

# Athletics Development Stage 2 Multi-Events Development

Optimum Ages - Females 8 to 11 Years / Males - 9 to 12 Years

## COACHES RESOURCE PACK

V1 NOVEMBER 2012



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When I started out in athletics as a ten year old some of the best advice I received was to develop different sporting skills and not to specialise in any one activity too early.

I loved sport from an early age, and I started out playing basketball which was one of my favourites, but I soon moved onto athletics because there was so much variety and it was fun.

Athletics also gave me the chance to get involved in regular physical activity all year around, both during and after school and throughout my holidays, while also offering competition opportunities.

As a combined events athlete I frequently use the skills I developed as a young athlete. I now train for, and compete in, seven events in the heptathlon (100m hurdles, high jump, shot putt, 200m, long jump, javelin and 800m) and I'm sure the skills introduced in that key development period through my school years were vital - and remain important - as I continue to learn and improve.

The Multi-Events Stage for children in Scotland will offer a brilliant opportunity for aspiring young athletes to experience a range of track and field events within the sport, and are key in building fundamental movement skills which will later provide a great base for progression - especially when an athlete is ready to make the step up to serious competitive athletics.

As well as developing athletes, these resources are also important in developing coaches and nurturing coach-athlete relationships. Coaches are as important at Multi-Events Development Stage as they are on the world stage. As a junior, the coach will guide, inspire and motivate athletes, be it to stay in the sport or to succeed in winning regional, national or even international titles - as a senior the role remains essentially the same.

Basic and essential running, jumping and throwing skills got me into the sport. I went on to win my first global title in 2009 and most recently, Olympic Gold at London 2012.

As I continue to run, jump and throw, I hope you realise your own dreams, but most importantly - work hard and have fun!

**Jessica Ennis**

Olympic Heptathlon Champion 2012



## Developing the Athlete - Introduction

Athletics is recognised as being a 'late-specialisation' sport (IAAF, 2009). Recent research (Bridging the Gap, 2010) shows that the average age for athletes in the UK achieving optimal performances is 25 years of age for females and 26 years of age for males (although variances on event by event basis). As such, taking a long term approach to athlete development and training benefits all athletes, whatever their age or level of competition and it must be recognised that it takes time and commitment to achieve success.

### Athlete Development - The Long Term Approach

The IAAF's concept of 'Athlete Development' (2009) involves taking a long term approach to athlete development and training. This long term approach is designed to help individuals of all ages and all abilities to optimise their development and reach their potential. Effective coaches choose a long term approach as it helps them to improve their athletes year after year. Most recently, Toni Minichiello (2012), long-term coach to Olympic Heptathlon Champion, Jessica Ennis, was quoted as saying, "It has taken ten years of extensive training and practice with Jess to get to this point." In its simplest form athlete development relates the structure and nature of training at any time to where an individual athlete is on their developmental pathway. This means that individuals are, "doing the right things at the right time" for their long term, not necessarily immediate, development.

Much of what comprises 'athlete development' is not new knowledge with the vast majority of the knowledge on which is based is widely accepted and has been used as a foundation for physical education teaching and coaching practice for many years.

This Coaching Framework is based firmly on principles of 'athlete development' and aims to bring an organisation and structuring of this approach for coaches to use in Scotland. It has the potential to create a better integrated development system for everyone who is involved with athletics and to motivate athletes to stay in the sport.

Whilst using a framework based on the IAAF's athlete development model, we must also recognise that any individual who has just commenced athletics has different needs from and capabilities for training than someone who has been doing it for longer. This is true no matter what age an athlete starts being involved in athletics and emphasises the importance of coaches knowing the 'training age', as well as the 'developmental age', of each athlete they coach.

We recognise that coaches in Scotland have a long term commitment to excellence and we must work through the Governing Body to provide a long term commitment and support - ultimately ensuring optimum development of their generic talent over the long term.

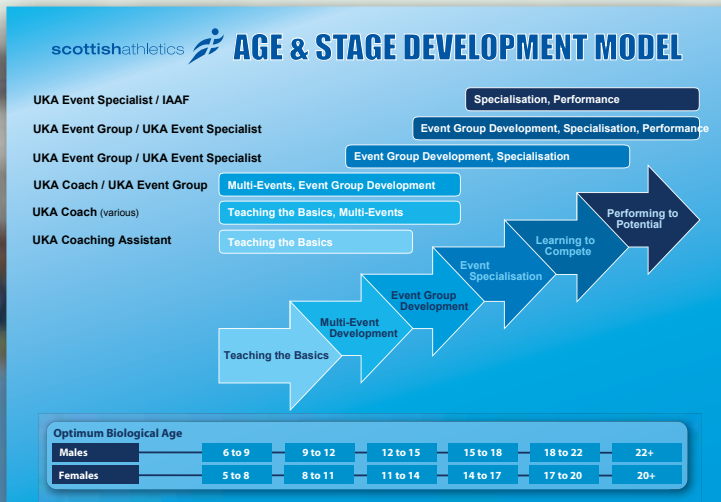
# 2 COACHES RESOURCE PACK

## Developing the Athlete - Introduction

### Athlete Development - The Long Term Approach - cont'd

If we accept that athletes peak around their mid-twenties (on average) in the UK then it makes sense that the key focus years (event specialisation) for athletes should be from an optimum age of 15 years for females and 16 years for males. However, we must ensure that athletes are 'doing the right things' and that functional and basic skills MUST be taught correctly prior to the specialisation stage which include developing the key success factors of movement skills, physical skills, technical skills, mental & emotional skills as well as lifestyle skills. Pushing athlete development too quickly or having a coaching workforce who do not understand the mix between appropriate workloads, intensity & timeframes will not only result in likely injury or burnout but may result in shortcomings in the athlete's physical, technical, tactical and mental abilities.

scottishathletics have been working closely with UKA and the IAAF to develop an appropriate model for developing athletes and coaches in Scotland. The diagram below illustrates the approach being taken in Scotland and is consistent with the IAAF's approach. This will not only provide a framework for athlete development but will allow us to develop practical learning resources for athletics coaches.



Model 1 - Scottish Athletics Long-Term Athlete Development Model

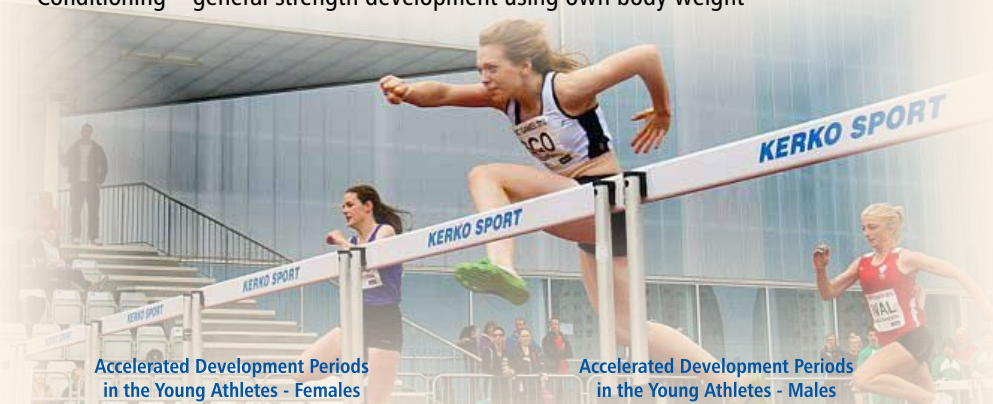
# 3 COACHES RESOURCE PACK

## Stage 2 Background - Multi Event Development

**Optimum biological ages** - Females 8 to 11 years / Males 9 to 12 years;  
Coaches working at this stage will need to be able to focus on, plan and deliver enjoyable, challenging and progressive athletics experiences for young athletes.  
Children will need to understand the importance of improvement based on effort and time spent practicing skills and their physical development.

This stage is important for:

- Enhanced progress shown in movement skills
- Expert instruction in movement, technical and physical skills
- Pre-growth spurt focus on repetition of skill towards mastery
- Daily mobility and flexibility work
- Introduction and development of positive attitudes to work ethic, self, others and sport
- Continuation of focus on developing speed through short efforts and agility exercises
- Conditioning – general strength development using own body weight



Accelerated Development Periods in the Young Athletes - Females

Biological Age	LTAD Stages	SKILL	SPEED	STRENGTH	AEROBIC
5					
6	Teaching the Basics	Skill Window			
7			Speed Window 1		
8					
9	Multi Events Development				
10					
11					
12	Event Group Development		Speed Window 2	Strength Window 1	Aerobic Window
13				Strength Window 2	
14					
15	Event Specialisation				
16					
17					
18	Learning to Compete				
19					
20					

Diagram 2 – IAAF CECS Level II Coaching Theory

Accelerated Development Periods in the Young Athletes - Males

Biological Age	LTAD Stages	SKILL	SPEED	STRENGTH	AEROBIC
5					
6	Teaching the Basics	Skill Window			
7			Speed Window 1		
8					
9	Multi Events Development				
10					
11					
12					
13	Event Group Development		Speed Window 2		Aerobic Window
14				Strength	
15					
16	Event Specialisation				
17					
18					
19	Learning to Compete				
20					

Diagram 3 – IAAF CECS Level II Coaching Theory

Please note that coaches must work on these areas throughout the pathway but the periods identified are the key accelerated periods for focus. The age & stage resources provided by scottishathletics will provide more detail around these areas of focus by age and stage.

# 3 COACHES RESOURCE PACK

## Stage 2 Background - Multi Event Development

### Amount of physical activity, including non-athletics specific (progression by age):

- 4-6 activity sessions per week (this may include class PE sessions and other sports activities sessions)
- 60-90 minute activity sessions or more appropriately 4-6 activity units where, instead of using time as a measurement to define a session, a 'unit' of work is another way of defining it with a unit being one activity. For example in one session you can have several units of work being completed; Warm Up (1 unit), Drills, Agility, Balance & Coordination activities (1 unit), Technical Skills (running, jumping or throwing) (1 unit), Conditioning (1 unit) etc.
- Athletics specific activity; 2-3 sessions per week
- Sessions to include high repetition skills activities to improve skill retention

### Competition objectives:

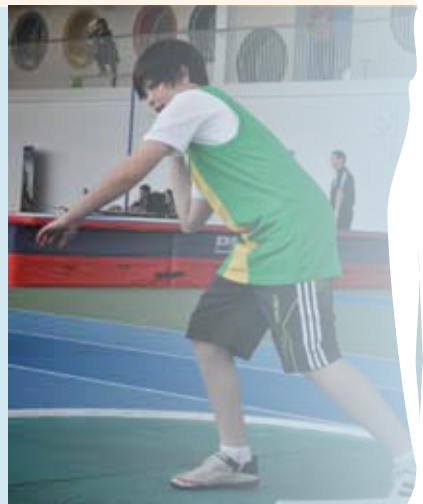
- Low-level modified competition and introduction to competitive structures and events
- Competitive rewards focused on broad skill development and aerobic development
- Competition and skill development awards introduced through intra-club and local inter-club events
- Introduction of 6 week training and competition cycles based around the athletics seasons (track & field outdoor, cross country /off-track and indoor activities)

### IMPORTANCE OF COMPETITION

Athletics by its very nature is a competitive sport and children should be encouraged to compete from an early stage. However, it is important that 'competition' is relevant to the age and stage of the athletes. Competition may take various forms for the Multi-Events Development Stage and may include;

- informal 'competitive' challenges within club training sessions on a regular basis
- use of awards schemes as way of promoting individual improvement
- intra-club competition - formal competitions within the club environment based around seasonal calendar (cross country, indoor/sportshall, outdoor track and field etc)
- introduction to inter-club competitions (predominantly local)

It is crucial that the focus is on self-improvement and achieving appropriate effort goals rather than the focus on podium places. At this stage it is also important that enjoyment is a key stimulus for the young athletes and where appropriate competition formats should be based around team competitions and relays not necessarily individual events, although these will become more relevant towards the end of this stage.



## Stage 2 Background - Multi Event Development

### Competition Planning

There are some very good examples in Scotland of clubs having specific intra or inter-club competitions at the end of a training block at this stage, eg a competition at the end of every 6-week training block. Some other clubs utilise this approach on a monthly basis. Whilst the recommendation is to plan formal competitions around this approach, we must emphasise the importance of structured 'competitive' elements within training sessions on a regular basis, particularly around team activities and relays.

It may be that competition is planned into the training programme on a monthly basis. This may easily be achieved and delivered within this resource whereby a club trains on average two times per week. Simply build some intra-club competition into the programme on a monthly basis on the second day.....

### Activities / Venues:

- Local athletics clubs offering developmental programmes for this age/stage
- School sports activities
- Year round Run, Jump & Throw Centres

### Activities at this stage should include:

#### MOVEMENT SKILLS (Generic)

- Continue to develop Agility, Balance, Coordination, Speed (ABC'S) on and off the track (include structured progression for children)
- Continue to develop speed and endurance through enjoyable activities on and off the track (with structured progressions)
- Develop more specific activities/sessions to further advance linear, lateral and multi-directional speed

#### TECHNICAL (Specific)

- Include a strong emphasis on skill development (mastery of basic running, jump and throwing techniques)
- Progressively refined athletics skills - eg. starting, spinning, turning, hurdling, jumping
- Teach basic practice skills – track & field etiquette, pacing, starting and finishing etc. Include the measuring of running, jumping and throwing activities
- Provide an introduction to basic event principles – race strategies, execution of successful throwing and jumping events etc

#### CONDITIONING

- Involve ball work and own-body exercises for strength including hopping and bounding exercises
- Introduce basic mobility and flexibility exercises
- Introduce concepts of warm-up and stretching and cool-down



# 3 COACHES RESOURCE PACK

## Stage 2 Background - Multi Event Development

### MENTAL & EMOTIONAL

- Introduce concept of mental preparation
- Promote understanding of the role of continual practice and goal setting
- Promote positive reinforcement for effort goals and achievement
- Continue to promote concept of perseverance
- Continue to develop concept of self confidence
- Continue to develop concentration

### LIFESTYLE

- Promote benefits of a healthy lifestyle & physical activity through sport
- Promote understanding of the changes puberty will bring and effects on development and performance
- Introduce importance of self-discipline and structure
- Promote an understanding of the relationship between effort and outcome
- Continue to promote teamwork and personal interaction skills
- Athletes to communicate competition commitments to allow for planning and tapering

### Implications For Coaches

At the Multi-Event Development stage coaches must focus on fundamental movement skills with young athletes. Children may range in their abilities and it is imperative that coaches adapt sessions to enable children to improve their individual skill learning. This stage provides the first window of opportunity for skill learning and this should be encouraged through a variety of activities that include running, jumping, throwing and catching. Athletes should also be introduced to appropriate competition but the focus must be on effort goals and not 'winning medals'.

Children should also begin learning & understanding the basic competencies of;

- Warm up and cool down
- Stretching



## Stage 2 Background - Multi Event Development

### Dealing with Mixed-Ability Groups

Each athlete you work with is an individual and has a unique set of motives, needs and aspirations. In being truly athlete centred, you as the coach will need skills to identify these needs and motivations and adapt training sessions to ensure these needs are fulfilled to encourage athlete satisfaction, retention, participation and performance development related to their stage of athlete development and skill learning.

UKA adopts an inclusive philosophy, welcoming all people to the sport. Many people choose to take part in athletics because there are so many diverse events, each requiring different abilities and it has a high profile at international level.

At this stage coaches will often have to work with mixed-ability groups of children and this can be very challenging as they try to provide an invigorating and progressive session for every athlete. A coach will need to be prepared for this within the activities planned and will need to progressively build activities that develop skills that will enhance performance. Each session should build in intensity and consecutive sessions should continue to extend the participant(s). A review of the previous session will also assist the coach in progressing activities in the next session.

Steps should be incremental, and not place undue stress on the participant. As a beginner coach, the aim is to extend the participant, not exhaust them. Tired or overloaded participants do not learn well. Introduce new skills and concepts early in the session and then build activities to practise them in increasingly competition like situations. Where coaches have an athlete or athletes within the group who are slightly more advanced then they should be challenged in an appropriate way to continue to motivate and improve them.

### Some of the methods that coaches can use to extend an activity include:

- Increasing the intensity of an activity. This can be done by reducing the amount of time available to complete an activity or increasing the number of repetitions required within a certain period of time
- Changing or adding rules, eg. different hands or feet etc
- Adding/Reducing one or more team-mates
- Increasing or limiting the distance or activity area or equipment, eg. when throwing and catching extend the distance between athletes or maintain/reduce etc
- Where appropriate group athletes during activities by their stage of development allowing you to work across groups with closer skill ranges.

However, be cautious, clubs and coaches need to consider age and friendship when assigning athletes to groups. Some athletes will want to remain in the same group as their friend, even if their stage of development is very different. If friendship is the prime reason then coaches risk losing athletes. Also worth considering is when grouping athletes within a session, group by colours. Athletes in group 1 may feel they have been selected on their abilities, group 6 athletes the equivalent, colours or international athlete names is much more appropriate.

# 3 COACHES RESOURCE PACK

## Stage 2 Background - Multi Event Development

### Implications For Parents

It is important to introduce the child to various events/activities that promote the practice and mastery of fundamental movement skills prior to the introduction of event specific skills. In particular, within participation in athletics it is vital that children participate in a variety of events/activities which should include the mastery of running, jumping, throwing and catching skills. There are several opportunities for children to become involved in athletics at this stage – through school PE and after-school clubs, Run, Jump & Throw Centres and local athletics clubs catering for fundamental activity programmes.

According to Cote (1999) as with Stage 1, this stage is where the foundations of an individual's self-esteem are laid. It is essential that children are positively rewarded for participation and effort rather than rewarding success (medals). Evidence also demonstrates a clear correlation between a child's motor (learning new skills) experience and a supportive movement environment in relation to a motivated and active family that promotes and participates in sport and physical activity.



# 4 COACHES RESOURCE PACK

## Outcome Goals v Effort Goals

### IMPROVE YOUR ATHLETES

Athletics can be a hard task master for many youngsters. After all, isn't the sport about measuring comparative performances in metres and centimetres, or in minutes, seconds and hundredths of a second?

And if we as coaches sit the athletes down and set them goals (and we should, shouldn't we, at the start of each year, phase, month, session and competition?), then are we inadvertently setting them up for failure?

That's unthinkable surely, when we know that the first thing we all have in mind, athlete and coach alike, is some measure of success?

Youngsters are easily put off -

'He's bigger than me! He's so fast! She skims the hurdle! I'll never beat her!'

So we've learnt to set outcome goals: we say...

"Don't worry about him/her, you have your own things to do."

And we set some outcome goals - the gold medal/a medal/a personal best/a qualification for the final.

But we know our athletes cannot possibly achieve personal bests every time - it can't be done, nor qualifying times, nor a medal, and especially not a gold medal, not every time. Failure looms, and it isn't what you intended.

So we begin to set other, more subtle outcomes: we say...

"Let's see if you can improve your start from last week." or...

"Let's see if you can run through the line this time."

And all at once we could be in the Land of **Effort Goals**.

As coaches we're in the business of engineering success for our athletes. To encourage this we need a currency, and the only currency available to us is praise - "Well done", we say, although the problem with that sentiment is that the athlete, whilst pleased to receive praise, doesn't know what we're talking about - well done for what?



# 4 COACHES RESOURCE PACK

## Outcome Goals v Effort Goals

### IMPROVE YOUR ATHLETES cont'd

So we make sure we get the specifics right:

'Well done on your gold medal', makes more sense.

Or, since gold medals are at a premium and therefore

singularly unlikely, "Well done on your medal/personal best/qualification for the final'.

Or even better...

"Brilliant sprint start today: you kept your neck long and your head forward, just as we agreed"

"I like the way you stayed facing backwards for longer in the Shot to give yourself more torque, just as we practised"

"Well done on leaning away from the bar on your final approach in your High jump: great vertical take-off"

"Great hurdling - you stayed up tall and sprinted cleanly over."

Our best currency is praise for effort goals, because they are readily achievable, are immensely encouraging, and enhance the young athletes' self-assurance and self-confidence, sometimes for life.

"I like the way you kept going today at the end and went right through the line - good perseverance."

"Well done on staying with the leaders at the start, even in the fast pace - you gave yourself a chance of a medal."

"Good recovery from that stumble when you were boxed in - you did well to get back into the race after that."

"Great final long jump - you did well to maintain your speed over the last ten metres to the board."

"I like the way you've bounced back from your disappointment last week - what a good recovery!"

"You're doing well, because you're always making the effort to learn from these minor errors and correcting them"

"Great effort on your part - well done!"

The coach who can largely avoid criticism of his athletes, and reward effort instead, is already a successful coach, because in his/her squad, 'winning' has been re-defined by the setting of achievable Effort Goals.

**A.C. Robertson, BAAB Master Coach**



## Block System of Planning & Development Outcomes

### DELIVERY OF COACHING SESSIONS THROUGH THE BLOCK SYSTEM OF PLANNING..... EXPLAINED

As an Athletics Master Coach and a Physical Educator I may well be in a unique position to demonstrate the Block System of delivering Athletics coaching sessions. P.E. Principals nearly always plan their curriculum, their syllabus and their lesson plans using it, whatever the sport or activity. It means that the youngsters have a concentrated and focussed spell of work at a particular set of skills over a period of time long enough for learning to take place, but short enough to prevent staleness.

Departments have experimented with four and eight weeks, the first for variety and the second for consolidation, but the median way is six weeks. Six weeks fits neatly into the concept of a skill mastery programme embracing Runs, Jumps and Throws with two weeks given over to each in the Block. Consistent in the six-week Block is the Warm Up Game, the Agility, Balance and Co-ordination activities, the Conditioning, the Cool Down and the Reflection theme.

In the interests of variety, we've suggested that the Running Skills take place in Weeks 1 & 4, the Jumps on Weeks 2 & 5, and the Throws on Weeks 3 & 6. In the interests of consolidation of learning, you for your part might decide to deliver the Running Skills in Weeks 1 & 2, the Jumps in Weeks 3 & 4, and the Throws last. This method won't materially affect the Lesson Plans, which spring from a carefully constructed Block littered with progressions appropriate for age and stage.

There's plenty of content here, and clear directions on what teaching methods might be appropriate to the delivery of the appropriate theme. It's not meant to be prescriptive, but I think coaches need a clear lead on how they might approach the material, and a variety of methods of delivery. As with previous material, we've tried to write from the youngster's perspective in the second person i.e. "You'll be organised in 'waves' across the area..." This may well help you empathise, but will also offer you the coach the opportunity to place it on your club website for the youngsters to view in advance of the session.

There are eight blocks in each year, so they cover forty eight weeks per annum, and can often be repeated in the following year: you yourself will then see the results of your previous year's work and will be able to evaluate it; the youngsters should also become aware of their improvement in skilled learning and fitness.

Those of you with considerable experience in coaching will have your own material to add in to some of the lessons – good for you. For you others, I hope you find this material useful, measured, progressive and enjoyable.

**A.C. Robertson**, BAAB Master Coach

## Block System of Planning & Development Outcomes

### NOTE:

We are aware that within this stage resource the examples provided within the session plans focus on one core technical skill (running, jumping or throwing) per session and that the recommendation is that the skill is repeated in either the 1st and 4th week, 2nd and 5th week or 3rd and 6th week, although you may choose week 1 and 2, together...). However, we are acutely aware that within the current UKA qualification courses it is recommended that the components of running, jumping and throwing are built into every session plan either as Main Session Unit A, Main Session Unit B and Main Session Unit C. There is nothing wrong with coaches adopting this approach and adapting the materials in this booklet.

However, this resource was developed in this manner to aid the learning process whereby the children have a concentrated and focussed spell of work at a particular set of skills (running or jumping or throwing) over a period of time long enough for learning to take place, but short enough to prevent staleness. Within the session plans you will notice that the other elements are built into the warm-up, conditioning and cool-down.

A coach should determine the best approach that suits their style and as well as the learning capabilities of their young athletes.

We are also aware that this resource provides a sample weekly session for a six week block of activity multiplied by eight blocks in the year. We also recognise that we recommend a minimum of 2 - 3 athletics activity sessions per week. For those clubs operating at least two sessions per week, we suggest the following;

- Session 2 of that week could be the next session as outlined in that block of activity. I.e. Club session 2 becomes week 2 of this resource or;
- Where a club has a particular specialism or if there is a particular event on the horizon then the 2nd session of the week can be used to incorporate that specialism or focus. However, coaches should never move too far away from the key stage development principles recommended by UKA, the IAAF and this resource.



## Training Block Development Outcomes & Session Plans - Example Summary Table

Age	Training Block	Week/ Session	Core Component	Age	Training Block	Week/Session	Core Component
9/10	1	1	Running	11/12	1	1	Running
		2	Jumping			2	Jumping
		3	Throwing			3	Throwing
		4	Running			4	Running
		5	Jumping			5	Jumping
		6	Throwing			6	Throwing
9/10	2	1	Running	11/12	2	1	Running
		2	Jumping			2	Jumping
		3	Throwing			3	Throwing
		4	Running			4	Running
		5	Jumping			5	Jumping
		6	Throwing			6	Throwing
9/10	3	1	Running	11/12	3	1	Running
		2	Jumping			2	Jumping
		3	Throwing			3	Throwing
		4	Running			4	Running
		5	Jumping			5	Jumping
		6	Throwing			6	Throwing
9/10	4	1	Running	11/12	4	1	Running
		2	Jumping			2	Jumping
		3	Throwing			3	Throwing
		4	Running			4	Running
		5	Jumping			5	Jumping
		6	Throwing			6	Throwing
9/10	5	1	Running	11/12	5	1	Running
		2	Jumping			2	Jumping
		3	Throwing			3	Throwing
		4	Running			4	Running
		5	Jumping			5	Jumping
		6	Throwing			6	Throwing
9/10	6	1	Running	11/12	6	1	Running
		2	Jumping			2	Jumping
		3	Throwing			3	Throwing
		4	Running			4	Running
		5	Jumping			5	Jumping
		6	Throwing			6	Throwing
9/10	7	1	Running	11/12	7	1	Running
		2	Jumping			2	Jumping
		3	Throwing			3	Throwing
		4	Running			4	Running
		5	Jumping			5	Jumping
		6	Throwing			6	Throwing
9/10	8	1	Running	11/12	8	1	Running
		2	Jumping			2	Jumping
		3	Throwing			3	Throwing
		4	Running			4	Running
		5	Jumping			5	Jumping
		6	Throwing			6	Throwing



# PLANNING

## FOR LONG TERM SUCCESS IN SCOTLAND

STAGE 2 : MULTI-EVENTS DEVELOPMENT

Optimum Ages - 9 /10 Years + 11/12 Years

**6 Week Training Blocks &  
Sample Weekly Session Plans**



## Age 9/10 Block 1 and Sample Sessions

Age 9/10 - Criteria	Block 1 - Activities
<b>Game</b>	<b>Tag:</b> Inside an enclosed area are two taggers in bibs who will chase the rest. When caught, you put a bib on and become a catcher.
<b>Agility</b>	<b>Mirror Jumps:</b> In twos, mirror your partner as he does a series of jumps on the spot for 20 seconds. Change every 20 seconds.
<b>Balance</b>	<b>Pass the Parcel:</b> In fours, sit close together with your feet and arms off the ground and pass two balls clockwise round the square.
<b>Co-ordination</b>	<b>Double Drop the Ball:</b> Stand toe to toe with your partner, who drops a tennis ball from each hand one after the other. Catch them one-handed.
<b>Skills</b>	<p><b>Run:</b> Lying starts. In waves, lie on your front. On a signal, scramble up and race over a finishing line 15metre away. Lie on your fronts in two waves a metre apart. On a signal scramble up and try to tag your partner before the finishing line. Change places.</p> <p><b>Jump:</b> Low obstacles are laid out in an enclosed space. One team at a time runs to jump as many as possible from one foot to two in 20 seconds. In files, run off 5 strides to jump an obstacle placed in front of a flat mat, one foot to two. Do Kangaroo Jumps to get back to your team.</p> <p><b>Throw:</b> In twos, sling-throw a beanbag from low to high into your partner's cupped hands, discus fashion. Take a step back and stand up tall. Everyone has a beanbag to sling into a bin in the centre of every team's circle. Step back to sling, 20 points for a hit and 50 points for lobbing it in.</p>
<b>Conditioning</b>	Put your beanbag close to a line. Go into the push up position and place the beanbag over the line with your right hand and back with your left.
<b>Mental</b>	In Tag, did you stay alert and keep looking for space so you didn't barge into anyone? And the same in the Mirror Jumps?
<b>Emotional</b>	In Tag, were you disappointed when you were caught, or did you realise your role had changed into catcher?
<b>Lifestyle</b>	Each one in his time plays many parts. Were you able to play your part, whatever it was, and to understand that it changes from time to time?

