

Athletics Development Stage 1 Teaching the Basics

Optimum Ages - Females 5 to 8 Years / Males 6 to 9 Years

COACHES RESOURCE PACK

V1 AUGUST 2013



1	Foreword - Jessica Ennis	Page 3
2	Developing the Athlete - Introduction	Page 4-5
3	Teaching the Basics - Stage Background	Page 6-10
4	Coaching Athletes with a Disability	Page 11
5	Outcome Goals v Effort Goals	Page 12-13
6	Block System of Planning & Development Outcomes	Page 14-15
7	Training Block Development Outcomes & Session Plans	Page 16
8	Age 5/6 Block 1 & Sample Sessions	Page 18-21
	Age 5/6 Block 2 & Sample Sessions	Page 22-25
	Age 5/6 Block 3 & Sample Sessions	Page 26-29
	Age 5/6 Block 4 & Sample Sessions	Page 30-33
	Age 5/6 Block 5 & Sample Sessions	Page 34-37
	Age 5/6 Block 6 & Sample Sessions	Page 38-41
	Age 5/6 Block 7 & Sample Sessions	Page 42-45
	Age 5/6 Block 8 & Sample Sessions	Page 46-49
9	Age 7/8 Block 1 & Sample Sessions	Page 50-53
	Age 7/8 Block 2 & Sample Sessions	Page 54-57
	Age 7/8 Block 3 & Sample Sessions	Page 58-61
	Age 7/8 Block 4 & Sample Sessions	Page 62-65
	Age 7/8 Block 5 & Sample Sessions	Page 66-69
	Age 7/8 Block 6 & Sample Sessions	Page 70-73
	Age 7/8 Block 7 & Sample Sessions	Page 74-77
	Age 7/8 Block 8 & Sample Sessions	Page 78-81
10	Frequently Asked Questions	Page 82-85
11	Athletics 365 Resource	Page 86



Foreword from Olympic Champion Heptathlete - Jessica Ennis

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 early stages 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. I am now the Olympic Champion and my goal is to continue - running, jumping and throwing!

I hope you realise your own dreams, but most importantly - work hard and have fun!

Jessica Ennis

Olympic Heptathlon Champion 2012



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 and the vast majority of the knowledge on which it's 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.

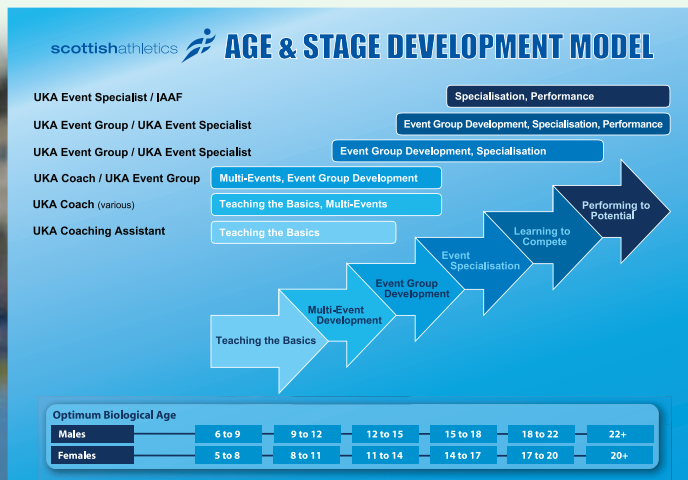
2 COACHES RESOURCE PACK

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 - scottishathletics Long-Term Athlete Development Model

3 COACHES RESOURCE PACK

Stage 1 Background - Teaching the Basics

Optimum biological ages - Females 5 to 8 years / Males 6 to 9 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 (through enjoyable activities).

This stage is important for:

- Introduction to athletics movement skills
- Basic movement skills, agility, balance, speed and coordination (ABCs)
- Running, throwing, jumping and catching
- Short speed effort through agility exercise
- Conditioning - 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	Event Group Development				
12			Speed Window 2	Strength Window 1	
13				Strength Window 2	Aerobic Window
14	Event Specialisation				
15					
16					
17	Learning to Compete				
18					
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					
7	Teaching the Basics	Skill Window			
8			Speed Window 1		
9					
10	Multi Events Development				
11					
12	Event Group Development				
13			Speed Window 2		
14				Strength	Aerobic Window
15	Event Specialisation				
16					
17					
18	Learning to Compete				
19					
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 1 Background - Teaching the Basics

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

- 1-3 activity sessions per week rising to 4-6 sessions (this may include class PE sessions and other activities sessions)
- 30-60 minute activity sessions
- High repetition, low intensity activity focus

Competition objectives:

- Fun competition - Essential
- Formal competition not necessary
- Participation in introductory club-based 'competitive' events with introduction of principles of running, jumping & throwing, rules, ethics and respect

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 Teaching the Basics Stage and may include;

- informal 'competitive' challenges within RJC Centre / club sessions on a regular basis
- use of awards schemes as way of promoting individual improvement
- focus on informal team-based activities where the children are working together

It is crucial that the focus is on self-improvement and achieving appropriate effort goals rather than the focus on 'first to finish'. 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.



3 COACHES RESOURCE PACK

Stage 1 Background - Teaching the Basics

Activities / Venues:

- Run, Jump & Throw Centres providing a balanced 'basics' programme
- Athletics clubs offering fundamentals programmes
- Schools Activities
- Introductory athletics providers, gymnastics and swimming programmes (multi-sport opportunities)

Activities at this stage should include:

MOVEMENT SKILLS (Generic)

- Include running, jumping, throwing and catching skills
- Promote agility, balance, coordination and speed (ABC'S) (Track and Field / Off Track)
- Develop short duration speed and endurance through FUN games (Track and Field / Off Track)
- Develop linear, lateral and multi-directional speed (Track and Field / Off Track)

TECHNICAL (Specific)

- Teach introductory athletics skills – basic running technique (sprinting & endurance), introductory throwing and jumping techniques
- Teach basic skills of different events – running, jumping and throwing events (appropriate to age)
- Provide knowledge of the basic use of athletics technical equipment – appropriate to that age/stage of development

CONDITIONING

- Promote overall physical development through dynamic activity using the body through enjoyable activities



3 COACHES RESOURCE PACK

Stage 1 Background - Teaching the Basics

MENTAL & EMOTIONAL

- Reinforce a positive attitude to sport
- Introduce concept of self confidence
- Introduce concentration skills
- Encourage positive reinforcement from coaches and parents
- Introduce the concept of perseverance

LIFESTYLE

- Promote involvement in multiple activities
- Promote and teach safety
- Be based on enjoyment and fun
- Promote fair play / respect for participants, coaches and self
- Foster a positive attitude towards activity and participation
- Promote teamwork and personal interaction skills
- Encourage effort

Implications For Coaches

The focus for the coach at the Teaching the Basics stage must be on developing movement skills through enjoyable activities (fun games). Activities should be stimulating and must be able to show progression and learning for children where appropriate.

Implications For Parents

It is important to introduce the child to lots of different activities at this stage. The focus at this stage must be on enjoyment for the child with activities leading to the promotion of practice and basic movement skills (agility, balance, coordination and speed) including running, jumping, throwing and catching.

There are several opportunities for children to become involved in athletics at this stage - through school PE, after-school clubs and Run, Jump & Throw Centres. Some local athletics clubs may operate activity sessions for this age group but check first with your local contact (scottishathletics Regional Development Manager or local authority officer).

According to Cote (1999) 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 experience (learning new skills) and a supportive movement environment in relation to a motivated and active family that promotes and participates in sport and physical activity.



Stage 1 Background - Teaching the Basics

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.

4 COACHES RESOURCE PACK

Stage 1 Background - Teaching the Basics

Coaching Athletes with a Disability

People with a disability who get involved in sport are first and foremost athletes, and they have the same basic needs, drive, and dreams as any other athlete. And, for them as well, coaching is a crucial factor to the quality of their athletics experience.

Many coaches who have never worked with athletes with a disability feel that, to be effective, they need highly specialised skills, knowledge, or training. This is a misperception. In fact, most coaches who work with athletes with a disability soon discover that coaching these participants is fundamentally no different than coaching any other athlete.

The challenge is to truly understand the person, to focus on their abilities, and to see what they can achieve. Generally speaking, most coaches already possess the necessary technical skills and knowledge required to coach athletes with a disability. Typically, the only piece missing in their coaching toolkit is a basic understanding of a few key aspects that are unique to people with a disability. This information can usually be gained from speaking/working with their parents or carer.

If you require any further information please contact our National Disability Officer, Shona Malcolm at shonamalcolm@scottishathletics.org.uk



5 COACHES RESOURCE PACK

Outcome Goals v Effort Goals

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?



5 COACHES RESOURCE PACK

Outcome Goals v Effort Goals

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
5/6	1	1	Running	7/8	1	1	Running
		2	Jumping			2	Jumping
		3	Throwing			3	Throwing
		4	Running			4	Running
		5	Jumping			5	Jumping
		6	Throwing			6	Throwing
5/6	2	1	Running	7/8	2	1	Running
		2	Jumping			2	Jumping
		3	Throwing			3	Throwing
		4	Running			4	Running
		5	Jumping			5	Jumping
		6	Throwing			6	Throwing
5/6	3	1	Running	7/8	3	1	Running
		2	Jumping			2	Jumping
		3	Throwing			3	Throwing
		4	Running			4	Running
		5	Jumping			5	Jumping
		6	Throwing			6	Throwing
5/6	4	1	Running	7/8	4	1	Running
		2	Jumping			2	Jumping
		3	Throwing			3	Throwing
		4	Running			4	Running
		5	Jumping			5	Jumping
		6	Throwing			6	Throwing
5/6	5	1	Running	7/8	5	1	Running
		2	Jumping			2	Jumping
		3	Throwing			3	Throwing
		4	Running			4	Running
		5	Jumping			5	Jumping
		6	Throwing			6	Throwing
5/6	6	1	Running	7/8	6	1	Running
		2	Jumping			2	Jumping
		3	Throwing			3	Throwing
		4	Running			4	Running
		5	Jumping			5	Jumping
		6	Throwing			6	Throwing
5/6	7	1	Running	7/8	7	1	Running
		2	Jumping			2	Jumping
		3	Throwing			3	Throwing
		4	Running			4	Running
		5	Jumping			5	Jumping
		6	Throwing			6	Throwing
5/6	8	1	Running	7/8	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 1 : Teaching the Basics

Age Banding for Resource Sample Sessions - 5/6 Years + 7/8 Years

6 Week Training Blocks & Sample Weekly Session Plans



8 COACHES RESOURCE PACK

Age 5/6 Block 1 and Sample Sessions

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

Age 5/6 - Criteria	Block1 - Activities
Game	The Cat's in the Cupboard: The 'Cat' stands at far end facing away from group. Creep up and gently tag him. Run away before you're caught.
Agility	Bunny Jump: Off two feet onto two hands. How many can you do accurately?
Balance	Stand on one leg for 5 seconds: Change legs. Can you keep your weight in the middle to keep your balance?
Co-ordination	Stand on one side of a line: side-on, feet together. Bounce across the line from side to side in speed bounces.
Skills	Run: 'Prancing Horses' - Run up tall, with high knees. Shuttle Relays in files at opposite ends. Run carrying a rubber ring for easy grip, and give to partner.
	Jump: Low cardboard hurdles set out. In files, run and jump over, from one foot to two. Shuttle Relays in files. Carry a rubber ring to opposite end, jumping each hurdle, and give it to partner.
	Throw: Throw: Football or light ball. Chest passes off a wall. In twos. Chest Passes to a partner. Progress by being further apart.
Conditioning	Learn Crouch Jumps, and jump as high as a house. Lie on one side and pull your foot up behind you to stretch the front of your leg. Change legs.
Mental	Look closely and pay attention when your coach is talking.
Emotional	Listen carefully to what your coach is saying, and try to follow instructions.
Lifestyle	Always be on your best behaviour in class.

