (obstacles)
- Vertical markers (for the course)

*** This training situation is valid for the short run-up triple jumping event and the short run-up long jumping event.**

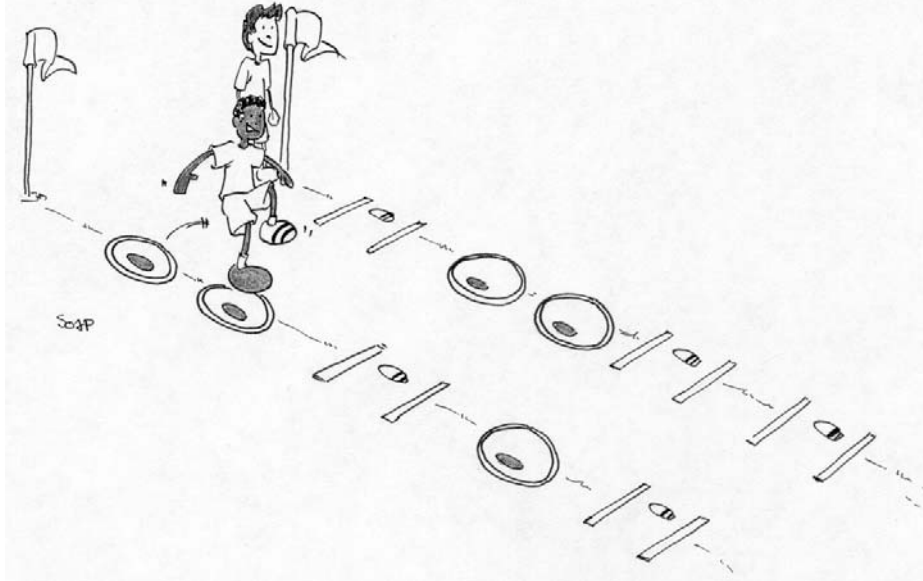


Educational Card 3: Long Jump for Precision

Objective: To experiment and master the hop/step sequence without loss of speed

Proposed situation: Achieve hop/step sequences within various limited spaces at various speed.

The beginner's behaviour: Beginners often carry out small hops and big steps. They often deviate from the correct jumping trajectory because they lose balance in the hopping action. They do not use or misuse the free segments (arms and legs) to move forward.



Instructions for the exercise:

- No break between hops and steps
- Do not collapse fall while jumping

Noticeable points:

- Complete the jumping sequence in a balanced position
- Complete the jumping sequence without loss of speed
- Appropriate use of the free segments

Teaching progression:

- Vary the jumping sequence (double hop, step and double step hop, etc.)
- Require synchronization then de-synchronization of the arms: alternatively and simultaneously)
- Vary the practicing areas and the distances between jumps
- Move towards games

Safety:

- Soft ground
- Safe equipment

Equipment:

- Horizontal markers (jumping area)
- Markers for the course

*** This training situation is valid for the short run-up triple jumping event and the short run-up long jumping event.**

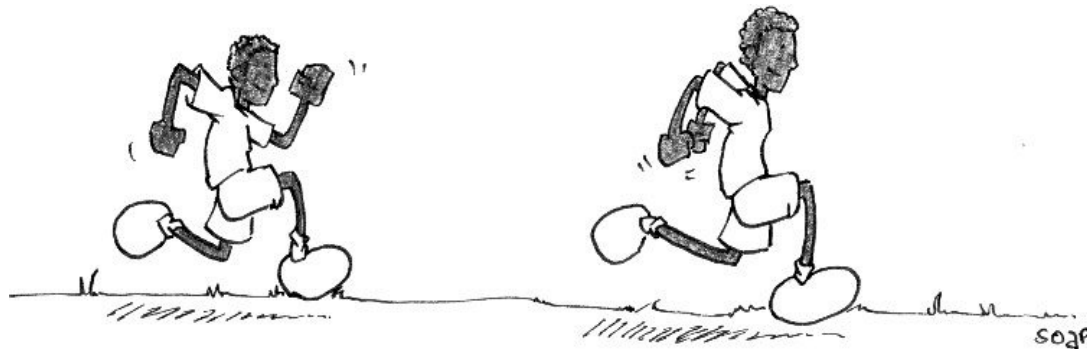


Educational Card 4: Long Jump for Precision

Objective: Efficient use of the arms in the jumping technique

Proposed situation: Completing hop/step sequences, try to coordinate the arms in different ways (simultaneous, synchronized, alternative with lower limbs).

The beginner's behaviour: Beginners have great difficulty coordinating the action of their arms with each support. Their arms often generate balance more than action.



Instructions for the exercise:

- Start with small bouncing areas
- Practice with relaxed arms and shoulders

Noticeable points:

- Achievement of the required programme
- Good general balance during the jumping sequences
- Similar efficiency in both arms practicing formula

Teaching progression:

- Vary the courses
- Vary the spaces
- Link alternative practicing and synchronized practicing
- Move towards games

Safety:

- Soft ground
- Appropriate jumping areas

Equipment:

- Horizontal markers
- Vertical markers

*** This training situation is valid for the short run-up triple jumping event and the short run-up long jumping event.**

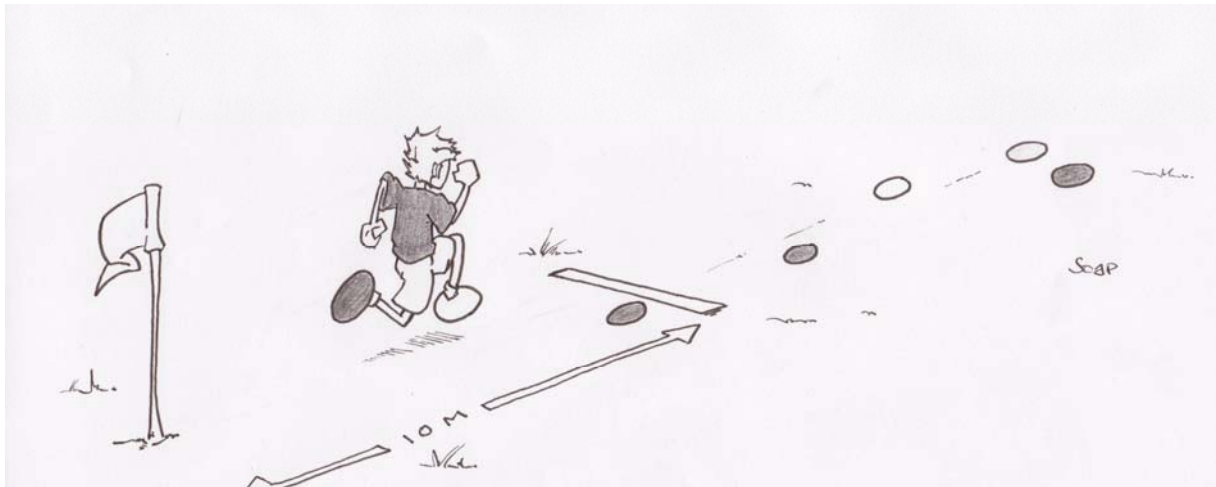


Educational Card 5: Long Jump for Precision

Objective: To set the measures for a short run-up

Proposed situation: From a distance marked out every 20m, the participant tries to organise a precise run-up to take-off near the take-off board.

The beginner's behaviour: Beginners have difficulty repeating similar run-ups. They are weak in adjusting their last strides to the remaining distance.



Instructions for the exercise :

- Vary the starting areas to find your own run-up distance
- Try to maintain a regular run from one trial to another

Noticeable points:

- Precise take-off
- Land on take-off foot
- Do not slow down nearing the take-off board

Teaching progression:

- Slightly modify the spaces proposed
- Place an intermediary marker at midway of the area

Safety: Equipment:

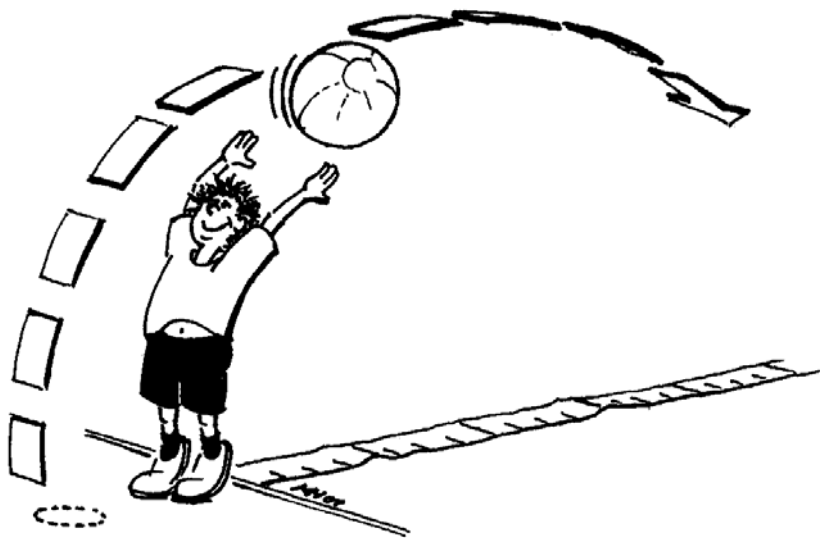
- Soft landing area Markers, crossbars
- Organised group A measuring tape
- Appropriate run-up areas

*** This training situation is valid for the short run-up triple jumping event and the short run-up long jumping event.**

How to prepare the Medicine-Ball Backward Throw?

Analysis of the situation: This throwing event raises the problem of the coordination arms/legs during the throw. Throw from a stable position with both feet. It requires a minimum mastery of the backward loss of balance.