RED: EVERY WEEK BLUE: WEEKS 1 & 4 GREEN: WEEKS 2 & 5 PURPLE: WEEKS 3 & 6

EVERY WEEK: Game / ABCs / Conditioning / Mental / Emotional / Lifestyle

WEEKS 1 & 4: Run / WEEKS 2 & 5: Jump / WEEKS 3 & 6: Throw

# 7 COACHES RESOURCE PACK

## Age 9/10 Block 1 and Sample Sessions

### EXAMPLE SESSION PLAN - Age 9/10 - BLOCK 1 - RUN, Weeks 1 & 4

<b>Equipment</b>	<p>A bib each. Markers to enclose an area.          A football among four. One tennis ball each.          A start and finishing line about 15m apart across the area.          A beanbag each. Lines to slide the beanbags across.</p>
<b>Warm Up &amp; ABC</b>	<p>Standing inside the enclosed area, two taggers in bibs chase everyone. When caught, you put a bib on and become a catcher. The last two free become the new chasers, and this time you take your bib off when caught and help the catchers.</p> <p><b>A.</b> Find a partner for mirror jumps on the spot, trying to follow exactly what's done as though you were a reflection. Change every 20 seconds or so, or on a signal. Develop a sequence for your partner to follow e.g. bounces, tucks, pikes, straddles, turns.</p> <p><b>B.</b> You and your partner join up with another pair and sit close together in a square, feet up in the air. You'll be given a football to pass round the square with your feet. Squeeze the ball between your feet and pass it on without dropping it. You can rest your elbows on the floor to help your balance. Progress by passing two footballs round.          Challenge yourselves by keeping your elbows off the floor.</p> <p><b>C.</b> Your partner stands facing you toe to toe with a tennis ball held out in each hand. As they drop one at a time, try to catch each in one hand. When you have both, stretch your arms out and drop them one at a time for your partner to catch. Progress by dropping both at once.</p>
<b>Running Skills</b>	<p>You'll be organised in 'waves' across the area, about 15m from a finishing line for races. Lie down on your front until you hear the signal 'go', or a whistle. Scramble up and race over the line as fast as you can. Return by walking down the sides so the next race can start. You'll be able to race half a dozen times. Keep low, head in front, slightly overbalancing, to drive away from the start</p> <p>Find a partner and both lie down on your fronts one ahead of the other a metre apart. On 'go' scramble up and try to get over the finishing line before your partner can catch you up and tag you. If you're very quick or very agile, you may be given another partner to challenge you.</p>
<b>Conditioning</b>	<p>Collect a beanbag put it on your head and balance-walk out to a line. Lie on your front close to the line with the beanbag on the same side of the line as you. Come up into the Push Up position and practise sliding the bag over the line with your right hand and bringing it back over to your side with your left; keep your hips up during this and don't let your back sag in the middle.</p> <p>Count how many times you can move the beanbag across the line and back in 20 seconds. You'll be given about four attempts at this, with a suitable sitting rest and an explanation of how to improve your performance. Progress to 25 seconds, 30 seconds per set.</p>
<b>Cool Down &amp; Reflection</b>	<p>Tag, with two catchers as before in an enclosed area.</p> <p>Did you understand the game where you change from being hunted into a hunter?          This is called 'role play'.          Were you disappointed when you were caught? Or did you change immediately into a hunter?          It's only a game, by the way.</p> <p>You'll be encouraged to stretch before you finish; listen carefully to the task, and take it seriously. Remember to thank your coaches before you leave.</p> <p>Were you able to understand which parts you were playing, and carry them out?</p>

## Age 9/10 Block 1 and Sample Sessions

### EXAMPLE SESSION PLAN - Age 9/10 - BLOCK 1 - JUMP, Weeks 2 & 5

<b>Equipment</b>	<p>Bibs for the chases. A football for every four.                  A tennis ball between two. 6-12 hurdles for the one foot to twos, or at least one hurdle per file.                  A beanbag each, or between two or three for the conditioning.</p>
<b>Warm Up &amp; ABC</b>	<p>Standing inside the enclosed area, two taggers in bibs chase everyone. When caught, you put a bib on and become a catcher. The last two free become the new chasers, and this time you take your bib off when caught and help the catchers.</p> <p><b>A.</b> Find a partner for mirror jumps on the spot, trying to follow exactly what's done as though you were a reflection. Change every 20 seconds or so, or on a signal. Develop a sequence for your partner to follow e.g. bounces, tucks, pikes, straddles, turns.</p> <p><b>B.</b> You and your partner join up with another pair and sit close together in a square, feet up in the air. You'll be given a football to pass round the square with your feet. Squeeze the ball between your feet and pass it on without dropping it. You can rest your elbows on the floor to help your balance. Progress by passing two footballs round.                  Challenge yourselves by keeping your elbows off the floor.</p> <p><b>C.</b> Your partner stands facing you toe to toe with a tennis ball held out in each hand. As they drop one at a time, try to catch each in one hand. When you have both, stretch your arms out and drop them one at a time for your partner to catch. Progress by dropping both at once.</p>
<b>Jumping Skills</b>	<p>Run anywhere within an enclosed space avoiding everyone else and stop when asked. Once you've mastered this you'll be asked to jump from one foot to two on the run. You'll be organised into teams around the enclosed space and low hurdles will be scattered around. One team at a time will get a 20-second run around the space, jumping the obstacles from one foot to two. Get ready to change over when it's your turn.</p> <p>Eventually this could develop into a game, with points given for style and accuracy, or a point to your team for every object jumped, as long as it was done from one foot to two, either by you choosing which ones to leap, or by all running round in the same direction.</p> <p>In short files, run out one at a time to clear a higher obstacle about five strides away one foot to two, and do kangaroo jumps back to tag your next jumper. Or a shuttle run could be set up, with a five-stride approach, and kangaroo jumps to your other half once you clear the obstacle.</p> <p>You may have to think how you can adjust your run up to get five strides in, and take off on your favoured foot; work it out during the dozen or so attempts you'll get. Or you may decide to jump off whichever foot comes first to prove your versatility: your coaches will give you guidance.</p>
<b>Conditioning</b>	<p>Collect a beanbag put it on your head and balance-walk out to a line. Lie on your front close to the line with the beanbag on the same side of the line as you. Come up into the Push Up position and practise sliding the bag over the line with your right hand and bringing it back over to your side with your left; keep your hips up during this and don't let your back sag in the middle.</p> <p>Count how many times you can move the beanbag across the line and back in 20 seconds. You'll be given about four attempts at this, with a suitable sitting rest and an explanation of how to improve your performance. Progress to 25 seconds, 30 seconds per set.</p>
<b>Cool Down &amp; Reflection</b>	<p>Tag, with two catchers as before in an enclosed area.</p> <p>Did you understand the game where you change from being hunted into a hunter?                  This is called 'role play'.</p> <p>Were you disappointed when you were caught? Or did you change immediately into a hunter?                  It's only a game, by the way.</p> <p>You'll be encouraged to stretch before you finish; listen carefully to the task, and take it seriously.                  Remember to thank your coaches before you leave.</p> <p>Were you able to understand which parts you were playing, and carry them out?</p>

# 7 COACHES RESOURCE PACK

## Age 9/10 Block 1 and Sample Sessions

### EXAMPLE SESSION PLAN - Age 9/10 - BLOCK 1 - THROW, Weeks 3 & 6

<b>Equipment</b>	<p>Bibs for the chase.          A football among four.          A tennis ball between two.          A beanbag each.          One bin per team</p>
<b>Warm Up &amp; ABC</b>	<p>Standing inside the enclosed area, two taggers in bibs chase everyone. When caught, you put a bib on and become a catcher. The last two free become the new chasers, and this time you take your bib off when caught and help the catchers.</p> <p><b>A.</b> Find a partner for mirror jumps on the spot, trying to follow exactly what's done as though you were a reflection. Change every 20 seconds or so, or on a signal. Develop a sequence for your partner to follow e.g. bounces, tucks, pikes, straddles, turns.</p> <p><b>B.</b> You and your partner join up with another pair and sit close together in a square, feet up in the air. You'll be given a football to pass round the square with your feet. Squeeze the ball between your feet and pass it on without dropping it. You can rest your elbows on the floor to help your balance. Progress by passing two footballs round.          Challenge yourselves by keeping your elbows off the floor.</p> <p><b>C.</b> Your partner stands facing you toe to toe with a tennis ball held out in each hand. As they drop one at a time, try to catch each in one hand. When you have both, stretch your arms out and drop them one at a time for your partner to catch. Progress by dropping both at once.</p>
<b>Throwing Skills</b>	<p>Stand side-on to your partner 15m away and sling throw a beanbag from low to high into his cupped hands. Have your feet wide apart, and your right foot slightly ahead of your left, so that when you turn your right heel and knee forwards, your hips will face your partner before you sling with your right arm. Start the beanbag behind and away from your right hip, and finish with it at shoulder height at the end of a long arm and a flat hand.</p> <p>Start your sling slowly and finish fast. Accuracy will be a problem - try to time your release.</p> <p>Your team stands in a circle with a beanbag each and a dustbin or bin in the centre. Practise slinging the beanbags from 10m, or 15-20m if outside, slinging from low to high and from slow to fast to lob the beanbags in. A coach, or a team member can call for the throw, then the collect, to keep the action controlled. Marks can be given for style. Reflect every so often on what the throw looks like and feels like, then start again.</p> <p>Eventually, an objective game will involve 20 points for striking the bin, but 50 for lobbing the beanbag in. it's in your interest in this fast game to all throw at once on the caller's signal, then all race out to collect and prepare for the next throw. Keep trying to throw with style and accuracy.</p>
<b>Conditioning</b>	<p>Collect a beanbag put it on your head and balance-walk out to a line. Lie on your front close to the line with the beanbag on the same side of the line as you. Come up into the Push Up position and practise sliding the bag over the line with your right hand and bringing it back over to your side with your left; keep your hips up during this and don't let your back sag in the middle.</p> <p>Count how many times you can move the beanbag across the line and back in 20 seconds. You'll be given about four attempts at this, with a suitable sitting rest and an explanation of how to improve your performance. Progress to 25 seconds, 30 seconds per set.</p>
<b>Cool Down &amp; Reflection</b>	<p>Tag, with two catchers as before in an enclosed area.</p> <p>Did you understand the game where you change from being hunted into a hunter?          This is called 'role play'.</p> <p>Were you disappointed when you were caught? Or did you change immediately into a hunter?          It's only a game, by the way.</p> <p>You'll be encouraged to stretch before you finish; listen carefully to the task, and take it seriously.          Remember to thank your coaches before you leave.</p> <p>Were you able to understand which parts you were playing, and carry them out?</p>

## Age 9/10 Block 2 and Sample Sessions

Age 9/10 - Criteria	Block 2 - Activities
<b>Game</b>	<b>Catch a Partner's Tail:</b> Tuck a band into the back waistband of your short to give a tail. Keep facing your partner to steal the tail. First one to 5 wins.
<b>Agility</b>	Stand side-on to a hurdle and do 20 high kicks over it with alternate legs in a Can-Can.
<b>Balance</b>	Do three hops forwards and finish in stillness on one leg. Change legs.
<b>Co-ordination</b>	In waves, run 20m backwards circling your arms forwards.
<b>Skills</b>	<b>Run:</b> Baton Change. In fours, pass a baton downwards right-left. First person walks to the front as soon as they pass, to keep the file going. Circular Relay. In fours, a marker 10m fore and aft of the team, run round and pass accurately to the next person out standing at the side.
	<b>Jump:</b> Three hurdles are set out 5m apart in front of each file. Run and bound over, holding the high fist and knee position of take-off. Nine hurdles are set out in a huge circle. Each team runs over for style, demonstrating the held 'pop-up' or 'A' position in mid-air over each hurdle.
	<b>Throw:</b> In twos, put a ball in a bag to give you handles, swing it round your neck once & heave-throw it to your partner 10m away; look first. No 1s turn your back to the throwing area, and on a signal take one swing and heave-throw the ball in the bag. No 2s collect on the next signal.
<b>Conditioning</b>	High Sit-Ups. In twos. Lie on your back with a football in both hands & your feet up on a bench. Reach up to give the ball to your partner.
<b>Mental</b>	In Catch a Partner's Tail. Did you force yourself to keep facing your opponent so he couldn't steal it?
<b>Emotional</b>	In the same game, were you upset when you lost your tail, or did you bounce back and try again?
<b>Lifestyle</b>	Everyone has set backs and disappointments. Learn from these, and bounce back better than ever.

**RED:** EVERY WEEK **BLUE:** WEEKS 1 & 4 **GREEN:** WEEKS 2 & 5 **PURPLE:** WEEKS 3 & 6

EVERY WEEK: Game / ABCs / Conditioning / Mental / Emotional / Lifestyle

WEEKS 1 & 4: Run / WEEKS 2 & 5: Jump / WEEKS 3 & 6: Throw

# 7 COACHES RESOURCE PACK

## Age 9/10 Block 2 and Sample Sessions

### EXAMPLE SESSION PLAN - Age 9/10 - BLOCK 2 - RUN, Weeks 1 & 4

<b>Equipment</b>	A band between two. A hurdle between two. A baton among four. Two markers per team. A football between two
<b>Warm Up &amp; ABC</b>	<p>Catch a Partner's Tail: Tuck a band into your waistband at the back so that most of it hangs down behind you like a tail. Find a partner and face up. The game involves catching your partner's tail. Give it back and start again. Progress to a free game in an enclosed area for one minute. Count the number of tails you capture, but give them back at once to let the game go on. Develop the game to hunt in pairs in the same way, and keep a score.</p> <p><b>A.</b> In pairs, stand side on to a hurdle, facing your partner and practise the Can-Can, one leg at a time kicked high over the hurdle. Synchronise it to show you're a team. Progress it by kicking inside-out for 20 / rest / and kick outside- in for 20. Try to keep your legs straight.</p> <p><b>B.</b> Stand on one foot and do three hops forward to suddenly finish in balance for 5 seconds. Step onto your other leg and do three hops forwards to finish in stillness. Continue down the course. Find a partner and synchronise your movements by good timing and balance.</p> <p><b>C.</b> You'll be organised into lines or 'waves' to run backwards over 20m. Lift your heels up to your hip and stretch your foot backwards into the run. Return by walking down the sides so the next wave can go. Practise circling single arms forwards, and progress to combining the two, running backwards with arms circling forwards; it may take ages to co-ordinate, but that's the point of the exercise.</p>
<b>Running Skills</b>	<p>Stand in fours on a line, two arms' lengths apart. Pass a baton down the line right-left-right-left. To assist, if you're first or third you stand with your right foot on the line, left foot on the line if you're second or fourth. The baton is placed downwards into your partner's high, flat, open palm. In first place, as soon as you pass the baton, walk past everyone to the front to keep the passes going. To progress, walk faster, or jog, or run, but maintain the space and good passing.</p> <p>In a file, with a marker 10m in front and one 10m behind, run round and pass the baton to your second runner, who'll be out standing on the right of the team. Use the same hand as in the earlier practice, to avoid any confusion. In large groups there could be six or eight in a team, but the fewer numbers give more turns and more practice. Your coaches will give team points or grades for accuracy, and may encourage a race series for points.</p>
<b>Conditioning</b>	<p>Find a partner and get a football. Your partner lies on his back on the floor with his feet on a bench, or feet up, legs crossed if one isn't available, and hands you the ball with two hands in a Sit Up. He lies back, shoulders on the floor, and then sits back up to collect the ball from your hands. Your coaches will ask you to do five each, and then change. Each time you swap, add on a repetition, so you do 5, 6, 7, 8, 9, and 10.</p> <p>Eventually you'll be able to work your way back down in the same session, 10, 9, 8, 7, 6, 5. You've been working your stomach muscles, your abdominals; this is called a 'core' exercise.</p>
<b>Cool Down &amp; Reflection</b>	<p>Catch a Partner's Tail: Play the Pairs version, or a Free Game, or Hunting in Pairs. Give the bands back as soon as you capture them.</p> <p>Your abdominals and quadriceps have been worked hard, so lie on your front and grasp your ankles for 20 seconds several times, feeling the tension in your back and the relaxation in your abs and quads. To make this exercise a bit easier, lie on your side and grasp one foot behind you, and stretch each side for 20 seconds in a bow-shape.</p> <p>Did you recover from losing your tail? It's only a game. Did you learn to bounce back better than ever?</p>

## Age 9/10 Block 2 and Sample Sessions

### EXAMPLE SESSION PLAN - Age 9/10 - BLOCK 2 - JUMP, Weeks 2 & 5

<b>Equipment</b>	<p>A band each.                  A cardboard hurdle between two.                  A football between two; some benches for the High Sit Ups.</p>
<b>Warm Up &amp; ABC</b>	<p>Catch a Partner's Tail: Tuck a band into your waistband at the back so that most of it hangs down behind you like a tail. Find a partner and face up. The game involves catching your partner's tail. Give it back and start again. Progress to a free game in an enclosed area for one minute. Count the number of tails you capture, but give them back at once to let the game go on. Develop the game to hunt in pairs in the same way, and keep a score.</p> <p><b>A.</b> In pairs, stand side on to a hurdle, facing your partner and practise the Can-Can, one leg at a time kicked high over the hurdle. Synchronise it to show you're a team. Progress it by kicking inside-out for 20 / rest / and kick outside- in for 20. Try to keep your legs straight.</p> <p><b>B.</b> Stand on one foot and do three hops forward to suddenly finish in balance for 5 seconds. Step onto your other leg and do three hops forwards to finish in stillness. Continue down the course. Find a partner and synchronise your movements by good timing and balance.</p> <p><b>C.</b> You'll be organised into lines or 'waves' to run backwards over 20m. Lift your heels up to your hip and stretch your foot backwards into the run. Return by walking down the sides so the next wave can go. Practise circling single arms forwards, and progress to combining the two, running backwards with arms circling forwards; it may take ages to co-ordinate, but that's the point of the exercise.</p>
<b>Jumping Skills</b>	<p>Stand in files. First in each line skips down a 20m course, your back straight, one knee up, and your opposite fist forwards. Style is everything, not speed, so give the movement some quality by stiffening your back and driving your knee up to waist height. Make sure your fist stays well forward away from your head for maximum lift and get up as tall as you can.</p> <p>Progress to performing this high skipping movement over three cardboard hurdles set out about 5m apart. How high can you bound? Can you hold this 'pop-up' position in the air until you land, because this is the basis of long jumping off a board into a sandpit.</p> <p>Nine hurdles are set out in a big circle, and each team is numbered from 1-6. Your coaches will decide whether you've to sit inside the circle in teams, or outside it. When your number is called, set off round the circle demonstrating how high you can skip and how well you can hold the 'pop-up' position over each hurdle. Your coaches may well give you points for style.</p> <p>Since the hurdles are already out, why not race over them like Eilidh Child or Dai Green when your number is called.</p>
<b>Conditioning</b>	<p>Find a partner and get a football. Your partner lies on his back on the floor with his feet on a bench, or feet up, legs crossed if one isn't available, and hands you the ball with two hands in a Sit Up. He lies back, shoulders on the floor, and then sits back up to collect the ball from your hands. Your coaches will ask you to do five each, and then change. Each time you swap, add on a repetition, so you do 5, 6, 7, 8, 9, and 10.</p> <p>Eventually you'll be able to work your way back down in the same session, 10, 9, 8, 7, 6, 5. You've been working your stomach muscles, your abdominals; this is called a 'core' exercise.</p>
<b>Cool Down &amp; Reflection</b>	<p>Catch a Partner's Tail: Play the Pairs version, or a Free Game, or Hunting in Pairs. Give the bands back as soon as you capture them.</p> <p>Your abdominals and quadriceps have been worked hard, so lie on your front and grasp your ankles for 20 seconds several times, feeling the tension in your back and the relaxation in your abs and quads. To make this exercise a bit easier, lie on your side and grasp one foot behind you, and stretch each side for 20 seconds in a bow-shape.</p> <p>Did you recover from losing your tail? It's only a game. Did you learn to bounce back better than ever?</p>



# 7 COACHES RESOURCE PACK

## Age 9/10 Block 2 and Sample Sessions

### EXAMPLE SESSION PLAN - Age 9/10 - BLOCK 2 - THROW, Weeks 3 & 6

<b>Equipment</b>	<p>A band between two.          A hurdle between two.          A football between two.          A plastic bag per pair, with spare bags handy.</p>
<b>Warm Up &amp; ABC</b>	<p>Catch a Partner's Tail: Tuck a band into your waistband at the back so that most of it hangs down behind you like a tail. Find a partner and face up. The game involves catching your partner's tail. Give it back and start again. Progress to a free game in an enclosed area for one minute. Count the number of tails you capture, but give them back at once to let the game go on. Develop the game to hunt in pairs in the same way, and keep a score.</p> <p>A. In pairs, stand side on to a hurdle, facing your partner and practise the Can-Can, one leg at a time kicked high over the hurdle. Synchronise it to show you're a team. Progress it by kicking inside-out for 20 / rest / and kick outside- in for 20. Try to keep your legs straight.</p> <p>B. Stand on one foot and do three hops forward to suddenly finish in balance for 5 seconds. Step onto your other leg and do three hops forwards to finish in stillness. Continue down the course. Find a partner and synchronise your movements by good timing and balance.</p> <p>C. You'll be organised into lines or 'waves' to run backwards over 20m. Lift your heels up to your hip and stretch your foot backwards into the run. Return by walking down the sides so the next wave can go. Practise circling single arms forwards, and progress to combining the two, running backwards with arms circling forwards; it may take ages to co-ordinate, but that's the point of the exercise.</p>
<b>Throwing Skills</b>	<p>In twos, 10m apart, heave-throw a football over your right shoulder into your partner's hands. Standing with your back to him and your feet fixed, take the ball two-handed past both ears, left-right, and sling it from low to high without moving your braced left foot. Look for your partner before you throw, but don't collapse your left side. Now put the ball in a plastic bag, tie it once, and put your fingers through the handles, left first and right underneath in a basket-shape. Take a slow preliminary swing, and then speed up the release swing. To encourage accurate throwing, your coaches may give you team points for style, or 20 points for each catch.</p> <p>For longer throws, or for throws with a light hammer, you stand in two or three waves. On a signal, the No1s throw, and on another signal, the No 2s collect at speed. Markers can be set out at intervals to show how far you've thrown.</p>
<b>Conditioning</b>	<p>Find a partner and get a football. Your partner lies on his back on the floor with his feet on a bench, or feet up, legs crossed if one isn't available, and hands you the ball with two hands in a Sit Up. He lies back, shoulders on the floor, and then sits back up to collect the ball from your hands. Your coaches will ask you to do five each, and then change. Each time you swap, add on a repetition, so you do 5, 6, 7, 8, 9, and 10.</p> <p>Eventually you'll be able to work your way back down in the same session, 10, 9, 8, 7, 6, 5. You've been working your stomach muscles, your abdominals; this is called a 'core' exercise.</p>
<b>Cool Down &amp; Reflection</b>	<p>Catch a Partner's Tail: Play the Pairs version, or a Free Game, or Hunting in Pairs. Give the bands back as soon as you capture them.</p> <p>Your abdominals and quadriceps have been worked hard, so lie on your front and grasp your ankles for 20 seconds several times, feeling the tension in your back and the relaxation in your abs and quads. To make this exercise a bit easier, lie on your side and grasp one foot behind you, and stretch each side for 20 seconds in a bow-shape.</p> <p>Did you recover from losing your tail? It's only a game. Did you learn to bounce back better than ever?</p>

## Age 9/10 Block 3 and Sample Sessions

Age 9/10 - Criteria	Block 3 - Activities
<b>Game</b>	<b>Hoop Files:</b> Teams have three hoops laid out in front. Stop at each and put it over your head going up, and jump in to pull it over coming down.
<b>Agility</b>	Still in files, Jump from one foot to two into every hoop going up, and hop into every hoop coming back.
<b>Balance</b>	Inside your hoop, balance on the same hand and foot. Change.
<b>Co-ordination</b>	Put the hoop on the floor and bounce round it on two feet, in and out.
<b>Skills</b>	<p><b>Run:</b> Penguin Runs. In waves, jog 20m with straight knees and toes turned up like a penguin, which has no knees. In waves, penguin- run for 10m then sprint for 20m with high knees and toes turned up.</p> <p><b>Jump:</b> In files, hop-step-jump onto a mat off a three stride approach with an even rhythm, ta-ta-ta. A measuring tape has been laid out alongside the mat. How far can you triple jump off a three stride approach?</p> <p><b>Throw:</b> In twos, sling-throw a hoop over your partner 10m away from sitting; kneeling; standing; step backs. No 1s step back and sling a hoop over a cone 15m away, 50 points for encircling it, 20 points for hitting it. On a signal, No 2s collect and get ready.</p>
<b>Conditioning</b>	Froggies. In waves, do two-footed spring-jumps like a frog down a 20m course.
<b>Mental</b>	In the Hoop Files, did you remember the sequence on the way up and the different sequence on the way back?
<b>Emotional</b>	In the Hoop Files Race, if you made a mistake, did you correct it on the next run without feeling bad about the error. It's all right to make mistakes.
<b>Lifestyle</b>	It's all right to make mistakes. You could even learn from them.

RED: EVERY WEEK BLUE: WEEKS 1 & 4 GREEN: WEEKS 2 & 5 PURPLE: WEEKS 3 & 6

EVERY WEEK: Game / ABCs / Conditioning / Mental / Emotional / Lifestyle

WEEKS 1 & 4: Run / WEEKS 2 & 5: Jump / WEEKS 3 & 6: Throw

# 7 COACHES RESOURCE PACK

## Age 9/10 Block 3 and Sample Sessions

### EXAMPLE SESSION PLAN - Age 9/10 - BLOCK 3 - RUN, Weeks 1 & 4

<b>Equipment</b>	<p>A hoop between two, or four per file, or two per square. Six hurdles per file [or four at least]. A bench for every six [or every twelve if sharing], or use a step, or stadium stairs.</p>
<b>Warm Up &amp; ABC</b>	<p>Hoop Files: Teams are selected to stand in files, and four hoops laid out in a straight line ahead of each file using as much space as possible. On a signal, run forwards and stop in front of each hoop to pull it over your head, place it down and run to the next. After the fourth hoop, race back to your team to tag your next runner for the re-start. All sit down when you've finished to hear the points scores. Develop the game by stepping into the hoops and pulling them upwards. Progress to combining both versions, one on the way up and the other on the way down.</p> <p>A. Still in your files with the hoops in front, hop in and out of every hoop up the course and sprint back down to your place for the next in line to start.</p> <p>B. Pass the Parcel. In fours or still in your teams, sit in a square or circle and pass two hoops round with your feet, hands off the floor.</p> <p>C. Hula Hoops. Put the hoop round your middle and circle your hips to keep it up, no hands. Try for 10 gyrations or a 20-second spell before giving it to your partner. Keep swapping and giving each other advice. When expert, try for a record number of repetitions in 30 seconds</p>
<b>Running Skills</b>	<p>Stand one behind another in a file, with six hurdles spaced out a metre apart. Stretch your arms out and put one hand on top of the other for a 'dive' across. Up on your toes, bring your lead knee up high and dive across to land on one foot. Pause, then fold your rear leg sideways and bring your rear knee through high before putting that foot down and diving again. Your second hurdler starts as you reach hurdle 3. After a few turns, omit the pause to make your action continuous. After a few more turns, hold onto your left shorts leg with your left hand if you're a left leg lead, and dive with your right arm ahead, still pulling your rear knee through to the very front on landing.</p> <p>Split your team in two for a shuttle run, and turn half of your hurdles round the other way, but not touching, and about 6m apart with a 10m start. Run one at a time from one end to the other, free arms, diving horizontally across the 3 hurdles. Your coaches will give you marks for style.</p>
<b>Conditioning</b>	<p>On your own stand in the stride position, one foot in front of the other and opposite hands and feet forward. On a signal change feet. Have you changed arms as well? Try half a dozen of these and get into a rhythm. Develop this by standing in front of a bench, one foot on top. On a signal, start swapping feet and arms for 20 seconds, then change with your partner.</p> <p>You'll have to learn to distribute your weight evenly on each change. Progress to several 25-second bursts, then after a suitable rest, attempt 30 seconds. Your coaches will work out a suitable session for you, based on sets and reps, to get your pulse up to 160 beats per minute. You can test your pulse during the interval e.g. an 80 bpm pulse in 30 seconds is 160bpm. You may have to work in threes to have enough recovery.</p>
<b>Cool Down &amp; Reflection</b>	<p>Hoop Files: Select the version you would like to play, hoop over, hoop under, or both.</p> <p>Since you've been working your quads and calves hard in the conditioning, stand with your palms on a wall, one foot placed behind you, and stretch your calves for 20 seconds each twice by forcing your heel down on the floor. For your quads, lie on your side, grasp your top foot and pull it up your back whilst making a bow-shape, before changing sides. These stretching exercises are considered necessary to return your muscles to normal after a session. Were you able to bounce back from setbacks? That's what's important in sport and life.</p>

## Age 9/10 Block 3 and Sample Sessions

### EXAMPLE SESSION PLAN - Age 9/10 - BLOCK 3 - JUMP, Weeks 2 & 5

<b>Equipment</b>	Four hoops per file. A hoop between two. A mat per file, or go side-on to a sand pit.
<b>Warm Up &amp; ABC</b>	<p>Hoop Files: Teams are selected to stand in files, and four hoops laid out in a straight line ahead of each file using as much space as possible. On a signal, run forwards and stop in front of each hoop to pull it over your head, place it down and run to the next. After the fourth hoop, race back to your team to tag your next runner for the re-start. All sit down when you've finished to hear the points scores. Develop the game by stepping into the hoops and pulling them upwards. Progress to combining both versions, one on the way up and the other on the way down.</p> <p>A. Still in your files with the hoops in front, hop in and out of every hoop up the course and sprint back down to your place for the next in line to start.</p> <p>B. Pass the Parcel. In fours or fifth in your teams, sit in a square or circle and pass two hoops round with your feet, hands off the floor.</p> <p>C. Hula Hoops. Put the hoop round your middle and circle your hips to keep it up, no hands. Try for 10 gyrations or a 20-second spell before giving it to your partner. Keep swapping and giving each other advice. When expert, try for a record number of repetitions in 30 seconds</p>
<b>Jumping Skills</b>	<p>Stand in waves across the concourse. The front row set off hopping for 10-12m, followed by the second and third waves. Hop back up in the same way, and then prepare for stepping. Take giant steps as though you were running upstairs, front knee high and thigh parallel with the ground.</p> <p>Next time, take giant steps to finish on two feet in a jump, landing gently, or take kangaroo jumps, two feet to two, down the course.</p> <p>Try combination jumps of two hops, two steps and two jumps, then attempt threes.</p> <p>Join a file facing a mat, or side-on to a sandpit, and do a standing hop-step-jump from the closest marker, then from the middle one. If you're really good, start at the furthest marker, but check with your coaches first to make sure it's safe. Keep to an even rhythm, ta-ta-ta, and pay attention to style encouragement from your coaches.</p>
<b>Conditioning</b>	<p>On your own stand in the stride position, one foot in front of the other and opposite hands and feet forward. On a signal change feet. Have you changed arms as well? Try half a dozen of these and get into a rhythm. Develop this by standing in front of a bench, one foot on top. On a signal, start swapping feet and arms for 20 seconds, then change with your partner.</p> <p>You'll have to learn to distribute your weight evenly on each change. Progress to several 25-second bursts, then after a suitable rest, attempt 30 seconds. Your coaches will work out a suitable session for you, based on sets and reps, to get your pulse up to 160 beats per minute. You can test your pulse during the interval e.g. an 80 bpm pulse in 30 seconds is 160bpm. You may have to work in threes to have enough recovery.</p>
<b>Cool Down &amp; Reflection</b>	<p>Hoop Files: Select the version you would like to play, hoop over, hoop under, or both.</p> <p>Since you've been working your quads and calves hard in the conditioning, stand with your palms on a wall, one foot placed behind you, and stretch your calves for 20 seconds each twice by forcing your heel down on the floor. For your quads, lie on your side, grasp your top foot and pull it up your back whilst making a bow-shape, before changing sides. These stretching exercises are considered necessary to return your muscles to normal after a session. Were you able to bounce back from setbacks? That's what's important in sport and life.</p>