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

NB. Please note that film footage explaining each training block can be view at:
<http://www.youtube.com/user/scottishathletics>

8 COACHES RESOURCE PACK

Age 5/6 Block 1 and Sample Sessions

EXAMPLE SESSION PLAN - Age 5/6 - BLOCK 1 - RUN, Weeks 1 & 4

Equipment	Lines on a floor One rubber ring per file or team
Warm Up & ABC	<p>The Cat's in the Cupboard: The 'Cat' stands at the far end facing the wall, eyes closed, and all creep up quietly to catch him unawares. Someone bolder than the rest taps the cat on the shoulder, and everyone has to race back behind the end line to avoid being tagged and caught by the cat. Whoever is caught becomes the new cat.</p> <p>A. Bunny Jumps: on your own in a space, crouch down with both hands on the floor, and rock back and forth gently from your feet to your hands. Who can do it best? See how they spring onto their hands and then rock back onto their feet.</p> <p>Can you spring forward like a bunny rabbit and catch up with your feet. Can you move round the space like this?</p> <p>Count how many you can do across a space between two lines, going from two feet to two hands.</p> <p>B. Stand on one leg: on your own, stand on one leg by getting all your weight onto the middle of your standing foot. Change legs.</p> <p>Can you hold this balance for 5 seconds on one leg, and then on the other. Try it with your hands behind your back.</p> <p>C. Speed Bounces: still on your own, find a line on the floor and stand sideways close beside it with your feet together.</p> <p>Keeping your feet together, bounce across the line and back. This is called a 'speed bounce'.</p> <p>Can you do six sideways speed bounces, feet together?</p>
Running Skills	<p>Prancing Horses: on your own in the space, can you run like a horse in the Olympic dressage event, prancing with high knees? Stay up tall and practise this by galloping anywhere in the space, but avoid any bumping.</p> <p>All run round in one direction high knees, and on a signal, run in the other direction.</p> <p>Your coaches will put you into short files facing the other half of your team: this is called a Shuttle formation, and you can run a Shuttle Relay with a rubber ring. On the signal, you gallop down to your other half and hand the ring to the nearest person. Then you stay at the back of that team and wait your turn to run back up with the ring.</p> <p>Your coaches will stop the game every so often to encourage you to run up tall, and to keep your knees high, and they'll point out the best styles.</p>
Conditioning	<p>Crouch Jumps: On your own, crouch down as small as a mouse, and on a signal, stand up as tall as a house. How small can you be, and how tall?</p> <p>Your coaches will then find someone who can be as small as a mouse, but who can jump up as tall as a house. This is called a 'Crouch Jump'.</p> <p>Leg Stretches: you'll be tired after this, so lie on one side and reach back for your top foot. Pull it gently up behind you so you make a bow-shape and feel that you're stretching the front of your leg. Roll onto your other side and do the same until you've stretched completely.</p>
Cool Down & Reflection	<p>Your coaches will organise the first game again, choosing a new cat and teaching you to chant 'The cat's in the cupboard and he can't catch me'.</p> <p>After the first round when the first person is tagged and becomes the cat, the coaches will tell you whose task it is to awaken the cat at the far end. Make sure you don't bump into anybody as you run to safety.</p> <p>In today's lesson, did you use your eyes well, always looking to see what your coaches were doing, and paying close attention to what's going on?</p> <p>Did you listen carefully to all their instructions and carry them out as well as you could?</p> <p>And did you behave well towards everyone in the class?</p> <p>Some of the things you've learned today you can practise at home for next week's lesson.</p> <p>Think what you need to practise.</p>

8 COACHES RESOURCE PACK

Age 5/6 Block 1 and Sample Sessions

EXAMPLE SESSION PLAN - Age5/6 - BLOCK 1 - JUMP, Weeks 2 & 5

Equipment	<p>Lines on the floor.</p> <p>One rubber ring per file or team.</p> <p>Two or three cardboard hurdles per file or team.</p>
Warm Up & ABC	<p>The Cat's in the Cupboard: The 'Cat' stands at the far end facing the wall, eyes closed, and all creep up quietly to catch him unawares. Someone bolder than the rest taps the cat on the shoulder, and everyone has to race back behind the end line to avoid being tagged and caught by the cat.</p> <p>Whoever is caught becomes the new cat.</p> <p>A. Bunny Jumps: on your own in a space, crouch down with both hands on the floor, and rock back and forth gently from your feet to your hands. Who can do it best? See how they spring onto their hands and then rock back onto their feet.</p> <p>Can you spring forward like a bunny rabbit and catch up with your feet. Can you move round the space like this?</p> <p>Count how many you can do across a space between two lines, going from two feet to two hands.</p> <p>B. Stand on one leg: on your own, stand on one leg by getting all your weight onto the middle of your standing foot. Change legs.</p> <p>Can you hold this balance for 5 seconds on one leg, and then on the other. Try it with your hands behind your back.</p> <p>C. Speed Bounces: still on your own, find a line on the floor and stand sideways close beside it with your feet together.</p> <p>Keeping your feet together, bounce across the line and back. This is called a 'speed bounce'.</p> <p>Can you do six sideways speed bounces, feet together?</p>
Jumping Skills	<p>Jumps: One Foot to Two: on your own in a space, run anywhere, and 'freeze' when asked by standing perfectly still. After some practice at this, your coach will ask you to 'jump'. Jump off one foot and land on both feet. Make sure you go from one to two each time, and jump nice and high. Now run any where, and when you see a line coming, jump high over it, from one foot to two.</p> <p>Jumping over Obstacles: your coaches will put low hurdles out in the space for you to jump over.</p> <p>Shuttles: your coaches will put you into shuttle files, and give you a rubber ring to carry down to your team at the other end.</p> <p>Then they'll put a low hurdle between your files for you to jump over. If you're successful, they could add in a second hurdle, or a third.</p> <p>If you accidentally knock one over, you should put it back up for the next person.</p>
Conditioning	<p>Crouch Jumps: on your own, crouch down as small as a mouse, and on a signal, stand up as tall as a house. How small can you be, and how tall?</p> <p>Your coaches will then ask if you can be as small as a mouse, but jump up as tall as a house.</p> <p>Practise this: it's called a 'Crouch Jump'.</p> <p>Leg Stretches: you'll be tired after this, so lie on one side and reach back for your top foot.</p> <p>Pull it gently up behind you so you make a bow-shape and feel that you're stretching the front of your leg. Roll onto your other side and do the same until you've stretched completely.</p>
Cool Down & Reflection	<p>Your coaches will organise the first game again, choosing a new cat and teaching you to chant 'The cat's in the cupboard and he can't catch me'.</p> <p>After the first round when the first person is tagged and becomes the cat, the coaches will tell you whose task it is to awaken the cat at the far end. Make sure you don't bump into anybody as you run to safety.</p> <p>In today's lesson, did you use your eyes well, always looking to see what your coaches were doing, and paying close attention to what's going on?</p> <p>Did you listen carefully to all their instructions and carry them out as well as you could?</p> <p>And did you behave well towards everyone in the class?</p> <p>Some of the things you've learned today you can practise at home for next week's lesson.</p> <p>Think what you need to practise.</p>

8 COACHES RESOURCE PACK

Age 5/6 Block 1 and Sample Sessions

EXAMPLE SESSION PLAN - Age 5/6 - BLOCK 1 - THROW, Weeks 3 & 6

Equipment	Lines on the floor. A football or light ball between two.
Warm Up & ABC	<p>The Cat's in the Cupboard: The 'Cat' stands at the far end facing the wall, eyes closed, and all creep up quietly to catch him unawares. Someone bolder than the rest taps the cat on the shoulder, and everyone has to race back behind the end line to avoid being tagged and caught by the cat. Whoever is caught becomes the new cat.</p> <p>A. Bunny Jumps: on your own in a space, crouch down with both hands on the floor, and rock back and forth gently from your feet to your hands. Who can do it best? See how they spring onto their hands and then rock back onto their feet.</p> <p>Can you spring forward like a bunny rabbit and catch up with your feet. Can you move round the space like this?</p> <p>Count how many you can do across a space between two lines, going from two feet to two hands.</p> <p>B. Stand on one leg: on your own, stand on one leg by getting all your weight onto the middle of your standing foot. Change legs.</p> <p>Can you hold this balance for 5 seconds on one leg, and then on the other. Try it with your hands behind your back.</p> <p>C. Speed Bounces: still on your own, find a line on the floor and stand sideways close beside it with your feet together.</p> <p>Keeping your feet together, bounce across the line and back. This is called a 'speed bounce'.</p> <p>Can you do six sideways speed bounces, feet together?</p>
Throwing Skills	<p>Chest Passes: in a space, stand facing a partner toe to toe.</p> <p>Make the shape of a football with your hands and pretend to hand it to your partner, who pretends to catch it. When your coach actually gives you a ball, simply hand it back and forward at chest level, making the right shape and bending your elbows to take it.</p> <p>Go to the wall and practise these 'Chest Passes', bouncing the ball off the wall and catching it, then giving your partner a turn.</p> <p>Now stand facing your partner one step apart, and see if you can catch a pass, making the round shape of the ball with your hands first.</p> <p>Stand two steps apart and practise chest passing and catching. Can you keep this going, and can you stand a little further apart?</p> <p>Who's good at this?</p>
Conditioning	<p>Crouch Jumps: on your own, crouch down as small as a mouse, and on a signal, stand up as tall as a house. How small can you be, and how tall?</p> <p>Your coaches will then ask if you can be as small as a mouse, but jump up as tall as a house.</p> <p>Practise this: it's called a 'Crouch Jump'.</p> <p>Leg Stretches: you'll be tired after this, so lie on one side and reach back for your top foot.</p> <p>Pull it gently up behind you so you make a bow-shape and feel that you're stretching the front of your leg. Roll onto your other side and do the same until you've stretched completely.</p>
Cool Down & Reflection	<p>Your coaches will organise the first game again, choosing a new cat and teaching you to chant 'The cat's in the cupboard and he can't catch me'.</p> <p>After the first round when the first person is tagged and becomes the cat, the coaches will tell you whose task it is to awaken the cat at the far end. Make sure you don't bump into anybody as you run to safety.</p> <p>In today's lesson, did you use your eyes well, always looking to see what your coaches were doing, and paying close attention to what's going on?</p> <p>Did you listen carefully to all their instructions and carry them out as well as you could?</p> <p>And did you behave well towards everyone in the class?</p> <p>Some of the things you've learned today you can practise at home for next week's lesson.</p> <p>Think what you need to practise.</p>

8 COACHES RESOURCE PACK

Age 5/6 Block 2 and Sample Sessions

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

Age 5/6 - Criteria	Block 2 - Activities
Game	Moonlight, Starlight, Bogey won't come out tonight: 'Bogey' sits in a chair as you skip round, then pounces. A new 'Bogey' goes catcher.
Agility	Bunny Jump from one side of a bench to the other by gripping the bench on either side. Bounce your hips up high and bend your knees.
Balance	Stand on one leg for 5-10 seconds with arms folded. Change legs.
Co-ordination	Speed Bounce over a low hurdle, keeping your ankles tight together.
Skills	Run: Standing Starts. In waves, line up for a start, opposite hand and foot forward. On a signal, sprint 20m over a line and walk back to the start. Races over 20-30m. Who got the best starts, and why?
	Jump: Giant Steps. In waves, line up to take giant steps for 20m. How many did it take you to cross the line? Did you get your knees up and bound? Stepping Stones. In files, follow the line of mats with little gaps between - don't put your foot in the water if you can help it.
	Throw: Throw: Football or light ball. Hold the ball behind your head and pull it over two-handed in a throw- in against a wall. In twos. Throw-ins to your partner so he can catch it easily.
Conditioning	In twos. Lie on your back, knees bent up, with a football. Reach up to give the ball two-handed to your partner, who's standing at your feet.
Mental	Are you always looking closely when the coach the coach is talking?
Emotional	Are you always listening carefully when your coach is talking?
Lifestyle	Are you always on your best behaviour in class?