Safety of the participants: To adjust the weight of the medicine-ball to the athletes' abilities. They have to keep the chin over the chest. Provide a soft area for a possible backward landing (grass, mats, sand).



Event from the IAAF Kids' Athletics Competition
IAAF Figure



Educational Card 1: the Medicine-Ball Backward Throw

Objective: To experiment coordination during the throw

Proposed situation: Make the participants throw various medicine-balls up vertically with the full action of the body.

The beginner's behaviour: Beginners often tend not to use their legs/feet during the throw (they keep the heels down to the ground). The throw is not precise and vertical because of a too pronounced movement from the trunk/arms (result: they complete a backward throw).



Instructions for the exercise:

- Look at the ball after the delivery (there is a risk of shock upon landing)
- Use the whole body

Noticeable points:

- Regular vertical trajectory
- Use of the whole body (of the ankles among others)
- In the delivery phase, the whole body is in a vertical position
- Normal position of the head (the eyes looking forward) during the throw

Teaching progression:

- Vary the height of the throws
- Vary the throwing implements
- Catch the throwing implements after the throw (cushioning)
- Perform the throw with one hand
- Move towards games

Safety:

- Organisation of the group (area)
- Appropriate medicine-balls

Equipment:

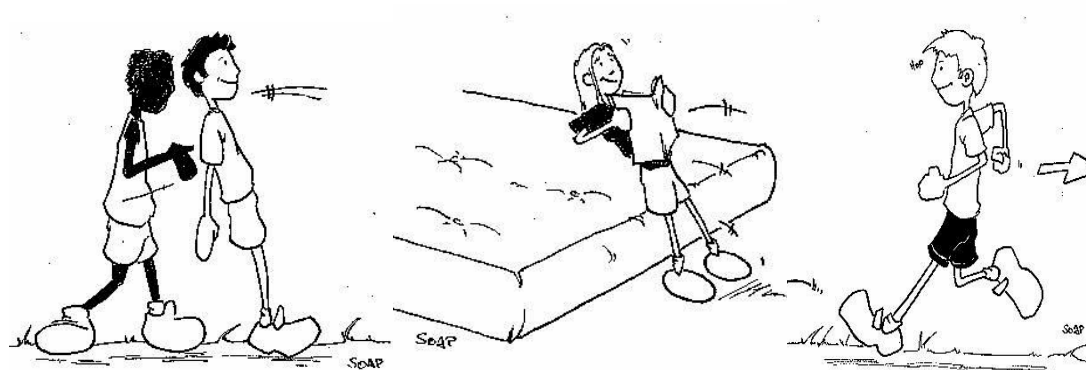
- Medicine-balls
- Horizontal markers

Educational Card 2: the Medicine-Ball Backward Throw

Objective: To discover the back area

Proposed situation: To present to the young athletes a series of various exercises of backward loss of balance or backward movement.

The beginner's behaviour: Beginners tend to lean backwards in a bent position at the level of the pelvis, maintaining their head vertically to get their bearings. They are no longer in an efficient position (Push-off leg).



Instructions for the exercise:

- Make sure the back area is safe
- Lose balance with a straight body

For a successful throw:

- No apprehension about losing balance backwards
- Backward movement from an upright position
- The natural position of the head is maintained

Teaching progression:

- Repeat some playful exercises of backward loss of balance
- Move towards games

Safety:

- "Safe" back area
- Organisation of the group (area, individuals)

Equipment:

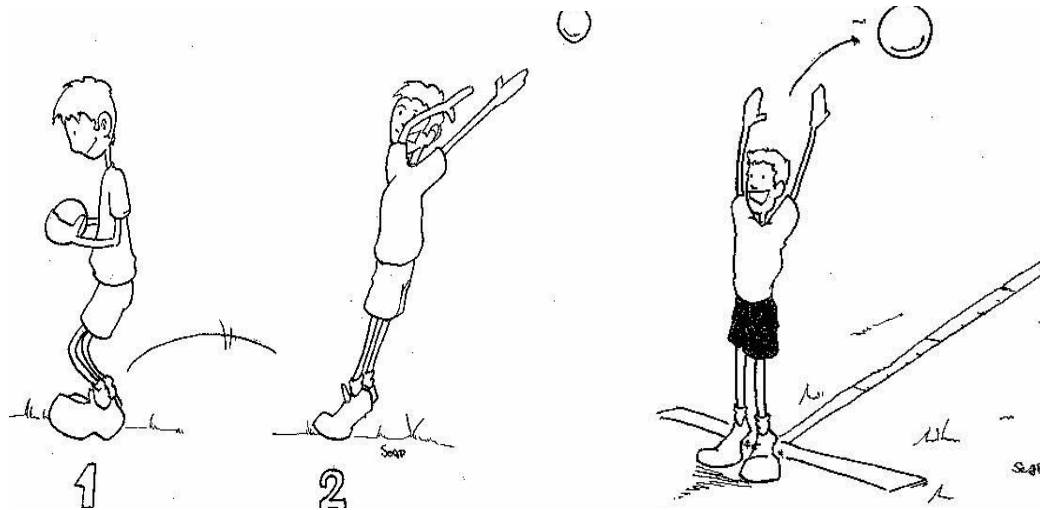
- Mats if necessary

Educational Card 3: the Medicine-Ball Backward Throw

Objective: To discover the throw from the back after a run-up

Proposed situation: Take a backward run-up and complete a throw.

The beginner's behaviour: Beginners move the hips backwards, not the whole body. They stop after the run-up phase to gain balance, and then carry out the throw.



Instructions for the exercise:

- Check the back area (safety)
- Link the run-up/throw into a whole sequence
- Look at the landing of the implement

Noticeable points:

- Link the run-up/throw into a whole sequence (active landing)
- Throw at the selected target clearly marked out
- The body remains straight at the delivery phase

Teaching progression:

- Vary the throwing implements, the required distances
- Vary the running-up forms
- Move towards games

Safety:

- Safe run-up area
- Appropriate medicine-balls

Equipment:

- Medicine-balls
- Markers, targets and crossbars

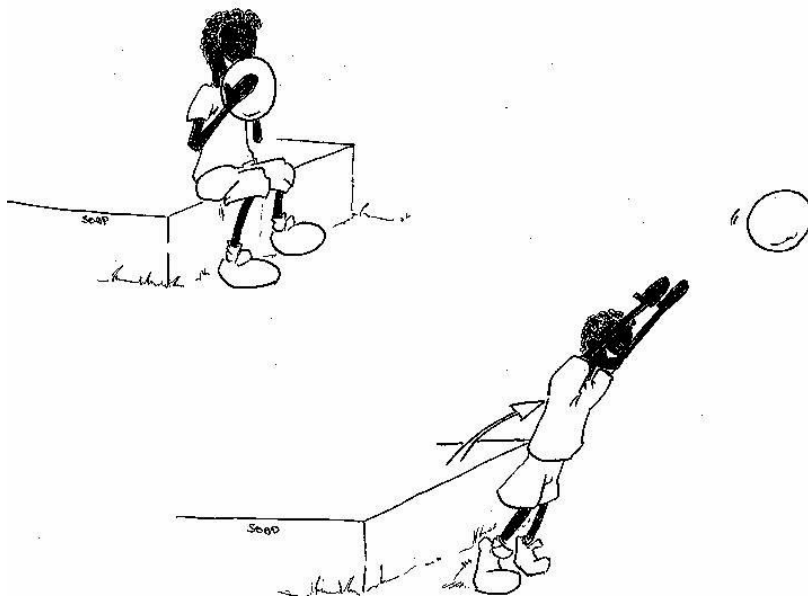


Educational Card 4: the Medicine-Ball Backward Throw

Objective: To experiment the Medicine-Ball Forward Throw

Proposed situation: Make the participants complete a forward throw of a medicine-ball from a two feet position.

The beginner's behaviour: Beginners stay in an unsteady position on their feet and do not (hardly) use their lower limbs. Their hips move backwards when they quicken the medicine-ball with the arms.



Instructions for the exercise:

- Lean forwards during the throw
- Activate the whole body

Noticeable points:

- Deliver the implement with a stretching movement from the ankles
- Throw at the selected precise trajectory (symmetrical throwing action)
- Lean forward upon delivery

Teaching progression:

- Vary the throwing implements (weight, form)
- Take a preliminary run-up with a two feet hop
- Vary the trajectories (high/low, far/near)

Safety:

- Appropriate Medicine-balls
- Non-slippery ground
- Organisation of the group

Equipment:

- Medicine-balls



Educational Card 5: the Medicine-Ball Backward Throw

Objective: To improve balance in the throw from the back

Proposed situation: Make the participants carry out backward throws of a medicine-ball with supporting limbs in the direction of the throw, or with one supporting leg (the weight of the implement is: 2kg maximum).

The beginner's behaviour: Beginners will find it difficult to stay in a stable position during such throws, and the rear leg may lack strength in the one-foot throwing action.