# 7 COACHES RESOURCE PACK

## Age 9/10 Block 3 and Sample Sessions

### EXAMPLE SESSION PLAN - Age 9/10 - BLOCK 3 - THROW, Weeks 3 & 6

<b>Equipment</b>	<p>A hoop between two.          A football between two.          A bench for every six.          A clock or stopwatch for pulse monitoring.</p>
<b>Warm Up &amp; ABC</b>	<p>Hoop Files: Teams are selected to stand in files, and four hoops laid out in a straight line ahead of each file using as much space as possible. On a signal, run forwards and stop in front of each hoop to pull it over your head, place it down and run to the next. After the fourth hoop, race back to your team to tag your next runner for the re-start. All sit down when you've finished to hear the points scores. Develop the game by stepping into the hoops and pulling them upwards. Progress to combining both versions, one on the way up and the other on the way down.</p> <p>A. Still in your files with the hoops in front, hop in and out of every hoop up the course and sprint back down to your place for the next in line to start.</p> <p>B. Pass the Parcel. In fours or still in your teams, sit in a square or circle and pass two hoops round with your feet, hands off the floor.</p> <p>C. Hula Hoops. Put the hoop round your middle and circle your hips to keep it up, no hands. Try for 10 gyrations or a 20-second spell before giving it to your partner. Keep swapping and giving each other advice. When expert, try for a record number of repetitions in 30 seconds</p>
<b>Throwing Skills</b>	<p>In pairs, stand 10- 15m from your partner with a football in one hand tucked into your neck and push-throw it high across.</p> <p>Still facing forwards, add in a knees-bend and a twist for more power. Develop the throw by starting sideways, feet apart and body twisted backwards. Straighten up, turn, and look for your partner's hands before standing up tall and throwing high. 10 points are awarded to the pair of you for every clean catch. Progress to starting sideways with your feet together, stepping back onto your right foot, and lobbing the ball up.</p> <p>Develop this push-throw by facing completely backwards, bowing low, suddenly stepping back onto your right foot, twisting, straightening up, and having a quick look to see where your partner is before bracing and standing up tall to deliver. This technique is called a 'Step-back'.</p> <p>In waves, the No1s step-back to throw the ball as far as possible on a signal and on a signal the No 2s collect and prepare to throw.</p> <p>Or, if space allows, the No1s throw to the No2s, who catch the ball after the first bounce and wait for the signal to throw back.</p>
<b>Conditioning</b>	<p>On your own stand in the stride position, one foot in front of the other and opposite hands and feet forward. On a signal change feet. Have you changed arms as well? Try half a dozen of these and get into a rhythm. Develop this by standing in front of a bench, one foot on top. On a signal, start swapping feet and arms for 20 seconds, then change with your partner.</p> <p>You'll have to learn to distribute your weight evenly on each change. Progress to several 25-second bursts, then after a suitable rest, attempt 30 seconds. Your coaches will work out a suitable session for you, based on sets and reps, to get your pulse up to 160 beats per minute. You can test your pulse during the interval e.g. an 80 bpm pulse in 30 seconds is 160bpm. You may have to work in threes to have enough recovery.</p>
<b>Cool Down &amp; Reflection</b>	<p>Hoop Files: Select the version you would like to play, hoop over, hoop under, or both.</p> <p>Since you've been working your quads and calves hard in the conditioning, stand with your palms on a wall, one foot placed behind you, and stretch your calves for 20 seconds each twice by forcing your heel down on the floor. For your quads, lie on your side, grasp your top foot and pull it up your back whilst making a bow-shape, before changing sides. These stretching exercises are considered necessary to return your muscles to normal after a session. Were you able to bounce back from setbacks? That's what's important in sport and life.</p>

## Age 9/10 Block 4 and Sample Sessions

Age 9/10 - Criteria   Block 4 - Activities	
<b>Game</b>	<b>Catch a Partner's Tail in Teams:</b> Two teams compete for a minute in an enclosed space. Any tails caught are counted, but given back at once.
<b>Agility</b>	<b>Skipping Ropes:</b> Take a space and skip two feet to two feet, turning the rope over your head and under your feet.
<b>Balance</b>	Stand on one leg and pass the shortened skipping rope back forwards under your other leg for 30 seconds without falling. Change legs.
<b>Co-ordination</b>	With the rope shortened to 50cm or so, do double-footed tuck jumps forwards over your rope.
<b>Skills</b>	<b>Run:</b> Slalom Runs. Each team has six cones every 2m in front of them. Slalom all the way up and back to your team. Slalom Relays. Weave all the way up and back before tagging your partner's shoulder for the re-start.
	<b>Jump:</b> In threes, two holding a rope in front of a mat, the third person doing Scissor jumps for 30 seconds. Change and change. Teams of six line up to Scissor Jump a rope onto a mat 'in stream' i.e. one after the other. Coaches give points for the most stylish jumps.
	<b>Throw:</b> In twos, partner stands with feet apart. Pull-throw a soft javelin two-handed to put it through your partner's feet. No 1s pull-throw a soft javelin one handed over their heads to hit a cone 10m away on a signal. On another signal, No 2s collect and get ready.
<b>Conditioning</b>	Put your beanbag close to a bench in the Push-Up position. Put the beanbag up on the bench with your left hand and put it back with your right.
<b>Mental</b>	In Catch a Partner's Tail, did you overcome your disappointment of losing yours and manage to recover enough to catch someone else's?
<b>Emotional</b>	Putting the beanbag on and off the bench is very tough. Were you able to keep going, even when you started to tire?
<b>Lifestyle</b>	Games and sports are good fun and teach you how to get on with others.

RED: EVERY WEEK BLUE: WEEKS 1 & 4 GREEN: WEEKS 2 & 5 PURPLE: WEEKS 3 & 6

EVERY WEEK: Game / ABCs / Conditioning / Mental / Emotional / Lifestyle

WEEKS 1 & 4: Run / WEEKS 2 & 5: Jump / WEEKS 3 & 6: Throw

# 7 COACHES RESOURCE PACK

## Age 9/10 Block 4 and Sample Sessions

### EXAMPLE SESSION PLAN - Age 9/10 - BLOCK 4 - RUN, Weeks 1 & 4

<b>Equipment</b>	<p>A band each.          Markers to enclose a space.          A skipping rope each.          Six cones per team.          A measuring tape, 4 chairs and a stopwatch for the Illinois Agility Run.          A bench for every six.          A beanbag each.</p>
<b>Warm Up &amp; ABC</b>	<p>Catch a Partner's Tail in teams. In an enclosed space, teams with different coloured bands compete to keep their tails for a minute. Any that are taken are counted and returned at once.</p> <p><b>A.</b> Practise jumping on the spot, two feet to two feet, high or low. Hold a rope in your hands and stand on it so it comes up almost to shoulder height, and skip two-footed, turning the rope underneath and over your head [skipping]. Skip for 20 seconds at a time and wait for advice.</p> <p><b>B.</b> Shorten your rope and, standing on one foot, pass the rope backwards and forwards under your other leg for 30 seconds without losing balance. Change legs.</p> <p><b>C.</b> Practise double footed jumps on the spot, tucking your knees up to your chin every third or fourth rebound. Pick up the rope and shorten it to about 50cm. With the same jumping technique, do tuck jumps and pass the rope under your feet every fourth bounce. Progress to passing the rope from back to front under your feet, and then develop a sequence of forwards and backwards.</p>
<b>Running Skills</b>	<p>In an enclosed area, weave in and out of the other runners before stopping on a signal. Try not to brush anybody else by anticipating where the space will be as you pass through, and change your pace to slip through the gap easy. Progress by making the area smaller.</p> <p>Develop by standing in files with 6 cones in a straight line ahead of each file, 2m apart. On a signal, the whole team weave all the way up and sprint straight back to your places. Progress to running one at a time, tagging the next person on your return.</p> <p>Sidestepping can be learnt by taking your weight on your outside foot and pushing off.</p> <p>For extra practice, slalom up and back as well.</p> <p>Find out about the Illinois Agility Run, and take the chance to be tested when time allows. Lie down, and on a signal leap up and sprint 10m up and down, then slalom round 4 chairs 3.3m apart up and down, then sprint up and down to finish, timed to the nearest 0.1 seconds.</p>
<b>Conditioning</b>	<p>Take up the Push Up position in front of a bench and place a beanbag just in front of you and close to the bench. Begin by putting it up on the bench with your left hand and placing it back down with your right. Try to keep your hips high and your back from hollowing. How many times can you replace your beanbag in each 30-second spell?</p> <p>You'll feel this very strongly in your triceps, which straighten your arms, but you'll also tire your core, your back muscles and your abdominals, because you have to fight to maintain your straight posture during the arm action.</p>
<b>Cool Down &amp; Reflection</b>	<p>Catch a Partner's tail in teams. Play the elimination version - those who lose their tails are out until the round finishes, when they can play again.</p> <p>You'll want to stretch off your triceps by bringing one arm across your body and pulling your elbow further across with your other hand. Stretch your trunk by fixing your feet wide apart and twisting round as far as you can to each side. Clasp your hands high above your head and lean over as far as you can for 20 seconds to one side, then the other. To finish, all run easily in the spaces, looking for gaps and slipping through, for 1-2 minutes.</p> <p>Are you developing persistence, keeping going even when you're tired or beaten.</p> <p>You'll always be praised for your admirable efforts.</p>

## Age 9/10 Block 4 and Sample Sessions

### EXAMPLE SESSION PLAN - Age 9/10 - BLOCK 4 - JUMP, Weeks 2 & 5

<b>Equipment</b>	<p>Coloured bands for everyone.          Four cardboard hurdles per team.          A skipping rope each, or one between two, or one for each team.          A bench or step among 5-6, and a beanbag each or between two.          A watch for timing 30 seconds.</p>
<b>Warm Up &amp; ABC</b>	<p>Catch a Partner's Tail in teams. In an enclosed space, teams with different coloured bands compete to keep their tails for a minute. Any that are taken are counted and returned at once.</p> <p><b>A.</b> Practise jumping on the spot, two feet to two feet, high or low. Hold a rope in your hands and stand on it so it comes up almost to shoulder height, and skip two-footed, turning the rope underneath and over your head [skipping]. Skip for 20 seconds at a time and wait for advice.</p> <p><b>B.</b> Shorten your rope and, standing on one foot, pass the rope backwards and forwards under your other leg for 30 seconds without losing balance. Change legs.</p> <p><b>C.</b> Practise double footed jumps on the spot, tucking your knees up to your chin every third or fourth rebound. Pick up the rope and shorten it to about 50cm. With the same jumping technique, do tuck jumps and pass the rope under your feet every fourth bounce. Progress to passing the rope from back to front under your feet, and then develop a sequence of forwards and backwards.</p>
<b>Jumping Skills</b>	<p>Four cardboard hurdles about 2m apart are laid out on a slight diagonal for each team. One at a time, you run and jump across these hurdles from one foot to the other before running back to your team mates. After a few minutes, take your team to the other end and clear your hurdles with your other leg leading. You may have a preference for which foot leads.</p> <p>In threes, two hold a skipping rope while the third does Scissor Jumps across it for style. Change every 30 seconds or so.</p> <p>In teams, line up to Scissor Jump across a rope or bungee onto a mat or into a sand pit 'in stream' i.e. without a break. This can also be done on grass or AstroTurf without mat or pit as long as the height is modest. Your coaches will encourage a lifting arm action and a high lead leg, and may even ask you to attempt to land on both feet. Points can be awarded for style, and the rope holders can adjust the height for individuals.</p>
<b>Conditioning</b>	<p>Take up the Push Up position in front of a bench and place a beanbag just in front of you and close to the bench. Begin by putting it up on the bench with your left hand and placing it back down with your right. Try to keep your hips high and your back from hollowing. How many times can you replace your beanbag in each 30-second spell?</p> <p>You'll feel this very strongly in your triceps, which straighten your arms, but you'll also tire your core, your back muscles and your abdominals, because you have to fight to maintain your straight posture during the arm action.</p>
<b>Cool Down &amp; Reflection</b>	<p>Catch a Partner's tail in teams. Play the elimination version - those who lose their tails are out until the round finishes, when they can play again.</p> <p>You'll want to stretch off your triceps by bringing one arm across your body and pulling your elbow further across with your other hand. Stretch your trunk by fixing your feet wide apart and twisting round as far as you can to each side. Clasp your hands high above your head and lean over as far as you can for 20 seconds to one side, then the other. To finish, all run easily in the spaces, looking for gaps and slipping through, for 1-2 minutes.</p> <p>Are you developing persistence, keeping going even when you're tired or beaten.          You'll always be praised for your admirable efforts.</p>



### EXAMPLE SESSION PLAN - Age 9/10 - BLOCK 4 - THROW, Weeks 3 & 6

<b>Equipment</b>	<p>A coloured band each.          A skipping rope each.          A beanbag and a soft javelin between two.          A cone for each of the first wave of throwers.          A garden cane or turbo javelin for the progression.          Benches or steps or stairs for the conditioning exercise, and a watch to time it.</p>
<b>Warm Up &amp; ABC</b>	<p>Catch a Partner's Tail in teams. In an enclosed space, teams with different coloured bands compete to keep their tails for a minute. Any that are taken are counted and returned at once.</p> <p><b>A.</b> Practise jumping on the spot, two feet to two feet, high or low. Hold a rope in your hands and stand on it so it comes up almost to shoulder height, and skip two-footed, turning the rope underneath and over your head [skipping]. Skip for 20 seconds at a time and wait for advice.</p> <p><b>B.</b> Shorten your rope and, standing on one foot, pass the rope backwards and forwards under your other leg for 30 seconds without losing balance. Change legs.</p> <p><b>C.</b> Practise double footed jumps on the spot, tucking your knees up to your chin every third or fourth rebound. Pick up the rope and shorten it to about 50cm. With the same jumping technique, do tuck jumps and pass the rope under your feet every fourth bounce. Progress to passing the rope from back to front under your feet, and then develop a sequence of forwards and backwards.</p>
<b>Throwing Skills</b>	<p>In twos, pull-throw a beanbag into your partner's hands 10m away by pinching it and hanging the beanbag over your shoulder, elbow leading. Suddenly straighten your elbow and send the beanbag high into your partner's cupped hands, and then catch the return.</p> <p>Turn sideways and stand in the cartwheel start position with elbows straight and then suddenly bend your right elbow, touch your shoulder with the beanbag and throw it to your partner.</p> <p>Stand with your feet apart and watch while your partner pull-throws a soft javelin so it flies between your feet and then take a wide sideways stance to pull-throw it back. You score 20 points for every 'goal'. Throw straight by pulling over your head, or at least over your shoulder.</p> <p>Stand in waves with a cone opposite the front row. On a signal, pull-throw your javelin over your head to strike your cone 10m away for 20 points and then stand still. On a second signal, the second wave runs out to collect and get ready to throw. At 15m, 50 points are awarded, and at 20m, 100 points. Try to keep your javelin straight by throwing the tail through the point. Perhaps you can use garden canes next time, or turbo javelins?</p>
<b>Conditioning</b>	<p>Take up the Push Up position in front of a bench and place a beanbag just in front of you and close to the bench. Begin by putting it up on the bench with your left hand and placing it back down with your right. Try to keep your hips high and your back from hollowing. How many times can you replace your beanbag in each 30-second spell?</p> <p>You'll feel this very strongly in your triceps, which straighten your arms, but you'll also tire your core, your back muscles and your abdominals, because you have to fight to maintain your straight posture during the arm action.</p>
<b>Cool Down &amp; Reflection</b>	<p>Catch a Partner's tail in teams. Play the elimination version - those who lose their tails are out until the round finishes, when they can play again.</p> <p>You'll want to stretch off your triceps by bringing one arm across your body and pulling your elbow further across with your other hand. Stretch your trunk by fixing your feet wide apart and twisting round as far as you can to each side. Clasp your hands high above your head and lean over as far as you can for 20 seconds to one side, then the other. To finish, all run easily in the spaces, looking for gaps and slipping through, for 1-2 minutes.</p> <p>Are you developing persistence, keeping going even when you're tired or beaten.          You'll always be praised for your admirable efforts.</p>

## Age 9/10 Block 5 and Sample Sessions

Age 9/10 - Criteria	Block 5 - Activities
<b>Game</b>	<b>Catch a Partner's Tail in Teams:</b> Two teams compete for a minute in an enclosed space. Any tails caught are counted, but given back at once.
<b>Agility</b>	<b>Skipping Ropes:</b> Take a space and skip two feet to two feet, turning the rope over your head and under your feet.
<b>Balance</b>	Stand on one leg and pass the shortened skipping rope back forwards under your other leg for 30 seconds without falling. Change legs.
<b>Co-ordination</b>	With the rope shortened to 50cm or so, do double-footed tuck jumps forwards over your rope.
<b>Skills</b>	<b>Run:</b> Slalom Runs. Each team has six cones every 2m in front of them. Slalom all the way up and back to your team. Slalom Relays. Weave all the way up and back before tagging your partner's shoulder for the re-start.
	<b>Jump:</b> In threes, two holding a rope in front of a mat, the third person doing Scissor jumps for 30 seconds. Change and change. Teams of six line up to Scissor Jump a rope onto a mat 'in stream' i.e. one after the other. Coaches give points for the most stylish jumps.
	<b>Throw:</b> In twos, partner stands with feet apart. Pull-throw a soft javelin two-handed to put it through your partner's feet. No 1s pull-throw a soft javelin one handed over their heads to hit a cone 10m away on a signal. On another signal, No 2s collect and get ready.
<b>Conditioning</b>	Put your beanbag close to a bench in the Push-Up position. Put the beanbag up on the bench with your left hand and put it back with your right.
<b>Mental</b>	In Catch a Partner's Tail, did you overcome your disappointment of losing yours and manage to recover enough to catch someone else's?
<b>Emotional</b>	Putting the beanbag on and off the bench is very tough. Were you able to keep going, even when you started to tire?
<b>Lifestyle</b>	Games and sports are good fun and teach you how to get on with others.

RED: EVERY WEEK BLUE: WEEKS 1 & 4 GREEN: WEEKS 2 & 5 PURPLE: WEEKS 3 & 6

EVERY WEEK: Game / ABCs / Conditioning / Mental / Emotional / Lifestyle

WEEKS 1 & 4: Run / WEEKS 2 & 5: Jump / WEEKS 3 & 6: Throw

# 7 COACHES RESOURCE PACK

## Age 9/10 Block 5 and Sample Sessions

### EXAMPLE SESSION PLAN - Age 9/10 - BLOCK 5 - RUN, Weeks 1 & 4

<b>Equipment</b>	Four hoops per team.
<b>Warm Up &amp; ABC</b>	<p><b>Hoop Files:</b> Teams stand one behind the other in files with four hoops in front of each team. Like a train, your whole team runs up over the hoops putting one foot quickly in each, and then sprints past them to places. Develop by hopping up, a foot in each hoop, and sprinting back. Progress to going feet-first into the hoop going up and sprinting back, one at a time, tagging the next runner.</p> <p><b>A.</b> Still in files, one at a time jump from one foot to two into each hoop going up, and hop into every hoop coming back. Your coaches may set additional tasks to challenge the accuracy of your footwork and use of your eyes. Listen carefully so you know what the task is.</p> <p><b>B.</b> Each team sends a player forward to every hoop, where they demonstrate a balance on one hand and one foot inside the hoop, then swap hand and foot for another 15-second balance.</p> <p><b>C.</b> A hoop each with space around it. Without touching it, bounce round about it on two feet, keeping your ankles together. Progress to bouncing in and out, forwards and backwards; and side to side. Bounce all around the hoop four times, alternatively bouncing in and out.</p>
<b>Running Skills</b>	<p>On your own in a space, walking with toes turned in. On an instruction walk with toes turned out. Watch your feet to see yourself 'heel and toe' i.e. turn your toes up and walk heel to toe in short steps. Sit with straight legs and practise turning your toes up and down to feel which muscles work. Close your eyes to feel how your shin works during this exercise.</p> <p>Stand in waves. The front row attempts the 'no-knees' run of the penguin for 20m, followed in turn by the second and third waves. On the spot, you stiffen one knee and examine your toes - are they turned up? Stiffen your other knee and examine your turned up toes. Try the Penguin Runs again, with stiff knees and turned up toes.</p> <p>In waves, Penguin-run for 10m and then sprint for the next 20m for style. Your coaches will tell you if you managed to keep your toes turned up as you sprinted. You should try to lift both the knee and toe of your leg as you sprint, because it lets you strike the ground better.</p>
<b>Conditioning</b>	<p>Kangaroo bounds. Do two-footed bounds down a 20m course. Return by jogging back down the sides to allow others to come bounding up.</p> <p>Ostrich Runs. Race up with giant strides like a racing ostrich, and return by walking back down the sides.</p> <p>Froggies: In waves. On a signal the first wave sets off doing two-footed spring-jumps like a frog down a 20m course springing up and forwards from two feet and two hands. The next wave starts when the first one finishes.</p> <p>Penguin Runs: Keep your toes pointing up and do the 'no knees' run of a penguin.</p>
<b>Cool Down &amp; Reflection</b>	<p>Hoop files: Play any version of the game.</p> <p>Your quads and calves will be tight when you finish this, so stand with both your palms on a wall, and place one foot behind you. Put your heel down flat and feel the stretch between your knee and foot. Change legs.</p> <p>Lie on your side and grasp your top foot behind you. Pull it in towards your hip and make a bow shape to stretch your quads. Change legs.</p> <p>In twos, stand behind your partner and lift one of his feet up behind him till he can feel the stretch in the quads. Stand with palms pressed against a wall for balance and let your partner lift your foot high behind you so your muscles return to normal.</p> <p>Can you see the benefits of working in twos, or in teams? What are they?</p> <p>Is it all right to make mistakes?</p>

## Age 9/10 Block 5 and Sample Sessions

### EXAMPLE SESSION PLAN - Age 9/10 - BLOCK 5 - JUMP, Weeks 2 & 5

<b>Equipment</b>	<p>A hoop each, or four per team, or one between two.                  Three mats per team, laid out in front.                  A measuring tape. A triple jump mat.</p>
<b>Warm Up &amp; ABC</b>	<p><b>Hoop Files:</b> Teams stand one behind the other in files with four hoops in front of each team. Like a train, your whole team runs up over the hoops putting one foot quickly in each, and then sprints past them to places. Develop by hopping up, a foot in each hoop, and sprinting back. Progress to going feet-first into the hoop going up and sprinting back, one at a time, tagging the next runner.</p> <p><b>A.</b> Still in files, one at a time jump from one foot to two into each hoop going up, and hop into every hoop coming back. Your coaches may set additional tasks to challenge the accuracy of your footwork and use of your eyes. Listen carefully so you know what the task is.</p> <p><b>B.</b> Each team sends a player forward to every hoop, where they demonstrate a balance on one hand and one foot inside the hoop, then swap hand and foot for another 15-second balance.</p> <p><b>C.</b> A hoop each with space around it. Without touching it, bounce round about it on two feet, keeping your ankles together. Progress to bouncing in and out, forwards and backwards; and side to side. Bounce all around the hoop four times, alternatively bouncing in and out.</p>
<b>Jumping Skills</b>	<p><b>Stepping stones:</b> In files, with three mats in front of each team, a metre apart, the first jumpers set off. To avoid getting your feet wet, use the mats to 'cross the stream'. Return by jogging back down the sides to allow others across. Progress by placing the mats slightly further apart. Note that you may now need giant steps to clear the stream, so step up high to bound across. Bring the mats in a little closer together and hop across the stones. Develop these skills by standing on one foot ready to hop onto the first mat [on the same foot], change foot for the second mat, and land on both feet on the third mat. Your coaches could colour code it with spot markers. You've just done a hop, step &amp; jump. Try to make it flow smoothly.</p> <p>Two ability groups will be set up by the coaches, with a measuring tape lying between them. Off three strides, complete a hop, step &amp; jump onto the mats at the end and see how far you've jumped. If you have a soft triple jump mat with all the measurements on it, use it instead.</p>
<b>Conditioning</b>	<p>Kangaroo bounds. Do two-footed bounds down a 20m course. Return by jogging back down the sides to allow others to come bounding up.</p> <p>Ostrich Runs. Race up with giant strides like a racing ostrich, and return by walking back down the sides.</p> <p>Froggies: In waves. On a signal the first wave sets off doing two-footed spring-jumps like a frog down a 20m course springing up and forwards from two feet and two hands. The next wave starts when the first one finishes.</p> <p>Penguin Runs: Keep your toes pointing up and do the 'no knees' run of a penguin.</p>
<b>Cool Down &amp; Reflection</b>	<p>Hoop files: Play any version of the game.</p> <p>Your quads and calves will be tight when you finish this, so stand with both your palms on a wall, and place one foot behind you. Put your heel down flat and feel the stretch between your knee and foot. Change legs.</p> <p>Lie on your side and grasp your top foot behind you. Pull it in towards your hip and make a bow shape to stretch your quads. Change legs.</p> <p>In twos, stand behind your partner and lift one of his feet up behind him till he can feel the stretch in the quads. Stand with palms pressed against a wall for balance and let your partner lift your foot high behind you so your muscles return to normal.</p> <p>Can you see the benefits of working in twos, or in teams? What are they?</p> <p>Is it all right to make mistakes?</p>

# 7 COACHES RESOURCE PACK

## Age 9/10 Block 5 and Sample Sessions

### EXAMPLE SESSION PLAN - Age 9/10 - BLOCK 5 - THROW, Weeks 3 & 6

<b>Equipment</b>	Four hoops per file, and one hoop between two for the skills. A cone between two for target practice or between four if necessary.
<b>Warm Up &amp; ABC</b>	<p><b>Hoop Files:</b> Teams stand one behind the other in files with four hoops in front of each team. Like a train, your whole team runs up over the hoops putting one foot quickly in each, and then sprints past them to places. Develop by hopping up, a foot in each hoop, and sprinting back. Progress to going feet-first into the hoop going up and sprinting back, one at a time, tagging the next runner.</p> <p><b>A.</b> Still in files, one at a time jump from one foot to two into each hoop going up, and hop into every hoop coming back. Your coaches may set additional tasks to challenge the accuracy of your footwork and use of your eyes. Listen carefully so you know what the task is.</p> <p><b>B.</b> Each team sends a player forward to every hoop, where they demonstrate a balance on one hand and one foot inside the hoop, then swap hand and foot for another 15-second balance.</p> <p><b>C.</b> A hoop each with space around it. Without touching it, bounce round about it on two feet, keeping your ankles together. Progress to bouncing in and out, forwards and backwards; and side to side. Bounce all around the hoop four times, alternatively bouncing in and out.</p>
<b>Throwing Skills</b>	<p>Partners sit 10m apart and try to sling a hoop over each other. Throw low to high and keep your palm flat when you release. Kneel up tall and try the same thing; you'll be able to twist a little more before you throw. Stand side-on with your feet wide apart; wind up to prepare, and unwind to throw. Now start with your feet together sideways, but step backwards into a twist and spring up and unwind to sling. You could be 20m apart by now.</p> <p>Stand in two waves. The front wave have a hoop in hand, and a cone each 15m away. In the second wave, wait until your partner throws at the cone and on a signal from the coach race out to bring the hoop back and get ready. You score 20 points for striking your cone, 50 for ringing it.</p>
<b>Conditioning</b>	<p>Kangaroo bounds. Do two-footed bounds down a 20m course. Return by jogging back down the sides to allow others to come bounding up.</p> <p>Ostrich Runs. Race up with giant strides like a racing ostrich, and return by walking back down the sides.</p> <p>Froggies: In waves. On a signal the first wave sets off doing two-footed spring-jumps like a frog down a 20m course springing up and forwards from two feet and two hands. The next wave starts when the first one finishes.</p> <p>Penguin Runs: Keep your toes pointing up and do the 'no knees 'run of a penguin.</p>
<b>Cool Down &amp; Reflection</b>	<p>Hoop files: Play any version of the game.</p> <p>Your quads and calves will be tight when you finish this, so stand with both your palms on a wall, and place one foot behind you. Put your heel down flat and feel the stretch between your knee and foot.</p> <p>Change legs.</p> <p>Lie on your side and grasp your top foot behind you. Pull it in towards your hip and make a bow shape to stretch your quads. Change legs.</p> <p>In twos, stand behind your partner and lift one of his feet up behind him till he can feel the stretch in the quads. Stand with palms pressed against a wall for balance and let your partner lift your foot high behind you so your muscles return to normal.</p> <p>Can you see the benefits of working in twos, or in teams? What are they?</p> <p>Is it all right to make mistakes?</p>

## Age 9/10 Block 6 and Sample Sessions

Age 9/10 - Criteria   Block 6 - Activities	
<b>Game</b>	<b>Dodge Ball.</b> Three catchers wearing bibs throw a sponge ball to strike players below the knee. Sit down when caught till tapped by another player.
<b>Agility</b>	On the spot, jump up off two feet and try a half turn; three-quarter turn; complete 360 degree turn, to land solidly on two feet in balance.
<b>Balance</b>	Stand facing backwards on your right foot if you're right-handed. Glide backwards on this foot to land on two, like a shot putter. Land in stillness.
<b>Co-ordination</b>	Put a beanbag on the floor in front of you. Tap it with your feet left-right-left-right continuously 30 times in 30 seconds.
<b>Skills</b>	<p><b>Run:</b> In files, Hurdle Walk over 6 hurdles a metre apart, lifting your front knee high and stepping down the back quickly.</p> <p>Shuttle Relay. Run over the hurdles set 5-6m apart, lifting your lead knee high and flicking your heel over. If you knock one over, replace it quickly.</p> <p><b>Jump:</b> In waves, practise running off five steps and jumping off one foot, high knee, to half-turn onto a mat or into a pit.</p> <p>Pole Vault. Off five strides, run and jump for the pole, high knee, before turning and facing backwards to land on two feet on the mat or in the pit.</p> <p><b>Throw:</b> In twos, attach a short rope to a rubber ring, and, taking plenty of room, practise swinging it round your neck, brushing your hair. Change.</p> <p>No 1s take two swings with the rope and release over your left shoulder [for right-handers]. No 2s collect on a signal and get ready.</p>
<b>Conditioning</b>	Circular courses have been laid out. Jog or run for 7-8 minutes without stopping.
<b>Mental</b>	On the circular course, 8 minutes is a long time; did you think what kind of pace you would have to set yourself to last the entire run?
<b>Emotional</b>	It's tough to endure for eight minutes in a run. Did you have the confidence to run at a steady pace and know that you would finish.
<b>Lifestyle</b>	Coaches are keen to develop your self-confidence, your belief in yourself and your abilities.