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

NB. Please note that film footage explaining each training block can be view at:
<http://www.youtube.com/user/scottishathletics>

8 COACHES RESOURCE PACK

Age 5/6 Block 2 and Sample Sessions

EXAMPLE SESSION PLAN - Age 5/6 - BLOCK 2 - RUN, Weeks 1 & 4

Equipment	<p>A den for safety and a chair for 'Bogey', and a finishing line for the Standing Starts.</p> <p>A bench and a speed bouncer or low hurdle for each team for the ABCs [Agility, Balance, and Co-ordination], or do them freely on the floor.</p> <p>A football or light ball between two for the Sit Ups.</p>
Warm Up & ABC	<p>Bogey: On your own in a space, skip round until 'Freeze!' is called, and then stand still. Make sure you don't bump into anybody as you skip. A den, a safe area, sits at one end of the space. Skip round until you hear 'Run!', then sprint as quickly as you can to the safety of the den.</p> <p>One of the coaches sits in a chair at the other end and demonstrates 'Bogey'; at any moment she may spring off the chair and chase you as you run for your den, where you'll be safe. If you're caught you become the next Bogey.</p> <p>A. Bunny Jump over a Bench: sit on a bench with the rest of your team.</p> <p>If you're at the front, everyone else will move back to give you room. Crouch beside the bench and grip each side, then jump both feet from one side to the other in Bunny Jumps, getting your hips high.</p> <p>On a signal, run to the back so the next in line can start.</p> <p>B. Bench Balance: front players fold your arms and stand on one leg on the bench for as long as possible. Can you stand for 10 seconds like this, your weight over one foot?</p> <p>On a signal, run to the back so the next in line can start.</p> <p>C. Speed Bounces: each team has a speed bouncer in front, or a low hurdle.</p> <p>Run forward, do Speed Bounces until the signal, and then run to the back of your team. Did you keep your feet together?</p>
Running Skills	<p>Standing Starts: Your coaches will line you up in waves for a standing start, one foot up to a line and the other foot back, until everyone has tried.</p> <p>Next, you check that you have your opposite hand and foot forward, and then go to the end again.</p> <p>Then, if you have the right position, your coach will shout 'Go!' and you should race to the next line and walk back up the sides.</p> <p>Make sure you know where the finish is before you start.</p> <p>Some start faster than others. What do they do to get away fast?</p> <p>Your coaches will organise races so you can play at being Usain Bolt.</p>
Conditioning	<p>Sit-Ups: your coaches will find you a partner, who stands at your feet, facing you, with his hands ready for a catch.</p> <p>Holding a football under your chin, lie on your back with your knees bent and come up to hand the ball to your partner.</p> <p>Then lie back down and sit back up to collect it again. This is called a 'Sit Up'.</p> <p>On a signal, change places.</p> <p>Arches: lie on your side, grasp your top foot, put your head back and try to get your foot up to your head for ten seconds. Change sides.</p>
Cool Down & Reflection	<p>Your coaches will organise you into the game again.</p> <p>Bogey sits in the chair whilst you skip around, but look out for her springing off her chair and pouncing.</p> <p>If caught, you're next to play Bogey. Learn to chant as you skip, 'Moonlight, Starlight, Bogey won't come out tonight'.</p> <p>Have you been looking closely at your coaches to see what's to happen next?</p> <p>Have you been listening carefully to what they're saying so you can keep up?</p> <p>Have you been polite to everyone in the class and on your best behaviour?</p> <p>And to finish, can you make the lightning bolt sign?</p>

8 COACHES RESOURCE PACK

Age 5/6 Block 2 and Sample Sessions

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

Equipment	<p>A den for safety and a chair for 'Bogey'.</p> <p>A bench and a speed bouncer or low hurdle for each team for the ABCs [Agility, Balance, and Co-ordination], or do them freely on the floor.</p> <p>A football or light ball between two for the Sit Ups.</p> <p>Three mats per team for Stepping Stones.</p>
Warm Up & ABC	<p>Bogey: On your own in a space, skip round until 'Freeze!' is called, and then stand still. Make sure you don't bump into anybody as you skip. A den, a safe area, sits at one end of the space. Skip round until you hear 'Run!', then sprint as quickly as you can to the safety of the den.</p> <p>One of the coaches sits in a chair at the other end and demonstrates 'Bogey'; at any moment she may spring off the chair and chase you as you run for your den, where you'll be safe. If you're caught you become the next Bogey.</p> <p>A. Bunny Jump over a Bench: sit on a bench with the rest of your team.</p> <p>If you're at the front, everyone else will move back to give you room. Crouch beside the bench and grip each side, then jump both feet from one side to the other in Bunny Jumps, getting your hips high.</p> <p>On a signal, run to the back so the next in line can start.</p> <p>B. Bench Balance: front players fold your arms and stand on one leg on the bench for as long as possible. Can you stand for 10 seconds like this, your weight over one foot?</p> <p>On a signal, run to the back so the next in line can start.</p> <p>C. Speed Bounces: each team has a speed bouncer in front, or a low hurdle.</p> <p>Run forward, do Speed Bounces until the signal, and then run to the back of your team. Did you keep your feet together?</p>
Jumping Skills	<p>Giant Steps: listen to a short story about Giants, and then start to take giant steps everywhere.</p> <p>Your coaches will line you up in waves, and, on a signal, take giant running steps till you cross the far away line.</p> <p>Rather than just put your feet on the ground, try to get your knees up and bound across the space. How many strides did it take you?</p> <p>Stepping Stones: your coaches will put you into files and place mats in front of you as stepping stones, with little gaps between.</p> <p>Imagine there's water in the gaps, and try to cross the stream on the stones without getting your feet wet, even when the gap is made wider.</p> <p>The coaches may even have three different sets of mats with different gaps, easy, simple and difficult: which one suits you best?</p>
Conditioning	<p>Sit-Ups: your coaches will find you a partner, who stands at your feet, facing you, with his hands ready for a catch.</p> <p>Holding a football under your chin, lie on your back with your knees bent and come up to hand the ball to your partner.</p> <p>Then lie back down and sit back up to collect it again. This is called a 'Sit Up'.</p> <p>On a signal, change places.</p> <p>Arches: lie on your side, grasp your top foot, put your head back and try to get your foot up to your head for ten seconds. Change sides.</p>
Cool Down & Reflection	<p>Your coaches will organise you into the game again.</p> <p>Bogey sits in the chair whilst you skip around, but look out for her springing off her chair and pouncing.</p> <p>If caught, you're next to play Bogey. Learn to chant as you skip, 'Moonlight, Starlight, Bogey won't come out tonight'.</p> <p>Have you been looking closely at your coaches to see what's to happen next?</p> <p>Have you been listening carefully to what they're saying so you can keep up?</p> <p>Have you been polite to everyone in the class and on your best behaviour?</p> <p>And to finish, can you make the lightning bolt sign?</p>

8 COACHES RESOURCE PACK

Age 5/6 Block 2 and Sample Sessions

EXAMPLE SESSION PLAN - Age 5/6 - BLOCK 2 - THROW, Weeks 3 & 6

Equipment	<p>A den for safety and a chair for 'Bogey'.</p> <p>A bench and a speed bouncer or low hurdle for each team for the ABCs [Agility, Balance, and Co-ordination], or do them freely on the floor.</p> <p>A football or light ball between two for the Sit Ups and for the Football Throw-Ins.</p>
Warm Up & ABC	<p>Bogey: On your own in a space, skip round until 'Freeze!' is called, and then stand still. Make sure you don't bump into anybody as you skip. A den, a safe area, sits at one end of the space. Skip round until you hear 'Run!', then sprint as quickly as you can to the safety of the den.</p> <p>One of the coaches sits in a chair at the other end and demonstrates 'Bogey'; at any moment she may spring off the chair and chase you as you run for your den, where you'll be safe. If you're caught you become the next Bogey.</p> <p>A. Bunny Jump over a Bench: sit on a bench with the rest of your team.</p> <p>If you're at the front, everyone else will move back to give you room. Crouch beside the bench and grip each side, then jump both feet from one side to the other in Bunny Jumps, getting your hips high.</p> <p>On a signal, run to the back so the next in line can start.</p> <p>B. Bench Balance: front players fold your arms and stand on one leg on the bench for as long as possible. Can you stand for 10 seconds like this, your weight over one foot?</p> <p>On a signal, run to the back so the next in line can start.</p> <p>C. Speed Bounces: each team has a speed bouncer in front, or a low hurdle.</p> <p>Run forward, do Speed Bounces until the signal, and then run to the back of your team. Did you keep your feet together?</p>
Throwing Skills	<p>Football Throw-Ins: your coaches will organise you into waves, facing a wall.</p> <p>The front wave does a Football Throw-In and catches the ball, and then you hand the ball to the next in line.</p> <p>The Throw-In is a two-handed overhead throw which begins behind your head. Once you're accurate, you'll be given more throws at a time.</p> <p>To catch, you have to get your feet in the right place and make the shape of the ball in front of your eyes at full stretch.</p> <p>Football Throw-In and Catch in Twos: your coaches will put you in pairs to throw overhead to each other, encouraging you to make good catches.</p> <p>If your coaches put you further apart, you'll have to use your legs more to power the throw.</p> <p>Put one foot in front of the other to improve your balance and power.</p>
Conditioning	<p>Sit-Ups: your coaches will find you a partner, who stands at your feet, facing you, with his hands ready for a catch.</p> <p>Holding a football under your chin, lie on your back with your knees bent and come up to hand the ball to your partner.</p> <p>Then lie back down and sit back up to collect it again. This is called a 'Sit Up'.</p> <p>On a signal, change places.</p> <p>Arches: lie on your side, grasp your top foot, put your head back and try to get your foot up to your head for ten seconds. Change sides.</p>
Cool Down & Reflection	<p>Your coaches will organise you into the game again.</p> <p>Bogey sits in the chair whilst you skip around, but look out for her springing off her chair and pouncing.</p> <p>If caught, you're next to play Bogey. Learn to chant as you skip, 'Moonlight, Starlight, Bogey won't come out tonight'.</p> <p>Have you been looking closely at your coaches to see what's to happen next?</p> <p>Have you been listening carefully to what they're saying so you can keep up?</p> <p>Have you been polite to everyone in the class and on your best behaviour?</p> <p>And to finish, can you make the lightning bolt sign?</p>

8 COACHES RESOURCE PACK

Age5/6 Block 3 and Sample Sessions

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

Age 5/6 - Criteria	Block 3 - Activities
Game	Lifeboats: Mats are laid out randomly. Run around the open space until the signal, and then run and sit on the mats for safety.
Agility	Bunny Jump along a bench from side to side along its length by gripping the sides.
Balance	Stand on one leg for 10 seconds with your eyes closed. Change legs.
Co-ordination	Speed Bounce diagonally along a line on the floor, going side to side but forwards at the same time. Did you keep your ankles together?
Skills	Run: Jog 400m, making sure you last all the way round. Was your run just right, or did you go too fast early on? Pick a partner, and jog or run round 400m with them twice, resting in between.
	Jump: Front Tucks. On the spot do some two-footed jumps, and on a signal tuck your legs for a really high one. Try 1-2-3- up! Low cardboard hurdles are set out in files. In a shuttle relay, jog down and do a tuck jump over each, then tag your partner, who goes back up.
	Throw: Football or light ball. Sitting facing a wall push the ball one-handed and catch it, like putting the shot. In twos. Sitting 3-4m apart, push-throw the ball one-handed to your partner, who makes a high basket with his hands as a target. Be accurate.
Conditioning	Push-me-ups off wall: Place the palms of your hands on a wall and take a small step back. Push off the wall to stand upright. How many did you do?
Mental	The coach will point to her eyes for you to look. Were you ready, and did you see it happen?
Emotional	The coach will now point to her ears for you to listen. Did you understand and follow the instruction quickly?
Lifestyle	Were you well behaved, looking closely, listening carefully, and carrying out instructions?