Instructions for the exercise:

- Be careful about balance
- Full extension of the body
- Throw backwards in the direction of the throw
- Lean in the direction of the throw after the delivery

Noticeable points:

- Throw in the selected trajectory
- Efficiency of the throw

Teaching progression:

- Take run-up (walking steps)
- Vary the implements
- Vary the trajectories
- Move towards games

Safety:

- Organisation of the group
- Appropriate medicine-balls

Equipment:

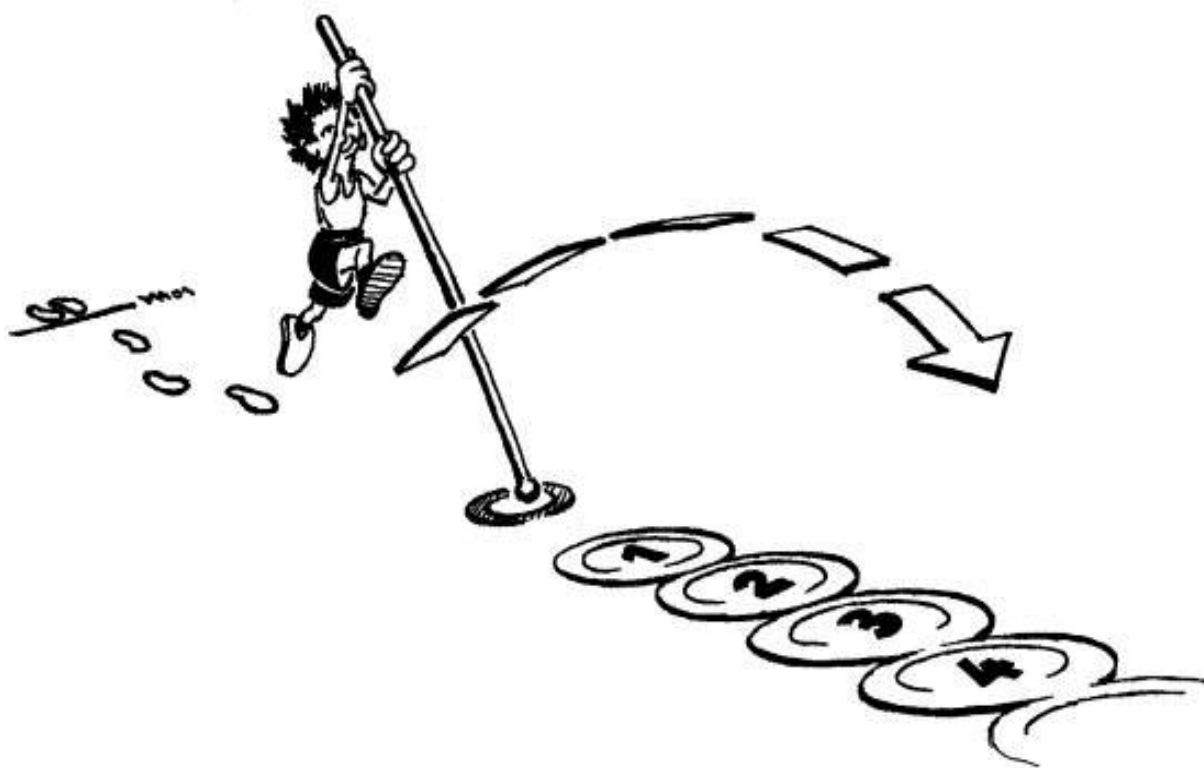
- Medicine-balls



Educational Card : Pole Vault

Analysis of the event: The pole vault event requires the abilities to master the carry of the pole, to master a balanced take-off from the pole to achieve an accentuated trajectory.

Safety of the participants: For in-competition event, safety will be guaranteed by a good jumping practice, a selected soft ground for landing and a suitable pole for this performance.



Event from the IAAF Kids' Athletics Competition

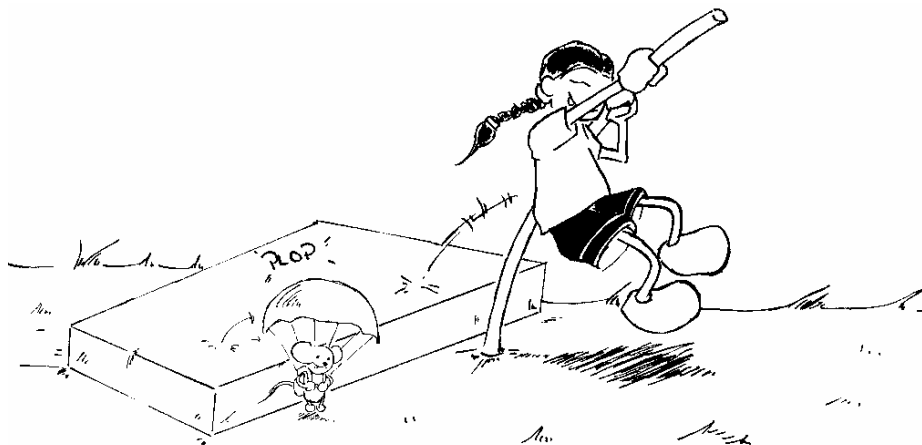


Educational Card 1: Pole Vault

Objective: To master the hanging and the landing phase

Proposed situation: Starting from a stable and appropriate platform, the athletes have to carry out a jump, taking off from the pole and control the landing on both feet.

The beginner's behaviour: Beginners often jump without taking off from the pole; they do not push the pole forwards and often let it drop during the action.



Instructions for the exercise:

- Do not release the pole
- Push the pole forwards
- Cushioned landing

Noticeable points:

- Balanced front landing on both feet in the jumping direction
- Take-off from the pole and push it forwards
- No release of the pole

Teaching progression:

- Vary the height of the platform (always appropriately)
- Vary the landing area
- Change slightly the grip height
- Every exercises should turn into games

Safety:

- Soft landing area
- Appropriate height platform

Equipment:

- Short poles
- Stable platform

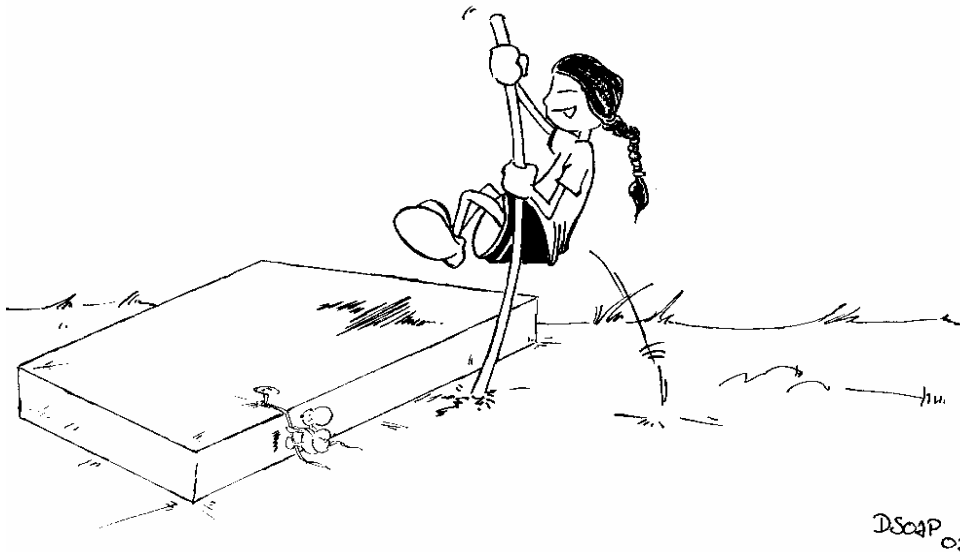


Educational Card 2: Pole Vault

Objective: To master the take-off from the pole

Proposed situation: The participants jump over a stable platform from a ground take-off and with the drive of the pole.

The beginner's behaviour: Beginners often tend not to use the pole to jump over the platform. They try to jump directly from the ground, without taking-off from the pole.



Instructions for the exercise:

- Do not release the pole
- Push the pole forwards
- Lift up your feet to land on the platform

Noticeable points for a successful jump:

- Balanced front landing on both feet in the jumping direction
- Ground take-off and forward push of the pole
- No release of the pole

Teaching progression:

- Heighten the platform
- Vary the landing positions on the platform
- Link “get in and get off the platform”
- Move towards games

Safety:

- Stable and appropriate platform
- Short pole

Equipment:

- Appropriate platform height
- Appropriate pole

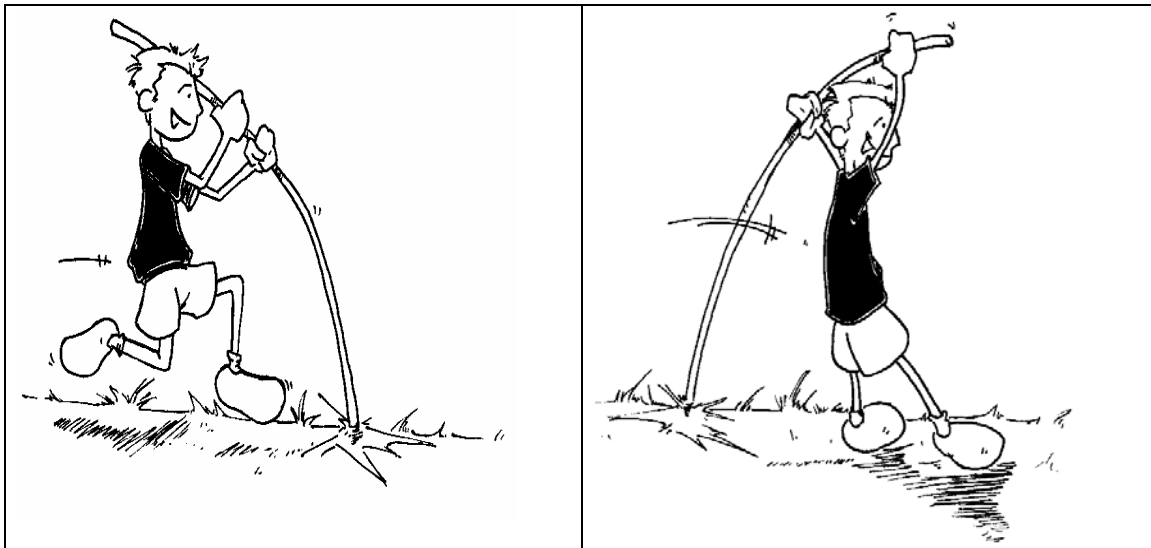


Educational Card 3: Pole Vault

Objective: To master the carry of the pole and the take-off from the pole

Proposed situation: Carry the pole with walking steps then proceed to a stride from the pole drive. Again take walking steps, and then stride from the pole drive, and so on.