RED: EVERY WEEK BLUE: WEEKS 1 & 4 GREEN: WEEKS 2 & 5 PURPLE: WEEKS 3 & 6

EVERY WEEK: Game / ABCs / Conditioning / Mental / Emotional / Lifestyle

WEEKS 1 & 4: Run / WEEKS 2 & 5: Jump / WEEKS 3 & 6: Throw

# 7 COACHES RESOURCE PACK

## Age 9/10 Block 6 and Sample Sessions

### EXAMPLE SESSION PLAN - Age 9/10 - BLOCK 6 - RUN, Weeks 1 & 4

<b>Equipment</b>	A coned off area, 3 bibs and a light ball for Dodge Ball. A beanbag or a rubber ring each for the foot and eye co-ordination, or one between two. Six hurdles per file, or four minimum so that at least two can be used for each leg of the shuttle relay. The original markers can be used to mark an oval or circuit 150-200m round for the conditioning run.
<b>Warm Up &amp; ABC</b>	<b>Dodge Ball.</b> An area is marked off with cones and everyone stands inside. Three catchers wearing bibs chase the rest by accurate passing and try to strike them below the knee by throwing the ball. When you're caught, sit down until another free player taps you on the shoulder to revive you. New chasers start the next game. As a chaser, run to get close to a free player to receive a scoring pass. <b>A.</b> On your own in a space, jump up off two feet as high as you can, do a half-turn at the top, and land facing the other way. After a few successful attempts, try a three-quarter turn. If successful, try complete turns, landing solidly on two feet in balance. <b>B.</b> Stand facing backwards on your right foot with your right-hand against your neck like a shot putter. Lean over to make a 'T' shape, your back flat, and your other leg raised. Glide backwards off your right heel to land on both feet in balance, your chin still over your knee and toe. <b>C.</b> Put a beanbag or a rubber ring on the floor just in front of you. Free your left foot, weight on your right, and tap the beanbag left-right-left-right for 30 seconds, transferring your weight from foot to foot as you go.
<b>Running Skills</b>	Stand one behind the other in files, with 6 hurdles a metre apart in front of each file. When the person ahead of you reaches hurdle two, start walking over as well, lifting your front knee high in front of your shoulder and then dropping your front foot down the back of each hurdle. Start slowly and accurately, but speed up after 3- 4 turns, making sure your front knee and foot are always going in straight lines and not out to the side. Split your file into two halves and turn one set of hurdles round the other way for the down side half. Your coaches will set them up 5-6 metres apart with approximately a 10m start and finish. Jog, then run, and then sprint over as accurately as you can, lifting your front knee high and stepping down the back of each hurdle. Your partner will start as you go past. Points will be given for style to the nearest hurdlers.
<b>Conditioning</b>	A circular or oval course has been marked out on the grass for you to jog round. Your coaches will tell you how long the run will last, so try to keep going without stopping, building up to 7-8 minutes or whatever your coaches suggest. Try to pace your effort evenly. Your coaches may be interested in your pulse rate and how you recover from exercise, so they may show you how to take the pulse on your wrist for 30 seconds, wait another minute, and then take it again as a measure of your fitness. Doubling your 30-second pulse gives you your pulse rate in beats per minute.
<b>Cool Down &amp; Reflection</b>	Play Dodge Ball as a cool down with new chasers. When you see a shot coming, watch it carefully and either dodge to the side or jump clear. Kneel, sit on your heels, and stretch your arms out in front of you, your palms on the floor or ground just wider than your shoulders. Press your chest down into the space to flatten your upper back for 10 seconds 3-4 times. Stand up and do 20 double arm circles forwards and backwards. Lie on your back with your arms stretched out sideways at shoulder level, your palms on the floor or ground. Keeping your arms stiff and fixed on the ground, breathe in deeply for 8 seconds, hold it for 8 seconds, and breathe out slowly for 8 seconds. You'll feel your rib muscles being stretched.

## Age 9/10 Block 6 and Sample Sessions

### EXAMPLE SESSION PLAN - Age 9/10 - BLOCK 6 - JUMP, Weeks 2 & 5

<b>Equipment</b>	<p>A coned off area, 3 bibs and a light ball for Dodge Ball.                  A beanbag or a rubber ring each for the foot and eye co-ordination, or one between two.                  A mat for each person in the first wave, or one mat per file.                  A pole.                  A bungee.                  The original markers can be used to mark an oval or circuit 150-200m round for the conditioning run.</p>
<b>Warm Up &amp; ABC</b>	<p><b>Dodge Ball.</b> An area is marked off with cones and everyone stands inside. Three catchers wearing bibs chase the rest by accurate passing and try to strike them below the knee by throwing the ball. When you're caught, sit down until another free player taps you on the shoulder to revive you. New chasers start the next game. As a chaser, run to get close to a free player to receive a scoring pass.</p> <p><b>A.</b> On your own in a space, jump up off two feet as high as you can, do a half-turn at the top, and land facing the other way. After a few successful attempts, try a three-quarter turn. If successful, try complete turns, landing solidly on two feet in balance.</p> <p><b>B.</b> Stand facing backwards on your right foot with your right-hand against your neck like a shot putter. Lean over to make a 'T' shape, your back flat, and your other leg raised. Glide backwards off your right heel to land on both feet in balance, your chin still over your knee and toe.</p> <p><b>C.</b> Put a beanbag or a rubber ring on the floor just in front of you. Free your left foot, weight on your right, and tap the beanbag left-right-left-right for 30 seconds, transferring your weight from foot to foot as you go.</p>
<b>Jumping Skills</b>	<p>In waves or files with a mat for each person. Run five steps and jump off one foot, knee high to half-turn and land in balance. If landing on a mat, you can let yourself go backwards into a backward roll. And if you have the gymnastic skill, someone can grab your ankle as you come over in the roll and haul you up into handstand before letting you down gently on your signal. Or you can donkey kick down and stand in the 'Y' by yourself.</p> <p>Your coach stands with the pole embedded in the sandpit and angled towards you. Run, jump with your knee up, rock back, both feet up and half-turn to land. A bungee can be stretched across the pit to give you a clearance. Or if you have a pole vault mat, land and roll backwards, or stand in the 'Y'. If going one at a time, a return activity would give more activity: clear two low hurdles on the way back, the first by jumping over with a half twist and the second with a backwards roll into a jack knife over.</p>
<b>Conditioning</b>	<p>A circular or oval course has been marked out on the grass for you to jog round. Your coaches will tell you how long the run will last, so try to keep going without stopping, building up to 7-8 minutes or whatever your coaches suggest. Try to pace your effort evenly. Your coaches may be interested in your pulse rate and how you recover from exercise, so they may show you how to take the pulse on your wrist for 30 seconds, wait another minute, and then take it again as a measure of your fitness. Doubling your 30-second pulse gives you your pulse rate in beats per minute.</p>
<b>Cool Down &amp; Reflection</b>	<p>Play Dodge Ball as a cool down with new chasers. When you see a shot coming, watch it carefully and either dodge to the side or jump clear.</p> <p>Kneel, sit on your heels, and stretch your arms out in front of you, your palms on the floor or ground just wider than your shoulders. Press your chest down into the space to flatten your upper back for 10 seconds 3-4 times. Stand up and do 20 double arm circles forwards and backwards.</p> <p>Lie on your back with your arms stretched out sideways at shoulder level, your palms on the floor or ground. Keeping your arms stiff and fixed on the ground, breathe in deeply for 8 seconds, hold it for 8 seconds, and breathe out slowly for 8 seconds. You'll feel your rib muscles being stretched.</p>



# 7 COACHES RESOURCE PACK

## Age 9/10 Block 6 and Sample Sessions

### EXAMPLE SESSION PLAN - Age 9/10 - BLOCK 6 - THROW, Weeks 3 & 6

<b>Equipment</b>	<p>A small football for Dodge Ball.          A beanbag each.          A light hammer between two or three, or a rubber ring with a short rope doubled and attached.          If no ropes or rings are available, simulate with a football, or a football in a plastic bag, tied once to give you handles.          Six cones or markers to construct the two bends of a track or course, inside or out.          A watch for pulse testing.</p>
<b>Warm Up &amp; ABC</b>	<p><b>Dodge Ball.</b> An area is marked off with cones and everyone stands inside. Three catchers wearing bibs chase the rest by accurate passing and try to strike them below the knee by throwing the ball. When you're caught, sit down until another free player taps you on the shoulder to revive you. New chasers start the next game. As a chaser, run to get close to a free player to receive a scoring pass.</p> <p><b>A.</b> On your own in a space, jump up off two feet as high as you can, do a half-turn at the top, and land facing the other way. After a few successful attempts, try a three-quarter turn. If successful, try complete turns, landing solidly on two feet in balance.</p> <p><b>B.</b> Stand facing backwards on your right foot with your right-hand against your neck like a shot putter. Lean over to make a 'T' shape, your back flat, and your other leg raised. Glide backwards off your right heel to land on both feet in balance, your chin still over your knee and toe.</p> <p><b>C.</b> Put a beanbag or a rubber ring on the floor just in front of you. Free your left foot, weight on your right, and tap the beanbag left-right-left-right for 30 seconds, transferring your weight from foot to foot as you go.</p>
<b>Throwing Skills</b>	<p>Attach a short rope to a rubber ring, or find a light hammer. Taking plenty of room, stand with feet shoulder width apart and swing the hammer round your head, brushing your hair with your forearm. Make sure the ball, or ring, goes behind you on each swing. After six swings, give it to your partner. Imagine that when the ball or ring passes your right heel, you could pull or heave it round and up over your left shoulder. Feel this when you take three preliminary swings, slow/medium/ fast. Stand in waves, the front wave with plenty of room. Swing twice before heave-throwing over your left shoulder, fixing your left foot and bracing.</p> <p>On a second signal, the No 2s collect the hammers and bring them back. Turn your back to the throwing area and place grip the rope or handle.</p> <p>Start with the hammer beside your right heel, and lift your arms diagonally across your body to start on the signal. Stand still when you've thrown.</p>
<b>Conditioning</b>	<p>A circular or oval course has been marked out on the grass for you to jog round. Your coaches will tell you how long the run will last, so try to keep going without stopping, building up to 7-8 minutes or whatever your coaches suggest. Try to pace your effort evenly. Your coaches may be interested in your pulse rate and how you recover from exercise, so they may show you how to take the pulse on your wrist for 30 seconds, wait another minute, and then take it again as a measure of your fitness. Doubling your 30-second pulse gives you your pulse rate in beats per minute.</p>
<b>Cool Down &amp; Reflection</b>	<p>Play Dodge Ball as a cool down with new chasers. When you see a shot coming, watch it carefully and either dodge to the side or jump clear.</p> <p>Kneel, sit on your heels, and stretch your arms out in front of you, your palms on the floor or ground just wider than your shoulders. Press your chest down into the space to flatten your upper back for 10 seconds 3-4 times. Stand up and do 20 double arm circles forwards and backwards.</p> <p>Lie on your back with your arms stretched out sideways at shoulder level, your palms on the floor or ground. Keeping your arms stiff and fixed on the ground, breathe in deeply for 8 seconds, hold it for 8 seconds, and breathe out slowly for 8 seconds. You'll feel your rib muscles being stretched.</p>

## Age 9/10 Block 7 and Sample Sessions

Age 9/10 - Criteria	Block 7 - Activities
<b>Game</b>	<b>Skittle Ball.</b> A cone or skittle is put inside a hoop at either end of the gym. By throwing quick passes, get the ball up close enough for a shot at goal.
<b>Agility</b>	In waves, turn sideways and do crossover steps down the gym like a javelin thrower. Cross in front only, and keep your feet facing sideways.
<b>Balance</b>	On all fours, lift your opposite arm and leg straight and high to balance in stillness. Change limbs.
<b>Co-ordination</b>	Sit facing your partner, knees bent and toes touching. Take hands, lean backwards and pull to stand up. Sit down gently the same way.
<b>Skills</b>	<b>Run:</b> Arm Action. On the spot, keep swing your arms like a sprinter, bent at the elbow, hands going to shoulder height, then behind your hip. In waves, do 10 arm actions on the spot, then a 20m Penguin Run, stiff knees and toes turned up.
	<b>Jump:</b> Stepping Stones. In files, four mats a metre apart per team, do giant steps all the way down and jog back. In waves, do four giant steps and a jump to land in a sandpit or on a mat.
	<b>Throw:</b> In twos 10m apart, turn sideways and do two crossover steps to push-throw a football into your partner's hands. No1s push-throw a football using two crossover steps, on a signal. On a second signal, the No2s collect and get ready to throw.
<b>Conditioning</b>	In teams of three, run 50m down and 50m back and tag the next runner's shoulder to re-start. Run for 10 minutes.
<b>Mental</b>	In the 10 minute run, did you manage to pace yourself cleverly so you were able to keep going at the same speed for each run?
<b>Emotional</b>	In Games and Runs, are you aware that your self-confidence is improving?
<b>Lifestyle</b>	Think of all the things you can do well and are regularly praised for.

**RED:** EVERY WEEK **BLUE:** WEEKS 1 & 4 **GREEN:** WEEKS 2 & 5 **PURPLE:** WEEKS 3 & 6

EVERY WEEK: Game / ABCs / Conditioning / Mental / Emotional / Lifestyle

WEEKS 1 & 4: Run / WEEKS 2 & 5: Jump / WEEKS 3 & 6: Throw

# 7 COACHES RESOURCE PACK

## Age 9/10 Block 7 and Sample Sessions

### EXAMPLE SESSION PLAN - Age 9/10 - BLOCK 7 - RUN, Weeks 1 & 4

<b>Equipment</b>	Two skittles inside two hoops set forward from the end lines. One football per small-sided game. Four markers for the conditioning course.
<b>Warm Up &amp; ABC</b>	<p><b>Skittle Ball:</b> An area is enclosed with markers, or a court used. Two teams defend their skittle. No one is allowed to step inside the hoop. Running passes are made, but no running with the ball or dribbling is allowed. To score, you knock over your opponents' skittle with the ball. Note that you can play behind the hoop as well to give more attacking angles and options. You'll be encouraged to pass and run on.</p> <p><b>A.</b> In waves, turn sideways and walk down the gym by crossing your right foot in front of your left like a javelin thrower. Like a javelin thrower stretch your arms backwards and forwards, right hand held high above your shoulder and head, left hand with thumb down to brace. Progress to jogging, then running [almost galloping] down the 20m course, attempting to push off each foot actively as it lands sideways.</p> <p><b>B.</b> On all fours [kneeling and with hands flat beneath your shoulders, lift your right leg straight and long up above hip height behind you. Still keeping your balance, take your left hand off the ground and stretch your left arm up above shoulders height. Hold for 15 seconds, then slowly replace them and change leg and arm in slow motion, still keeping your balance. Try not to wobble.</p> <p><b>C.</b> Find a partner the same size as you and sit facing toe to toe, knees bent. Take both hands, lean back, and using your feet as the anchor, pull on your arms to stand up. Still leaning away to keep the tension, gently and slowly sit back down and start again. Is it smooth?</p>
<b>Running Skills</b>	<p>Standing on the spot, keep your left arm still, and slowly swing your right hand up to shoulder height in front of you, then back behind your hip, keeping your elbow bent at 90 degrees. After ten reps, change arms. To progress, split your feet slightly backwards and forwards to stand still and swing your arms alternately for 20 reps at medium pace. Develop this into a faster arm action, but let a partner check it for accuracy at your shoulder, hip and elbow. Face your partner and stand toe to toe in this stride stance. Take each other's hands gently in the 'alternate grasp', fingers linked at the palm, and practise 20 reps at a slow/ medium/ fast pace.</p> <p>In waves, do 10 arm action on the spot and go into a 20m Penguin Run, concentrating on a big, accurate arm action. Walk back down the sides to return. If space permits, finish the Penguin Run by adding a 20m sprint, being more aware of the contribution your arms make to sprinting.</p>
<b>Conditioning</b>	A 50m straight (or a 50m course) is set up and teams of three are arranged to put the fastest runners together in the first wave, i.e. in some kind of ability grouping. Listen carefully to find out how long the run will last e.g. 10 minutes, with you running every third time, so think how you will have to pace this. When the first runner comes back after the 100m run and tags you, run steadily down and back, and tag No3 to keep the run going.
<b>Cool Down &amp; Reflection</b>	<p><b>Skittle Ball:</b> Make sure everyone gets a pass fairly, and keep on the run.</p> <p>On your own, to stretch your hamstrings, place your palms flat on the ground and walk them forwards in tiny steps, then follow up by walking your toes in, again in tiny steps, until you have Caterpillar walked 10 metres.</p> <p>Are you aware that you're becoming more confident and sure of yourself because of all the skills you're improving at?</p>

## Age 9/10 Block 7 and Sample Sessions

### EXAMPLE SESSION PLAN - Age 9/10 - BLOCK 7 - JUMP, Weeks 2 & 5

<b>Equipment</b>	<p>Two skittles inside two hoops set forward from the end lines.                  One football per small-sided game.                  Four markers for the conditioning course.                  Four mats for each team as 'stepping stones'.                  A sandpit or a mat per team for the four steps and a jump.</p>
<b>Warm Up &amp; ABC</b>	<p><b>Skittle Ball:</b> An area is enclosed with markers, or a court used. Two teams defend their skittle. No one is allowed to step inside the hoop. Running passes are made, but no running with the ball or dribbling is allowed. To score, you knock over your opponents' skittle with the ball. Note that you can play behind the hoop as well to give more attacking angles and options. You'll be encouraged to pass and run on.</p> <p><b>A.</b> In waves, turn sideways and walk down the gym by crossing your right foot in front of your left like a javelin thrower. Like a javelin thrower stretch your arms backwards and forwards, right hand held high above your shoulder and head, left hand with thumb down to brace. Progress to jogging, then running [almost galloping] down the 20m course, attempting to push off each foot actively as it lands sideways.</p> <p><b>B.</b> On all fours (kneeling and with hands flat beneath your shoulders), lift your right leg straight and long up above hip height behind you. Still keeping your balance, take your left hand off the ground and stretch your left arm up above shoulders height. Hold for 15 seconds, then slowly replace them and change leg and arm in slow motion, still keeping your balance. Try not to wobble.</p> <p><b>C.</b> Find a partner the same size as you and sit facing toe to toe, knees bent. Take both hands, lean back, and using your feet as the anchor, pull on your arms to stand up. Still leaning away to keep the tension, gently and slowly sit back down and start again. Is it smooth?</p>
<b>Jumping Skills</b>	<p>Stand one behind the other in files. Four mats are placed a metre apart in front of each team. Run with giant steps, huge, bounding strides, as though they were stepping stones across a river, and jog back to the start to tag your next jumper. After a few turns, place the mats further apart, and, rather than just stepping down onto them, imagine you are bounding upstairs four at a time, your leading knee high. Your coaches will arrange you into ability groups, with larger distances between mats for the future Olympic jumpers, and comfortable but challenging spaces for the rest.</p> <p>In waves or files, do four giant steps and a jump to land on a mat or in a sandpit. Choose which marker to start at so you reach the mat or pit easily.</p>
<b>Conditioning</b>	<p>A 50m straight (or a 50m course) is set up and teams of three are arranged to put the fastest runners together in the first wave, i.e. in some kind of ability grouping. Listen carefully to find out how long the run will last e.g. 10 minutes, with you running every third time, so think how you will have to pace this. When the first runner comes back after the 100m run and tags you, run steadily down and back, and tag No3 to keep the run going.</p>
<b>Cool Down &amp; Reflection</b>	<p><b>Skittle Ball:</b> Make sure everyone gets a pass fairly, and keep on the run.</p> <p>On your own, to stretch your hamstrings, place your palms flat on the ground and walk them forwards in tiny steps, then follow up by walking your toes in, again in tiny steps, until you have Caterpillar walked 10 metres.</p> <p>Are you aware that you're becoming more confident and sure of yourself because of all the skills you're improving at?</p>

# 7 COACHES RESOURCE PACK

## Age 9/10 Block 7 and Sample Sessions

### EXAMPLE SESSION PLAN - Age 9/10 - BLOCK 7 - THROW, Weeks 3 & 6

<b>Equipment</b>	Two skittles inside two hoops set forward from the end lines. One football per small-sided game. Four markers for the conditioning course. One football between two for Shot Putt. A bin, or cone or hoop as a target
<b>Warm Up &amp; ABC</b>	<p><b>Skittle Ball:</b> An area is enclosed with markers, or a court used. Two teams defend their skittle. No one is allowed to step inside the hoop. Running passes are made, but no running with the ball or dribbling is allowed. To score, you knock over your opponents' skittle with the ball. Note that you can play behind the hoop as well to give more attacking angles and options. You'll be encouraged to pass and run on.</p> <p><b>A.</b> In waves, turn sideways and walk down the gym by crossing your right foot in front of your left like a javelin thrower. Like a javelin thrower stretch your arms backwards and forwards, right hand held back high above your shoulder and head, left hand with thumb down to brace. Progress to jogging, then running [almost galloping] down the 20m course, attempting to push off each foot actively as it lands sideways.</p> <p><b>B.</b> On all fours (kneeling and with hands flat beneath your shoulders), lift your right leg straight and long up above hip height behind you. Still keeping your balance, take your left hand off the ground and stretch your left arm up above shoulders height. Hold for 15 seconds, then slowly replace them and change leg and arm in slow motion, still keeping your balance. Try not to wobble.</p> <p><b>C.</b> Find a partner the same size as you and sit facing toe to toe, knees bent. Take both hands, lean back, and using your feet as the anchor, pull on your arms to stand up. Still leaning away to keep the tension, gently and slowly sit back down and start again. Is it smooth?</p>
<b>Throwing Skills</b>	<p>Stand 10m from your partner with a football tucked under your chin like a shot putter. From a side-on start, walk into a crossover step by bringing your right foot in front of your left knee and then placing it down quickly before push-throwing the football high into your partner's hands. Progress to tapping your front foot on the ground and then quickly crossing your feet to get into a wide, side-on stance again before throwing. Progress to two crossovers, the second one a little quicker than the first, before using this momentum to throw.</p> <p>Stand in two waves. When the front wave does two crossovers and throws as far as possible, wait until they reverse behind you and you hear the signal before dashing out to collect the ball and getting back into a side-on position for your turn. Your coaches might be able to set some bins out in front as targets, or have you all in a circle with a bin in the centre as a target, 20 points for a hit and 50 points if the ball goes in. Move out further to make the activity more challenging.</p>
<b>Conditioning</b>	A 50m straight (or a 50m course) is set up and teams of three are arranged to put the fastest runners together in the first wave, i.e. in some kind of ability grouping. Listen carefully to find out how long the run will last e.g. 10 minutes, with you running every third time, so think how you will have to pace this. When the first runner comes back after the 100m run and tags you, run steadily down and back, and tag No3 to keep the run going.
<b>Cool Down &amp; Reflection</b>	<p><b>Skittle Ball:</b> Make sure everyone gets a pass fairly, and keep on the run.</p> <p>On your own, to stretch your hamstrings, place your palms flat on the ground and walk them forwards in tiny steps, then follow up by walking your toes in, again in tiny steps, until you have Caterpillar walked 10 metres.</p> <p>Are you aware that you're becoming more confident and sure of yourself because of all the skills you're improving at?</p>

## Age 9/10 Block 8 and Sample Sessions

Age 9/10 - Criteria	Block 8 - Activities
<b>Game</b>	<b>Rock, Paper, Scissors:</b> In two files a metre apart. Play the game. The winner has to escape with the point by racing home to a den without tagging.
<b>Agility</b>	In waves, do half turns down the gym, pivoting on each foot in turn, right-left-right-left, like a discus thrower.
<b>Balance</b>	Stand facing your partner, arms out, palms touching. Both lift one leg straight up behind and hold the balance in stillness. Change legs.
<b>Co-ordination</b>	Sit on a mat with slightly bent knees. Your partner holds you under the armpits and lifts. Push back with your feet to get upright. Change.
<b>Skills</b>	<p><b>Run:</b> Jamaican Relays. In fours, arm's length apart, practice a down ward baton pass right-left-right-left into an open palm, standing, then jogging.</p> <p>Outside, run 25m each to pass the baton: Indoors, stand out to the right of the file, open palm, and race round the front and back cones.</p> <p><b>Jump:</b> In waves gallop 1-2, 1-2, 1-2, 1-2 and do a tuck jump in the air. Some High Jump stations are set up.</p> <p>Do four gallops and scissor over the bar to land on the mat, one foot to two.</p> <p><b>Throw:</b> In twos 10m apart, turn sideways and do two crossover steps to pull-throw a tennis ball into your partner's hands.</p> <p>No 1s do two cross-over steps and pull throw a tennis ball held high in the middle three fingers. On a signal, No 2s collect.</p>
<b>Conditioning</b>	In teams of three, run a paarlauf on a 100m circular track, a lap each , for a set number of laps, or for 12-15 minutes.
<b>Mental</b>	In Rock, Paper, Scissors, stay alert to see who has won, and make the right decision to tag or escape. For both the same, both do two squats.
<b>Emotional</b>	Rock, Paper, scissors is very exciting – enjoy it!
<b>Lifestyle</b>	Other people can be essential for our enjoyment of games; make sure you respect them for this, even when they're opponents.