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

NB. Please note that film footage explaining each training block can be view at:
<http://www.youtube.com/user/scottishathletics>

8 COACHES RESOURCE PACK

Age 5/6 Block 3 and Sample Sessions

EXAMPLE SESSION PLAN - Age 5/6 - BLOCK 3 - RUN, Weeks 1 & 4

Equipment	Gym mats for the 'Lifeboats' game. Benches for Bunny Jumps, one per team. Lines on the floor for Speed Bounce. A 400m track, or a course indoors of about the same size, either an oval or an 'up and down'.
Warm Up & ABC	<p>Lifeboats: run around anywhere in the spaces without bumping, and on a signal, sit down. Your coaches will scatter mats anywhere in the space: this time when the whistle blows, sit on a mat, which is being used as a lifeboat; make sure you don't all try to get into the same boat, so use your eyes and look ahead. Once you're all seated, the game starts again quickly.</p> <p>A. Bunny Jumps along a Bench: your coaches will put you into teams, with a bench facing each team lengthwise. First in each team squats at one side of the bench, hands gripping the sides; start to Bunny Jump along the bench from side to side off two feet, hips high and legs tucked under until you reach the end. Run back so the next in line can start. Your coaches will encourage high hips and two-footed jumps.</p> <p>B. Stand on One Leg: centre your weight on the middle of your standing foot, and close your eyes. On a signal every ten seconds, open your eyes and change feet before closing your eyes again.</p> <p>C. Speed Bounces: go back into your teams and practise speed bouncing from side to side, ankles close together. Your coaches will make sure there's a line in front of each team: instead of speed bouncing from side to side, see if you can bounce across the line, but still keep moving diagonally forwards until you reach the end; your coaches will help you keep your balance if this is a problem for you. Run back for the next in line.</p>
Running Skills	<p>Jogging: you'll be asked to look at the size of the course laid out, and imagine what it would be like to run right round. How fast should you go? Once you realise it's quite a long way, you'll be encouraged to jog all the way round without stopping. Once your coaches have spoken to you about your run, they'll ask you to find a partner and run round with them. After a rest, the coaches will ask you to do one more run with your chum. You can chat on the way round if you like, but try not to stop.</p>
Conditioning	<p>Push Ups: stand close to a wall, and take a little step back: put your palms flat on the wall shoulder-width apart and just below shoulder height. Bend your elbows and push up so you're standing upright again. This is called a 'Push Up'. Your coaches will check that you're doing it safely. After you've done a dozen, your coaches will ask you to rest, then start again. The muscles on the outsides of your arms will begin to feel tired, but this exercise will make them stronger. Pull each elbow across in front of your chin one at a time to stretch off.</p>
Cool Down & Reflection	<p>Lifeboats: your coaches will tell you how many survivors are allowed on each mat. Instead of just running this time, jog and do the Front Crawl stroke until you hear the signal, and then 'swim' as fast as you can to the nearest boat: if it's full, swim quickly to the next one. Your coaches may decide that the last into the boats has to miss the next turn, but you'll be allowed back in right after. Look ahead to see which will be the best boat to aim for before the whistle blows. Your coach will ask you to look carefully by pointing at her eyes, and to listen by pointing at her ears. Have you been looking, listening, and carrying out all the instructions as well as you could?</p>

8 COACHES RESOURCE PACK

Age 5/6 Block 3 and Sample Sessions

EXAMPLE SESSION PLAN - Age 5/6 - BLOCK 3 - JUMP, Weeks 2 & 5

Equipment	Gym mats for the 'Lifeboats' game. Benches for Bunny Jumps, one per team. Lines on the floor for Speed Bounce. Two or three cardboard hurdles per shuttle file.
Warm Up & ABC	<p>Lifeboats: run around anywhere in the spaces without bumping, and on a signal, sit down. Your coaches will scatter mats anywhere in the space: this time when the whistle blows, sit on a mat, which is being used as a lifeboat; make sure you don't all try to get into the same boat, so use your eyes and look ahead. Once you're all seated, the game starts again quickly.</p> <p>A. Bunny Jumps along a Bench: your coaches will put you into teams, with a bench facing each team lengthwise. First in each team squats at one side of the bench, hands gripping the sides; start to Bunny Jump along the bench from side to side off two feet, hips high and legs tucked under until you reach the end. Run back so the next in line can start. Your coaches will encourage high hips and two-footed jumps.</p> <p>B. Stand on One Leg: centre your weight on the middle of your standing foot, and close your eyes. On a signal every ten seconds, open your eyes and change feet before closing your eyes again.</p> <p>C. Speed Bounces: go back into your teams and practise speed bouncing from side to side, ankles close together. Your coaches will make sure there's a line in front of each team: instead of speed bouncing from side to side, see if you can bounce across the line, but still keep moving diagonally forwards until you reach the end; your coaches will help you keep your balance if this is a problem for you. Run back for the next in line.</p>
Jumping Skills	<p>Tuck Jumps: on your own in a space, make yourself as small as a mouse by crouching on the floor, tucked in. Try this position in mid-air. Jump up high off both feet and then tuck your knees under your chin at the top and land safely: this is called a 'Tuck Jump'.</p> <p>Your coaches will put you in shuttle files, with three cardboard hurdles in front of each team. Shuttle Tuck Jumps: jog down and then take off from both feet in a Tuck Jump over each hurdle. Your partner sets off as soon as you arrive. Your coaches will pick the best style, and the highest jump, for you to copy.</p>
Conditioning	<p>Push Ups: stand close to a wall, and take a little step back: put your palms flat on the wall shoulder-width apart and just below shoulder height. Bend your elbows and push up so you're standing upright again. This is called a 'Push Up'. Your coaches will check that you're doing it safely. After you've done a dozen, your coaches will ask you to rest, then start again. The muscles on the outsides of your arms will begin to feel tired, but this exercise will make them stronger. Pull each elbow across in front of your chin one at a time to stretch off.</p>
Cool Down & Reflection	<p>Lifeboats: your coaches will tell you how many survivors are allowed on each mat. Instead of just running this time, jog and do the Front Crawl stroke until you hear the signal, and then 'swim' as fast as you can to the nearest boat: if it's full, swim quickly to the next one. Your coaches may decide that the last into the boats has to miss the next turn, but you'll be allowed back in right after.</p> <p>Look ahead to see which will be the best boat to aim for before the whistle blows. Your coach will ask you to look carefully by pointing at her eyes, and to listen by pointing at her ears. Have you been looking, listening, and carrying out all the instructions as well as you could?</p>

8 COACHES RESOURCE PACK

Age 5/6 Block 3 and Sample Sessions

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

Equipment	Gym mats for the 'Lifeboats' game. Benches for Bunny Jumps, one per team. Lines on the floor for Speed Bounce. A football or light ball between two if possible for the One-handed Push-throws.
Warm Up & ABC	<p>Lifeboats: run around anywhere in the spaces without bumping, and on a signal, sit down. Your coaches will scatter mats anywhere in the space: this time when the whistle blows, sit on a mat, which is being used as a lifeboat; make sure you don't all try to get into the same boat, so use your eyes and look ahead. Once you're all seated, the game starts again quickly.</p> <p>A. Bunny Jumps along a Bench: your coaches will put you into teams, with a bench facing each team lengthwise. First in each team squats at one side of the bench, hands gripping the sides; start to Bunny Jump along the bench from side to side off two feet, hips high and legs tucked under until you reach the end. Run back so the next in line can start. Your coaches will encourage high hips and two-footed jumps.</p> <p>B. Stand on One Leg: centre your weight on the middle of your standing foot, and close your eyes. On a signal every ten seconds, open your eyes and change feet before closing your eyes again.</p> <p>C. Speed Bounces: go back into your teams and practise speed bouncing from side to side, ankles close together. Your coaches will make sure there's a line in front of each team: instead of speed bouncing from side to side, see if you can bounce across the line, but still keep moving diagonally forwards until you reach the end; your coaches will help you keep your balance if this is a problem for you. Run back for the next in line.</p>
Throwing Skills	<p>One-handed Push-Throws: your coaches will organise you into waves facing a wall from 3-4 metres. Sitting, cup a football in one hand and push-throw it off the wall like putting the shot, and catch the rebound in both hands. For the throw, keep your elbow up sideways, and for the catch, make the round shape of the ball with your hands.</p> <p>Sitting Push-Throws: once everyone has had some practice, your coaches will put you into pairs to sit 3-4 metres apart. Push-throw as before, making sure the ball goes high and lands in the basket made by your partner's hands.</p>
Conditioning	<p>Push Ups: stand close to a wall, and take a little step back: put your palms flat on the wall shoulder-width apart and just below shoulder height. Bend your elbows and push up so you're standing upright again. This is called a 'Push Up'. Your coaches will check that you're doing it safely. After you've done a dozen, your coaches will ask you to rest, then start again. The muscles on the outsides of your arms will begin to feel tired, but this exercise will make them stronger. Pull each elbow across in front of your chin one at a time to stretch off.</p>
Cool Down & Reflection	<p>Lifeboats: your coaches will tell you how many survivors are allowed on each mat. Instead of just running this time, jog and do the Front Crawl stroke until you hear the signal, and then 'swim' as fast as you can to the nearest boat: if it's full, swim quickly to the next one. Your coaches may decide that the last into the boats has to miss the next turn, but you'll be allowed back in right after. Look ahead to see which will be the best boat to aim for before the whistle blows. Your coach will ask you to look carefully by pointing at her eyes, and to listen by pointing at her ears. Have you been looking, listening, and carrying out all the instructions as well as you could?</p>

8 COACHES RESOURCE PACK

Age 5/6 Block 4 and Sample Sessions

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

Age 5/6 - Criteria	Block 4 - Activities
Game	Goose, Goose, Duck: Stand in a circle. One person walks round gently tapping heads. When they call 'Duck' instead of 'Goose', chase them round.
Agility	In twos. Bunny Jump facing your partner, both sets of hands on a bench. Keep time with them for 5-6 jumps.
Balance	Stand on one leg, arms folded and eyes closed, for 10-15 seconds at a time. Did you get all your weight in the middle over your standing foot?
Co-ordination	Little hurdles are laid out in a line for each file. Speed-bounce down the line till the whole team's at the other end.
Skills	<p>Run: Obstacles are set out for each file for an 'Over & Under' run, out and back. Taking off on one foot and landing on the other is called 'hurdling'.</p> <p>Shuttle Relay. Carrying a rubber ring, go over and under the obstacles and hand it to your partner to run back up.</p>
	<p>Jump: Low hurdles are set up for each file to do a one foot take off and a two footed landing. As soon as you finish, your partner starts. A marker is put down 3 strides from a thick mat or a sandpit. In waves from files, or in pairs, run and long jump, one foot to two.</p>
	<p>Throw: In twos, sling a beanbag from low to high, discus fashion, so your partner can catch it easily. Hands up ready!</p> <p>Swap the beanbag for a hoop, and sling it for your partner to catch. If you're both careful, you could play hoop-là, but mind your noses.</p>
Conditioning	Star Jumps: Make a wide shape with hands and feet far apart in an X. Now crouch and jump high in the air to make the same shape.
Mental	When you were jumping, did you keep to your own space and give everyone else room?
Emotional	When the coach was talking, were you quiet as a mouse so everyone could hear what was being said?
Lifestyle	Did you pay attention and let everyone else see and hear what was going on?