The beginner's behaviour: Beginners do not hang on the pole but shift from the axis of the pole and do not push it forwards.



Instructions for the exercise:

- Remain in a balanced position
- Cushion the landing
- Do not release the pole

Noticeable points:

- Land from the balancing flight and start walking again
- Proceed to the take-off from/hanging on the pole phase
- Link easily repeated walking sequences

Teaching progression:

- Practice on the right and the left side
- Walk giant steps with the pole
- Proceed from walking pace to slow running speed
- Direct the practice to playing activities

Safety:

- Soft and non-slippery ground

Equipment:

- Appropriate poles

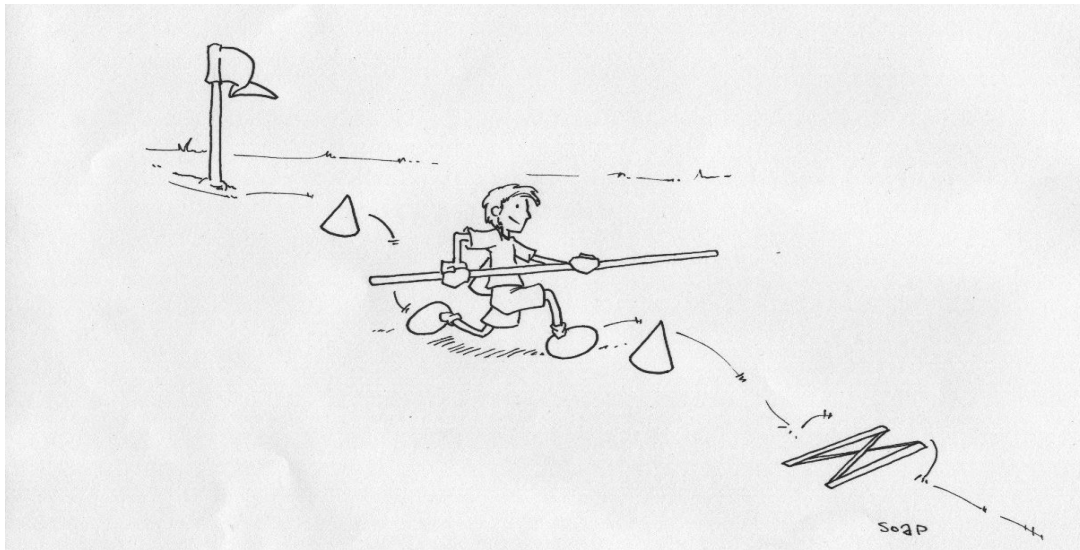


Educational Card 4: Pole Vault

Objective: To improve the approach run with the pole.

Proposed situation: Achieve a whole series of approach runs with the pole.

The beginner's behaviour: Beginners do not manage to “isolate” the running action from the carrying of the pole. The pole has unrestrained movements during the run.



Instructions for the exercise:

- Run with relaxed shoulders
- Hold the pole in the running direction

Noticeable points:

- The pole is maintained in the running direction in a stable position
- Complete a proper run

Teaching progression:

- Present as many exercises as possible
- Increase the speed
- Move towards games

Safety:

- Organise the group
- Appropriate poles

Equipment:

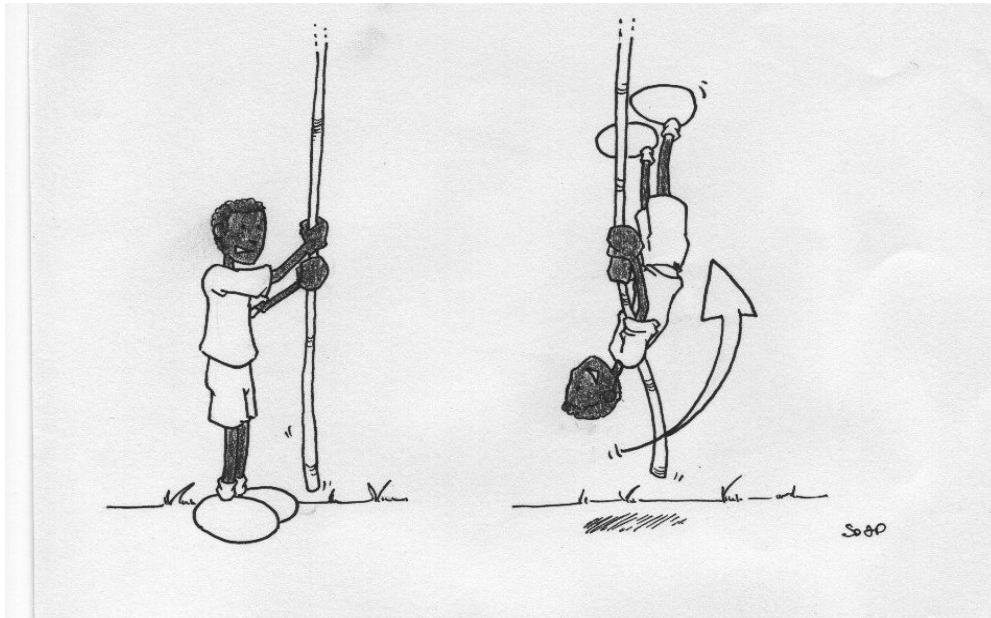
- Poles
- Vertical markers
- Horizontal markers

Educational Card 5: Pole Vault

Objective: To practice the Tuck over the bar

Proposed situation: Hanging on a rope (or a chinning bar), the participants have to lift up their lower limbs to get them over their head.

The beginner's behaviour: Beginners have great difficulty performing this exercise because they are weak on their muscular drives and feel clumsy in this unusual position (their legs are shifted from the rope axis).



Instructions for the exercise:

- Tuck your legs near your body
- The feet cling to the rope to get them as high as possible
- Never let your hands go

Noticeable points:

- The pole leaves the running direction and is not stable (unrestrained up and down movements and side movements)
- Low-quality approach (the hips are low, the feet are laid flat)

Teaching progression:

- Swing the rope when their feet are hanging on the rope
- Without rockback turning, keep the feet tucked during the swinging movements of the rope
- Move towards games

Safety:

- Check the level of the children
- Soft ground or mats

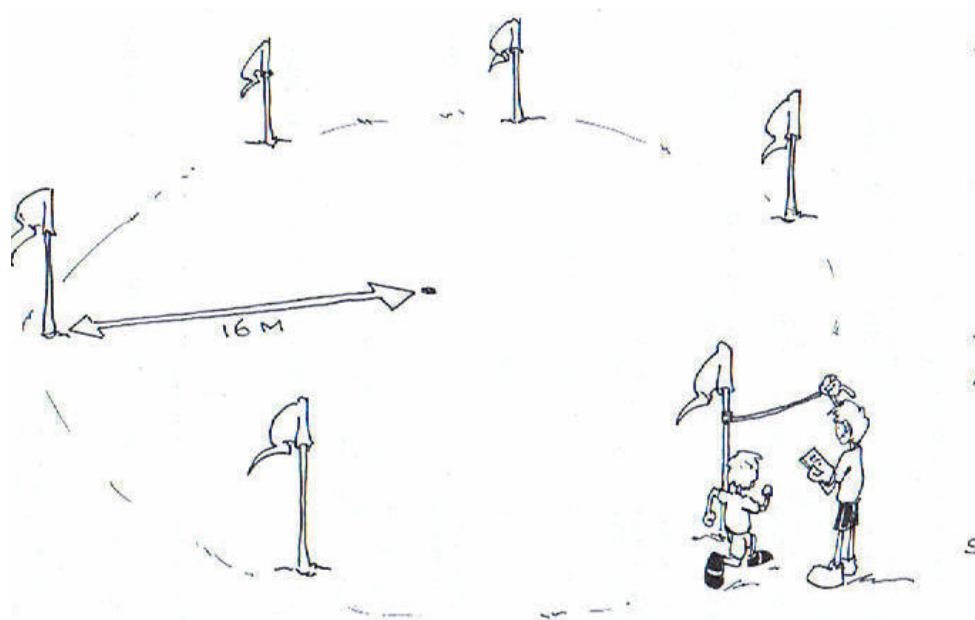
Equipment:

- A rope
- Mats

How to prepare the progressive endurance race?

Analysis of the situation: The proposed course emphasizes the speed control and the aerobic abilities of the participants. The event requires a saving strategy to be implemented at the beginning of the race.

Instructions for the safety of the participant: no danger on the proposed course, exhaustive explanation before the event takes place.



Figure

Opening gate: 5'' according to the event planning



NB: These educational cards are also valid for the 1000m Endurance Event for the 11/12 years old, who will not have to follow any specific training programme.