**RED:** EVERY WEEK **BLUE:** WEEKS 1 & 4 **GREEN:** WEEKS 2 & 5 **PURPLE:** WEEKS 3 & 6

EVERY WEEK: Game / ABCs / Conditioning / Mental / Emotional / Lifestyle

WEEKS 1 & 4: Run / WEEKS 2 & 5: Jump / WEEKS 3 & 6: Throw

# 7 COACHES RESOURCE PACK

## Age 9/10 Block 8 and Sample Sessions

### EXAMPLE SESSION PLAN - Age 9/10 - BLOCK 8 - RUN, Weeks 1 & 4

<b>Equipment</b>	<p>Lines or markers to show the escape dens for Rock, Paper, Scissors.            A mat between two.            A baton for every four for the skills, and for the conditioning, a baton for every three.            Markers every 25m if the relays are outdoors and two per file if indoors.            Six markers to make an oval track.</p>
<b>Warm Up &amp; ABC</b>	<p><b>Rock, Paper, Scissors:</b> In twos, stand facing each other a metre apart in the centre of the gym or area, and play the game. To secure the point, you have to escape with it 10m across the line behind you. If you lose the point, chase your partner across his line and tag them to neutralise the point. If you both make the same shape, both do two squats on the spot. This game combines decision-making with sprinting.</p> <p><b>A.</b> In waves, do discus turn footwork down a line, right-left-right-left, taking your weight on successive feet and pivoting on the ball of your foot. Begin with a single pivot, and progress to two, then three, then four, centring your weight each time.</p> <p><b>B.</b> Stand facing your partner, arms out and palms touching for balance. Both lean forwards, flatten your backs parallel to the ground and lift one leg straight out behind you to make the letter 'T'. Hold for 15 seconds, then, keeping balance, slowly change legs.</p> <p><b>C.</b> Sit on a mat with your knees slightly bent. Your partner stands behind you, bends her knees and grasps you under your armpits. As you push backwards with your feet, she gently lifts you upright. Change. This practice can help you co-ordinate a Long Jump landing.</p>
<b>Running Skills</b>	<p>Stand in fours, one behind the other, two arms' lengths apart and pass a baton downwards into your partner's open palm at shoulder height, passing right-left-right-left. It will help if the right-handers place their right foot on a line, and the left-handers place their left foot on the same line to make the baton go straight down the line. Once you're accurate, progress to jogging, keeping two arms' lengths apart, calling your partner's name for a high, open hand. The leading runner sets the slow pace and puts the baton down on the right for the rear runner to pick up and restart.</p> <p>Outside, your team stands 25m apart and run down the straight passing the baton before going back to places. After a short rest, the last runner starts the run going in the opposite direction left-right-left-right hands. When you're able, your coaches will organise races. If you're indoors in files, No1 runs round cones fore and aft to give the baton to No2, who is outstanding on the right of the file to receive your pass.</p>
<b>Conditioning</b>	<p>A small track is set up, about 100m round indoors, or 200m outdoors, using a triangle of markers to construct each bend. Teams of three are chosen, preferably by ability, say, fastest runners on the first leg of the three. You'll be told whether the run is for a set number of laps or for a set time. A 10-15 minute run would be a fair target, say, at 100m each. You should be aware of how to pace yourself for this length of time. On an outdoor 400m track, you could run half a lap then wait for the baton to come back round. No 3 would start behind No 1, with No 2 on the far side.</p>
<b>Cool Down &amp; Reflection</b>	<p><b>Rock, Paper, Scissors:</b> 1v1 in lines. Make the decision quickly to race or chase as soon as you know the result.</p> <p>To stretch your hamstrings, sit with straight legs and reach to your toes for 15 seconds three times.</p> <p>Have a think about how important other people are to your games: you can't play unless you have opponents, and your enjoyment will increase if your opponents are worthy. Give them respect.</p>

## Age 9/10 Block 8 and Sample Sessions

### EXAMPLE SESSION PLAN - Age 9/10 - BLOCK 8 - JUMP, Weeks 2 & 5

<b>Equipment</b>	Lines and, possibly, mats. One cardboard hurdle per team, or at least four. A baton for every three. At least six markers to make a circular track.
<b>Warm Up &amp; ABC</b>	<p><b>Rock, Paper, Scissors:</b> In twos, stand facing each other a metre apart in the centre of the gym or area, and play the game. To secure the point, you have to escape with it 10m across the line behind you. If you lose the point, chase your partner across his line and tag them to neutralise the point. If you both make the same shape, both do two squats on the spot. This game combines decision-making with sprinting.</p> <p><b>A.</b> In waves, do discus turn footwork down a line, right-left-right-left, taking your weight on successive feet and pivoting on the ball of your foot. Begin with a single pivot, and progress to two, then three, then four, centring your weight each time.</p> <p><b>B.</b> Stand facing your partner, arms out and palms touching for balance. Both lean forwards, flatten your backs parallel to the ground and lift one leg straight out behind you to make the letter 'T'. Hold for 15 seconds, then, keeping balance, slowly change legs.</p> <p><b>C.</b> Sit on a mat with your knees slightly bent. Your partner stands behind you, bends her knees and grasps you under your armpits. As you push backwards with your feet, she gently lifts you upright. Change. This practice can help you co-ordinate a Long Jump landing.</p>
<b>Jumping Skills</b>	<p><b>Penguin Runs:</b> In waves, do the no-knees run at less than half-speed for 20m. Progress to a high-knee run every 4th stride with the same leg. Change legs to come back. Develop into a Penguin Run with a high knee every 4th stride by combining the two skills.</p> <p>Stand in files with a cardboard hurdle 15-20m away. First runners execute a Penguin Run with a high knee every second stride, and clear the hurdle at the end with a tuck jump. Ideally, the high knee should be the same as the first clearance leg, so it's a kind of gallop down to a tuck jump. Return down the outside for the next runners to go.</p> <p><b>Scissors Jumps:</b> Four hurdles are set up quarterly round a huge circle. All those who lead with their right legs over a scissors jump set off on the 1-2, 1-2, 1-2 scissors over the hurdles for two laps, then the left leg leads begin. If a High Jump station is available, use it too. Mats could be placed beyond the hurdles, but may not be necessary.</p> <p>Can you do it as a Penguin Run High-Knee, and still clear all the hurdles with your lead leg in a scissors jump?</p>
<b>Conditioning</b>	<p>A small track is set up, about 100m round indoors, or 200m outdoors, using a triangle of markers to construct each bend. Teams of three are chosen, preferably by ability, say, fastest runners on the first leg of the three. You'll be told whether the run is for a set number of laps or for a set time. A 10-15 minute run would be a fair target, say, at 100m each. You should be aware of how to pace yourself for this length of time. On an outdoor 400m track, you could run half a lap then wait for the baton to come back round. No 3 would start behind No 1, with No 2 on the far side.</p>
<b>Cool Down &amp; Reflection</b>	<p><b>Rock, Paper, Scissors:</b> 1v1 in lines. Make the decision quickly to race or chase as soon as you know the result.</p> <p>To stretch your hamstrings, sit with straight legs and reach to your toes for 15 seconds three times.</p> <p>Have a think about how important other people are to your games: you can't play unless you have opponents, and your enjoyment will increase if your opponents are worthy. Give them respect.</p>



# 7 COACHES RESOURCE PACK

## Age 9/10 Block 8 and Sample Sessions

### EXAMPLE SESSION PLAN - Age 9/10 - BLOCK 8 - THROW, Weeks 3 & 6

<b>Equipment</b>	<p>Markers or lines to show the escape dens.            A mat between two for the co-ordination skill.            A tennis ball between two.            Add cricket balls, or hockey balls, or garden canes or turbo javelins if required.            Six markers to make an oval.            A baton for every three for the conditioning</p>
<b>Warm Up &amp; ABC</b>	<p><b>Rock, Paper, Scissors:</b> In twos, stand facing each other a metre apart in the centre of the gym or area, and play the game. To secure the point, you have to escape with it 10m across the line behind you. If you lose the point, chase your partner across his line and tag them to neutralise the point. If you both make the same shape, both do two squats on the spot. This game combines decision-making with sprinting.</p> <p><b>A.</b> In waves, do discus turn footwork down a line, right-left-right-left, taking your weight on successive feet and pivoting on the ball of your foot. Begin with a single pivot, and progress to two, then three, then four, centring your weight each time.</p> <p><b>B.</b> Stand facing your partner, arms out and palms touching for balance. Both lean forwards, flatten your backs parallel to the ground and lift one leg straight out behind you to make the letter 'T'. Hold for 15 seconds, then, keeping balance, slowly change legs.</p> <p><b>C.</b> Sit on a mat with your knees slightly bent. Your partner stands behind you, bends her knees and grasps you under your armpits. As you push backwards with your feet, she gently lifts you upright. Change. This practice can help you co-ordinate a Long Jump landing.</p>
<b>Throwing Skills</b>	<p>Stand 10m from your partner with your arms outstretched and your hands cupped to catch a tennis ball. Stand side-on with your right arm stretched well behind you and pull-throw the ball to launch it into your partner's hands. From 15m, add in a crossover step, and from 20m add a second crossover. Make sure the ball is held well up on the last joints of your three middle fingers, and touch your head with the ball on the way through to show a bent arm throw [straight-bent-straight sequence]. Brace your complete left side firmly to get a firm base for the launch.</p> <p>In waves, the No1s throw as far as possible off two crossovers, and on a signal the No2s collect. Targets could be set up to improve accuracy, or markers placed at 15-20-25-30-35-40m to show the distance thrown.</p> <p>Cricket balls, or hockey balls, or garden canes or turbo javelins can be used for variety: these last two need spin, and the tail through the point.</p>
<b>Conditioning</b>	<p>A small track is set up, about 100m round indoors, or 200m outdoors, using a triangle of markers to construct each bend. Teams of three are chosen, preferably by ability, say, fastest runners on the first leg of the three. You'll be told whether the run is for a set number of laps or for a set time. A 10-15 minute run would be a fair target, say, at 100m each. You should be aware of how to pace yourself for this length of time. On an outdoor 400m track, you could run half a lap then wait for the baton to come back round. No 3 would start behind No 1, with No 2 on the far side.</p>
<b>Cool Down &amp; Reflection</b>	<p><b>Rock, Paper, Scissors:</b> 1v1 in lines. Make the decision quickly to race or chase as soon as you know the result.</p> <p>To stretch your hamstrings, sit with straight legs and reach to your toes for 15 seconds three times. Have a think about how important other people are to your games: you can't play unless you have opponents, and your enjoyment will increase if your opponents are worthy. Give them respect.</p>

## Age 11/12 Block 1 and Sample Sessions

Age 11/12 - Criteria   Block 1 - Activities	
<b>Game</b>	<b>Bench Ball.</b> One player from each team stands on top of the far away bench at the ends of the gym. By throwing passes, try to get the ball to them.
<b>Agility</b>	Practise spinning on the spot like a hammer thrower. Right handers turn left on left heel and right toe. Step over your ankle for a full turn.
<b>Balance</b>	Your partner stands in front and gives both arms backwards. Put your toes to their heels and let them lean forwards in balance. Change.
<b>Co-ordination</b>	In twos, stand close to a wall and throw a tennis ball underarm for a one-handed catch by your partner. Give easy passes, but keep the rhythm.
<b>Skills</b>	<b>Run:</b> In waves, lie on your backs, head first; on a signal, roll over and scramble up to sprint 20m to a finishing line. Walk back down the outside.
	<b>Jump:</b> In waves, practise two hops and two bounds down the gym as hop-hop-step-step. Make the steps high as though going upstairs fast. In waves, practise hop-hop-step-step and jump into a sandpit or onto mats. Make the bounds high and 'held'.
	<b>Throw:</b> In twos, practise a crossover step to sling a hoop. Hold the hoop in front to begin and swap it backwards as your back foot goes forwards. In waves, No 1s do a crossover step and sling-throw the hoop as far as possible on a signal. No2s collect on a signal and prepare to throw.
<b>Conditioning</b>	From standing, do 30 Full Squats to touch the floor and stand up tall. Lie on your side and pull your foot to stretch your quads. Change legs.
<b>Mental</b>	In the co-ordination exercise, try to anticipate where the ball is going and move your feet quickly and early; throw from the hand you catch in.
<b>Emotional</b>	In the tennis ball throw, try to give accurate passes off the wall to your partner so you can keep the rhythm as a team.
<b>Lifestyle</b>	In the Tag Sprint Starts, make sure you show respect for your opponents, even if they're not as fast as you.

RED: EVERY WEEK BLUE: WEEKS 1 & 4 GREEN: WEEKS 2 & 5 PURPLE: WEEKS 3 & 6

EVERY WEEK: Game / ABCs / Conditioning / Mental / Emotional / Lifestyle

WEEKS 1 & 4: Run / WEEKS 2 & 5: Jump / WEEKS 3 & 6: Throw

### EXAMPLE SESSION PLAN - Age 11/12 - BLOCK 1 - RUN, Weeks 1 & 4

<b>Equipment</b>	<p>One bench per team and one ball per game.          Enough cones or markers to make small circles outside if no bench is available.          A tennis ball between two, and a wall to throw the ball off.          Markers at 20, 25, 30, 35, 45 and 50 metres for the running skills.</p>
<b>Warm Up &amp; ABC</b>	<p><b>Bench Ball:</b> One player from each team stands on a bench at the far end opposite their team. You use a series of one-handed pull-throws [javelin passes] to get the ball upfield and into their hands for a score. If outside, spread the teams out on a longer pitch. Use cones to cordon off a circle for only the opposition 'keeper to stand in.</p> <p><b>A.</b> Practise spinning on the spot on your left heel like a hammer thrower. Do continuous half turns, and progress to turning right round on that heel and the ball of your other foot by doing a left turn (for right-handers). Step lightly over your ankle to complete 360 degrees.</p> <p><b>B.</b> In twos, ask your partner to stand in front of you facing away, arms sloping backwards towards you. Take a firm grip of both wrists, and let her lean forwards on her toes in balance. To help, put your toes close to her heels. Balance for 15 seconds, then change.</p> <p><b>C.</b> In pairs with a tennis ball between two, stand side by side close to a wall and give easy underhand passes off the wall for your partner to catch. From two-handed catches, progress to one-handers immediately thrown off the wall back into play. Keep to a rhythm. Try to guess where the ball is going, and move your feet early to get into position. Throw from the hand you catch in.</p>
<b>Running Skills</b>	<p>In waves, lie down on your fronts, nose on a line. On a signal, spring up and race 20m across a line and walk back down the outsides to your places.          When you spring up, notice that your palms go on the floor to give you height and one foot comes forward as though you were 'crouch- starting'.</p> <p>As a challenge, after a few turns your coaches will ask you to lie head-first on your backs. On a signal, roll over and sprint the 20m.</p> <p>Find a partner who's as fast as you, and lie down on your front head first 2m behind them. On a signal, both spring up and sprint for the 20m line. See if you can tag your partner before she reaches it, and then swap places for the next round. If outdoors, your coaches may ask you to run a little further, say 25m, 30m, 35m, 40m, 45m, and 50m. Your coaches may also adjust the handicaps i.e. the distance between you at the start, and may even ask you to change partners to give a more even competition, or a bigger challenge. Notice that you need to keep leaning forwards in the early part of the sprint called the 'drive phase', your head and long neck kept in line with your sloping spine.</p>
<b>Conditioning</b>	<p>Demonstrate a Full Squat. Your coaches will check that your knees stay over your feet, and that you don't allow your knees to fall inwards. Your back should be hollow and your head kept in line with your spine. Practise a few at a time, supervised, going down slowly, squeezing your hips together and standing up tall a little faster, hips going forwards. Do a total of thirty, as long as they pass the tests. If you're not sure how far to go down, try to touch the heels of your shoes with your fingertips.</p>
<b>Cool Down &amp; Reflection</b>	<p><b>Bench Ball:</b> Pass and run into position for a scoring pass.          To stretch your quads, lie on your side and grasp your top foot, pulling it back against your hip. Make a shape like Robin Hood's bow by pushing your hip forwards while you're doing this.          After 15 seconds, change legs several times.          Think how well you co-operated with your partner in the pairs activities</p>

### EXAMPLE SESSION PLAN - Age 11/12 - BLOCK 1 - JUMP, Weeks 2 & 5

<b>Equipment</b>	One bench per team. Or enough cones or markers to make small circles outside if no bench is available. A tennis ball between two, and a wall to throw the ball off. One mat for each file. Or a sandpit for landing in from the side
<b>Warm Up &amp; ABC</b>	<p><b>Bench Ball:</b> One player from each team stands on a bench at the far end opposite their team. You use a series of one-handed pull-throws [javelin passes] to get the ball upfield and into their hands for a score. If outside, spread the teams out on a longer pitch. Use cones to cordon off a circle for only the opposition 'keeper to stand in.</p> <p><b>A.</b> Practise spinning on the spot on your left heel like a hammer thrower. Do continuous half turns, and progress to turning right round on that heel and the ball of your other foot by doing a left turn (for right-handers). Step lightly over your ankle to complete 360 degrees.</p> <p><b>B.</b> In twos, ask your partner to stand in front of you facing away, arms sloping backwards towards you. Take a firm grip of both wrists, and let her lean forwards on her toes in balance. To help, put your toes close to her heels. Balance for 15 seconds, then change.</p> <p><b>C.</b> In pairs with a tennis ball between two, stand side by side close to a wall and give easy underhand passes off the wall for your partner to catch. From two-handed catches, progress to one-handers immediately thrown off the wall back into play. Keep to a rhythm. Try to guess where the ball is going, and move your feet early to get into position. Throw from the hand you catch in.</p>
<b>Jumping Skills</b>	<p>On your own on the spot practise two hops and two steps to get the footwork and the rhythm. Working across the track or gym, practise the rhythm of two hops and two steps. Gradually increase the distance you cover by lengthening the hops and steps. Your coaches can help by colour-coding the course with 3 red a white and a blue marker to denote same-same-same-different-different. Try to make the giant steps high and held and try to get your lead thigh parallel with the ground in each hop. It's possible to 'double-shift' your arms on each of these, but it's not easy to co-ordinate. Try it on the first hop and the final step at least.</p> <p>Side-on to a sand pit, or facing a mat, attempt 2 hops, 2 steps and a jump. A 5-stride approach is enough, but you'll have to pick the best starting place amongst the four on offer so you finish up on the mat or in the pit. Try to jump with a double-shift of your arms, both fists up to head-height.</p>
<b>Conditioning</b>	<p>Demonstrate a Full Squat. Your coaches will check that your knees stay over your feet, and that you don't allow your knees to fall inwards. Your back should be hollow and your head kept in line with your spine. Practise a few at a time, supervised, going down slowly, squeezing your hips together and standing up tall a little faster, hips going forwards. Do a total of thirty, as long as they pass the tests. If you're not sure how far to go down, try to touch the heels of your shoes with your fingertips.</p>
<b>Cool Down &amp; Reflection</b>	<p><b>Bench Ball:</b> Pass and run into position for a scoring pass.</p> <p>To stretch your quads, lie on your side and grasp your top foot, pulling it back against your hip. Make a shape like Robin Hood's bow by pushing your hip forwards while you're doing this. After 15 seconds, change legs several times.</p> <p>Think how well you co-operated with your partner in the pairs activities</p>

### EXAMPLE SESSION PLAN - Age 11/12 - BLOCK 1 - THROW, Weeks 3 & 6

<b>Equipment</b>	<p>One bench per team .          One ball per game.          Enough cones or markers to make small circles outside.          A tennis ball between two, and a wall to throw the ball off.          A hoop between two.</p>
<b>Warm Up &amp; ABC</b>	<p><b>Bench Ball:</b> One player from each team stands on a bench at the far end opposite their team. You use a series of one-handed pull-throws (javelin passes) to get the ball upfield and into their hands for a score. If outside, spread the teams out on a longer pitch. Use cones to cordon off a circle for only the opposition 'keeper to stand in.</p> <p><b>A.</b> Practise spinning on the spot on your left heel like a hammer thrower. Do continuous half turns, and progress to turning right round on that heel and the ball of your other foot by doing a left turn (for right-handers). Step lightly over your ankle to complete 360 degrees.</p> <p><b>B.</b> In twos, ask your partner to stand in front of you facing away, arms sloping backwards towards you. Take a firm grip of both wrists, and let her lean forwards on her toes in balance. To help, put your toes close to her heels. Balance for 15 seconds, then change.</p> <p><b>C.</b> In pairs with a tennis ball between two, stand side by side close to a wall and give easy underhand passes off the wall for your partner to catch. From two-handed catches, progress to one-handers immediately thrown off the wall back into play. Keep to a rhythm. Try to guess where the ball is going, and move your feet early to get into position. Throw from the hand you catch in.</p>
<b>Throwing Skills</b>	<p>In waves, practise crossover steps like a javelin thrower, standing side-on and lifting your back foot across your opposite shin. Right-handed throwers raise their right palms skywards above their head and shoulders. Walk it firstly, then jog it, then run it over 20m. Try to push off each foot in turn to get your body moving.</p> <p>In pairs, one hoop between two, try to hoop-la your partner 10m away. Protect your face with one hand, and have the other hand ready for the catch. Progress to holding your hoop in front of you, then swapping it backwards as you cross your legs forwards to throw. This movement will give you some speed and a wind-up position for the slinging action.</p> <p>In waves, the No1s sling-throw a hoop onto a cone 15-20m away, then stand still while the No2s collect and prepare to throw.</p> <p>Progress to sling-throwing as far as possible on a signal, then standing still. On the next signal, the No2s collect and run back to position for the next round. Wind up, then unwind, and stand up tall in a braced position to throw, right arm stiff and right palm flat at shoulder-height.</p> <p>Your coaches may put markers out at 20, 25, 30, 35, 40, 45 and 50m to let you see how far you're throwing.</p>
<b>Conditioning</b>	<p>Demonstrate a Full Squat. Your coaches will check that your knees stay over your feet, and that you don't allow your knees to fall inwards. Your back should be hollow and your head kept in line with your spine. Practise a few at a time, supervised, going down slowly, squeezing your hips together and standing up tall a little faster, hips going forwards. Do a total of thirty, as long as they pass the tests. If you're not sure how far to go down, try to touch the heels of your shoes with your fingertips.</p>
<b>Cool Down &amp; Reflection</b>	<p><b>Bench Ball:</b> Pass and run into position for a scoring pass.</p> <p>To stretch your quads, lie on your side and grasp your top foot, pulling it back against your hip. Make a shape like Robin Hood's bow by pushing your hip forwards while you're doing this.</p> <p>After 15 seconds, change legs several times.</p> <p>Think how well you co-operated with your partner in the pairs activities</p>

# 8 COACHES RESOURCE PACK

## Age 11/12 Block 2 and Sample Sessions

Age 11/12 - Criteria   Block 2 - Activities	
<b>Game</b>	<b>Tunnel Ball Hurdles:</b> In files. As the ball passes, turn and lie flat on your front, hands protected, so the last person can collect and hurdle front.
<b>Agility</b>	On the spot, practise a sequence of star jump/tuck jump continuously.
<b>Balance</b>	Crouch and put your palms on the floor and tuck your elbows under your knees before leaning forwards in a Knee and Elbow Balance.
<b>Co-ordination</b>	In waves, jog 20m with a small hoop rotating round one ankle.
<b>Skills</b>	<p><b>Run:</b> In three groups, pace 200m in a set time, easily achievable by all. Try to run the distance five times more in the same time. A coach whistles every quarter e.g. every 9 seconds for 36 seconds. Groups try to be exactly on time for 10 points per run or lose penalty points.</p> <p><b>Jump:</b> Pole Vault. In two groups, step off a box and swing forwards on the pole into a sandpit or mat, high hands and knee. In two groups, run off five strides and grip the held pole to swing forwards, clear a low bar or rope, and land in the pit or mats.</p> <p><b>Throw:</b> In groups, swing a light hammer round your head, right to left if right handed. Try two swings three times before handing to a partner. No1s stand with their backs to the throwing area, ball of the hammer behind the right heel. Suddenly straighten up and heave throw backwards.</p>
<b>Conditioning</b>	Do 20 seconds Sit Up followed by Back Extensors: Bent Legs/Straight Legs/ High Legs. Sit, feet apart. Reach forwards to stretch your ham strings.
<b>Mental</b>	In the Paced Runs, were you able to replicate the time again and again to show your pace judgement?
<b>Emotional</b>	Continue to show respect for the losers in the Pacing Game. Like you, they were trying their best.
<b>Lifestyle</b>	Have a think about what 'showing respect for opponents' means.

**RED:** EVERY WEEK **BLUE:** WEEKS 1 & 4 **GREEN:** WEEKS 2 & 5 **PURPLE:** WEEKS 3 & 6  
 EVERY WEEK: Game / ABCs / Conditioning / Mental / Emotional / Lifestyle  
 WEEKS 1 & 4: Run / WEEKS 2 & 5: Jump / WEEKS 3 & 6: Throw

### EXAMPLE SESSION PLAN - Age 11/12 - BLOCK 2 - RUN, Weeks 1 & 4

<b>Equipment</b>	<p>One football per file.              One hoop each, or for each person in the first wave.              8 cones or markers to construct a make-shift track, approximately 100m indoors and 200m outdoors.              One hoop each for the Co-ordination exercise, or one hoop to each person in the first wave.              One football between two for the final stretches.</p>
<b>Warm Up &amp; ABC</b>	<p><b>Tunnel Ball Hurdles:</b> In files, skid the ball through the tunnel made by your team mates' legs; as soon as the ball goes under, turn sideways and lie on your front to allow the receiver at the back to hurdle over your hips to get to the front. Make sure you keep your hands tucked under your chest for safety. As soon as the hurdler has cleared you, stand up to make the tunnel.</p> <p><b>A.</b> On your own, do some simple two-footed jumps on the spot. Develop by jumping up into a star shape, hands and feet as wide as possible, but landing with two feet together. Practise some tuck jumps after a few bounces, bringing your knees up to your chest. Progress to a sequence of star jump/ tuck jump. Once you've mastered a single sequence, progress to two, and three, continuously.</p> <p><b>B.</b> On your own, crouch down and put your palms flat on the floor in front of you. Tuck your elbows under your knees before leaning forwards in a Knee and Elbow Balance. Keep your head in line with your spine, and your weight evenly distributed on both palms and both knees.</p> <p><b>C.</b> Stand in waves, with a small hoop round one ankle. Jog down a 20m course, rotating the hoop round one ankle, but clearing it with your other foot. If there aren't enough hoops for one each, jog back in the same way and pass the hoop to the next wave.</p>
<b>Running Skills</b>	<p>A track is set out with markers, roughly 100m indoors or 200m outdoors, using a triangle of cones or markers for the curves, and two more to mark the mid-line of the straight. Your coaches will decide on an overall time, and divide it by four for a quarterly time, at which they'll blow a whistle. E.g. for 36 seconds, every 9 seconds, for 40 seconds, every 10, and for 44 seconds, every 11 seconds. Your team should be at the quarter -way marks on every 50m stretch, i.e. every quarter of the 200m track, and every half-way of the 100m track. After half a dozen practices, compete to finish on the dot for 10 points, or lose a point for every second out for the next half dozen runs. This is called the 'Pacing Game'. Pacing, not Racing.</p>
<b>Conditioning</b>	<p>You'll be taught three different Sit-Ups: Bent Legs/Straight Legs/High Legs, and you'll also be taught Back Extensors. In Bent Legs, your knees are at right angles, and you cross your arms in front of you, fingers over your shoulders. In Straight Legs, you reach your fingers forwards to your knees, and in High Legs you cross your feet up in the air and touch your shins. The Back Extensors are done on your front, your hands clasped behind your back. Progress to 20 seconds of Bent Legs, Back Extensors, Straight Legs, Back Extensors, High Legs, Back Extensors.</p>
<b>Cool Down &amp; Reflection</b>	<p><b>Tunnel Ball Hurdles:</b> Your trunk may be sore from the exercise to your 'core'. Find a partner, take a football between two, and pass the ball one way overhead in a big stretch a dozen times, then the other. Then standing a metre apart, twist to give the ball to your partner with straight arms.</p> <p>Have a think about 'showing respect for opponents' when you were doing the Pacing Game. Everyone was making an effort to be as accurate as possible, so deserved your respect.</p>

### EXAMPLE SESSION PLAN - Age 11/12 - BLOCK 2 - JUMP, Weeks 2 & 5

<b>Equipment</b>	<p>One football per file.          One hoop each, or for each person in the first wave.          One hoop each for the Co-ordination exercise, or one hoop to each person in the first wave.          One football between two for the final stretches.          Two poles two boxes and two mats, or the use of a sand pit.          Three cardboard hurdles 6m apart as a return activity for each group.</p>
<b>Warm Up &amp; ABC</b>	<p><b>Tunnel Ball Hurdles:</b> In files, skid the ball through the tunnel made by your team mates' legs; as soon as the ball goes under, turn sideways and lie on your front to allow the receiver at the back to hurdle over your hips to get to the front. Make sure you keep your hands tucked under your chest for safety. As soon as the hurdler has cleared you, stand up to make the tunnel.</p> <p><b>A.</b> On your own, do some simple two-footed jumps on the spot. Develop by jumping up into a star shape, hands and feet as wide as possible, but landing with two feet together. Practise some tuck jumps after a few bounces, bringing your knees up to your chest. Progress to a sequence of star jump/ tuck jump. Once you've mastered a single sequence, progress to two, and three, continuously.</p> <p><b>B.</b> On your own, crouch down and put your palms flat on the floor in front of you. Tuck your elbows under your knees before leaning forwards in a Knee and Elbow Balance. Keep your head in line with your spine, and your weight evenly distributed on both palms and both knees.</p> <p><b>C.</b> Stand in waves, with a small hoop round one ankle. Jog down a 20m course, rotating the hoop round one ankle, but clearing it with your other foot. If there aren't enough hoops for one each, jog back in the same way and pass the hoop to the next wave.</p>
<b>Jumping Skills</b>	<p>In waves, practise running off a few steps and popping up into a tall position, same knee and hand high to land on the same foot.</p> <p>Two groups operate at either end of a sand pit, where a low box has been set up and a coach stands with the pole embedded in the sand [or fixed on a mat if indoors]. Step onto the box with your take-off foot, other knee high, and grip the pole with high hands to swing into the pit or mat. On the way back to your place, clear three cardboard hurdles 6m apart with a similar action. Gradually speed up the box take-off.</p> <p>When the boxes are removed, run five strides and grip the pole to do an assisted jump.</p> <p>Once your approach run is accurate, a bungee will be put in place for you to clear, and the height can be gradually increased. Those responsible for the bungee will adjust the height for individuals, and release it if it becomes entangled in your feet. On the way back, the return activity consists of two pop-ups and a backward roll in front of the final hurdle, jack-knifing over and finishing by standing up in the 'Y'.</p>
<b>Conditioning</b>	<p>You'll be taught three different Sit-Ups: Bent Legs/Straight Legs/High Legs, and you'll also be taught Back Extensors. In Bent Legs, your knees are at right angles, and you cross your arms in front of you, fingers over your shoulders. In Straight Legs, you reach your fingers forwards to your knees, and in High Legs you cross your feet up in the air and touch your shins. The Back Extensors are done on your front, your hands clasped behind your back. Progress to 20 seconds of Bent Legs, Back Extensors, Straight Legs, Back Extensors, High legs, Back extensors.</p>
<b>Cool Down &amp; Reflection</b>	<p><b>Tunnel Ball Hurdles:</b> Your trunk may be sore from the exercise to your 'core'. Find a partner, take a football between two, and pass the ball one way overhead in a big stretch a dozen times, then the other. Then standing a metre apart, twist to give the ball to your partner with straight arms.</p> <p>Have a think about 'showing respect for opponents' when you were doing the Pacing Game. Everyone was making an effort to be as accurate as possible, so deserved your respect.</p>



### EXAMPLE SESSION PLAN - Age 11/12 - BLOCK 2 - THROW, Weeks 3 & 6

<b>Equipment</b>	<p>One football per file. One hoop each, or for each person in the first wave.            A ball and a plastic bag between two.            A rubber ring attached to a skipping rope, or a light hammer between two, or for each small group.            One hoop each for the Co-ordination exercise, or one hoop to each person in the first wave.            One football between two for the final stretches.</p>
<b>Warm Up &amp; ABC</b>	<p><b>Tunnel Ball Hurdles:</b> In files, skid the ball through the tunnel made by your team mates' legs; as soon as the ball goes under, turn sideways and lie on your front to allow the receiver at the back to hurdle over your hips to get to the front. Make sure you keep your hands tucked under your chest for safety. As soon as the hurdler has cleared you, stand up to make the tunnel.</p> <p><b>A.</b> On your own, do some simple two-footed jumps on the spot. Develop by jumping up into a star shape, hands and feet as wide as possible, but landing with two feet together. Practise some tuck jumps after a few bounces, bringing your knees up to your chest. Progress to a sequence of star jump/ tuck jump. Once you've mastered a single sequence, progress to two, and three, continuously.</p> <p><b>B.</b> On your own, crouch down and put your palms flat on the floor in front of you. Tuck your elbows under your knees before leaning forwards in a Knee and Elbow Balance. Keep your head in line with your spine, and your weight evenly distributed on both palms and both knees.</p> <p><b>C.</b> Stand in waves, with a small hoop round one ankle. Jog down a 20m course, rotating the hoop round one ankle, but clearing it with your other foot. If there aren't enough hoops for one each, jog back in the same way and pass the hoop to the next wave.</p>
<b>Throwing Skills</b>	<p>In twos, put a ball in a plastic bag, tie the handles once and make a basket of your hands inside these. Turn your back on your partner 10m away and heave the bag from your right hip up over your left shoulder, looking early to spot the target, your partner's hands. Keep your feet fixed at release. In a space, clear of everyone else, swing a light hammer, or a ring on the end of a short, doubled skipping rope, round your head, right to left, brushing your hair with your right forearm each swing. After three attempts at two swings, your coaches will signal a change to your partner's turn. To throw, the No1s stand with their backs to the throwing area, the ball of the hammer behind their right heel. On a signal, the hammer is swept up over the left shoulder with increasing speed. On a signal, the No2s run out to collect and get ready for your turn. Marks will be given for style by your coaches, who may also decide you're capable of adding in a preliminary swing before throwing.</p>
<b>Conditioning</b>	<p>You'll be taught three different Sit-Ups: Bent Legs/Straight Legs/High Legs, and you'll also be taught Back Extensors. In Bent Legs, your knees are at right angles, and you cross your arms in front of you, fingers over your shoulders. In Straight Legs, you reach your fingers forwards to your knees, and in High Legs you cross your feet up in the air and touch your shins. The Back Extensors are done on your front, your hands clasped behind your back. Progress to 20 seconds of Bent Legs, Back Extensors, Straight Legs, Back Extensors, High legs, Back extensors.</p>
<b>Cool Down &amp; Reflection</b>	<p><b>Tunnel Ball Hurdles:</b> Your trunk may be sore from the exercise to your 'core'. Find a partner, take a football between two, and pass the ball one way overhead in a big stretch a dozen times, then the other. Then standing a metre apart, twist to give the ball to your partner with straight arms.</p> <p>Have a think about 'showing respect for opponents' when you were doing the Pacing Game. Everyone was making an effort to be as accurate as possible, so deserved your respect.</p>

# 8 COACHES RESOURCE PACK

## Age 11/12 Block 3 and Sample Sessions

Age 11/12 - Criteria   Block 3 - Activities	
<b>Game</b>	<b>Over and Under Hurdles:</b> In files, pass the ball overhead or under the legs before lying down on your front side-on to let the hurdler down.
<b>Agility</b>	In waves, run backwards, heels up to your hips to reach out behind. Use a big arm action to offset your leg action.
<b>Balance</b>	Push Up position, but cross your ankles and place one hand on top of the other to give a narrow base. Try to stay still and in balance.
<b>Co-ordination</b>	In files, four hurdles 1.5m apart: Hurdle Walk two forwards and one backwards till finished, four times.
<b>Skills</b>	<b>Run:</b> Crouch Starts in waves. Favourite foot 2' behind the line, other knee alongside, hands straight down from shoulders. Lift hips on 'Set'; Go! Crouch Start Tag. 2m behind your partner, set and go on signals and tag them before the finish at 30m. False starters go back 1m at first, then out.
	<b>Jump:</b> High Jump: markers are laid out on both sides of the runway for a 1/3/ 5/ 7- stride approach. Quickly take two practice jumps in every place. The bar or rope can be raised at every new approach, but try to take-off arm's length from the upright and from the bar, high point over the bar.
	<b>Throw:</b> Shot Putt. In twos, glide backwards twice to push-throw a football high into your partner's hands. No1s face backwards with a shot or ball tucked into the neck; glide twice and fire it as far as possible. No2s collect on a signal.
<b>Conditioning</b>	Push Up position, hands shoulder width apart on top of a bench. Push Up for 30 seconds x 3, back straight. Standing, circle your arms backwards.
<b>Mental</b>	In the Backwards Hurdle Walk, were you able to feel the positions needed to walk backwards, like an action replay?
<b>Emotional</b>	In Crouch Start Tag, try to show restraint by concentrating on the first movement and waiting for 'Go!'. If disqualified, accept the consequences.
<b>Lifestyle</b>	Show respect for rules: they're there in place to ensure fairness for everyone.