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

NB. Please note that film footage explaining each training block can be view at:
<http://www.youtube.com/user/scottishathletics>

8 COACHES RESOURCE PACK

Age 5/6 Block 4 and Sample Sessions

EXAMPLE SESSION PLAN - Age 5/6 - BLOCK 4 - RUN, Weeks 1 & 4

Equipment	<p>One bench per team.</p> <p>Some little hurdles per team for the Speed Bounce, or a line on the floor for each team.</p> <p>An obstacle course for each team in the 'Over and Under Relay'.</p>
Warm Up & ABC	<p>Goose, Goose, Duck: stand in a circle, with one player going round gently tapping the heads and calling out 'Goose' each time.</p> <p>When they call 'Duck' instead, race and chase them back round to your space.</p> <p>First to arrive stays put, and the game re-starts.</p> <p>Once everyone knows the game, your coaches will organise more than one circle to give you more turns.</p> <p>A. Bunny Jumps: each team has a bench for Bunny Jumps.</p> <p>Two players go out at a time and face each other in the crouch position, gripping the sides, ready to jump.</p> <p>Do six jumps each on the spot, keeping in perfect time with your partner, and then make way for the next two.</p> <p>B. Eyes-Closed Balances: stand on one leg for 15 seconds, arms folded and eyes closed, and then change to the other foot without opening.</p> <p>Are you able to centre your weight over your standing foot every time you change?</p> <p>C. Speed Bounce Travelling: little hurdles are laid out for each team to travel along in a zigzag.</p> <p>As soon as your partner completes the course, you start, until your whole team is at the other end.</p> <p>You'll be asked to do the same number of bounces each along the hurdles, e.g. six, or eight.</p>
Running Skills	<p>Over and Under Relay: your coaches will put you into shuttle formation and set out an obstacle course in front of each team.</p> <p>They'll demonstrate which objects to go over and which to go under, and you'll go out and back to your team.</p> <p>Try to remember, and when it's your turn, set off and run as smartly as you can.</p> <p>Your coaches will pick out someone who is taking off on one foot and landing on the other in the 'over' part of the course.</p> <p>This is called 'Hurdling', and you'll get to try it when it's your turn. Mind your head in the 'under' part of the course.</p> <p>Shuttle Over and Under: once everyone understands how the course works, your coaches will give you a rubber ring to hand over at each end.</p>
Conditioning	<p>Star Jumps: standing in a space, make an 'X' shape by placing your hands and feet far apart.</p> <p>Practise tucking on the floor, and then standing up in an 'X'. Can you make this 'X' shape in mid-air at the top of a two-footed jump?</p> <p>It's called a 'Star Jump'. How many can you do, one after the other before you need to rest?</p> <p>Your coaches will stop you every little while to choose the best style, and the highest jump, for you to copy.</p> <p>Can you point your fingers and toes when you make the 'X', head up tall?</p> <p>And can you still get back into the tuck or crouch position to land, and rebound right away?</p> <p>Leg Stretches: lie on your side: grasp your top foot in your top hand and pull your foot up your back to stretch the front of your leg. Swap sides.</p>
Cool Down & Reflection	<p>Goose, Goose, Duck: get ready to run in case the tapper calls 'Duck' just as they pass you.</p> <p>When you were jumping, did you give everyone enough room and keep to your own space?</p> <p>When the coaches were talking to everyone, were you as quiet as a mouse so everyone could hear what was being said?</p> <p>And were you paying attention all the time to let everyone hear and see what was going on?</p>

8 COACHES RESOURCE PACK

Age 5/6 Block 4 and Sample Sessions

EXAMPLE SESSION PLAN - Age 5/6 - BLOCK 4 - JUMP, Weeks 2 & 5

Equipment	<p>One bench per team.</p> <p>Some little hurdles per team for the Speed Bounce, or a line on the floor for each team.</p> <p>One gym mat and one marker per team, or run into a sandpit from the side, in which case you'll need a rake.</p>
Warm Up & ABC	<p>Goose, Goose, Duck: stand in a circle, with one player going round gently tapping the heads and calling out 'Goose' each time.</p> <p>When they call 'Duck' instead, race and chase them back round to your space.</p> <p>First to arrive stays put, and the game re-starts.</p> <p>Once everyone knows the game, your coaches will organise more than one circle to give you more turns.</p> <p>A. Bunny Jumps: each team has a bench for Bunny Jumps.</p> <p>Two players go out at a time and face each other in the crouch position, gripping the sides, ready to jump.</p> <p>Do six jumps each on the spot, keeping in perfect time with your partner, and then make way for the next two.</p> <p>B. Eyes-Closed Balances: stand on one leg for 15 seconds, arms folded and eyes closed, and then change to the other foot without opening.</p> <p>Are you able to centre your weight over your standing foot every time you change?</p> <p>C. Speed Bounce Travelling: little hurdles are laid out for each team to travel along in a zigzag.</p> <p>As soon as your partner completes the course, you start, until your whole team is at the other end.</p> <p>You'll be asked to do the same number of bounces each along the hurdles, e.g. six, or eight.</p>
Jumping Skills	<p>Jumping, One foot to Two: Your coaches will put you in files with a low hurdle or obstacle about five metres away from each.</p> <p>On a signal, run down and clear the obstacle by taking off on one foot and landing on both.</p> <p>When you've gone ten metres your partner starts, until your whole team has reached the end; start again by running back up and 'Tuck Jumping'.</p> <p>Your coaches will set up a mat for each team and a marker three strides away: run three strides and do a long jump off one foot onto the mat.</p> <p>Three-Stride Long Jumps: if you have a sand pit, your coaches will place the team's markers about four strides from the side of the pit.</p> <p>Run three strides and Long Jump into the sand. Pay attention to the instruction on how to get back to your team by going round.</p> <p>If there's not enough room for five teams to jump in at once, come down the runway in pairs, with perfect timing, to get more turns.</p>
Conditioning	<p>Star Jumps: standing in a space, make an 'X' shape by placing your hands and feet far apart.</p> <p>Practise tucking on the floor, and then standing up in an 'X'. Can you make this 'X' shape in mid-air at the top of a two-footed jump?</p> <p>It's called a 'Star Jump'. How many can you do, one after the other before you need to rest?</p> <p>Your coaches will stop you every little while to choose the best style, and the highest jump, for you to copy.</p> <p>Can you point your fingers and toes when you make the 'X', head up tall?</p> <p>And can you still get back into the tuck or crouch position to land, and rebound right away?</p> <p>Leg Stretches: lie on your side: grasp your top foot in your top hand and pull your foot up your back to stretch the front of your leg. Swap sides.</p>
Cool Down & Reflection	<p>Goose, Goose, Duck: get ready to run in case the tapper calls 'Duck' just as they pass you.</p> <p>When you were jumping, did you give everyone enough room and keep to your own space?</p> <p>When the coaches were talking to everyone, were you as quiet as a mouse so everyone could hear what was being said?</p> <p>And were you paying attention all the time to let everyone hear and see what was going on?</p>

8 COACHES RESOURCE PACK

Age 5/6 Block 4 and Sample Sessions

EXAMPLE SESSION PLAN - Age 5/6 - BLOCK 4 - THROW, Weeks 3 & 6

Equipment	<p>One bench per team.</p> <p>Some little hurdles per team for the Speed Bounce, or a line on the floor for each team.</p> <p>A beanbag, and a hoop, between two.</p>
Warm Up & ABC	<p>Goose, Goose, Duck: stand in a circle, with one player going round gently tapping the heads and calling out 'Goose' each time.</p> <p>When they call 'Duck' instead, race and chase them back round to your space.</p> <p>First to arrive stays put, and the game re-starts.</p> <p>Once everyone knows the game, your coaches will organise more than one circle to give you more turns.</p> <p>A. Bunny Jumps: each team has a bench for Bunny Jumps.</p> <p>Two players go out at a time and face each other in the crouch position, gripping the sides, ready to jump.</p> <p>Do six jumps each on the spot, keeping in perfect time with your partner, and then make way for the next two.</p> <p>B. Eyes-Closed Balances: stand on one leg for 15 seconds, arms folded and eyes closed, and then change to the other foot without opening.</p> <p>Are you able to centre your weight over your standing foot every time you change?</p> <p>C. Speed Bounce Travelling: little hurdles are laid out for each team to travel along in a zigzag.</p> <p>As soon as your partner completes the course, you start, until your whole team is at the other end.</p> <p>You'll be asked to do the same number of bounces each along the hurdles, e.g. six, or eight.</p>
Throwing Skills	<p>Sling-Throws: stand facing your partner about 8-10 metres away with your hands out in front of your face, ready to catch.</p> <p>With a beanbag, your partner will do a forehand Sling -Throw sideways from behind his back to shoulder height.</p> <p>Catch it cleanly and grasp it in your palm to return it accurately, sweeping it sideways with a long arm, like a discus thrower.</p> <p>If you can do this accurately, your coaches will let you swap your beanbag for a hoop, but it's more difficult to catch, so be careful.</p> <p>Hoop-la in Twos: stand sideways and Sling-Throw your hoop with your palm facing down. Stand up tall on both legs to get the hoop up in the air.</p> <p>To catch, hold one arm straight up and protect your face with the other.</p> <p>Once you can catch easily, your coaches will show how the hoop could fall down over your arm and onto the floor. This is called 'Hoop-la'.</p>
Conditioning	<p>Star Jumps: standing in a space, make an 'X' shape by placing your hands and feet far apart.</p> <p>Practise tucking on the floor, and then standing up in an 'X'. Can you make this 'X' shape in mid-air at the top of a two-footed jump?</p> <p>It's called a 'Star Jump'. How many can you do, one after the other before you need to rest?</p> <p>Your coaches will stop you every little while to choose the best style, and the highest jump, for you to copy.</p> <p>Can you point your fingers and toes when you make the 'X', head up tall?</p> <p>And can you still get back into the tuck or crouch position to land, and rebound right away?</p> <p>Leg Stretches: lie on your side: stretch your top foot in your top hand and pull your foot up your back to stretch the front of your leg. Swap sides.</p>
Cool Down & Reflection	<p>Goose, Goose, Duck: get ready to run in case the tapper calls 'Duck' just as they pass you.</p> <p>When you were jumping, did you give everyone enough room and keep to your own space?</p> <p>When the coaches were talking to everyone, were you as quiet as a mouse so everyone could hear what was being said?</p> <p>And were you paying attention all the time to let everyone hear and see what was going on?</p>

8 COACHES RESOURCE PACK

Age 5/6 Block 5 and Sample Sessions

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

Age 5/6 - Criteria	Block 5 - Activities
Game	Circle Runs: 12 persons in a circle, numbered 1-6 twice. When your number's called, race round twice and try to tag your opposite number.
Agility	In files, Bunny Jump all the way down a 10m course over three low hurdles, and sprint back to the end of your file.
Balance	Stand on one leg, arms wide and the other leg raised up behind you. Change legs.
Co-ordination	Place a beanbag on the floor and change feet continually to tap it left-right-left-right.
Skills	Run: Taking a baton. In twos, facing each other at arm's length. Hold your right hand high, palm out, to take the baton from your partner's right. Shuttle formation in files. Hold your right hand out in front of your eyes to take the baton as your partner walks in. Progress to jogging, running.
	Jump: Hop forward continuously over a 5-6m course. Change legs. Shuttle Relay: Hop across to your partner 10m away and tag him to hop back across.
	Throw: In twos. Do a one-handed pull-throw into your partner's cupped hands with a beanbag pinched between your finger and thumb. In teams, pull-throw at cones set up as targets, 10 points for each hit.
Conditioning	Potato Race: In files, with a beanbag each, race 30m one after the other to put the beanbag in a faraway hoop. Race back out to collect them.
Mental	Take your turn in the Potato Race without going too soon or too late.
Emotional	Listen carefully for your number in the Circle Run so you start at the right time.
Lifestyle	Make sure you've brought everything you need with you, and have been to the toilet before you start.

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

NB. Please note that film footage explaining each training block can be view at:
<http://www.youtube.com/user/scottishathletics>

8 COACHES RESOURCE PACK

Age 5/6 Block 5 and Sample Sessions

EXAMPLE SESSION PLAN - Age 5/6 - BLOCK 5 - RUN, Weeks 1 & 4

Equipment	<p>Three low hurdles per team.</p> <p>A beanbag each or some other small object, like a rubber ring, for the Foot-Taps and the Potato Race.</p> <p>Two hoops per team for the Potato Race, and one beanbag each, or other small objects like rubber rings.</p> <p>One baton between two for the Baton Changes, or a rubber ring, or a beanbag if not enough batons are available.</p>
Warm Up & ABC	<p>Circle Runs: stand in an evenly numbered circle and listen for your number; there will be two 1s, two 2s, and two 3s, and so on.</p> <p>When your number is called, race round twice to get back to your place without being caught by your opposite number, who tries to tag you.</p> <p>Make sure you know which direction to run in by paying attention to the demonstration; you can all walk the first time through.</p> <p>A. Bunny Races: your coaches will put you in files with three speed bouncers or low hurdles in front of you. On a signal, crouch down and Bunny Jump all the way down the row before standing up and sprinting back to the next person in line. Pay attention so you know it's your turn next.</p> <p>B. T-Standing: on your own, stand on one leg with your arms stretched out wide and your other leg raised up behind you in the letter 'T'. Stay steady for at least ten seconds and then carefully change legs. Make sure you centre your weight over your standing foot.</p> <p>C. Foot-Taps: standing, place a beanbag on the floor within easy reach of your feet.</p> <p>Tap it with your left foot and then with your right, and keep this going for as long as you can, left-right-left-right.</p> <p>You'll find you need to keep shifting your weight from one foot to the other.</p>
Running Skills	<p>Baton Changes: stand facing a partner less than a metre away and hand her a baton, right hand to right hand.</p> <p>She'll put it behind her back, and then return it to you; keep your hand open and your thumb split away from your fingers to give an easy target.</p> <p>Your coaches will put you into a shuttle formation five metres apart. When your partner walks towards you, hold your hand up high in front of your eyes to form a target that's easy to see, and as soon as you have the baton, set off walking down to the next in line.</p> <p>If your coaches can see you're doing this with good style, they'll let you jog, and if you're still doing well, you can run between.</p> <p>If the teams are too close, the coaches can make the gap wider and ask you to run a little further.</p>
Conditioning	<p>Potato Race: your coaches will put you in teams with an empty hoop 20 metres away and a hoop with a beanbag each nearby.</p> <p>On a signal, pick up your beanbag [potato] and race to the faraway hoop; place the beanbag in it and race back to tag your next runner.</p> <p>The race finishes when all your beanbags are in the faraway hoop and your last runner is back sitting down.</p> <p>For the re-start, your first runner sprints to the top and brings back one potato from the top hoop to place in the nearer one.</p> <p>Go and collect yours as soon as she puts it in the hoop near you.</p> <p>This race finishes when all the beanbags are in the near hoop.</p>
Cool Down &	<p>Circle Race: run a lap without being tagged by your opposite number.</p> <p>Were you alert and paying attention?</p> <p>Did you remember your number?</p> <p>In the Potato Race, did you run at the right time, or were you late getting started?</p> <p>Did you bring everything you needed this week, including a drink, and did you go to the toilet before you started?</p> <p>Is it all right to make mistakes?</p>