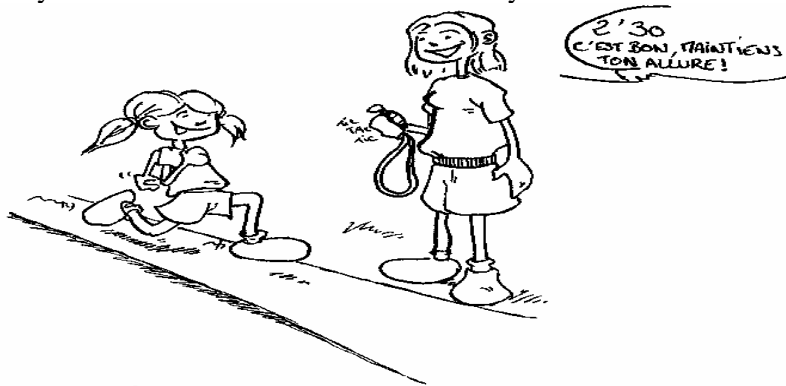


Educational Card 1: Progressive endurance race

Objective: To improve the command of the running speed

Proposed situation: Over relatively short distances (from 50 to 200m) the participants carry out “speed contracts”. Subtle mastery of the following notions: go faster, slower.

The beginner’s behaviour: Beginners have difficulty controlling the speed levels precisely. They often tend to run too fast or too slowly.



Instructions for this event:

- Breathe regularly
- Be very relaxed while running

Noticeable points:

- Respect the speed contracts
- Keep a regular stride
- Correct technical running
- Breathing control

Teaching progression:

- Vary the distances and the speed levels
- In a given time, complete various distances on close areas (the lanes of a track for example)
- Run around different courses (with banks, etc.)
- Move towards games

Safety:

- Heart controlling
- Appropriate speed and recovery

Equipment:

- Stopwatches
- Markers
- A measuring tape

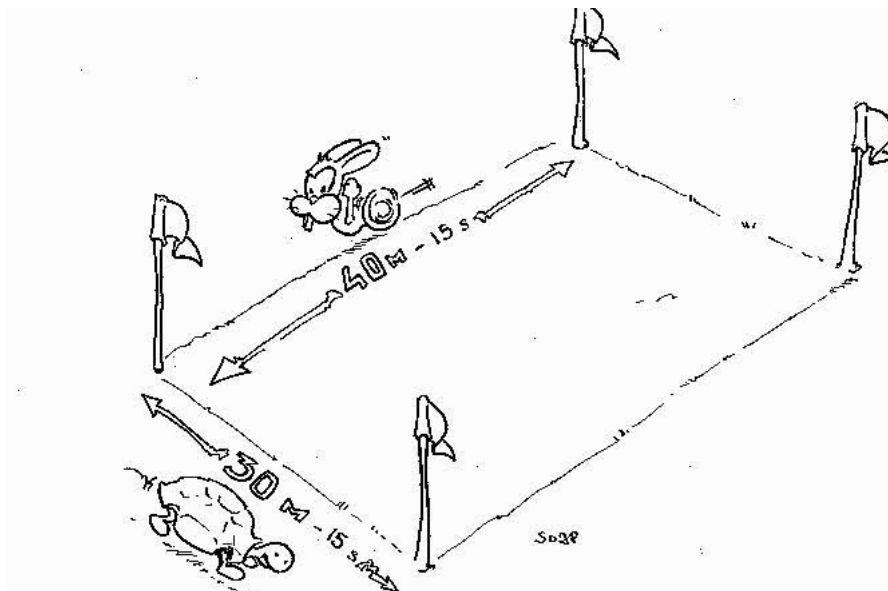


Educational Card 2: Progressive endurance race

Objective: **To control a sequence of various speed levels**

Proposed situation: Have the children link up stretches of distance at specific and various paces. To facilitate the organisation, it is better to complete various distances in a given unchanging time (ex.: run together 40m in 15", and 30m in 15" over a rectangular course).

The beginner's behaviour: Beginners have difficulty controlling their pace throughout the distance. They often wait for the starting signal at the level of the plot, to start running again. These changes of pace are often too abrupt and with a high cost in energy.



Instructions for the exercise:

- Achieve progressive changes of pace
- Be relaxed while running

Noticeable points:

- Command the speed contracts
- Keep breathing easily
- Search for energy saving

Teaching progression:

- Vary the paces and the running distances
- Complete progressive and decreasing sequences, etc.
- Move towards games (experiment: at what pace will they run?)

Safety:

- Safe courses
- Appropriate pace

Equipment:

- Vertical markers
- a stopwatch / a whistle

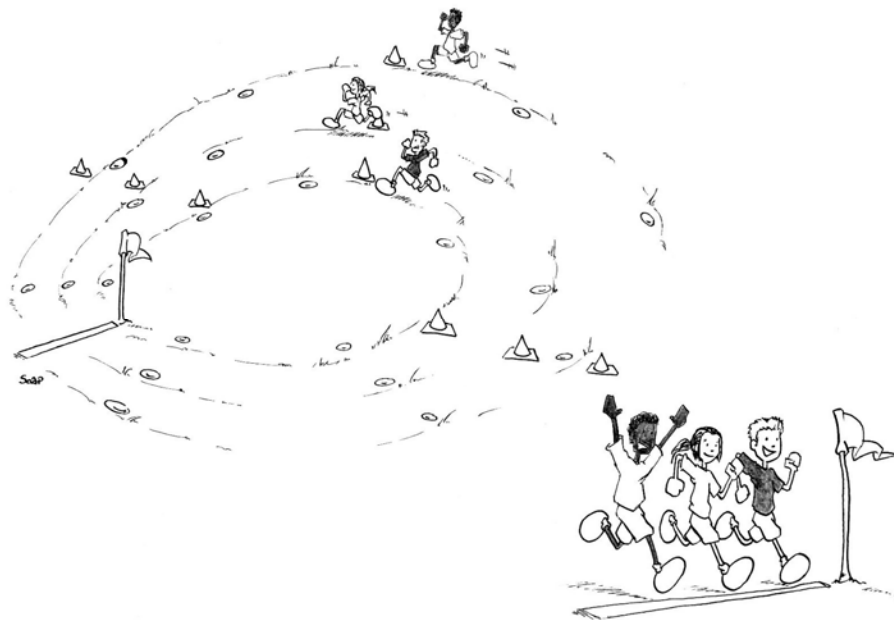


Educational Card 3: Progressive endurance race

Objective: To improve one's aerobic abilities

Proposed situation: According to the scores obtained to the preceding event, run stretches of distance in 1' to 3', at a speed equivalent (or close) to the speed recorded for the 6m test. Always provide moments for recovery at least as long as the duration of the race, even once and a half the duration of the race for more safety.

The beginner's behaviour: Beginners have difficulty running regularly at a pace different from their own individual pace.



Instructions for the exercise:

- Keep breathing under control
- Run in a regular and relaxed way

Noticeable points:

- Respect the contract
- Maintain a good technical running
- Restart the running sequence with a minimum recovery (easy breathing)

Teaching progression:

- Vary the running sequences
- Measure the pulse rate during recovery phases
- Run on various areas
- Move towards games

Safety:

- Appropriate pace and recovery
- Heart controlling

Equipment:

- Markers, a measuring tape
- Stopwatches

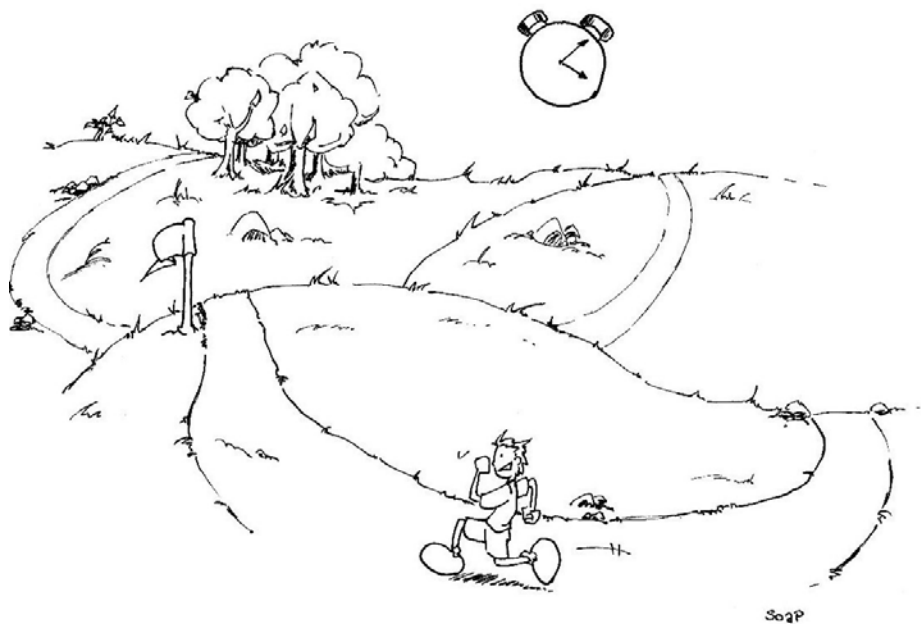


Educational Card 4: Progressive endurance race

Objective: To control one's pace on various tracks and distances

Proposed situation: Provide the athlete with various courses (banks, climbing and descending slopes, etc.), on which he/she will have to control his/her speed (faster, slower, etc.).

The beginner's behaviour: Face to varying landmarks, beginners will have difficulty controlling the following notions "go faster"/"slower". Their reaction will often be to go from one extreme to the other (much slower, much faster).



Instructions for this event:

- Feel deeply one's own pace
- Listen to one's breathing
- Run as regularly as possible in spite of the varying nature of the course

Noticeable points:

- Respect of the contracts
- Easy breathing
- Smooth course in terms of pace

Teaching progression:

- Vary the courses
- Move towards games (relay, etc.)