**RED:** EVERY WEEK **BLUE:** WEEKS 1 & 4 **GREEN:** WEEKS 2 & 5 **PURPLE:** WEEKS 3 & 6  
 EVERY WEEK: Game / ABCs / Conditioning / Mental / Emotional / Lifestyle  
 WEEKS 1 & 4: Run / WEEKS 2 & 5: Jump / WEEKS 3 & 6: Throw

### EXAMPLE SESSION PLAN - Age 11/12 - BLOCK 3 - RUN, Weeks 1 & 4

<b>Equipment</b>	<p>One football per file.          Four cardboard hurdles per team.          Markers at 20m and 30m for the sprints.          A bench for every six.</p>
<b>Warm Up &amp; ABC</b>	<p><b>Over and Under Hurdles:</b> In files, pass the ball alternately overhead and under your legs before turning sideways and lying down to allow the end receiver to hurdle to the front to restart the game. Make sure you tuck your hands away under your chest for safety and to allow you to spring up as soon as the hurdler has cleared you.</p> <p><b>A.</b> In waves, turn your back on a 20m course. Standing on the spot, demonstrate that you can lift each heel in turn to your hip. Develop by running backwards, heel to hip, and stretch your feet out to run backwards. You'll feel this in your hamstrings, which flex your knees. Walk back up the sides to let the next wave run down.</p> <p><b>B.</b> On your own, go down into the push up position, but, keeping your balance, cross one ankle behind the other and try to stay still. Next time, keep your feet apart, but place one hand on top of the other and stay still. Finally, do both. Try to stay in balance with ankles crossed and one hand on top of the other for 15 seconds.</p> <p><b>C.</b> Stand in files, with four hurdles 1.5m apart in front of each team. One at a time, sets of walking over, clasped hands out in front; clear two hurdles forwards and one backwards until finished. Think what a video replay of your action would look like when reversed, your lead leg linear, your rear leg folded. Sprint back to tag the next in line.</p>
<b>Running Skills</b>	<p>In waves, practise standing starts, first foot almost on the line, opposite hand well forward. When your coach calls 'Pull!' wrench your hand backwards to make your opposite foot fly forwards and down to start you off to run 20m. Walk back along the sides to let the next wave sprint start. Lie on your front, nose on the line, and on the coach's call of 'Go!' scramble up and sprint 20m. If you're agile enough, this feels like a crouch start.</p> <p>Practise crouch starts over 20m in waves, placing your front foot two feet behind the line and place your other knee alongside it. Lean over, place your hands vertically under your shoulders and bridge your fingers sideways behind the line. On 'Set' lift your hips high, head in line with your spine, ready to drive off.</p> <p>Crouch start 2m behind your partner. On 'Go!' both race 30m. Try to tag your partner's shoulder before the line is reached. Swap places.</p>
<b>Conditioning</b>	<p>On your own, adopt the Push Up position, hands under your shoulders, back straight, head in line with your spine. Once checked, six of you put your hands on a bench top and do Push ups for 30 seconds. Change with your partner until you've completed three rounds.</p> <p>This exercise doesn't just affect the triceps on the outsides of your arms, but makes you tense your core to maintain posture, so strengthens your chest, back and abdominal muscles.</p>
<b>Cool Down &amp; Reflection</b>	<p><b>Over and Under Hurdles:</b> Your arms and chest may be fatigued from your efforts in the Push ups. Standing, circle your arms backwards one at a time like a backstroke swimmer for 20 reps. Add 20 front crawl, 20 double backstroke and 20 butterfly. Finish by standing up tall arms long, wide and above shoulder height, and press them backwards to the end position for 15 seconds three times to stretch off. You will have played some games today with rules. The rules are there to ensure fairness for everyone. Make sure you understand what the rules are for. Respect them and accept them.</p>

### EXAMPLE SESSION PLAN - Age 11/12 - BLOCK 3 - JUMP, Weeks 2 & 5

<b>Equipment</b>	<p>One football per file.          Four cardboard hurdles per team.          A High Jump area, stands and rope, or get two helpers to hold an elastic rope between them.          A bench for every six.</p>
<b>Warm Up &amp; ABC</b>	<p><b>Over and Under Hurdles:</b> In files, pass the ball alternately overhead and under your legs before turning sideways and lying down to allow the end receiver to hurdle to the front to restart the game. Make sure you tuck your hands away under your chest for safety and to allow you to spring up as soon as the hurdler has cleared you.</p> <p><b>A.</b> In waves, turn your back on a 20m course. Standing on the spot, demonstrate that you can lift each heel in turn to your hip. Develop by running backwards, heel to hip, and stretch your feet out to run backwards. You'll feel this in your hamstrings, which flex your knees. Walk back up the sides to let the next wave run down.</p> <p><b>B.</b> On your own, go down into the push up position, but, keeping your balance, cross one ankle behind the other and try to stay still. Next time, keep your feet apart, but place one hand on top of the other and stay still. Finally, do both. Try to stay in balance with ankles crossed and one hand on top of the other for 15 seconds.</p> <p><b>C.</b> Stand in files, with four hurdles 1.5m apart in front of each team. One at a time, sets of walking over, clasped hands out in front; clear two hurdles forwards and one backwards until finished. Think what a video replay of your action would look like when reversed, your lead leg linear, your rear leg folded. Sprint back to tag the next in line.</p>
<b>Jumping Skills</b>	<p>A high jump is set up either at a flat mat, a landing area, or sideways into a sand pit. Markers are laid out diagonally to each side at 1/3/5/7-stride approaches to within arm's length of the bar or rope, a metre from the nearer upright. Four additional cardboard hurdles are also laid out diagonally both sides at 1.5m intervals as a return activity. You scissors- jump off a 1-stride approach, land, and clear the four hurdles on the other side with scissors. Then the other side all clear in the same way. In each succeeding round, approach off two more steps, or do 1/3/5/7/7/5/3/1. The bar or rope can be raised slightly on each increased approach run, but if an elastic bar is used it can be fixed, but depressed by a coach for each individual's ability. 'Keep the kettle boiling' is the phrase used for starting your approach as soon as your team mate is out of the landing area. Accelerate your final strides, throw your fist and knee high and try to use the space in front of the bar to rise vertically i.e. don't threaten the bar on the way up.</p>
<b>Conditioning</b>	<p>On your own, adopt the Push Up position, hands under your shoulders, back straight, head in line with your spine. Once checked, six of you put your hands on a bench top and do Push ups for 30 seconds. Change with your partner until you've completed three rounds.</p> <p>This exercise doesn't just affect the triceps on the outsides of your arms, but makes you tense your core to maintain posture, so strengthens your chest, back and abdominal muscles.</p>
<b>Cool Down &amp; Reflection</b>	<p><b>Over and Under Hurdles:</b> Your arms and chest may be fatigued from your efforts in the Push ups. Standing, circle your arms backwards one at a time like a backstroke swimmer for 20 reps. Add 20 front crawl, 20 double backstroke and 20 butterfly. Finish by standing up tall arms long, wide and above shoulder height, and press them backwards to the end position for 15 seconds three times to stretch off. You will have played some games today with rules. The rules are there to ensure fairness for everyone. Make sure you understand what the rules are for. Respect them and accept them.</p>

### EXAMPLE SESSION PLAN - Age 11/12 - BLOCK 3 - THROW, Weeks 3 & 6

<b>Equipment</b>	<p>One football per file.          Four cardboard hurdles per team.          A bench for every six.          A ball between two for the gliding practice, and markers to designate the area.          A light shot between two, or one shot for the front row, line or wave.</p>
<b>Warm Up &amp; ABC</b>	<p><b>Over and Under Hurdles:</b> In files, pass the ball alternately overhead and under your legs before turning sideways and lying down to allow the end receiver to hurdle to the front to restart the game. Make sure you tuck your hands away under your chest for safety and to allow you to spring up as soon as the hurdler has cleared you.</p> <p><b>A.</b> In waves, turn your back on a 20m course. Standing on the spot, demonstrate that you can lift each heel in turn to your hip. Develop by running backwards, heel to hip, and stretch your feet out to run backwards. You'll feel this in your hamstrings, which flex your knees. Walk back up the sides to let the next wave run down.</p> <p><b>B.</b> On your own, go down into the push up position, but, keeping your balance, cross one ankle behind the other and try to stay still. Next time, keep your feet apart, but place one hand on top of the other and stay still. Finally, do both. Try to stay in balance with ankles crossed and one hand on top of the other for 15 seconds.</p> <p><b>C.</b> Stand in files, with four hurdles 1.5m apart in front of each team. One at a time, sets of walking over, clasped hands out in front; clear two hurdles forwards and one backwards until finished. Think what a video replay of your action would look like when reversed, your lead leg linear, your rear leg folded. Sprint back to tag the next in line.</p>
<b>Throwing Skills</b>	<p>On your own, practise a 'T' position, standing on your right leg, flat back, and left leg lifted in line with your spine. With your right fingers, tuck an imaginary shot in under your right cheek, right elbow pointing out to the side, and point your relaxed long left arm at your right toes.</p> <p>Find a partner who will hold on to both your hands and support you whilst you do 4 backward glides off your right heel before changing places.</p> <p>Progress to having your left hand held whilst your partner travels with you for 3 glides to prevent you turning too soon.</p> <p>From 10-15m away in two lines, glide twice on your own to push-throw a ball into your partner's hands, like a shot putter.</p> <p>Cones are set out as markers at 6m-18m for the No1s to see how far they can throw off two glides. Wait for the coach's signal before you run out.</p> <p>If shot are being used instead of footballs, be extra careful to follow your coach's commands, and place the markers closer; say at 5m-12m.</p>
<b>Conditioning</b>	<p>On your own, adopt the Push Up position, hands under your shoulders, back straight, head in line with your spine. Once checked, six of you put your hands on a bench top and do Push ups for 30 seconds. Change with your partner until you've completed three rounds.</p> <p>This exercise doesn't just affect the triceps on the outsides of your arms, but makes you tense your core to maintain posture, so strengthens your chest, back and abdominal muscles.</p>
<b>Cool Down &amp; Reflection</b>	<p><b>Over and Under Hurdles:</b> Your arms and chest may be fatigued from your efforts in the Push ups. Standing, circle your arms backwards one at a time like a backstroke swimmer for 20 reps. Add 20 front crawl, 20 double backstroke and 20 butterfly. Finish by standing up tall arms long, wide and above shoulder height, and press them backwards to the end position for 15 seconds three times to stretch off. You will have played some games today with rules. The rules are there to ensure fairness for everyone. Make sure you understand what the rules are for. Respect them and accept them.</p>

## Age 11/12 Block 4 and Sample Sessions

Age 11/12 - Criteria   Block 4 - Activities	
<b>Game</b>	<b>Handball:</b> Teams throw passes to get close to a narrow goal.
<b>Agility</b>	In files, four hurdles 1.5m apart. If you lead with your left leg, hold onto your waistband with your left hand and dive over with your right leading.
<b>Balance</b>	Join right hands with your partner and have your right toes touching; lean back and lift your other foot off the ground to balance. Change hands.
<b>Co-ordination</b>	Sit facing your partner, the soles of your feet touching and one hand on the floor for balance. Cycle in unison.
<b>Skills</b>	<b>Run:</b> Hurdle Walks. Pull your lead arm backwards to pull your rear knee forwards; quickly step across and bring your rear knee high for a sprint. In waves, race over three hurdles 6.5m apart. Race finals for the 1sts, 2nds, 3rds, 4ths, 5ths, 6ths. Remember it's a glorified sprint race.
	<b>Jump:</b> In waves, run down a course high bounding over two low hurdles in the held position, like a triple jumper. In waves, practise a hop-hop-step-step-jump onto a mat or into a pit, clearing two low hurdles in the step phase.
	<b>Throw:</b> Point your left hand and left foot at your partner. Step forwards and slightly across yourself, pivot backwards and sling-throw a hoop. No1s do this South African turn to sling the hoop as far as possible. No2s collect on a signal.
<b>Conditioning</b>	<b>Burpee:</b> All fours, hips up. Lower back kept from hollowing. Jump both feet backwards and forwards. Front lie. Grasp both ankles for 20 seconds.
<b>Mental</b>	In Handball, try to get yourself free from an opponent to make passing to you easier. Find someone else who's free for your own quick pass.
<b>Emotional</b>	Your team mates are not all of them good at games. Be patient with them and show them respect for trying their best.
<b>Lifestyle</b>	Learn respect for games, rules, officials, opponents and team mates.

RED: EVERY WEEK BLUE: WEEKS 1 & 4 GREEN: WEEKS 2 & 5 PURPLE: WEEKS 3 & 6

EVERY WEEK: Game / ABCs / Conditioning / Mental / Emotional / Lifestyle

WEEKS 1 & 4: Run / WEEKS 2 & 5: Jump / WEEKS 3 & 6: Throw

### EXAMPLE SESSION PLAN - Age 11/12 - BLOCK 4 - RUN, Weeks 1 & 4

<b>Equipment</b>	<p>A handball and cones for goals for each game.          Four hurdles for each team.          A hoop between two.          If possible, a rubber ring between two.          Three hurdles per file at 1.5m apart.          Four markers for the start and finish of races.</p>
<b>Warm Up &amp; ABC</b>	<p><b>Handball:</b> Throw passes to get close to a narrow goal. No running with the ball or dribbling is allowed, so pass and run into space as quickly as possible. Indoors, your space may be limited, but outdoors you can play on a longer pitch. Two games might go on at once, not just side by side, but across each other, if the second set of goals is set on the sides of the original pitch.</p> <p><b>A.</b> On your own, clasps both hands out in front of you and reach. You'll feel yourself come up onto your toes, and your calf muscles tense. Overbalance in a kind of dive. Now stand in files, with four hurdles 1.5m apart in front of each file. Do walk-overs, holding on to your waistband with your left hand if you're a left leg lead. Use your other arm to help you to overbalance and dive across. Be quick and agile.</p> <p><b>B.</b> In pairs, stand facing your partner, right toes touching and right hands joined. Lean back and lift your other foot off the ground to counter balance for 15 seconds. Ground the lifted foot and change hands.</p> <p><b>C.</b> Sit facing in pairs, the soles of your feet on your partner's, and both hands behind you on the floor for balance. Start cycling lowly until you can co-ordinate your movements and then cycle a little faster, working together. Develop to cycling with only one hand behind you for support. Progress to cycling with both hands off the floor.</p>
<b>Running Skills</b>	<p>Three hurdles are placed in front of each file 1.5m apart. If you're a left leg lead, hold onto your waistband or shorts with your left hand and step across each hurdle by 'diving' with a long right arm stuck out parallel with your left leg. Don't cross your mid-line with your lead hand. As you pull this hand back in a 'swimming' action, long and then short round your trail knee, your right hand and foot will swap places in an 'action &amp; reaction'.</p> <p>Your team mate will start when you cross hurdle two. Progress to stepping down the left side of the hurdles, making sure you step well past the hurdle with your left foot to create a 'rear leg drill'. Pull your arm fast as soon as you touch the ground to get a quick reaction from your trail leg.</p> <p>Return to your previous hurdle-stepping, making sure your trail knee comes horizontally all the way round to the front before you drop your foot.</p> <p>The hurdles are set out 6.5m apart with a 10.5m start and finish. Your coaches will organise races after practice starts, with finals for everyone according to your finishing position e.g. the Olympic final for the winners, the World Championships for seconds and so on.</p> <p>To differentiate, faster sprinters may need an 11.0-7.0-11.0m hurdles placement: 7.0m between=70mH. A Shuttle Hurdles Relay can be set up by turning every second lane's hurdles round the other way as a down lane, and combining two files.</p>
<b>Conditioning</b>	<p><b>Burpees:</b> On your own, go down on all fours, feet close to your hands, hips high. Keeping your hips high, take your weight on your hands and shoot both feet backwards, then bring your knees back up to your chest. Just be careful you don't let your back hollow in the straight position.</p> <p>Do three sets of 10 with a rest between, and progress to 3 x 12 and 3 x 15 over the weeks.</p> <p>Develop the Burpees by adding in a vertical jump on the spot after each forward and backwards jump.</p>
<b>Cool Down &amp; Reflection</b>	<p><b>Handball.</b> Your core and quads may feel fatigued from the Burpees. In pairs a metre apart back to back, pass a ball through your legs to your partner, and then steadily reach up high to collect it a dozen times. Using straight arms, twist round to put the ball in your partner's hands.</p> <p>In your games, not everyone will be as expert as you are. Make sure you show respect for them whilst they're learning, and respect the rules, official, team mates and opponents.</p>

### EXAMPLE SESSION PLAN - Age 11/12 - BLOCK 4 - JUMP, Weeks 2 & 5

<b>Equipment</b>	<p>A handball and cones for goals for each game.          Four hurdles for each team.          A hoop between two.          If possible, rubber rings between two.          Two cardboard hurdles set 4-5m apart for each person in the front wave of the Jumps.          Mats for landing on, or the use of a sand pit.</p>
<b>Warm Up &amp; ABC</b>	<p><b>Handball:</b> Throw passes to get close to a narrow goal. No running with the ball or dribbling is allowed, so pass and run into space as quickly as possible. Indoors, your space may be limited, but outdoors you can play on a longer pitch. Two games might go on at once, not just side by side, but across each other, if the second set of goals is set on the sides of the original pitch.</p> <p><b>A.</b> On your own, clasps both hands out in front of you and reach. You'll feel yourself come up onto your toes, and your calf muscles tense. Overbalance in a kind of dive. Now stand in files, with four hurdles 1.5m apart in front of each file. Do walk-overs, holding on to your waistband with your left hand if you're a left leg lead. Use your other arm to help you to overbalance and dive across. Be quick and agile.</p> <p><b>B.</b> In pairs, stand facing your partner, right toes touching and right hands joined. Lean back and lift your other foot off the ground to counter balance for 15 seconds. Ground the lifted foot and change hands.</p> <p><b>C.</b> Sit facing in pairs, the soles of your feet on your partner's, and both hands behind you on the floor for balance. Start cycling lowly until you can co-ordinate your movements and then cycle a little faster, working together. Develop to cycling with only one hand behind you for support. Progress to cycling with both hands off the floor.</p>
<b>Jumping Skills</b>	<p>Two cardboard hurdles have been placed 4- 5m apart in front of each person in the front wave. Run down the course and take a giant step high over each hurdle to land on your other foot. Try to hold the mid-air position in a statue or freeze-frame almost until you land. In this giant bound, try to get your lead thigh parallel with the ground, and punch your opposite fist up to shoulder-height. Delay your rear leg so that it can pull through suddenly as you're landing. The team mate behind you can hold your rear foot up backwards, leg folded at the knee, so you can feel the mid-air position and the stretch in your rear thigh before you set off. Your coaches may show you a picture of the step-phase in Triple Jump to illustrate it.</p> <p>Two hurdles can be set up on each lane of a runway for two files to practise a hop-hop-step-step-jump into a sandpit, or onto mats, or set up side-on to a sandpit for more teams to be active at once. The hurdle placing may have to be differentiated for different abilities so that you can accurately approach them for the two held steps.</p> <p>Points can be given by the coaches for style after you've had a dozen attempts each.</p>
<b>Conditioning</b>	<p><b>Burpees:</b> On your own, go down on all fours, feet close to your hands, hips high. Keeping your hips high, take your weight on your hands and shoot both feet backwards, then bring your knees back up to your chest. Just be careful you don't let your back hollow in the straight position.</p> <p>Do three sets of 10 with a rest between, and progress to 3 x 12 and 3 x 15 over the weeks.</p> <p>Develop the Burpees by adding in a vertical jump on the spot after each forward and backwards jump.</p>
<b>Cool Down &amp; Reflection</b>	<p><b>Handball.</b> Your core and quads may feel fatigued from the Burpees. In pairs a metre apart back to back, pass a ball through your legs to your partner, and then steadily reach up high to collect it a dozen times. Using straight arms, twist round to put the ball in your partner's hands.</p> <p>In your games, not everyone will be as expert as you are. Make sure you show respect for them whilst they're learning, and respect the rules, official, team mates and opponents.</p>



### EXAMPLE SESSION PLAN - Age 11/12 - BLOCK 4 - THROW, Weeks 3 & 6

<b>Equipment</b>	<p>A handball and cones for goals for each game.          Four hurdles for each team.          A hoop between two.          If possible, a rubber ring between two.          Arcs of markers for the throws.          A football between two.</p>
<b>Warm Up &amp; ABC</b>	<p><b>Handball:</b> Throw passes to get close to a narrow goal. No running with the ball or dribbling is allowed, so pass and run into space as quickly as possible. Indoors, your space may be limited, but outdoors you can play on a longer pitch. Two games might go on at once, not just side by side, but across each other, if the second set of goals is set on the sides of the original pitch.</p> <p><b>A.</b> On your own, clasps both hands out in front of you and reach. You'll feel yourself come up onto your toes, and your calf muscles tense. Overbalance in a kind of dive. Now stand in files, with four hurdles 1.5m apart in front of each file. Do walk-overs, holding on to your waistband with your left hand if you're a left leg lead. Use your other arm to help you to overbalance and dive across. Be quick and agile.</p> <p><b>B.</b> In pairs, stand facing your partner, right toes touching and right hands joined. Lean back and lift your other foot off the ground to counter balance for 15 seconds. Ground the lifted foot and change hands.</p> <p><b>C.</b> Sit facing in pairs, the soles of your feet on your partner's, and both hands behind you on the floor for balance. Start cycling lowly until you can co-ordinate your movements and then cycle a little faster, working together. Develop to cycling with only one hand behind you for support. Progress to cycling with both hands off the floor.</p>
<b>Throwing Skills</b>	<p>On your own, stand on a line and practise pointing your left foot and hand along the line. Step your right foot in front of you and slightly across the line. Now reverse-pivot to step forward again further down the line. This is a 'South African' Discus turn.</p> <p>In pairs 15m apart, do this turn to sling a hoop to your partner. Keep the hoop behind you as you turn, or even place the back of your right hand on your lower spine as you turn.</p> <p>In waves, the No1s line up to sling-throw the hoop as far as possible on a signal, then stand still. The No2s wait for a signal before sprinting out to collect the hoops and return to stand in the start position. Put cones out front to test your accuracy, or markers every 5m to see how far you can throw. Develop these skills by throwing a rubber ring, gripping through the centre, palm down. Progress to spanning the ring to spin it like a discus.</p>
<b>Conditioning</b>	<p><b>Burpees:</b> On your own, go down on all fours, feet close to your hands, hips high. Keeping your hips high, take your weight on your hands and shoot both feet backwards, then bring your knees back up to your chest. Just be careful you don't let your back hollow in the straight position.</p> <p>Do three sets of 10 with a rest between, and progress to 3 x 12 and 3 x 15 over the weeks. Develop the Burpees by adding in a vertical jump on the spot after each forward and backwards jump.</p>
<b>Cool Down &amp; Reflection</b>	<p><b>Handball.</b> Your core and quads may feel fatigued from the Burpees. In pairs a metre apart back to back, pass a ball through your legs to your partner, and then steadily reach up high to collect it a dozen times. Using straight arms, twist round to put the ball in your partner's hands.</p> <p>In your games, not everyone will be as expert as you are. Make sure you show respect for them whilst they're learning, and respect the rules, official, team mates and opponents.</p>

## Age 11/12 Block 5 and Sample Sessions

Age 11/12 - Criteria   Block 5 - Activities	
<b>Game</b>	<b>Penalty Runs.</b> Teams throw beanbags into a hoop 5m away. On a successful throw, run the big lap for a point. Miss, run the shorter penalty lap.
<b>Agility</b>	In waves, jog 20m, driving your right knee high every fourth step. Repeat with your left knee. Do five pairs of drills.
<b>Balance</b>	Face upwards on hands and feet, hips high, knees bent. Lift your left foot off the ground and stretch your leg out for 10 seconds. Change legs.
<b>Co-ordination</b>	<b>Squash:</b> In fours, run in towards a wall and throw a tennis ball underhand for the next in line to catch/throw. Keep running round for your turn.
<b>Skills</b>	<b>Run:</b> Jamaican Relays in fours. Run in file arm's length apart and give a baton downwards for 2 minutes. Person at the front lays it down each time. Taking a Baton on the Run. In a file, with a marker front and back, let the first person run in to give, but set off running before they arrive, palm up.
	<b>Jump:</b> Pole Vault. In waves side-on to a sandpit, take a high grip on the pole and swing in on a single step, other knee high. In waves, swing into a sandpit by taking a single step with the pole and landing on the same foot as you took off on.
	<b>Throw:</b> Target Javelin. No1s pinch a cane with finger and thumb. Reach back with a long arm and pull through to spear a hoop 10m away. Hoops are laid in front of each team at 10/15/20/25m. Pull-throw the cane to score 10/15/20 or 25 points for your team by piercing a hoop.
<b>Conditioning</b>	Penalty Runs for 10 minutes. No points for a missed hoop, but you score a point for each big lap completed. Standing, arms circling backwards.
<b>Mental</b>	In Squash, were you able to anticipate where the tennis ball would go next and get your feet and body in a good position to play it?
<b>Emotional</b>	In Penalty Runs, did you cope with missing the target and as a consequence having to run the shorter penalty lap for no points?
<b>Lifestyle</b>	Learn to cope equally with those twin imposters, Triumph and Disaster. Play up and Play the Game fairly by respecting the rules.