8 COACHES RESOURCE PACK

Age 5/6 Block 5 and Sample Sessions

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

Equipment	<p>Three low hurdles per team.</p> <p>A beanbag each or some other small object, like a rubber ring, for the Foot-Taps and the Potato Race.</p> <p>Two hoops per team for the Potato Race, and one beanbag each, or other small objects like rubber rings.</p>
Warm Up & ABC	<p>Circle Runs: stand in an evenly numbered circle and listen for your number; there will be two 1s, two 2s, and two 3s, and so on.</p> <p>When your number is called, race round twice to get back to your place without being caught by your opposite number, who tries to tag you.</p> <p>Make sure you know which direction to run in by paying attention to the demonstration; you can all walk the first time through.</p> <p>A. Bunny Races: your coaches will put you in files with three speed bouncers or low hurdles in front of you. On a signal, crouch down and Bunny Jump all the way down the row before standing up and sprinting back to the next person in line. Pay attention so you know it's your turn next.</p> <p>B. T-Standing: on your own, stand on one leg with your arms stretched out wide and your other leg raised up behind you in the letter 'T'. Stay steady for at least ten seconds and then carefully change legs. Make sure you centre your weight over your standing foot.</p> <p>C. Foot-Taps: standing, place a beanbag on the floor within easy reach of your feet.</p> <p>Tap it with your left foot and then with your right, and keep this going for as long as you can, left-right-left-right.</p> <p>You'll find you need to keep shifting your weight from one foot to the other.</p>
Jumping Skills	<p>Hopping: on your own, stand on one leg and jump up and down on it: this is called 'Hopping.'</p> <p>Your coaches will put you in a shuttle formation 5-6 metres from the other half of your team, and ask you to hop across to your partner.</p> <p>After a few tries, you'll be asked to hop on your other leg. If this is too difficult for you, your coach will give you some support.</p> <p>Your coaches will put your two halves further apart, say 10 metres, and ask you to hop across to tag your partner so she can come back across.</p> <p>If you're still struggling with the hop, your coach will support one of your hands and your raised foot to assist you.</p>
Conditioning	<p>Potato Race: your coaches will put you in teams with an empty hoop 20 metres away and a hoop with a beanbag each nearby.</p> <p>On a signal, pick up your beanbag [potato] and race to the faraway hoop; place the beanbag in it and race back to tag your next runner.</p> <p>The race finishes when all your beanbags are in the faraway hoop and your last runner is back sitting down.</p> <p>For the re-start, your first runner sprints to the top and brings back one potato from the top hoop to place in the nearer one.</p> <p>Go and collect yours as soon as she puts it in the hoop near you.</p> <p>This race finishes when all the beanbags are in the near hoop.</p>
Cool Down &	<p>Circle Race: run a lap without being tagged by your opposite number.</p> <p>Were you alert and paying attention?</p> <p>Did you remember your number?</p> <p>In the Potato Race, did you run at the right time, or were you late getting started?</p> <p>Did you bring everything you needed this week, including a drink, and did you go to the toilet before you started?</p> <p>Is it all right to make mistakes?</p>

8 COACHES RESOURCE PACK

Age 5/6 Block 5 and Sample Sessions

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

Equipment	<p>Three low hurdles per team.</p> <p>A beanbag each or some other small object, like a rubber ring, for the Foot-Taps and the Potato Race.</p> <p>Two hoops per team for the Potato Race, and one beanbag each, or other small objects like rubber rings.</p> <p>A beanbag between two for the Beanbag Pull-Throws. A cone per team, or a large cardboard box for the Target Pull-Throws.</p>
Warm Up & ABC	<p>Circle Runs: stand in an evenly numbered circle and listen for your number; there will be two 1s, two 2s, and two 3s, and so on.</p> <p>When your number is called, race round twice to get back to your place without being caught by your opposite number, who tries to tag you.</p> <p>Make sure you know which direction to run in by paying attention to the demonstration; you can all walk the first time through.</p> <p>A. Bunny Races: your coaches will put you in files with three speed bouncers or low hurdles in front of you. On a signal, crouch down and Bunny Jump all the way down the row before standing up and sprinting back to the next person in line. Pay attention so you know it's your turn next.</p> <p>B. T-Standing: on your own, stand on one leg with your arms stretched out wide and your other leg raised up behind you in the letter 'T'. Stay steady for at least ten seconds and then carefully change legs. Make sure you centre your weight over your standing foot.</p> <p>C. Foot-Taps: standing, place a beanbag on the floor within easy reach of your feet.</p> <p>Tap it with your left foot and then with your right, and keep this going for as long as you can, left-right-left-right.</p> <p>You'll find you need to keep shifting your weight from one foot to the other.</p>
Throwing Skills	<p>Beanbag Pull-Throws: your coaches will put you into pairs, 7-8 metres apart, and give you a beanbag to throw as a football throw-in.</p> <p>Keep your elbows to the front and pull overhead to land the beanbag in your partner's hands.</p> <p>Now pinch the beanbag between finger and thumb of one hand. Aim for your partner's hands stretched out in front of his eyes.</p> <p>Stand sideways and aim for his hands. Keep your elbow high and to the front, and pull-throw accurately.</p> <p>Target Pull-Throws: your coaches will set up big cones, or large cardboard boxes, as targets, and put you in teams to Pull-Throw.</p> <p>Wait till your partner has thrown, then run out to collect your team's beanbag and come back behind your line to throw.</p> <p>You'll score ten point for your team every time you hit the cone.</p>
Conditioning	<p>Potato Race: your coaches will put you in teams with an empty hoop 20 metres away and a hoop with a beanbag each nearby.</p> <p>On a signal, pick up your beanbag [potato] and race to the faraway hoop; place the beanbag in it and race back to tag your next runner.</p> <p>The race finishes when all your beanbags are in the faraway hoop and your last runner is back sitting down.</p> <p>For the re-start, your first runner sprints to the top and brings back one potato from the top hoop to place in the nearer one.</p> <p>Go and collect yours as soon as she puts it in the hoop near you.</p> <p>This race finishes when all the beanbags are in the near hoop.</p>
Cool Down &	<p>Circle Race: run a lap without being tagged by your opposite number.</p> <p>Were you alert and paying attention?</p> <p>Did you remember your number?</p> <p>In the Potato Race, did you run at the right time, or were you late getting started?</p> <p>Did you bring everything you needed this week, including a drink, and did you go to the toilet before you started?</p> <p>Is it all right to make mistakes?</p>

8 COACHES RESOURCE PACK

Age 5/6 Block 6 and Sample Sessions

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

Age 5/6 - Criteria	Block 6 - Activities
Game	Sit Down Tag: Catchers will chase and tag you. You have to sit down. When someone taps your head gently, jump up and run free again.
Agility	Shuttle Relay in files, run down a 20m course and Star jump over three low hurdles, two feet to two feet, and tag your partner to run back.
Balance	Stand on your left foot for a count of 5, then step-jump onto your other foot for a count of 5. Keep this going, but change and keep your balance.
Co-ordination	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.
Skills	Run: In files, line up exactly one behind the other on a line. Walk down the line as though it were a tightrope, one foot in front of the other. Shuttle Relay, 20m apart. Race walk for 3-4 minutes from end to end, one foot behind the other as fast as you can walk, hips forward.
	Jump: In twos, Long Jump into a sandpit off three strides, Assisted Long Jump: A high hurdle is placed in the sand pit. Run off three strides and let the coaches grasp your arms to lift you over. Stay up tall.
	Throw: Stand a metre from a wall facing outwards. Swing a football from your right hip over your left shoulder, hammer fashion, and catch it. In twos, heave-throw a football over your left shoulder into a basket made by your partner's hands 8m away. Look at him just before you throw.
Conditioning	Run steadily for a minute and take a rest until your coach signals to start again. You may be encouraged to run this 4-5 times, so pace yourself.
Mental	5 minutes; On the circular course, 5 minutes is a long time; did you think what kind of pace you would have to set yourself to last the entire run?
Emotional	Some people run distances very well. Don't worry if you're sometimes at the back, it's alright.
Lifestyle	Be kind to everyone in your team.

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

NB. Please note that film footage explaining each training block can be view at:
<http://www.youtube.com/user/scottishathletics>

8 COACHES RESOURCE PACK

Age 5/6 Block 6 and Sample Sessions

EXAMPLE SESSION PLAN - Age 5/6 - BLOCK 6 - RUN, Weeks 1 & 4

Equipment	<p>Three low hurdles per team for the Star Jump Relays.</p> <p>One bench per half dozen for Change Feet.</p> <p>Outside, for the One-Minute Runs, six markers for two triangles, one at each bend of a small track: or inside, markers for an oval: or an up and down course inside.</p>
Warm Up & ABC	<p>Sit Down Tag: two catchers chase you to tag you. When you're tagged, sit down until someone taps your head gently to free you.</p> <p>When you're running freely, look for players sitting down and do your best to tap their heads so they can run free as well, but without getting caught yourself. The last two to be caught can be the new chasers.</p> <p>A. Star Jump Relays: your coaches will put you into shuttle files and place three low hurdles in front of each file.</p> <p>You can practise Star Jumps on the spot so you can remember how it's done, from two feet to two feet and making a star or 'X' in the air.</p> <p>You set off towards the hurdles and Star Jump over each one. As soon as you reach the other half of your team, the next in line starts.</p> <p>B. Step-Jumps: stand on one foot for five seconds and then Step-Jump sideways onto your other foot to balance. Keep your arms wide.</p> <p>In shuttle files about five metres apart, Step-Jump forwards-sideways, always balancing on your standing foot, to the other end.</p> <p>C. Change Feet: half a dozen of you stand with one foot up on a bench. On a signal, start changing feet, but mind you don't trip.</p> <p>Keep a nice, steady rhythm. Does it help to change your arms along with your legs?</p> <p>Your coaches will stop you before you're tired and give you a rest before re-starting.</p>
Running Skills	<p>Race Walking: your coaches will put you into teams with a line in front to walk down.</p> <p>On a signal, all start walking down the line, one foot in front of the other, as though it were a tightrope, till you reach the end.</p> <p>All turn round, and walk back up with a new leader. Was every step on the line?</p> <p>You'll be organised into shuttle files 20 metres apart.</p> <p>One at a time, start walking to the other end, hips forwards and one foot in front of the other.</p> <p>Style Race Walking: points will be given for good style by the coaches, so you'll know who to copy.</p> <p>You can have a race now, walking as fast as possible, hips forwards. Your coaches will tell you whether it's for 2 minutes, or 3, or 4, or 5.</p>
Conditioning	<p>One -Minute Runs: your coaches will set up a course either inside or out: outside, they could set up a small track with a triangle at each bend. Indoors, your coaches will make an oval or even an up and down course.</p> <p>Your coach will ask you to sit down, and then start her watch. When you think a minute has gone by, stand up: it's longer than you think!</p> <p>You're to run steadily for a minute, but your coach will explain that you'll be asked to do it 4-5 times, so you must take it easy to begin with.</p> <p>Your coach will decide when you've had enough rest before running again.</p>
Cool Down & Reflection	<p>Sit Down Tag: two new chasers can be chosen. Try to free as many people as possible without getting tagged yourself.</p> <p>Running for a minute is difficult to pace, especially if you're doing it five times. Did you manage to run steadily all the way, so you could finish?</p> <p>Some people can run better than others, so don't worry if you're at the back. There's always something else you can be good at.</p> <p>Were you kind to everyone in your team? Your team is only as good as you make it, so try to get on well with everyone.</p>