Safety:

- Safe course
- Appropriate race's programme

Equipment:

- Vertical markers
- A stopwatch / a gate rope

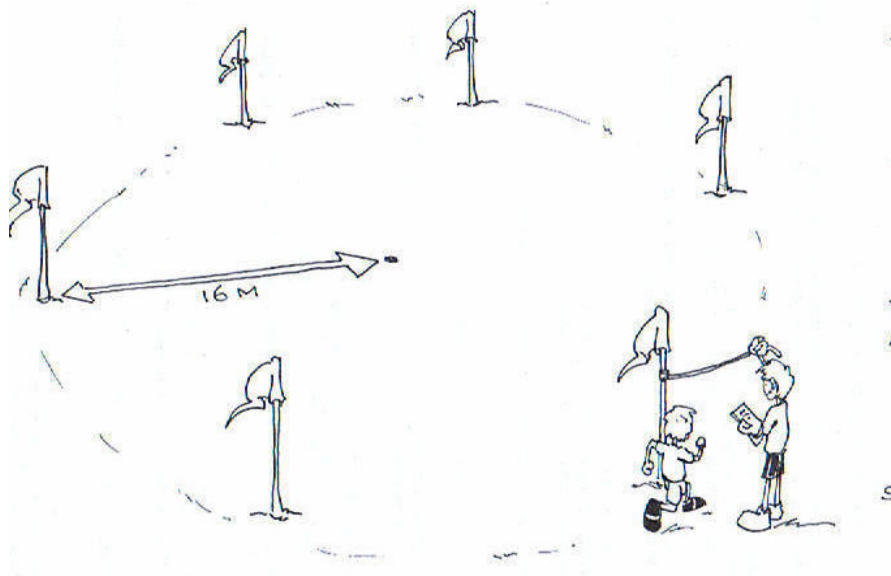


Educational Card 5: Progressive endurance race

Objective: To master the endurance race event

Proposed situation: In the form of a meeting in terms of organisation, the athlete will be confronted to a varied range of running programmes.

The beginner's behaviour: Beginners often have difficulty controlling their pace with precision. They often arrive too early at the gate, and therefore mortgage their result for the event.



Instructions for the exercise:

- Run regularly to save energy
- Breathing regularly
- Assimilate the programme of the race (faster, much faster, etc.)

Noticeable points:

- Arrivals adjusted to the opening gate
- Easy breathing
- Regular pace

Teaching progression:

- Diversity of programmes
- Progression towards games

Safety:

- Safe course
- Appropriate running programme

Equipment:

- Vertical markers
- A stopwatch / a gate rope

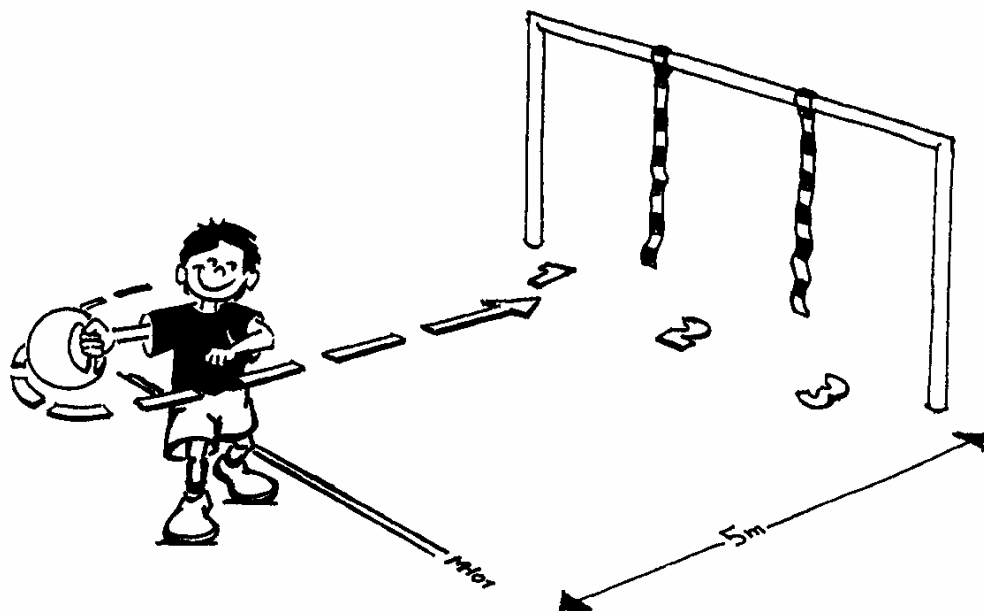


Educational Card: Rotational Throw

Analysis of the throwing practice: With a rotational movement, throw a light implement at a precise direction. This action implies:

- experimenting the rotational throw (axis, radius, strides)
- mastering balance

Safety of the participants: The rotational throw is a high-risk throw. Selecting safe implements, organising the throwing area (markers, targets), organising the group for throwing practice (left-handed throwers on the left, sufficient room, throw in turn) and the action timing (throw, pick up the implements) should be enough to reduce the risks at the most.



Event from IAAF Kids' Athletics Competition



Educational Card 1: Rotational Throw

Objective: To experiment the rotational throwing action

Proposed situation: Experiment the action of the upper half of the body with light implements easy to handle (hoops, clubs, etc.) with a maximum weight of 1kg.

The beginner's behaviour: Beginners will perform a rotational throw and pull the implement from the opposite side. Right-handed throwers will move their left shoulder back.



Instructions for the exercise:

- Remain in front of the target
- Keep looking at the target
- Hold the implement away from the body to throw it

Noticeable points:

- Throw in the throwing direction / Delivery in a forward front position
- The other arm (not throwing) does not collapse
- No backward movement from the side opposite to the throwing arm
- Keep balance after the delivery

Teaching progression:

- Move the target back
- Throw at targets placed at progressive or random distances
- Throw with various implements
- Move towards games

Safety:

- Select safe throwing implements
- Strict instructions for the organization of the group

Equipment:

- Various throwing implements
- Clearly visible targets

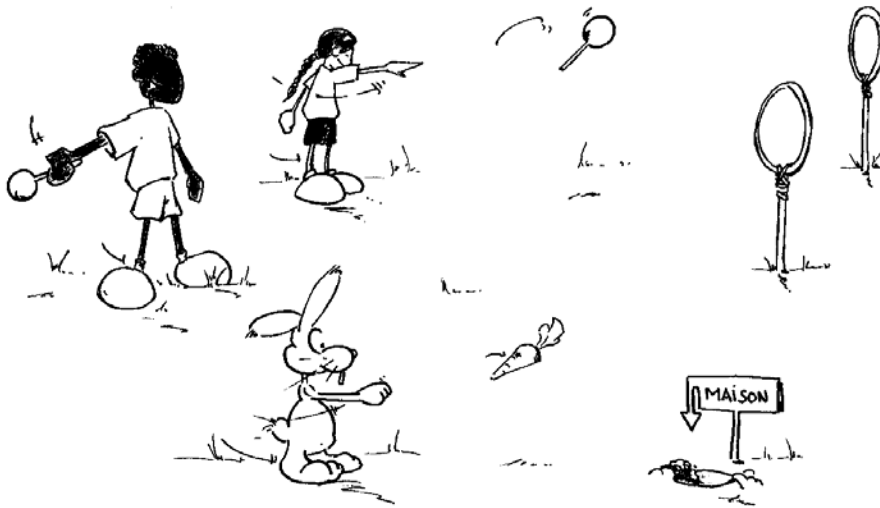


Educational Card 2: Rotational Throw

Objective: To approach the rotational throw with a forward front movement

Proposed situation: Experiment the rotation. Use handy implements (as in the first exercise). Shift the feet on both sides of the ideal throwing axis. Face the right side of the throwing direction and forward in the throwing direction.

The beginner's behaviour: Beginners will carry out throws with a forward movement of their shoulders, forgetting about their hips in the starting position.



Instructions for the exercise:

- Keep facing the direction of the throw, the eyes looking at the target upon delivery
- Precision comes before strength
- Be careful about the other participants

Noticeable points:

- Throw in the throwing direction / Delivery in a forward front position
- The other arm (not throwing) does not collapse
- No backward movement from the side opposite to the throwing arm
- Activity of the rear foot to impart the action

Teaching progression:

- Move the target back
- Throw at targets placed at progressive or random distances
- Throw with various implements
- Amplify the rotational action with back facing the throwing direction
- Move towards games

Safety:

- Select safe throwing implements
- Strict instructions for the organisation of the group

Equipment:

- Various throwing implements
- Clearly visible targets

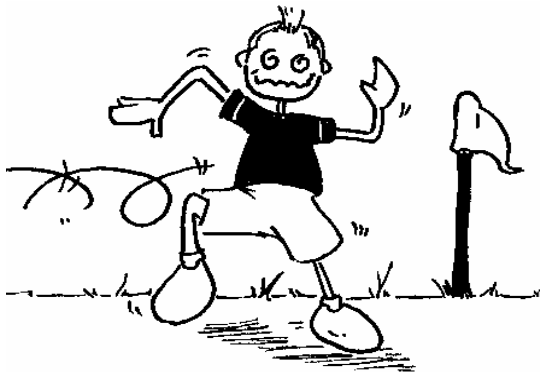


Educational Card 3: Rotational Throw

Objective: To discover the support in the rotational throw

Proposed situation: Experiment the rotational walk. Children have to walk along a line in a rotational movement: 1 foot at 45°, 90° up to 180°.

The beginner's behaviour: Beginners have difficulty shifting the body weight to the heel or the sole of the foot. When they shift to the heel, they move the hips backwards.