RED: EVERY WEEK BLUE: WEEKS 1 & 4 GREEN: WEEKS 2 & 5 PURPLE: WEEKS 3 & 6

EVERY WEEK: Game / ABCs / Conditioning / Mental / Emotional / Lifestyle

WEEKS 1 & 4: Run / WEEKS 2 & 5: Jump / WEEKS 3 & 6: Throw

### EXAMPLE SESSION PLAN - Age 11/12 - BLOCK 5 - RUN, Weeks 1 & 4

<b>Equipment</b>	<p>Markers to construct two oval tracks, one inside the other.                  2 hoops and at least 20 beanbags.                  A tennis ball among four, and a wall.                  A baton for each team of four.                  In other versions of Penalty Runs, a bin and a box of tennis balls per team, or a target on a wall.</p>
<b>Warm Up &amp; ABC</b>	<p><b>Penalty Runs:</b> Two oval tracks are constructed, one inside the other, and in the centre are two hoops, into which teams lob beanbags from 5-6m.                  A successful throw allows you to run round the big lap for a team point: for a miss, you run round the smaller, penalty lap for no reward. Play for 5 minutes, making sure you know the entry and exit points for running full laps.</p> <p><b>A.</b> In waves, jog 20m, driving your right knee up every 4th stride, but keeping your toes turned up and your foot under your knee. Repeat with your left knee, and work on the quality of the movement, including its suddenness. Complete five pairs of drills.</p> <p><b>B.</b> Face upwards on your hands and feet, hips high and knees bent. Keeping your balance, lift your left foot off the ground and stretch your leg out in front of you for 10 seconds.                  Change legs slowly and repeat.</p> <p><b>C.</b> Squash: In teams of four, one behind the other, throw a tennis ball underhand against a wall from 3-4m and rotate quickly for the next person in line to catch it. Develop by speeding up, so that you have to run in quickly to retrieve and throw. Progress to one-handed catches, and record the number of passes your team can achieve in a set time without dropping the ball.                  Co-operate with team mates for space.</p>
<b>Running Skills</b>	<p><b>Jamaican Relays:</b> Stand in fours, with one foot on a line, right-left-right-left from the back.                  Pass a baton downwards into high palms, two arms' lengths from your partners. Develop by jogging, staying two arms' lengths from the one in front. If you're at the head of the line, control the steady pace and the baton, laying it down on your right for the last person to pick up.                  In files of four, a marker front and back of the team, reverse the order for the right-hander to begin a solo run around. Start your run before they arrive, arm back and palm high and open.                  Develop into races of twice through the team, or three times. Coaches will give extra points for accuracy. Try to guess how soon you have to set off for your incoming runner to merge perfectly with you.                  Ask team mates for feedback and advice.</p>
<b>Conditioning</b>	<p><b>Penalty Runs:</b> Appoint a scorer for each team and find out how many minutes the game is to last, 10/15/20. You score only for the big laps, since miss results in a penalty run round the smaller lap.                  Make sure your team co-operates by collecting the beanbags each time, to keep the race going.                  If outdoors, the laps can be bigger, so you may have to pace your efforts if the run lasts for a while.                  You might even develop other versions of the game by lobbing a tennis ball into a bin, or throwing a ball overarm at a wall target. Think imaginatively.</p>
<b>Cool Down &amp; Reflection</b>	<p><b>Your calves may be tired:</b> Standing put one foot behind you and press your heel down to stretch. Go on hands and feet facing down, cross your ankles so one foot is off the ground, and press downwards to stretch. Do caterpillar walks on all fours, feet inching towards hands.                  In the games of Squash and Penalty Runs, did you realise the importance of co-operation with team mates?                  It's not just your throwing or running ability that matters, but how you react, and how you interact with team mates.                  Did you manage to cope with both winning and losing, two sides of the same coin?                  And why did your coaches insist on playing by the rules?</p>

### EXAMPLE SESSION PLAN - Age 11/12 - BLOCK 5 - JUMP, Weeks 2 & 5

<b>Equipment</b>	<p>Markers to construct two oval tracks, one inside the other.                  2 hoops and at least 20 beanbags.                  A tennis ball among four, and a wall.                  A pole for each of those in the front wave, or two poles at least for the initial Jump activity.                  A sand pit.                  In other versions of Penalty Runs, a bin and a box of tennis balls per team, or a target on a wall.</p>
<b>Warm Up &amp; ABC</b>	<p><b>Penalty Runs:</b> Two oval tracks are constructed, one inside the other, and in the centre are two hoops, into which teams lob beanbags from 5-6m.                  A successful throw allows you to run round the big lap for a team point: for a miss, you run round the smaller, penalty lap for no reward. Play for 5 minutes, making sure you know the entry and exit points for running full laps.</p> <p><b>A.</b> In waves, jog 20m, driving your right knee up every 4th stride, but keeping your toes turned up and your foot under your knee. Repeat with your left knee, and work on the quality of the movement, including its suddenness. Complete five pairs of drills.</p> <p><b>B.</b> Face upwards on your hands and feet, hips high and knees bent. Keeping your balance, lift your left foot off the ground and stretch your leg out in front of you for 10 seconds.                  Change legs slowly and repeat.</p> <p><b>C. Squash:</b> In teams of four, one behind the other, throw a tennis ball underhand against a wall from 3-4m and rotate quickly for the next person in line to catch it. Develop by speeding up, so that you have to run in quickly to retrieve and throw. Progress to one-handed catches, and record the number of passes your team can achieve in a set time without dropping the ball.                  Co-operate with team mates for space.</p>
<b>Jumping Skills</b>	<p>Coaches are holding poles at both ends of the sand pit. Chose an end and run 5 strides to take off, knee high, same hand high on the pole to swing past the coach in a long position.                  In waves, line up one stride from the side of the pit and, taking a high grip on the pole, step, bring your other knee up high and swing in to land on both feet. Give the pole to the next in line for their turn.                  Progress to taking a single step and landing on your take-off foot. Increase your grip by one finger's width until you reach your limit. For variety, keep only your upper hand on the pole for the swing. For further variety, straddle the pole after take-off, and land in the pit with one leg on either side of the pole. If you're making good progress, hold the pole in both hands above your head and take three strides, plant, swing and land on the same foot as you took off on.</p>
<b>Conditioning</b>	<p><b>Penalty Runs:</b> Appoint a scorer for each team and find out how many minutes the game is to last, 10/15/20. You score only for the big laps, since miss results in a penalty run round the smaller lap. Make sure your team co-operates by collecting the beanbags each time, to keep the race going.                  If outdoors, the laps can be bigger, so you may have to pace your efforts if the run lasts for a while. You might even develop other versions of the game by lobbing a tennis ball into a bin, or throwing a ball overarm at a wall target. Think imaginatively.</p>
<b>Cool Down &amp; Reflection</b>	<p><b>Your calves may be tired:</b> Standing put one foot behind you and press your heel down to stretch. Go on hands and feet facing down, cross your ankles so one foot is off the ground, and press downwards to stretch. Do caterpillar walks on all fours, feet inching towards hands.                  In the games of Squash and Penalty Runs, did you realise the importance of co-operation with team mates?                  It's not just your throwing or running ability that matters, but how you react, and how you interact with team mates.                  Did you manage to cope with both winning and losing, two sides of the same coin?                  And why did your coaches insist on playing by the rules?</p>

### EXAMPLE SESSION PLAN - Age 11/12 - BLOCK 5 - THROW, Weeks 3 & 6

<b>Equipment</b>	<p>Markers to construct two oval tracks, one inside the other.                  2 hoops and at least 20 beanbags.                  A tennis ball among four, and a wall.                  In other versions of Penalty Runs, a bin and a box of tennis balls per team, or a target on a wall.</p>
<b>Warm Up &amp; ABC</b>	<p><b>Penalty Runs:</b> Two oval tracks are constructed, one inside the other, and in the centre are two hoops, into which teams lob beanbags from 5-6m.                  A successful throw allows you to run round the big lap for a team point: for a miss, you run round the smaller, penalty lap for no reward. Play for 5 minutes, making sure you know the entry and exit points for running full laps.</p> <p><b>A.</b> In waves, jog 20m, driving your right knee up every 4th stride, but keeping your toes turned up and your foot under your knee. Repeat with your left knee, and work on the quality of the movement, including its suddenness. Complete five pairs of drills.</p> <p><b>B.</b> Face upwards on your hands and feet, hips high and knees bent. Keeping your balance, lift your left foot off the ground and stretch your leg out in front of you for 10 seconds.                  Change legs slowly and repeat.</p> <p><b>C.</b> Squash: In teams of four, one behind the other, throw a tennis ball underhand against a wall from 3-4m and rotate quickly for the next person in line to catch it. Develop by speeding up, so that you have to run in quickly to retrieve and throw. Progress to one-handed catches, and record the number of passes your team can achieve in a set time without dropping the ball.                  Co-operate with team mates for space.</p>
<b>Throwing Skills</b>	<p>In twos, warm up by throwing a tennis ball to your partner 10m away. Stretch your throwing hand well behind you before turning your toe, knee and hip forwards and pulling the ball through. Make a cup of your hands in front of your eyes for the catch.                  The front wave pinch a six foot garden cane between your thumb and finger, stretch your arm back and pull the tail through the point to hit the centre of a hoop 10m away. No2s collect on a signal.                  Turbo javelins can be used instead of canes. As you release, suddenly turn your thumb outwards and downwards past your thigh to create a rifling effect, or spin, to stabilise the flight and give greater accuracy.</p> <p>In teams with a javelin at the front and all the rest standing well back, aim at hoops placed 10/15/20/25m ahead in a straight line. Wait for the signal before you throw, then stand still while your team mate collects on a second signal. Your team scores the equivalent number of points for each target skewered i.e. 25 points for the 25m target.</p>
<b>Conditioning</b>	<p><b>Penalty Runs:</b> Appoint a scorer for each team and find out how many minutes the game is to last, 10/15/20. You score only for the big laps, since miss results in a penalty run round the smaller lap.                  Make sure your team co-operates by collecting the beanbags each time, to keep the race going.                  If outdoors, the laps can be bigger, so you may have to pace your efforts if the run lasts for a while.                  You might even develop other versions of the game by lobbing a tennis ball into a bin, or throwing a ball overarm at a wall target. Think imaginatively.</p>
<b>Cool Down &amp; Reflection</b>	<p><b>Your calves may be tired:</b> Standing put one foot behind you and press your heel down to stretch. Go on hands and feet facing down, cross your ankles so one foot is off the ground, and press downwards to stretch. Do caterpillar walks on all fours, feet inching towards hands.</p> <p>In the games of Squash and Penalty Runs, did you realise the importance of co-operation with team mates?                  It's not just your throwing or running ability that matters, but how you react, and how you interact with team mates.                  Did you manage to cope with both winning and losing, two sides of the same coin?                  And why did your coaches insist on playing by the rules?</p>

## Age 11/12 Block 6 and Sample Sessions

Age 11/12 - Criteria   Block 6 - Activities	
<b>Game</b>	<b>Rock, Paper, Scissors in two files.</b> Win, you have to race 20m to your own side to secure the point. Lose, you have to tag your opponent to nullify.
<b>Agility</b>	Lie on your front a metre in front of your partner, legs lifted. Roll a football back and forth 30 times. Both lift your elbows and make 30 passes.
<b>Balance</b>	Your partner kneels and sits back on his feet. In stocking feet, take your partner's hands, step gently onto his legs, and lean back to balance.
<b>Co-ordination</b>	In twos. Stand behind your partner and roll a tennis ball 10-15m along the floor, then cup your hands for the pull-throw pass your partner returns.
<b>Skills</b>	<b>Run:</b> Circle Runs. Teams of six stand in a large circle. First person sprints round, leaning in. When you return, the person you've just passed runs. Starts on the Turn. Line up on the 200m stagger for a standing start with markers at 50m and race, leaning in.
<b>Skills</b>	<b>Jump:</b> Back-overs. In twos, stand with your backs to an elastic bar at the High Jump mat and, on a signal, leap over backwards. In teams with low elastic at the High Jump mats, do a single step approach to clear backwards; face the faraway upright as you take off.
<b>Skills</b>	<b>Throw:</b> In groups, swing a light hammer round twice, brushing your hair with your forearm. Do a heel-toe turn right round, but don't release. No 1s do two preliminary swings, heel-toe heave-throw over the left shoulder (for right handers). No2s collect and prepare to throw.
<b>Conditioning</b>	<b>Three Man Paarlaf:</b> On a 200m makeshift track, send the second runner across to halfway and set off to run your half. Finish in 12 laps.
<b>Mental</b>	Hammer Throwing takes a lot of thought. On your return from collection, visualise the movements in sequence that you're about to perform.
<b>Emotional</b>	In the Paarlaf, the coach may help a struggling team by giving them a spare baton to keep up. Will you cope with this if your team's in the lead?
<b>Lifestyle</b>	Sometimes people struggle and need a helping hand; everybody should have sympathy with the strugglers and be prepared to help.

RED: EVERY WEEK BLUE: WEEKS 1 & 4 GREEN: WEEKS 2 & 5 PURPLE: WEEKS 3 & 6

EVERY WEEK: Game / ABCs / Conditioning / Mental / Emotional / Lifestyle

WEEKS 1 & 4: Run / WEEKS 2 & 5: Jump / WEEKS 3 & 6: Throw

### EXAMPLE SESSION PLAN - Age 11/12 - BLOCK 6 - RUN, Weeks 1 & 4

<b>Equipment</b>	<p>A football between two.          A high jump landing mat and elastic.          A tennis ball between two.          Markers to lay out a makeshift 200m track, or access to a track.          One baton per team for the Paarlaf, if thought necessary.</p>
<b>Warm Up &amp; ABC</b>	<p><b>Rock, Paper, Scissors:</b> In two files, stand opposite an opponent in the centre. About 10m away there's a den to which you can escape to secure the point when you win. If you produce the same shape as your opposite number, both do three full squats before resuming.</p> <p><b>A.</b> Lie on your front facing your partner a metre away. Lift your feet off the ground, keep your elbows high, and push a ball back and forwards between you with your palms and fingers thirty times. Progress to keeping your chest high as well and, instead of rolling the ball, pass it back and forth 30 times. Make four attempts.</p> <p><b>B.</b> Your partner kneels, sits back on his haunches, and gives you both hands. Take hands. In your stocking feet, step gently onto his thighs and lean back to balance for 15 seconds, keeping your head up and your back hollowed. Change after every balance.</p> <p><b>C.</b> Your partner stands just in front of you, facing away. Roll a tennis ball at medium pace along the floor past him. He runs after it, collects it one-handed, turns out, and looks for your cupped hands and pull-throws overarm and accurately. After three efforts, change places. When it's your turn, reverse your palm to collect the ball beside your heel, and stretch your arm well backwards to prepare for a long throw.</p>
<b>Running Skills</b>	<p>Stand in a large circle with five others. Run round as fast as you can, leaning in and swinging your outside arm vigorously. As soon as you stand back in place, the team mate you've just passed dodges round you for his turn. Keep this going for several rounds, and then discuss technique.</p> <p>Create a makeshift track with markers and run 50m on the curve from a standing start. If you have access to a track, start on the 200m stagger in pairs or more and race 50m round the curve, leaning in. Your coaches will lead a discussion on the rules of bend running, the technique, and how to run at a tangent to the curve for greater efficiency. For a competition, race 100m on the bend and have finals for all the 1sts, 2nds, 3rds and 4ths.</p>
<b>Conditioning</b>	<p><b>Three Man Paarlaf:</b> On a 200m makeshift track, send your second runner to the middle of the far straight and set off to run your half, leaving your third runner standing where you were. Make sure you've found out whether you've to run 12 laps, or whether your coaches have actually said '12 minutes'. Either way, make sure you pace the runs so you can last. You may be asked just to tag your team mate for a changeover, but if you're asked to use a baton, start running just before your team mate arrives, but time your run perfectly so you're caught up.</p> <p>Sometimes this will be a training run, and sometimes a race.          Find out before you start by listening carefully, or asking the question.          Progress to longer runs as the weeks go by.</p>
<b>Cool Down &amp; Reflection</b>	<p><b>Rock, Paper, Scissors in pairs:</b> Picking your heels up constantly in a long run can tire the hamstrings on the back of your thigh. To stretch them, keep your feet together and stretch to your toes. Put your feet apart and reach to the ground. Sit and reach past your toes. Make a basket of one leg, knee to shoulder, and lift your lower leg. Do Caterpillar Walks, feet inching towards hands, hands away in front, feet inching in again.</p> <p>In the Paarlaf, your coaches may have helped a struggling team by giving them a spare baton from up their sleeve. Did you cope with this?          Do you understand that people who are struggling sometimes need a helping hand, and that we ought to show sympathy?</p>

# 8 COACHES RESOURCE PACK

## Age 11/12 Block 6 and Sample Sessions

### EXAMPLE SESSION PLAN - Age 11/12 - BLOCK 6 - JUMP, Weeks 2 & 5

Equipment	<p>A football between two.          A high jump landing mat and elastic.          A tennis ball between two.          Markers to lay out a makeshift 200m track.          One baton per team for the Paarlauflauf, if thought necessary.</p>
Warm Up & ABC	<p><b>Rock, Paper, Scissors:</b> In two files, stand opposite an opponent in the centre. About 10m away there's a den to which you can escape to secure the point when you win. If you produce the same shape as your opposite number, both do three full squats before resuming.</p> <p><b>A.</b> Lie on your front facing your partner a metre away. Lift your feet off the ground, keep your elbows high, and push a ball back and forwards between you with your palms and fingers thirty times. Progress to keeping your chest high as well and, instead of rolling the ball, pass it back and forth 30 times. Make four attempts.</p> <p><b>B.</b> Your partner kneels, sits back on his haunches, and gives you both hands. Take hands. In your stocking feet, step gently onto his thighs and lean back to balance for 15 seconds, keeping your head up and your back hollowed. Change after every balance.</p> <p><b>C.</b> Your partner stands just in front of you, facing away. Roll a tennis ball at medium pace along the floor past him. He runs after it, collects it one-handed, turns out, and looks for your cupped hands and pull-throws overarm and accurately. After three efforts, change places. When it's your turn, reverse your palm to collect the ball beside your heel, and stretch your arm well backwards to prepare for a long throw.</p>
Jumping Skills	<p><b>Back-overs:</b> A High Jump mat is set up with an elastic bar at waist height. In pairs, stand with your back to the bar. On a signal, bend your knees, and, keeping your back upright, leap high and backwards to clear the bar. Feel the tension in your quads as you leap, and feel your back hollow as you reach the top of your jump. Stay symmetrical so the bar passes behind the hollow of your back, under your hips and behind both knees. Flick your ankles off the bar to complete the clearance. If you hollow enough, your abdominals will stretch anyway, and the reflex will make you pike.</p> <p>Down a 20m course, freely practice one-foot take-offs to leap high, opposite knee and fist punched high. For a Flop practice, those who raise their right knees go to the right. Take one step onto your left foot and jump high to clear backwards. Try to face the far away upright as you leave the ground for height, and do the quarter turn at the top of the leap to clear. Let the other side have a turn.</p> <p>Remember it's primarily a High Jump, not a Lay-out. Always jump as high as you can first, by pinging up in the air with your other knee punched high.</p>
Conditioning	<p><b>Three Man Paarlauflauf:</b> On a 200m makeshift track, send your second runner to the middle of the far straight and set off to run your half, leaving your third runner standing where you were. Make sure you've found out whether you've to run 12 laps, or whether your coaches have actually said '12 minutes'. Either way, make sure you pace the runs so you can last. You may be asked just to tag your team mate for a changeover, but if you're asked to use a baton, start running just before your team mate arrives, but time your run perfectly so you're caught up.</p> <p>Sometimes this will be a training run, and sometimes a race.</p> <p>Find out before you start by listening carefully, or asking the question.</p> <p>Progress to longer runs as the weeks go by.</p>
Cool Down & Reflection	<p><b>Rock, Paper, Scissors in pairs:</b> Picking your heels up constantly in a long run can tire the hamstrings on the back of your thigh. To stretch them, keep your feet together and stretch to your toes. Put your feet apart and reach to the ground. Sit and reach past your toes. Make a basket of one leg, knee to shoulder, and lift your lower leg. Do Caterpillar Walks, feet inching towards hands, hands away in front, feet inching in again.</p> <p>In the Paarlauflauf, your coaches may have helped a struggling team by giving them a spare baton from up their sleeve. Did you cope with this?</p> <p>Do you understand that people who are struggling sometimes need a helping hand, and that we ought to show sympathy?</p>



### EXAMPLE SESSION PLAN - Age 11/12 - BLOCK 6 - THROW, Weeks 3 & 6

<b>Equipment</b>	<p>A football between two.          A high jump landing mat and elastic.          A tennis ball between two.          Light hammers for the front wave, or rubber rings on a rope, or footballs in bags.          Markers to lay out a makeshift 200m track.          One baton per team for the Paarlaf, if thought necessary.</p>
<b>Warm Up &amp; ABC</b>	<p><b>Rock, Paper, Scissors:</b> In two files, stand opposite an opponent in the centre. About 10m away there's a den to which you can escape to secure the point when you win. If you produce the same shape as your opposite number, both do three full squats before resuming.</p> <p><b>A.</b> Lie on your front facing your partner a metre away. Lift your feet off the ground, keep your elbows high, and push a ball back and forwards between you with your palms and fingers thirty times. Progress to keeping your chest high as well and, instead of rolling the ball, pass it back and forth 30 times. Make four attempts.</p> <p><b>B.</b> Your partner kneels, sits back on his haunches, and gives you both hands. Take hands. In your stocking feet, step gently onto his thighs and lean back to balance for 15 seconds, keeping your head up and your back hollowed. Change after every balance.</p> <p><b>C.</b> Your partner stands just in front of you, facing away. Roll a tennis ball at medium pace along the floor past him. He runs after it, collects it one-handed, turns out, and looks for your cupped hands and pull-throws overarm and accurately. After three efforts, change places. When it's your turn, reverse your palm to collect the ball beside your heel, and stretch your arm well backwards to prepare for a long throw.</p>
<b>Throwing Skills</b>	<p>On your own and without equipment, practice a hammer turn, spinning on the heel of your left foot and the ball of your right to step quickly and tightly over your left shoe in a complete turn. Progress to rehearsing the arm action, hands clasped, and add in the footwork, hands last. Stand in a wave with a light hammer each and practise two preliminary swings, brushing your hair with your right forearm each time then heel-toe turn, but without releasing. Progress to adding the turn to the second preliminary swing, and heave-throw high over your left shoulder. Stand in balance and then reverse so the second wave can collect the hammers on your coach's signal. Style points will be given by your coaches for good timing and smooth turning. If no light hammers are available, double a short skipping rope through a rubber ring, or put a football in a bag.</p>
<b>Conditioning</b>	<p><b>Three Man Paarlaf:</b> On a 200m makeshift track, send your second runner to the middle of the far straight and set off to run your half, leaving your third runner standing where you were. Make sure you've found out whether you've to run 12 laps, or whether your coaches have actually said '12 minutes'. Either way, make sure you pace the runs so you can last. You may be asked just to tag your team mate for a changeover, but if you're asked to use a baton, start running just before your team mate arrives, but time your run perfectly so you're caught up. Sometimes this will be a training run, and sometimes a race. Find out before you start by listening carefully, or asking the question. Progress to longer runs as the weeks go by.</p>
<b>Cool Down &amp; Reflection</b>	<p><b>Rock, Paper, Scissors in pairs:</b> Picking your heels up constantly in a long run can tire the hamstrings on the back of your thigh. To stretch them, keep your feet together and stretch to your toes. Put your feet apart and reach to the ground. Sit and reach past your toes. Make a basket of one leg, knee to shoulder, and lift your lower leg. Do Caterpillar Walks, feet inching towards hands, hands away in front, feet inching in again.</p> <p>In the Paarlaf, your coaches may have helped a struggling team by giving them a spare baton from up their sleeve. Did you cope with this?          Do you understand that people who are struggling sometimes need a helping hand, and that we ought to show sympathy?</p>

Age 11/12 - Criteria   Block 7 - Activities	
<b>Game</b>	<b>Catch a Partner's Tail:</b> Teams compete in an enclosed space for a minute at a time to see which team can capture most tails. They're given back.
<b>Agility</b>	On hands and feet, jump your feet apart-together-forwards-backwards. Make sure you keep your hips high to prevent your back from hollowing.
<b>Balance</b>	Face upwards on hands and feet, hips high, knees bent. Stretch one hand up in the air and keep your balance. Change arms.
<b>Co-ordination</b>	Use a ladder, or canes 50cm apart, to run down with high knees, facing forward. Bounce down sideways with high knees, 2 steps in each space.
<b>Skills</b>	<b>Run:</b> In files, six hurdles per team 1.5m apart. Walk down one side stepping past the hurdle. Pull the lead arm back/down to drive the rear knee up. In waves facing 4 hurdles 10.5m away and 6.5m between. Do a standing start and race through the finish. Prepare to take part in finals.
	<b>Jump:</b> In waves, practise 3 hops-3 steps-jump onto a mat or into a pit; keep the hops flat; hold the steps in mid-air and make your landings active. Contest. In teams, 2 hops-2 steps- jump for distance in waves.
	<b>Throw:</b> Using a shot or a football, practise two shifts and lifts. Facing backwards, come off your heel twice and stay low. Stand up tall to deliver. No1s face backwards, stand on your right foot, lean down and shift your left leg frontwards, coming off your heel to drive out, land, and stand up.
<b>Conditioning</b>	Continuous Relay over 210m. Even teams of 8, run a seventh of a lap. Baton right-left for 8 laps. No8 starts behind No1. Calf stretches, standing.
<b>Mental</b>	In Catch a Partner's Tail you have two roles - to defend your own tail and to capture another's. Keep your wits about you.
<b>Emotional</b>	In Catch a Partner's Tail, officials will decide the outcome by counting the number of tails captured and returned. Respect their decision.
<b>Lifestyle</b>	Officials are essential for keeping good order; respect their efforts to ensure fair play, even if you aren't in agreement with every decision.