8 COACHES RESOURCE PACK

Age 5/6 Block 6 and Sample Sessions

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

Equipment	<p>Three low hurdles per team for the Star Jump Relays.</p> <p>One bench per half dozen for Change Feet.</p> <p>Outside, for the One-Minute Runs, six markers for two triangles, one at each bend of a small track: or inside, markers for an oval: or an up and down course inside.</p> <p>A sand pit, or mats, and a marker for the Long Jump. A low cardboard hurdle to jump over in the Assisted Long Jumps.</p>
Warm Up & ABC	<p>Sit Down Tag: two catchers chase you to tag you. When you're tagged, sit down until someone taps your head gently to free you.</p> <p>When you're running freely, look for players sitting down and do your best to tap their heads so they can run free as well, but without getting caught yourself. The last two to be caught can be the new chasers.</p> <p>A. Star Jump Relays: your coaches will put you into shuttle files and place three low hurdles in front of each file.</p> <p>You can practise Star Jumps on the spot so you can remember how it's done, from two feet to two feet and making a star or 'X' in the air.</p> <p>You set off towards the hurdles and Star Jump over each one. As soon as you reach the other half of your team, the next in line starts.</p> <p>B. Step-Jumps: stand on one foot for five seconds and then Step-Jump sideways onto your other foot to balance. Keep your arms wide.</p> <p>In shuttle files about five metres apart, Step-Jump forwards-sideways, always balancing on your standing foot, to the other end.</p> <p>C. Change Feet: half a dozen of you stand with one foot up on a bench. On a signal, start changing feet, but mind you don't trip.</p> <p>Keep a nice, steady rhythm. Does it help to change your arms along with your legs?</p> <p>Your coaches will stop you before you're tired and give you a rest before re-starting.</p>
Jumping Skills	<p>Long Jump: your coach will ask you to run three strides from the mat or pit, and place a marker to show where the start is.</p> <p>Find a partner to stand alongside. When your turn comes, both of you run and Long Jump onto the mat or into the sandpit.</p> <p>It might be possible for six of you at a time to jump from the side of a sand pit – this will give you more turns.</p> <p>Assisted Long Jumps: two of your coaches can take you by the hand and elbow using a hand-shake grasp. You run three strides and jump over a hurdle placed on the mat or in the sand, lifted and supported a little by your coaches.</p> <p>If you have enough coaches helping, you can jump in from either end of the pit or mats.</p> <p>If you do well, the coaches may let you jump the low hurdle on your own. Your take off foot is behind you at the start of the three strides.</p>
Conditioning	<p>One –Minute Runs: your coaches will set up a course either inside or out: outside, they could set up a small track with a triangle at each bend. Indoors, your coaches will make an oval or even an up and down course.</p> <p>Your coach will ask you to sit down, and then start her watch. When you think a minute has gone by, stand up: it's longer than you think!</p> <p>You're to run steadily for a minute, but your coach will explain that you'll be asked to do it 4-5 times, so you must take it easy to begin with.</p> <p>Your coach will decide when you've had enough rest before running again.</p>
Cool Down & Reflection	<p>Sit Down Tag: two new chasers can be chosen. Try to free as many people as possible without getting tagged yourself.</p> <p>Running for a minute is difficult to pace, especially if you're doing it five times. Did you manage to run steadily all the way, so you could finish?</p> <p>Some people can run better than others, so don't worry if you're at the back. There's always something else you can be good at.</p> <p>Were you kind to everyone in your team? Your team is only as good as you make it, so try to get on well with everyone.</p>

8 COACHES RESOURCE PACK

Age 5/6 Block 6 and Sample Sessions

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

Equipment	<p>Three low hurdles per team for the Star Jump Relays.</p> <p>One bench per half dozen for Change Feet.</p> <p>Outside, for the One-Minute Runs, six markers for two triangles, one at each bend of a small track: or inside, markers for an oval: or an up and down course inside.</p> <p>A football between two, and a wall, if possible, for the Heave-Throws: if not, begin with Heave Throwing in Pairs.</p>
Warm Up & ABC	<p>Sit Down Tag: two catchers chase you to tag you. When you're tagged, sit down until someone taps your head gently to free you.</p> <p>When you're running freely, look for players sitting down and do your best to tap their heads so they can run free as well, but without getting caught yourself. The last two to be caught can be the new chasers.</p> <p>A. Star Jump Relays: your coaches will put you into shuttle files and place three low hurdles in front of each file.</p> <p>You can practise Star Jumps on the spot so you can remember how it's done, from two feet to two feet and making a star or 'X' in the air.</p> <p>You set off towards the hurdles and Star Jump over each one. As soon as you reach the other half of your team, the next in line starts.</p> <p>B. Step-Jumps: stand on one foot for five seconds and then Step-Jump sideways onto your other foot to balance. Keep your arms wide.</p> <p>In shuttle files about five metres apart, Step-Jump forwards-sideways, always balancing on your standing foot, to the other end.</p> <p>C. Change Feet: half a dozen of you stand with one foot up on a bench. On a signal, start changing feet, but mind you don't trip.</p> <p>Keep a nice, steady rhythm. Does it help to change your arms along with your legs?</p> <p>Your coaches will stop you before you're tired and give you a rest before re-starting.</p>
Throwing Skills	<p>Heave-Throws: your coaches will organise you into waves, the first wave standing about a metre from a wall and facing outwards.</p> <p>Hold the ball in two hands just above your right hip.</p> <p>On a signal, Heave-Throw the ball high over your left shoulder like a Hammer thrower.</p> <p>If you don't catch the rebound, your next partner can.</p> <p>Look at the wall just before you let go of the ball.</p> <p>Heave-Throws in Pairs: once you've got the lifting movement of the Heave-Throw, your coaches will put you in pairs about eight metres apart.</p> <p>Make the round ball-shape with your hands above your head to give your partner a target, and when it's your turn, try to see where he's standing before you let the ball go. Stand up tall to finish the throw.</p> <p>Your coaches will be looking for the best style so you can demonstrate to the others</p>
Conditioning	<p>One -Minute Runs: your coaches will set up a course either inside or out: outside, they could set up a small track with a triangle at each bend. Indoors, your coaches will make an oval or even an up and down course.</p> <p>Your coach will ask you to sit down, and then start her watch. When you think a minute has gone by, stand up: it's longer than you think!</p> <p>You're to run steadily for a minute, but your coach will explain that you'll be asked to do it 4-5 times, so you must take it easy to begin with.</p> <p>Your coach will decide when you've had enough rest before running again.</p>
Cool Down & Reflection	<p>Sit Down Tag: two new chasers can be chosen. Try to free as many people as possible without getting tagged yourself.</p> <p>Running for a minute is difficult to pace, especially if you're doing it five times. Did you manage to run steadily all the way, so you could finish?</p> <p>Some people can run better than others, so don't worry if you're at the back. There's always something else you can be good at.</p> <p>Were you kind to everyone in your team? Your team is only as good as you make it, so try to get on well with everyone.</p>

8 COACHES RESOURCE PACK

Age 5/6 Block 7 and Sample Sessions

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

Age 5/6 - Criteria	Block 7 - Activities
Game	Stand Still Check: Catchers will chase and tag you so that you have to stand still, arms wide. When someone taps your hand, you run free again.
Agility	In twos, one behind the other, stand on one leg. Person behind holds your shoulder and your raised foot. Hop in unison down a 10m course.
Balance	In twos, sit and face each other. Both put your arms out sideways and bend your knees up. See who can balance for longest.
Co-ordination	In twos, facing each other. Clap hands and then each other's palms. Double clap. Treble clap.
Skills	Run: In waves, run up tall; long neck; straight back; high knees. Shuttle Relay with one baton per team. Run 30m to give your partner the baton facing forwards. Run up tall, long neck.
	Jump: 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.
	Throw: In twos 10m apart, take a preliminary swing round the head and heave throw a football into your partner's hands for accuracy. Each team in a wide circle with a dustbin in the centre, heave- throw a football into the bin for 20 points, 10 points if the bin is hit.
Conditioning	Beanbag Run: Files have 20 beanbags each and a long course to place them one at a time in a faraway hoop, then retrieve them, for 10 minutes.
Mental	Did you manage to count the number of beanbags shifted between the hoops, even when you were out of breath?
Emotional	Did you manage to be patient and calm even when your team was behind?
Lifestyle	Did you cope when things went wrong? It's O.K. to make a mistake?

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

NB. Please note that film footage explaining each training block can be view at:
<http://www.youtube.com/user/scottishathletics>

8 COACHES RESOURCE PACK

Age 5/6 Block 7 and Sample Sessions

EXAMPLE SESSION PLAN - Age 5/6 - BLOCK 7 - RUN, Weeks 1 & 4

Equipment	<p>A marked off area for Stand Still Check, or use the whole space.</p> <p>As many beanbags or small objects like rubber rings for the Beanbag Run, and two hoops per team to put the beanbags or rubber rings in.</p> <p>One baton per team, or a rubber ring, or a beanbag to exchange in the Shuttle Relay</p>
Warm Up & ABC	<p>Stand Still Check: catchers will chase you and try to tag you. If caught, you have to stand still, feet apart and arms wide, until a free runner taps your hand to let you back into the game.</p> <p>If you see players in the stand-still position, try to get close enough to free them with a hand tap with out getting caught yourself.</p> <p>A. Pairs Hopping: Find a partner and stand behind him. He stands on one leg, and you grasp his raised foot and put your other hand on his shoulder to keep you both upright.</p> <p>On a signal, start hopping in unison down a ten metre course. On a signal, swap and come hopping back up.</p> <p>Was your timing good? Did you hop at the same time, with the second person in line watching the first carefully?</p> <p>B. Seated Balance: still in twos, sit and face each other. Both put your arms up sideways and bend your knees up so your feet are off the ground.</p> <p>Who can balance for longer?</p> <p>C. Clap Hands: face your partner standing close. Clap your hands then clap his, and keep this going. Can you double-clap and keep going? Treble-clap? Can you single-double-treble-clap one after the other?</p>
Running Skills	<p>Running Tall: your coaches will put you in waves behind a line and tell you which line to run to with style. You don't have to run fast.</p> <p>Stay at the bottom until everyone has run down, and then get organised to start again for the run back up. Imagine you're running looking over a wall, up tall. Or with a long neck like a giraffe.</p> <p>Run with a straight back and a high-stepping action like a pony.</p> <p>Style Runs: your coaches will pick out the best styles for you to copy each time they give you an instruction or advice.</p> <p>Shuttle Relay: you can do this in shuttle formation now, running 20-30 metres down with a baton or rubber ring to send the next in line back up.</p> <p>Every so often your coaches will stop you and draw attention to someone running with a long neck, a straight back, or high knees.</p>
Conditioning	<p>Running Tall: your coaches will put you in waves behind a line and tell you which line to run to with style. You don't have to run fast.</p> <p>Stay at the bottom until everyone has run down, and then get organised to start again for the run back up. Imagine you're running looking over a wall, up tall. Or with a long neck like a giraffe.</p> <p>Run with a straight back and a high-stepping action like a pony.</p> <p>Style Runs: your coaches will pick out the best styles for you to copy each time they give you an instruction or advice.</p> <p>Shuttle Relay: you can do this in shuttle formation now, running 20-30 metres down with a baton or rubber ring to send the next in line back up.</p> <p>Every so often your coaches will stop you and draw attention to someone running with a long neck, a straight back, or high knees.</p>
Cool Down & Reflection	<p>Stand Still Check: try to free as many players as possible without getting caught yourself.</p> <p>If you're a catcher, try to keep those who have been caught still tagged and unable to run free by defending your captures.</p> <p>In the Beanbag Run, did you manage to keep a count of where your team was, even when you were out of breath?</p> <p>Did you manage to stay patient and calm even when your team was behind? Did you cope when things went wrong?</p> <p>It's O.K. to make a mistake, just part of learning.</p>