Instructions for the exercise:

- Activate the feet
- Do not look at the feet

Noticeable points:

- General balance
- Provide the rotation with the support action
- Move along a straight line

Teaching progression:

- Walking in a standing or bent position
- Achieve the walking exercise with a left then right rotation
- Carry out a throw at the end of the rotational walk
- Move towards games

Safety:

- A ground appropriate for rotations
- Flat ground without holes

Equipment:

- Markers
- Foul lines, chalk lines



Educational Card 4: Rotational Throw

Objective: To improve acceleration of an object with a rotational throw

Proposed situation: Starting with the back facing the direction of the throw, one throws a medicine-ball over one's shoulder (right then left shoulder), the whole body being put to work (maximum weight of the throwing implements: 2kg).

The beginner's behaviour: Beginners will stay with the back facing the throwing area. He/she will often lose balance backwards after throwing.



Instructions for the exercise:

- Command the throwing implement with legs
- Right and left rotations (for right-handed throwers) of the body to carry out the throw

Noticeable points:

- Balanced body in the delivery phase
- Body facing the left side while throwing over the left shoulder (and vice versa)
- Arms stretched upwards obliquely in the delivery phase

Progression of the situation:

- Vary the implements (weight, form)
- Vary the compulsory distances
- Throw from the right and the left sides
- Move towards games

Safety:

- Organisation of the group
- Priority is given to the direction of the throw

Equipment:

- Various implements
- Vertical markers

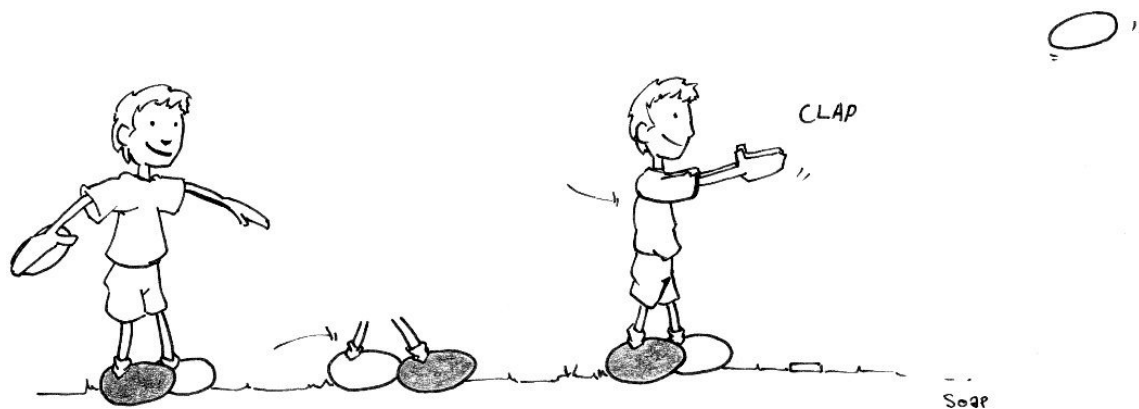


Educational Card 5: Rotational Throw

Objective: To master a rotational throw for precision after taking walking strides

Proposed situation: To propose throwing with a rotation at a target after taking walking steps with Left Right Left foot for right-handed throwers (maximum weight of the implements: 1kg).

The beginner's behaviour: The walking strides will entail unsteady movements and the throwing implement will often be placed before the thrower in the final phase of acceleration.



Instructions for the exercise:

- When the left foot lastly lands, the throwing implement should be maintained backwards
- Count the rhythm of the walking steps: long Left...quick Right Left
- Keep facing the throwing direction, the eyes looking in the same direction

Noticeable points:

- Successful throws
- General balance in the delivery phase
- Face the target during the delivery phase

Teaching progression:

- Vary the throwing implements
- Vary the distances
- Move towards games

Safety:

- Organisation of the group
- Well marked-out area

Equipment:

- Throwing implements
- Vertical markers
- Targets

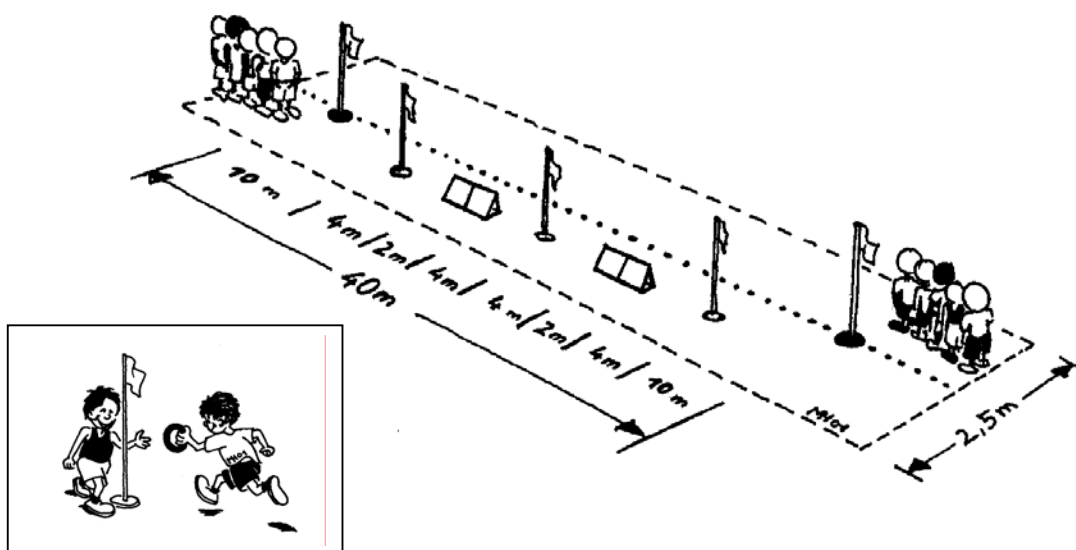


Educational Card: Sprint/Hurdles Slalom Shuttle Relay

Analysis of the situation: This sprinting event requires:

- The adjustments to the flat and the slalom/hurdles distances
- The mastery of clearance actions on both sides
- The mastery of the upper free segments

Safety of the participants: Selecting the hurdles and a soft ground will solve most of the safety problems. Practicing and training is the key to safety too.



Event from IAAF Kids' Athletics Competition

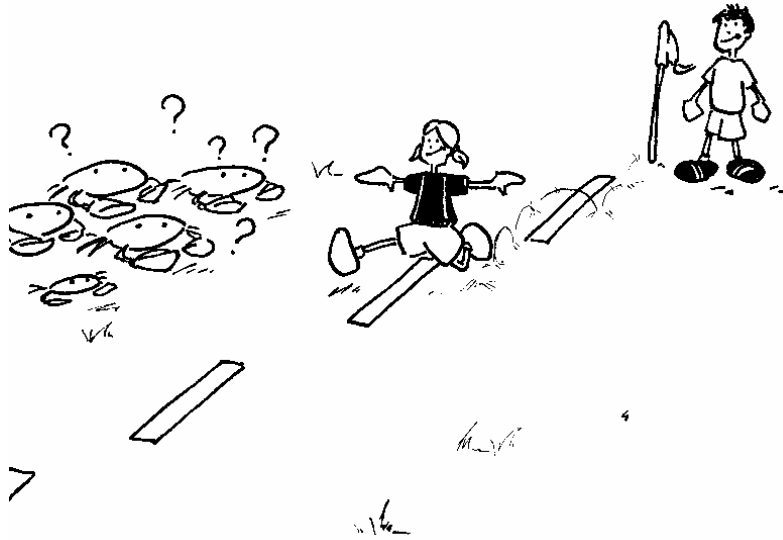


Educational Card 1: Sprint/Hurdles Slalom Shuttle Relay

Objective: To improve the mastery of clearance

Proposed situation: Over a course following an oblique trajectory, the participants stride across low obstacles from one side to the other (right and left) with an even number of intermediary strides.

The beginner's behaviour: Beginners will extend the lead leg forwards. Landing after clearance is carried out in a safe position (two feet touchdown).



Instructions for the exercise:

- Run as naturally as possible
- Do not use your arms for balance

Noticeable points:

- Link up Sprint/Clearance
- Correct performance on both sides
- Correct use of the free segments (close to the sprinting technique)
- Immediate running action after clearance

Teaching progression:

- Experiment a 2-stride regular rhythm on both sides
- Practice the exercise in a standing upright position
- Practice high jumping (hurdles), forward jumping (water)
- Experiment the exercise with irregular intervals between hurdles (increasing, decreasing, at random)
- Evolution towards individual games and collective games

Safety:

- Non-slippery ground
- Safe markers
- Organisation of the group

Equipment:

- Vertical markers along the course
- Horizontal markers

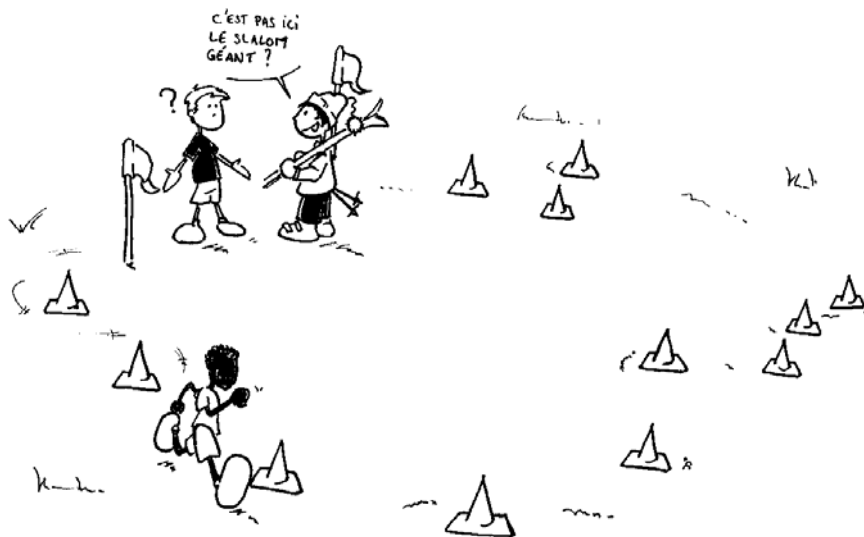


Educational Card 2: Sprint/Hurdles Slalom Shuttle Relay

Objective: The mastery of the slalom technique

Proposed situation: Slaloming sprint in a varying course imposing the participants to carry out a sequence of slaloms with different or regular radius.