### EXAMPLE SESSION PLAN - Age 11/12 - BLOCK 7 - RUN, Weeks 1 & 4

<b>Equipment</b>	<p>Markers to enclose the games space.          Coloured bands for each player.          Ladders, or canes, or very low hurdles for each file, six each, or at least three.          A ball between two.          Eight markers for a makeshift track.          A baton for each team.</p>
<b>Warm Up &amp; ABC</b>	<p><b>Catch a Partner's Tail:</b> Several teams with different coloured bands tucked in at the back of your waistbands compete in an enclosed space. When you catch a tail, give it back, but it's counted towards your team score. Play several rounds.</p> <p><b>A.</b> On your own, stand with your feet together, and jump them apart-together- forwards-backwards till you have the rhythm. Progress to the push up position, hands and feet in contact with the floor, jump your feet apart-together-forwards-backwards continuously. Make sure your hips are kept high so your back doesn't hollow. Take a rest every so often, circling your arms and leaning over sideways to stretch your back and shoulders.</p> <p><b>B.</b> Face upwards on hands and feet. Lift your hips high and raise one hand high in the air, still keeping your balance on your three points of support for 15 seconds. Slowly change arms, stretch your hand high.</p> <p><b>C.</b> In files, use a ladder, or canes 50cm apart, or very low hurdles to run over with high knees like a champion sprinter. Develop by turning sideways and bouncing down with high knees, 2 steps in every space. Stay up tall while you do this.</p>
<b>Running Skills</b>	<p>Stand in files with six hurdles 1.5m apart in front of each team. When the team mate ahead of you reaches hurdle two, start walking past the side of each hurdle in an exaggerated step, reaching with your straight lead arm, leaning forwards and pulling your trail knee over the hurdle and up in front of you. As your lead hand pulls backwards, your trail knee gets pulled forwards in the opposite direction, an equal and opposite reaction.</p> <p>Pull your lead hand round your trail knee, and make sure this knee is slightly higher than your trail foot. Style points can be awarded.</p> <p>Your coaches will organise races with four hurdles per team set out 10.5m in front and 6.5m apart. Practise three starts to the first, changing your feet at the start if necessary to clear the hurdle on your preferred foot. Progress to racing the heats over and through a line approximately 40m away, and then have a think about how you will tackle your final.</p> <p>Your coaches may differentiate the starts and spaces for your particular speed, flexibility, mobility, leg length and stride pattern. Or they may challenge you with a Shuttle Hurdles Relay by turning alternate lanes round for your other half-team to run back. Use a baton.</p>
<b>Conditioning</b>	<p><b>Continuous Relay:</b> Construct a makeshift 210m track with a triangle of cones or markers at each bend, 30m apart, and other markers at 30m intervals. Practise an alternate, downward exchange in eights in a straight line, two arms' lengths apart.</p> <p>For the circular run, stand seven runners at the marker intervals, and place No8 behind No 1 at the start. You'll be asked to run 30m eight times until No8 crosses the finish. Exchanges are made right-left-right, and you use the same hand every time. After the first run, the winners will be given the outside lane and the losers the inside. If 8 runners are too many, run with 6 or 4, the advantage being that even numbers keep the same hand.</p>
<b>Cool Down &amp; Reflection</b>	<p><b>Catch a Partner's Tail:</b> Play semi-finals in two separate areas, and finish with the finals in both areas. Your quads may need stretched after the constant high knees of the Continuous Relay. Lie on your side and pull your heel up to your hip, pushing your pelvis forwards. Hold onto a partner and both of you pull your heel to your hip. Lie on your fronts and, grasping your ankles, pull into an arch.</p> <p>Your coaches may well have helped a struggling team by producing a spare baton to help them keep up. Respect their decision.</p>

### EXAMPLE SESSION PLAN - Age 11/12 - BLOCK 7 - JUMP, Weeks 2 & 5

<b>Equipment</b>	<p>Markers to enclose the games space. Coloured bands for each player. Ladders, or canes, or very low hurdles for each file. A ball between two. Mats for jumping onto, or the use of a sand pit either side-on or down a double runway. A measuring tape for each team in the contests, and a recording sheet and pen. Eight markers for a makeshift track. A baton for each team.</p>
<b>Warm Up &amp; ABC</b>	<p><b>Catch a Partner's Tail:</b> Several teams with different coloured bands tucked in at the back of your waist bands compete in an enclosed space. When you catch a tail, give it back, but it's counted towards your team score. Play several rounds.</p> <p><b>A.</b> On your own, stand with your feet together, and jump them apart-together- forwards-backwards till you have the rhythm. Progress to the push up position, hands and feet in contact with the floor, jump your feet apart-together-forwards-backwards continuously. Make sure your hips are kept high so your back doesn't hollow. Take a rest every so often, circling your arms and leaning over sideways to stretch your back and shoulders.</p> <p><b>B.</b> Face upwards on hands and feet. Lift your hips high and raise one hand high in the air, still keeping your balance on your three points of support for 15 seconds. Slowly change arms, stretch your hand high.</p> <p><b>C.</b> In files, use a ladder, or canes 50cm apart, or very low hurdles to run over with high knees like a champion sprinter. Develop by turning sideways and bouncing down with high knees, 2 steps in every space. Stay up tall while you do this.</p>
<b>Jumping Skills</b>	<p>In twos, practise hopping by standing behind your partner and taking her right foot in your right hand and your other hand on her left shoulder. Both of you hop down the track for eight contacts, turn round and hop back. Hold your partner's foot for her hop, follow her and then let go just before she steps – she'll feel the stretch in her quads and the high position of her stepping foot. Build up to two hops plus a step, and then three.</p> <p>Your coaches will give style points for flat hops and high, held steps finishing with a jump into the sand pit or onto a mat.</p> <p>In waves, side-on to a pit or onto mats, compete in a '2 hops-2 steps and a jump' contest, or operate in two teams side by side from your own starting position down the runway. Measuring tapes can be laid out, zero end at the start, to give you your distance jumped to the nearest 5cm.</p> <p>To finish, win points for synchronised combined jumping with your partner to the rhythm, ta-ta-ta-ta-ta.</p>
<b>Conditioning</b>	<p><b>Continuous Relay:</b> Construct a makeshift 210m track with a triangle of cones or markers at each bend, 30m apart, and other markers at 30m intervals. Practise an alternate, downward exchange in eights in a straight line, two arms' lengths apart.</p> <p>For the circular run, stand seven runners at the marker intervals, and place No8 behind No 1 at the start. You'll be asked to run 30m eight times until No8 crosses the finish. Exchanges are made right-left-right, and you use the same hand every time. After the first run, the winners will be given the outside lane and the losers the inside. If 8 runners are too many, run with 6 or 4, the advantage being that even numbers keep the same hand.</p>
<b>Cool Down &amp; Reflection</b>	<p><b>Catch a Partner's Tail:</b> Play semi-finals in two separate areas, and finish with the finals in both areas. Your quads may need stretched after the constant high knees of the Continuous Relay. Lie on your side and pull your heel up to your hip, pushing your pelvis forwards. Hold onto a partner and both of you pull your heel to your hip. Lie on your fronts and, grasping your ankles, pull into an arch.</p> <p>Your coaches may well have helped a struggling team by producing a spare baton to help them keep up. Respect their decision.</p>

### EXAMPLE SESSION PLAN - Age 11/12 - BLOCK 7 - THROW, Weeks 3 & 6

<b>Equipment</b>	<p>Markers to enclose the games space.          Coloured bands for each player.          Ladders, or canes, or very low hurdles for each file.          A ball between two. If throwing outdoors, a shot between two, or a shot for each of the front wave.          Eight markers for a makeshift track.          A baton for each team.</p>
<b>Warm Up &amp; ABC</b>	<p><b>Catch a Partner's Tail:</b> Several teams with different coloured bands tucked in at the back of your waist bands compete in an enclosed space. When you catch a tail, give it back, but it's counted towards your team score. Play several rounds.</p> <p><b>A.</b> On your own, stand with your feet together, and jump them apart-together- forwards-backwards till you have the rhythm. Progress to the push up position, hands and feet in contact with the floor, jump your feet apart-together-forwards-backwards continuously. Make sure your hips are kept high so your back doesn't hollow. Take a rest every so often, circling your arms and leaning over sideways to stretch your back and shoulders.</p> <p><b>B.</b> Face upwards on hands and feet. Lift your hips high and raise one hand high in the air, still keeping your balance on your three points of support for 15 seconds.          Slowly change arms, stretch your hand high.</p> <p><b>C.</b> In files, use a ladder, or canes 50cm apart, or very low hurdles to run over with high knees like a champion sprinter. Develop by turning sideways and bouncing down with high knees, 2 steps in every space. Stay up tall while you do this.</p>
<b>Throwing Skills</b>	<p><b>Shot Shift:</b> In twos, face each other and take your partner's hands. Stand on your right leg, left leg raised high behind you, shoulders down to hip height. Shift backwards twice off your standing heel whilst your partner follows you to help you balance. Make three attempts, then swap places. Develop by standing behind your partner and taking his extended foot. Wait till he's in balance, then pull him backwards firmly to make him shift. Collect a football or volleyball between two and stand 10-15m apart. Turn your back, shift twice off your heel and stand up tall to deliver. Feel that your free leg is contributing by helping to transfer your momentum. Build up to three shifts in a row, facing backwards until the third. Ask your partner to stand further away. Off a single Shift and Lift, push-throw the ball as far as you can by building up momentum. If you have room, or if you're outdoors, the No1s throw as far as possible and stand still while the No2s collect on a signal.</p>
<b>Conditioning</b>	<p><b>Continuous Relay:</b> Construct a makeshift 210m track with a triangle of cones or markers at each bend, 30m apart, and other markers at 30m intervals. Practise an alternate, downward exchange in eights in a straight line, two arms' lengths apart. For the circular run, stand seven runners at the marker intervals, and place No8 behind No 1 at the start. You'll be asked to run 30m eight times until No8 crosses the finish. Exchanges are made right-left-right, and you use the same hand every time. After the first run, the winners will be given the outside lane and the losers the inside. If 8 runners are too many, run with 6 or 4, the advantage being that even numbers keep the same hand.</p>
<b>Cool Down &amp; Reflection</b>	<p><b>Catch a Partner's Tail:</b> Play semi-finals in two separate areas, and finish with the finals in both areas. Your quads may need stretched after the constant high knees of the Continuous Relay. Lie on your side and pull your heel up to your hip, pushing your pelvis forwards. Hold onto a partner and both of you pull your heel to your hip. Lie on your fronts and, grasping your ankles, pull into an arch. Your coaches may well have helped a struggling team by producing a spare baton to help them keep up. Respect their decision.</p>

Age 11/12 - Criteria   Block 8 - Activities	
<b>Game</b>	<b>Tag:</b> Inside an enclosed area are two taggers in bibs who chase the rest for one minute. When caught, sit out. Restart with two new taggers in bibs.
<b>Agility</b>	<b>Caterpillar Walk:</b> Push Up position hips high. Inch your feet forwards one at a time towards your hands, straight knees. Walk away again. Repeat.
<b>Balance</b>	Lie down sideways one foot on top of the other. Lift your hips up and balance on one hand and foot. Raise the top leg straight. Hold in balance.
<b>Co-ordination</b>	Stand side-on to a hurdle and do 20 can-cans each with straight legs, inside out with your abductors
<b>Skills</b>	<b>Run:</b> Checkmarks. In twos at an exchange zone, experiment to see how far back your checkmark should go. Measure in tic-tacs [feet]. Join up with another two and work out a checkmark for No 2-3. Race round a 4 x 100m to see how accurate you were.
	<b>Jump:</b> Pole Vault. In waves, side-on to a sandpit, take a high grip on the pole and swing in one handed. Take off on one foot to the same foot. In waves, grip with both hands, hold the pole directly above your head and take a two stride approach to swing into the pit.
	<b>Throw:</b> Bull's eye. Hoops are laid out across the area 8-10m away. Using a 400g javelin or cane, take a crossover step to score a bull's eye. No1s take two crossover steps to pull-throw a javelin into hoops 12-15m away. Stretch your arm back and pull over your head and shoulder.
<b>Conditioning</b>	<b>Cooper's Run:</b> Keeping an even pace, see how far you can run in 12 minutes. Coaches will give you the time every minute and record your score.
<b>Mental</b>	Checkmarks require mathematical calculation. Each tic-tac of the mark is worth one metre in the zone. Work it out, starting at 12-15 tic-tacs.
<b>Emotional</b>	Checkmarks can take several sessions to work out; accept the frustration of making mistakes as part of the process. It's O.K. to make errors.
<b>Lifestyle</b>	Life isn't always straightforward; accept that there will be difficulties to overcome, and work towards that.

### EXAMPLE SESSION PLAN - Age 11/12 - BLOCK 8 - RUN, Weeks 1 & 4

<b>Equipment</b>	<p>Markers to enclose an area. Two bibs for the taggers. A hurdle between two, or a line of hurdles down which teams can practise. A baton between two on an official or measured track, or indoors on lines. Enough sticky tape, or cones, for all the checkmarks. A measured course for Cooper's 12 minute run, either a 400m track, or a 200m version, or a 100m straight and back. Recording sheets laid out with names and boxes from 2-30 in 2s to show each 200m of your run, especially on a 100m down and back course Pen and stopwatch</p>
<b>Warm Up &amp; ABC</b>	<p><b>Tag:</b> Inside an enclosed space wearing bibs are two taggers who chase the rest of you for one minute. When caught, sit out by running round the outside of the area. The last two survivors become the new taggers.</p> <p><b>A. Caterpillar Walks.</b> Put both hands and feet on the floor. Walk forwards by inching your feet towards your hands, then inch your hands forwards away from your feet to cross a 20m course like a caterpillar.</p> <p><b>B. On your own,</b> lie down on your side and place one foot on top of the other. Now push up with one hand and try to keep your balance. Once still, raise your top leg straight and still stay in balance for 15 seconds. Sit down and change sides.</p> <p><b>C. Hurdles</b> are positioned down the gym or track, 1.5m apart. Find a partner and stand side-on to a hurdle facing each other and practise an inside-out can-can, throwing a straight leg up over the hurdle. Try to synchronise. Develop by practising an outside-in can-can. Progress to 15 of each, bouncing on the grounded foot. Progress to doing the can-can all the way down the line of hurdles one after the other, down one side, then down the other. Develop your skill by synchronising it with a partner's.</p>
<b>Running Skills</b>	<p><b>Checkmarks:</b> Using lines on the gym floor, or a take-over zone, work in pairs to deduce a checkmark so many tic-tacs [feet] behind your start. Always start in the same place e.g. on a line, and measure back towards your incoming runner, say, 15 feet. They run in at full speed, and you go full out when they cross the mark. If they catch you easily, lengthen the mark; if they don't catch you, shorten it by one foot for every metre of gap. Your coaches may well organise the starts in waves from 25m away. For a team of four, run Nos1-2 and Nos3-4, and then work out Nos2-3. Keep a note of all your checkmarks for any runners with whom you've practised. Your coaches will also keep a note. Within a few weeks you'll be able to join up all four for a 4 x 100m [or a 4 x 50m relay], using sticky tape in the centre of your lane for a checkmark. When each race finishes, and you've therefore changed round one place, start again with the new first runners, but keep your usual hand.</p>
<b>Conditioning</b>	<p><b>Cooper's Run:</b> Coaches will set up a 12-minute run on a 400m track, or on a measured 200m track, or down a 100m straight and back. You'll be encouraged to run steadily for 12 minutes, pacing it to go as far as you can in the timescale. Your performance will be judged to the nearest 25m, and will be considered to a measure of your heart and lung fitness and your muscular endurance. The record can be used at any time to demonstrate your improvement over the weeks that you're in training. There's no reason why you shouldn't practise this at home.</p>
<b>Cool Down &amp; Reflection</b>	<p><b>Tag:</b> Inside the enclosed area, compete against a partner. Have a think about the difficulties you've encountered during this block. What's important is how you've responded to these problems. If you've taken a positive attitude to learning from your difficulties, you'll bounce back, and everyone will compliment you on your efforts. Everyone should accept that it's O.K. to make errors – everyone does, from time to time.</p>

### EXAMPLE SESSION PLAN - Age 11/12 - BLOCK 8 - JUMP, Weeks 2 & 5

<b>Equipment</b>	<p>Markers to enclose an area.                  Two bibs for the taggers.                  A hurdle between two, or a line of hurdles down which teams can practise.                  A baton between two on an official or measured track, or indoors on lines.                  A pole for each of the front wave of vaulters.                  A sand pit, ideally, or a mat arrangement.                  A measured course for Cooper's 12- minute run, either a 400m track, or a 200m version, or a 100m straight and back.                  Recording sheets laid out with names and boxes from 2-30 in 2s to show each 200m of your run, especially on a 100m down and back course                  Pen and stopwatch.</p>
<b>Warm Up &amp; ABC</b>	<p><b>Tag:</b> Inside an enclosed space wearing bibs are two taggers who chase the rest of you for one minute. When caught, sit out by running round the outside of the area. The last two survivors become the new taggers.</p> <p><b>A. Caterpillar Walks.</b> Put both hands and feet on the floor. Walk forwards by inching your feet towards your hands, then inch your hands forwards away from your feet to cross a 20m course like a caterpillar.</p> <p><b>B.</b> On your own, lie down on your side and place one foot on top of the other. Now push up with one hand and try to keep your balance. Once still, raise your top leg straight and still stay in balance for 15 seconds. Sit down and change sides.</p> <p><b>C.</b> Hurdles are positioned down the gym or track, 1.5m apart. Find a partner and stand side-on to a hurdle facing each other and practise an inside-out can-can, throwing a straight leg up over the hurdle. Try to synchronise. Develop by practising an outside-in can-can. Progress to 15 of each, bouncing on the grounded foot. Progress to doing the can-can all the way down the line of hurdles one after the other, down one side, then down the other. Develop your skill by synchronising it with a partner's.</p>
<b>Jumping Skills</b>	<p>Stand in waves side-on to a sand pit or mats and take 3 strides to a handclap pop-up, reaching up high and clapping your hands above your head.</p> <p>Stand 1 stride away and taking a high grip on the pole in the sand, swing into the pit one-handed, landing on the same foot as you took off on.</p> <p>Increase your grip by one finger width on each attempt.</p> <p>Progress to gripping with both hands, the pole directly above your head. Take 2 strides, plant, and swing into the pit to land on the same foot.</p> <p>Style points can be awarded.</p> <p>A bungee can be placed crosswise to provide an incentive to keep your feet up.</p> <p>Hand the pole to your team mate, and backward roll to your place.</p>
<b>Conditioning</b>	<p><b>Cooper's Run:</b> Coaches will set up a 12-minute run on a 400m track, or on a measured 200m track, or down a 100m straight and back.</p> <p>You'll be encouraged to run steadily for 12 minutes, pacing it to go as far as you can in the timescale.</p> <p>Your performance will be judged to the nearest 25m, and will be considered to a measure of your heart and lung fitness and your muscular endurance. The record can be used at any time to demonstrate your improvement over the weeks that you're in training.</p> <p>There's no reason why you shouldn't practise this at home.</p>
<b>Cool Down &amp; Reflection</b>	<p><b>Tag:</b> Inside the enclosed area, compete against a partner.</p> <p>Have a think about the difficulties you've encountered during this block. What's important is how you've responded to these problems.</p> <p>If you've taken a positive attitude to learning from your difficulties, you'll bounce back, and everyone will compliment you on your efforts.</p> <p>Everyone should accept that it's O.K. to make errors - everyone does, from time to time.</p>



### EXAMPLE SESSION PLAN - Age 11/12 - BLOCK 8 - THROW, Weeks 3 & 6

<b>Equipment</b>	<p>Markers to enclose an area.                  Two bibs for the taggers.                  A hurdle between two, or a line of hurdles down which teams can practise.                  A baton between two on an official or measured track, or indoors on lines.                  Enough sticky tape, or cones, for all the checkmarks.                  A measured course for Cooper's 12- minute run, either a 400m track, or a 200m version, or a 100m straight and back.                  Recording sheets laid out with names and boxes from 2-30 in 2s to show each 200m of your run, especially on a 100m down and back course                  Pen and stopwatch.</p>
<b>Warm Up &amp; ABC</b>	<p><b>Tag:</b> Inside an enclosed space wearing bibs are two taggers who chase the rest of you for one minute. When caught, sit out by running round the outside of the area. The last two survivors become the new taggers.</p> <p><b>A.</b> Caterpillar Walks. Put both hands and feet on the floor. Walk forwards by inching your feet towards your hands, then inch your hands forwards away from your feet to cross a 20m course like a caterpillar.</p> <p><b>B.</b> On your own, lie down on your side and place one foot on top of the other. Now push up with one hand and try to keep your balance. Once still, raise your top leg straight and still stay in balance for 15 seconds. Sit down and change sides.</p> <p><b>C.</b> Hurdles are positioned down the gym or track, 1.5m apart. Find a partner and stand side-on to a hurdle facing each other and practise an inside-out can-can, throwing a straight leg up over the hurdle. Try to synchronise. Develop by practising an outside-in can-can. Progress to 15 of each, bouncing on the grounded foot. Progress to doing the can-can all the way down the line of hurdles one after the other, down one side, then down the other. Develop your skill by synchronising it with a partner's.</p>
<b>Throwing Skills</b>	<p>In twos, pull-throw a tennis ball to your partner 8-10m away. Cup your hands well in front of your eyes to receive. Stretch your right hand as far away from your left foot as possible and suddenly bend your elbow to pull through. Spin the ball by turning your palm out as you release.</p> <p><b>Bulls' Eye:</b> your partner stands with a turbo javelin or garden cane and aims at a hoop on the ground 8-10m away and spins the javelin into the centre of the hoop on a signal. On a second signal, run out and collect, carrying the cane, if that's what it is, upright and prepare to throw. As you release, spin your palm away from your body to make the implement rifle. Keep scores, 20 points for a rim and 50 for a centre.</p> <p>If you're outside, place the hoops well apart 12-15m away and aim to hit the centre with one crossover step. Add another crossover and put the hoops at 20-25m for double points, 100 for a bull's eye. Style points can be given as well for a smooth and accelerated throw.</p>
<b>Conditioning</b>	<p><b>Cooper's Run:</b> Coaches will set up a 12-minute run on a 400m track, or on a measured 200m track, or down a 100m straight and back.</p> <p>You'll be encouraged to run steadily for 12 minutes, pacing it to go as far as you can in the timescale. Your performance will be judged to the nearest 25m, and will be considered to a measure of your heart and lung fitness and your muscular endurance. The record can be used at any time to demonstrate your improvement over the weeks that you're in training.</p> <p>There's no reason why you shouldn't practise this at home.</p>
<b>Cool Down &amp; Reflection</b>	<p><b>Tag:</b> Inside the enclosed area, compete against a partner.</p> <p>Have a think about the difficulties you've encountered during this block. What's important is how you've responded to these problems.</p> <p>If you've taken a positive attitude to learning from your difficulties, you'll bounce back, and everyone will compliment you on your efforts.</p> <p>Everyone should accept that it's O.K. to make errors - everyone does, from time to time.</p>

### Multi-Event Development Stage & Long Term Athlete Development

Q: Why was the resource developed?

A: To give Club Coaches guidelines on content and coaching practices for athletes aged 8 -12 years of age.

Q: Why six weeks?

A: A disrupted four weeks is too short; eight weeks is too long for covering a lot of ground.

Q: Why start and finish with a game?

A: Games are motivational and involve social interplay and co-operation as well as including the ABCs.

Q: Why can't they just run six laps as usual?

A: It's not recommended but they can if they wish, if that's the instruction you give them.

Q: What's this A, B, C, S?

A: Agility, Balance, Co-ordination & Speed; these are recognised as core aspects of fitness & physical development nationally.

Q: Are they really just aspects of fitness?

A: No, they are what they say they are; and possibly as much skill-based.

Q: I see you have a main theme within each session; how was it worked out?

A: It was based on evidence & experiences from Community Run, Jump and Throw.

Q: How did you structure the session themes?

A: The choice was to repeat a theme two weeks in a row, or distribute it wider.

Q: What is your recommendation for session themes?

A: That the Run occurs in Weeks 1 & 4, Jumps in 2 & 5, and Throws in 3 & 6.

Q: What other option did you have?

A: We've spaced it out, but could have massed it by revising the theme over 2 weeks.

Q: So that would have meant the Run in Weeks 1 & 2; why not?

A: Just for variety, and with the athlete in mind.

Q: When you wrote the original six week blocks, what was your aim?

A: To give structure and create progressions.

Q: How do you know the activities are suitable for each stage?

A: Evidence, world-wide research and extensive coaching and PE experience.

Q: Why is Conditioning a feature?

A: For its own sake: and without fitness, skills cannot be easily learnt or sustained.

Q: So is this mainly a skills-based document?

A: Yes, skill-mastery is key; you'll hear this again and again. This stage is identified by IAAF as core Skill Development Window.

Q: Why not just run for Conditioning?

A: Yes, for stamina and speed; but strength and suppleness are needed too.

Q: And anything else?

A: Yes, the aforementioned Agility, Balance, Co-ordination & Speed.

Q: What's this Reflection?

A: Coaches often do this after competition and training to give and take feedback.

Q: What would a coach do with feedback?

A: Coaches would modify their next session; so would the youngsters.

Q: What kind of feedback would you expect?

A: Athletes working at this stage of development will tell you if they enjoyed the session or found it too hard.

Q: Would some find it too easy?

A: Yes, if it were a skill-based session, but that misses the point about learning - coaches need to adapt to athlete needs within sessions.

Q: How were the blocks converted into lesson plans?

A: The structure of eight six-week blocks allowed for it with blocks being progressive; they exhibited gradual build up.

### Multi-Event Development Stage & Long Term Athlete Development

Q: What's that?

A: Many skills in Athletics are too difficult to learn all at once, so we begin with simple basic skills and build it up.

Q: Can you give an example?

A: Discus throwing is complex, but not if you begin by slinging a hoop.

Q: How does the progression build?

A: With footwork for standing, cross-overs, reverses, clocks and rotations

Q: What about the Jumps?

A: Likewise, with skills for approaches, take-offs, actions in the air and landings.

Q: And Hurdling?

A: Yes, from walking, to jogging, to running, to sprinting over.

Q: What about running itself?

A: Yes, more complex than meets the eye, so it needs to be broken down and built up.

Q: Coaches will ask about distances?

A: And pace, which needs to be addressed early; and intensity; and recovery.

Q: Should youngsters under 11 be running distance?

A: Of course, progressively: we just don't challenge them enough.

Q: What if I thought a lesson plan didn't offer a long enough run?

A: Then increase it - you're the coach, but use a common sense approach.

Q: Why isn't there just running in it?

A: There's more to life than just running; kids may not come back.

Q: Have any top athletes followed this multi-events approach?

A: Yes, some of Scotland's best athletes (Eildh Child, Allan Wells, Lee McConnell & Tom McKean) started off doing multi-events before specialising later.

Q: Isn't there supposed to be an obesity time bomb among the young?

A: Yes, and it must be addressed at once using approaches similar to this one.

Q: What intensity should the under 11s be running at?

A: Physiologically, they're aerobic, so moderate intensity.

Q: These lesson plans are complex; why not just write coaching points?

A: Too simplistic and without context.

Q: What do you mean?

A: If we'd written only coaching points, you'd wonder how we'd set them up.

Q: You mean I wouldn't understand where you were or how you'd led into it?

A: Exactly; you'd need the structure.

Q: So how did you solve it?

A: We wrote a list of equipment needed per lesson and showed the formations.

Q: You mean you indicated pairs, or threes or files or waves?

A: Yes, and tried to show exact positioning.

Q: Did you also write structures for collecting after Throws, for example?

A: Yes; ideally the non-throwers collect.

Q: What's this about return activities?

A: Yes, research has shown there's too much standing around; pointless – a wasted opportunity to maximise practice time.

Q: So what's a return activity?

A: If having to queue, the youngster performs another activity on the way back.

Q: What difference does that make?

A: It increases activity by a factor of about three and subsequent contact and practice time for the athlete.

### Multi-Event Development Stage & Long Term Athlete Development

Q: What's mass activity?

A: It's when as many youngsters as possible are all working at the same time.

Q: An example of mass activity?

A: Long Jump is boring and wasteful one at a time, so send them in from the side five at a time.

Q: What if that's physically impossible?

A: Then send them down in twos for a synchronised jump.

Q: Is High Jump even worse?

A: Yes, set up multi-jumps at low heights for scissors; or use at least two areas.

Q: Isn't Throwing dangerous?

A: Not with footballs for Shot, hoops for Discos, tennis balls for Javelins – perfect for this early stage of development.

Q: How do you do a massed practice?

A: Spread half along a line: they throw, and the back line collects on a signal.

Q: What's proposed for competition?

A: Inter-club and Intra-club events focusing on team competition and relays at this stage.

Q: No, I mean, any intrinsic competition?

A: Yes, they learn to compete, so organise it: there's a twist though.

Q: What's the twist?

A: Coaches can get hung up on statistics and objective performances, so we fix it.

Q: Fix what?

A: Some of the intrinsic competition is subjective; points are given for style, for the technical model.

Q: What's a technical model?

A: It's a way of delivering the skill showing and using sound biomechanics.

Q: Where do we get information on the correct model?

A: The IAAF technical models are included with this resource, and will repay study.

Q: Can children imitate Olympic models?

A: They'll try: modify it for their strength and skill levels.

Q: So how do style points work?

A: Some youngsters simply bash away; marks out of ten introduce some reality.

Q: Can you give an example?

A: Yes, an athlete is tops with a 1.30m clearance in a V-shape Flop.

Q: That's not bad for under 13s?

A: Right, but it's a style competition, so they're last with 2 out of 10; rethink needed - Technique, technique, technique!

Q: Are you saying style is more important than result?

A: We're saying you've been looking at the wrong 'result' – development outcomes key for progress.

Q: Have you just said performance is less important than style?

A: At this stage, absolutely.

Q: So, are you disparaging good performances?

A: Not if they're stylish (technically proficient), but certainly if they're just brute strength.

Q: So what constitutes a good performance?

A: The one nearest the technical model.

Q: How do you judge that?

A: Give the model ten points, and take one away for every lapse or flaw.

Q: So if a youngster won a Scottish title with poor style, you wouldn't be happy?

A: No.

Q: So how do you define winning?

A: That's the whole point - we all need to redefine 'winning'.

### Multi-Event Development Stage & Long Term Athlete Development

Q: What do you mean by redefining winning?

A: Every youngster should have simple intermediate goals based on appropriate development outcomes for their age & stage.

Q: What do you mean?

A: They can't all be champions; can't all jump 1.30m; can't all get the model right.

Q: So how should we treat them?

A: Better, by praising them more often for what they can do, not what they can't – be constructive.

Q: You mean 'effort goals'?

A: That would be a good start, praise for trying, and lots of encouragement.

Q: Back to competition?

A: Yes, coaches to set simple goals and talk them through; it could be an aspect of skill.

Q: Such as starting?

A: Yes, an athlete might have an indifferent 100m, but might have improved the start. Praise it.

Q: Any other competitive ideas?

A: Yes, we used to aggregate our Jumps and Throws scores to get a result.

Q: You mean add them up?

A: Exactly, and give 100 points to the winning team, 90, 80 and 70 to the others.

Q: Then do the same for Relays?

A: Yes, for a 12 x 100m relay, all done in 'class time' or 'club time'.

Q: Other competition?

A: Against scoring tables in Award Schemes; have a look on-line at the **scottishathletics** and UKA websites.

Q: What's your over-riding philosophy?

A: Skill-mastery is king; children need to be praised and encouraged.

Q: Anything else?

A: Yes, Scottish children are very talented, but we need to tell them - they're too self-effacing - but be constructive and focus on effort goals.

Q: How do we find good things to say about our children's performances?

A: Look harder – use the positive sandwich technique (positive– constructive negative– positive).

Q: And fitness?

A: Crucial, lots of running, circuits and flexibility should be encouraged, especially nowadays.

Q: Where is this heading?

A: Encouraging the young gives them a good experience of sport, and self-confidence.

Q: What do you expect the outcome to be?

A: Long Term Athlete Development; youngsters stay in the sport longer and performances improve over the longer-term.

Q: Would teachers be able to use it as a syllabus as well?

A: Yes, and they would recognise the structure readily.

Q: In what way?

A: P.E. Departments often divide their curriculum into manageable blocks of six weeks.

## ATHLETICS 365

**Athletics 365** was originally developed by England Athletics and is now a core UKA product. Athletics 365 is an alternative approach to developing athletes and focuses on the age ranges of 8 - 15 years of age. It is also a multi-event, young people development programme, which introduces athletes to the fundamental skills of athletics (vital to every sport).

**Athletics 365** is similar to this resource in that it focuses not only on how fast someone runs or how far someone jumps or throws but also, more importantly, on developing the technical skills ('how' to run, jump and throw) required to perform at full potential and move like a champion. The programme is broken down into nine progressive stages. Each stage provides athletes with new and progressively more difficult challenges appropriate to their stage of development. Athletics 365 encourages athletes to learn all the skills and events of athletics, and reinforces the importance of a good all round skill base with the stages similar to progression in other sports, such as the martial arts 'belt system' or the gymnastics 'badge system.'

There are some excellent resources supporting the 365 programme and for more information please visit: [www.athletics365.org](http://www.athletics365.org)

### How does 365 differ from this resource?

We are fully supportive of the Athletics 365 programme and recommend it to coaches and clubs who have the time to enable them to fully implement the resources appropriately. The resources that accompany Athletics 365 are excellent and substantial investment has been well utilised.

The Multi-Events Development stage resources have been developed to provide practical tools for coaches in a simplistic and effective manner along with appropriate education workshops, delivered within a club's normal training environment. As such, it has been designed in a slightly different way but the athlete development principles are the same as within Athletics 365 but a sample plan of a stage and a full year's training blocks and example session plans have been provided - **Athletics 365** provides more flexibility for coaches to develop their own programmes whilst catering for athletes working across different stages using the coloured progressions.

Please note that the stage colours of red, yellow and green relate to the age groups associated with this resource (8/9-11/12 years), although some athletes may well progress beyond green in some or all development areas.

Whilst the resources do complement each other, it may be that the **Athletics 365** resources suit you as a coach and your club better where you have a Coaching Coordinator and coaches with the time to implement. You will know what suits your situation.



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