The beginner's behaviour: Facing the left direction and the right direction, beginners achieve the slaloming exercise. They often modify their pace to be able to slalom (double support, etc.).



Instructions for the exercise:

- Face the running direction
- Do not modify your pace

Noticeable points:

- Maintain the running speed and face the running direction
- Play with angles between the body and the right and left directions
- Maintain the driving action of the arms (not balancing action)

Teaching progression:

- Experiment the symmetrical slaloming
- Practice the slaloming to the right and to the left
- Experiment the courses in ellipse, in figure of eight, in circle, etc.
- Practice sideways runs (to the right and the left, even backwards)
- Evolution towards games

Safety:

- Non-slippery ground
- Safe markers

Equipment:

- Vertical markers

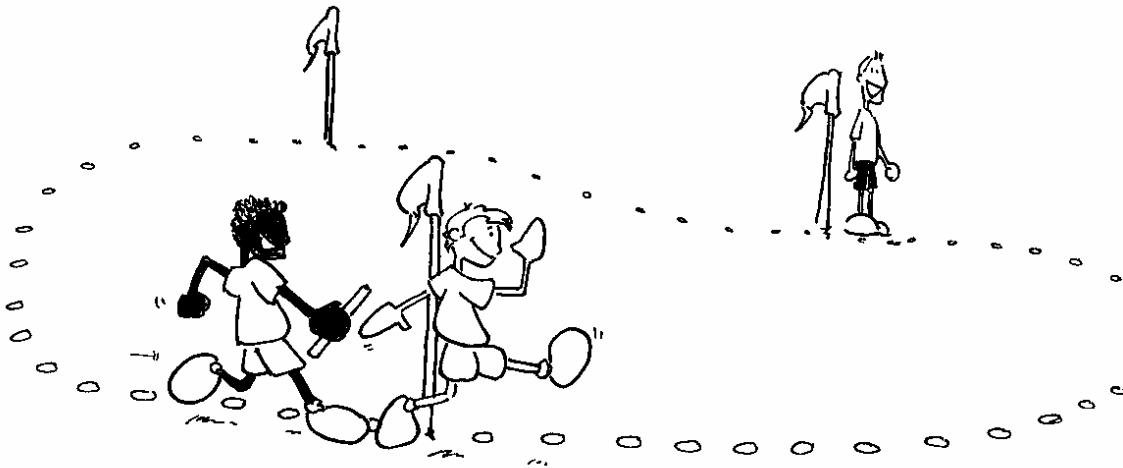


Educational Card 3: Sprint/Hurdles Slalom Shuttle Relay

Objective: To improve the baton handling

Proposed situation: Changeover sequences with various implements in a static or dynamic position.

The beginner's behaviour: Beginners look at the baton to ensure a good changeover and often slow down (or stop) for exchange.



Instructions for the exercise:

- Select carefully the receiving arm
- Talk to your partner

Noticeable points:

- Do not let the implements drop
- No loss of speed during the changeover
- Mastery of the exchange (giving and receiving actions) with both hands
- Minimum disruption in the cyclic movement of the arms for the changeover

Teaching progression:

- Variety of the implements (small, big, long, round, etc.)
- Experiment the dynamic position of the incoming runner and the outgoing runner, then both
- Practice the placement of the right hand and the left hand in the two positions
- Evolution towards games (various forms of relays)

Safety:

- Organisation of the group
- Safe batons

Equipment:

- Various batons
- Vertical markers

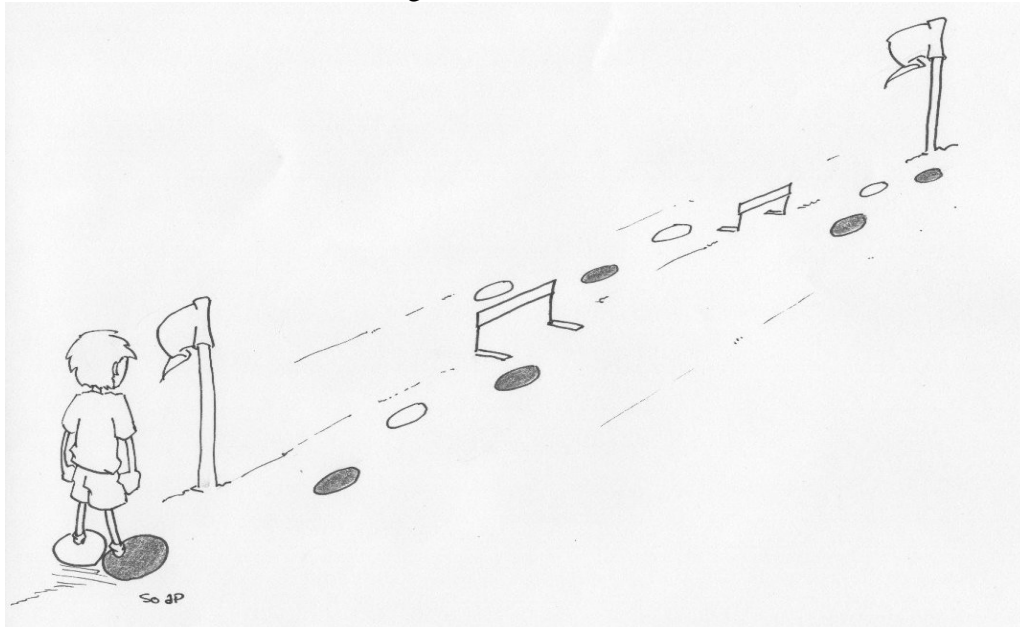


Educational Card 4: Sprint/Hurdles Slalom Shuttle Relay

Objective: To master side hurdles clearance with the right leg and the left leg

Proposed situation: Propose the participants to practice a sequence of side hurdles clearance from the right and the left sides with a 3-stride rhythm between hurdles.

The beginner's behaviour: Beginners will first clear all hurdles from the same take-off leg. Then they will have difficulty proceeding to running after clearance from both sides. They tend to be too far from the running direction.



Instructions for the exercise:

- Take-off as close as possible to the running direction
- Proceed to running directly after clearance

Noticeable points:

- Carry out the hurdles clearance from both sides
- Keep a running speed as often as possible
- A stopwatch

Teaching progression:

- Vary the hurdles height
- Vary the intervals between hurdles (proceed to 5 in-between strides)
- Keep the time
- Evolution towards games

Safety:

- Safe hurdles
- Organisation of the group
- Appropriate space for practice

Equipment:

- Hurdles
- Vertical markers
- Stopwatches

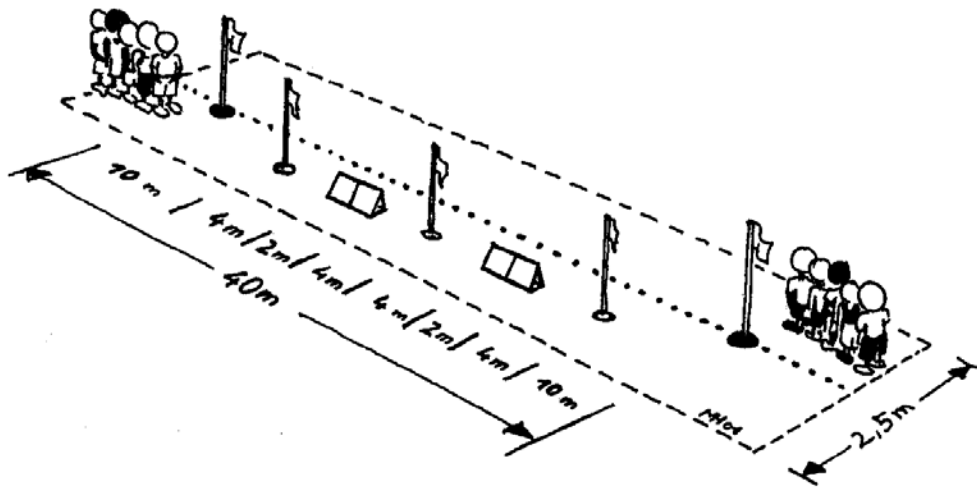


Educational Card 5: Sprint/Hurdles Slalom Shuttle Relay

Objective: To master the competition's event

Proposed situation: The event from the IAAF Kids' Athletics Competition is presented.

The beginner's behaviour: Beginners have problems selecting a starting point between the flat and the slalom/hurdles legs. The gates or flag poles represent additional difficulties because they focus on the obstacles.



Instructions for the exercise:

- Comply with all the requirements of the course
- Run as close as possible to the running direction

Noticeable points:

- Achievement of the exercise
- Regular running speed
- General balance throughout the course

Teaching progression:

- Start from the left side then the right side of the course (as indicated by a cone)
- Relays, duel formula, etc.

Safety:

- Well-organised course
- Organised group

Equipment:

- Hurdles
- Vertical markers
- A stopwatch