8 COACHES RESOURCE PACK

Age 5/6 Block 7 and Sample Sessions

EXAMPLE SESSION PLAN - Age 5/6 - BLOCK 7 - JUMP, Weeks 2 & 5

Equipment	<p>A marked off area for Stand Still Check, or use the whole space.</p> <p>As many beanbags or small objects like rubber rings for the Beanbag Run, and two hoops per team to put the beanbags or rubber rings in.</p> <p>Six hoops per team for the Zigzag Steps.</p>
Warm Up & ABC	<p>Stand Still Check: catchers will chase you and try to tag you.</p> <p>If caught, you have to stand still, feet apart and arms wide, until a free runner taps your hand to let you back into the game.</p> <p>If you see players in the stand-still position, try to get close enough to free them with a hand tap with out getting caught yourself.</p> <p>A. Pairs Hopping: Find a partner and stand behind him.</p> <p>He stands on one leg, and you grasp his raised foot and put your other hand on his shoulder to keep you both upright.</p> <p>On a signal, start hopping in unison down a ten metre course. On a signal, swap and come hopping back up.</p> <p>Was your timing good? Did you hop at the same time, with the second person in line watching the first carefully?</p> <p>B. Seated Balance: still in twos, sit and face each other.</p> <p>Both put your arms up sideways and bend your knees up so your feet are off the ground.</p> <p>Who can balance for longer?</p> <p>C. Clap Hands: face your partner standing close.</p> <p>Clap your hands then clap his, and keep this going. Can you double-clap and keep going? Treble-clap? Can you single-double-treble-clap one after the other?</p>
Jumping Skills	<p>Zigzag Steps: your coaches will place six hoops out in a diagonal in front of each team.</p> <p>Without slipping on a hoop, step forwards left-right-left-right-left-right into every hoop, changing your balance from leg to leg.</p> <p>At the bottom, jog straight back up to tag the next in line to re-start.</p> <p>If you're not sure of the change of leg, a coach will come down with you supporting you by the hand.</p> <p>Pairs Hopping: by contrast, you can try out the Hopping Game, one in front of the other and joined up as for Pairs Hopping.</p> <p>Two of you hop down the course for 10 metres, turn round and come hopping back so the next pair can start.</p>
Conditioning	<p>Running Tall: your coaches will put you in waves behind a line and tell you which line to run to with style. You don't have to run fast.</p> <p>Stay at the bottom until everyone has run down, and then get organised to start again for the run back up. Imagine you're running looking over a wall, up tall. Or with a long neck like a giraffe.</p> <p>Run with a straight back and a high-stepping action like a pony.</p> <p>Style Runs: your coaches will pick out the best styles for you to copy each time they give you an instruction or advice.</p> <p>Shuttle Relay: you can do this in shuttle formation now, running 20-30 metres down with a baton or rubber ring to send the next in line back up.</p> <p>Every so often your coaches will stop you and draw attention to someone running with a long neck, a straight back, or high knees.</p>
Cool Down & Reflection	<p>Stand Still Check: try to free as many players as possible without getting caught yourself.</p> <p>If you're a catcher, try to keep those who have been caught still tagged and unable to run free by defending your captures.</p> <p>In the Beanbag Run, did you manage to keep a count of where your team was, even when you were out of breath?</p> <p>Did you manage to stay patient and calm even when your team was behind? Did you cope when things went wrong?</p> <p>It's O.K. to make a mistake, just part of learning.</p>

8 COACHES RESOURCE PACK

Age 5/16 Block 7 and Sample Sessions

EXAMPLE SESSION PLAN - Age 5/6 - BLOCK 7 - THROW, Weeks 3 & 6

Equipment	<p>A marked off area for Stand Still Check, or use the whole space.</p> <p>As many beanbags or small objects like rubber rings for the Beanbag Run, and two hoops per team to put the beanbags or rubber rings in.</p> <p>A football between two for Hammer Throwing, and a dustbin, waste bin or empty cardboard box for each circle.</p> <p>As many footballs per circle as possible.</p>
Warm Up & ABC	<p>Stand Still Check: catchers will chase you and try to tag you.</p> <p>If caught, you have to stand still, feet apart and arms wide, until a free runner taps your hand to let you back into the game.</p> <p>If you see players in the stand-still position, try to get close enough to free them with a hand tap without getting caught yourself.</p> <p>A. Pairs Hopping: Find a partner and stand behind him.</p> <p>He stands on one leg, and you grasp his raised foot and put your other hand on his shoulder to keep you both upright.</p> <p>On a signal, start hopping in unison down a ten metre course. On a signal, swap and come hopping back up.</p> <p>Was your timing good? Did you hop at the same time, with the second person in line watching the first carefully?</p> <p>B. Seated Balance: still in twos, sit and face each other.</p> <p>Both put your arms up sideways and bend your knees up so your feet are off the ground.</p> <p>Who can balance for longer?</p> <p>C. Clap Hands: face your partner standing close.</p> <p>Clap your hands then clap his, and keep this going. Can you double-clap and keep going? Treble-clap? Can you single-double-treble-clap one after the other?</p>
Throwing Skills	<p>Hammer Throw in Pairs: stand ten metres from your partner, one of you with a football.</p> <p>Turn your back to her, and take the ball round your head once before heave-throwing it into her waiting hands.</p> <p>Take a good look at her before you throw, so the ball will loop up into her hands, and stand up tall before you let go.</p> <p>Dustbin Throws: your coaches will organise you into large circles with a dustbin or waste bin or large empty cardboard box in the centre.</p> <p>Try to Heave-Throw the ball into the bins or boxes by looping the ball up in a Hammer Throw.</p> <p>Your coaches will give you 20 points for each 'goal', and ten points if you manage to hit the bin or box.</p> <p>Take your time and go for accuracy and style.</p>
Conditioning	<p>Running Tall: your coaches will put you in waves behind a line and tell you which line to run to with style. You don't have to run fast.</p> <p>Stay at the bottom until everyone has run down, and then get organised to start again for the run back up.</p> <p>Imagine you're running looking over a wall, up tall. Or with a long neck like a giraffe.</p> <p>Run with a straight back and a high-stepping action like a pony.</p> <p>Style Runs: your coaches will pick out the best styles for you to copy each time they give you an instruction or advice.</p> <p>Shuttle Relay: you can do this in shuttle formation now, running 20-30 metres down with a baton or rubber ring to send the next in line back up.</p> <p>Every so often your coaches will stop you and draw attention to someone running with a long neck, a straight back, or high knees.</p>
Cool Down & Reflection	<p>Stand Still Check: try to free as many players as possible without getting caught yourself.</p> <p>If you're a catcher, try to keep those who have been caught still tagged and unable to run free by defending your captures.</p> <p>In the Beanbag Run, did you manage to keep a count of where your team was, even when you were out of breath?</p> <p>Did you manage to stay patient and calm even when your team was behind? Did you cope when things went wrong?</p> <p>It's O.K. to make a mistake, just part of learning.</p>

8 COACHES RESOURCE PACK

Age 5/6 Block 8 and Sample Sessions

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

Age 5/6 - Criteria	Block 8 - Activities
Game	Tunnel Tag: When catchers tag you, you have to stand feet and arms apart. When someone slides under your legs back to front you run free again.
Agility	In twos, Mirroring. Your partner will stand still, but step from one leg to the other, or onto two, and balance. Try to act as though you're a mirror.
Balance	In twos, face and hold hands. From standing toe-to-toe, gently lean back and sit down carefully.
Co-ordination	Sit on the floor or mat and spin round completely. Try a half turn standing, then a complete turn standing.
Skills	<p>Run: Jog anywhere until 'Run tall' is called, then 'Run low' [on the spot in a slight crouch], then 'Jog anywhere'.</p> <p>In waves, run 20m for style: 'Up tall'; 'Long neck'; 'Straight back'; 'Pick your feet up' [high knees].</p> <p>Jump: In twos, Long Jump into a sandpit off five strides to clear a low hurdle, clapping your hands above your head at the highest part of the jump.</p> <p>Pole Vault: In teams, run off three strides, jump to grab the pole fixed in the sandpit, and swing forwards.</p> <p>Throw: In twos 10m apart, put a football in a plastic bag and heave-throw it into your partner's hands.</p> <p>Each team in a wide circle with a dustbin in the centre, heave- throw a ball-in-a-bag into the bin for 30 points, 20 points if the bin is hit.</p>
Conditioning	Circular Runs: Teams make a huge circle, and one person runs round the outside. As soon as he's back, the next person goes. 10 minutes.
Mental	In the Balance exercise of sitting down in twos did you manage to co-operate with your partner?
Emotional	In the Tunnel Tag, did you have the patience to wait until someone managed to slide through underneath you?
Lifestyle	In the Tunnel Tag, did you have the patience to wait until someone managed to slide through underneath you?

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

NB. Please note that film footage explaining each training block can be view at:
<http://www.youtube.com/user/scottishathletics>

8 COACHES RESOURCE PACK

Age 5/6 Block 8 and Sample Sessions

EXAMPLE SESSION PLAN - Age 5/6 - BLOCK 8 - RUN, Weeks 1 & 4

Equipment	A marked off area for Tunnel Tag, unless you can use the whole space. Markers at the start and finish of the 20 metres for the Running Skills.
Warm Up & ABC	<p>Tunnel Tag: catchers will chase you and try to tag you. If they do, stand with your feet and arms wide apart. You can be freed by another player sliding under your legs from back to front without upending you. When you're running freely, look for someone to free, and slide through to let them back in the game, but avoid getting caught yourself.</p> <p>A. Mirroring in Twos: find a partner and face them. One of you will step from foot to foot slowly with arms out - the other has to act like a mirror and do exactly the same until the signal to swap.</p> <p>B. Pairs Sitting-Down: face your partner toes to toes and take hands. Very slowly start to lean backwards, bend your knees and sit down gently. Make sure you keep holding hands and balance each other. Stand up on your own and join up again for more practice.</p> <p>C. Spinning: on your own, sit in a space and practise spinning halfway round on the spot. Can you spin all the way round? If you can, your coaches may ask you to try a half-turn standing. Can you jump up and turn right round on the way down?</p>
Running Skills	<p>Run Tall: Jog anywhere until your coach calls 'Run tall', then run as though you were looking over a wall, head high. Your coach will then call 'Run low', in which case you run on the spot in a slight crouch, before the coach calls 'Jog anywhere'. Keep this going until the game ends, but keep showing the differences between running tall and running low.</p> <p>Up Tall: your coaches will put you in waves to run 20metres in a certain way, so listen carefully to the four different instructions on style.</p> <p>'Up tall': do as you did before, as though you were looking over a wall.</p> <p>'Long neck': run as though you were a giraffe, with a long neck holding your head up high.</p> <p>'Straight back': run with a tall stiff back, stretching it up as tall as possible.</p> <p>'Pick your feet up': run with high feet as though you were stepping over low hurdles and having to pick your knees up as well. Your coaches will pick out the best styles each time for a demonstration you can copy, and give you several practices at each one.</p>
Conditioning	<p>Circular Runs: your coaches will make up teams of half a dozen in huge circles. When asked, run right round the outside and back to your place. As soon as you're back, the last person you've passed starts to run round – your coaches will tell you when it's your turn again Run as fast as you can and wait your turn to run again for the next five to ten minutes. Your coaches may change the direction of the run at some stage to stop you getting dizzy.</p>
Cool Down & Reflection	<p>Tunnel Tag: your coaches may ask you to go through the legs from front to back to free a player this time – listen carefully to find out how. Did you manage to co-operate with your partners in the Mirroring and Pairs Sitting Down exercises? These exercises won't work unless you help your partner. In the Tunnel Tag, did you have the patience to wait until someone was able to free you? Don't worry about making mistakes or getting things wrong – your coaches will always praise you if you make an effort.</p>

8 COACHES RESOURCE PACK

Age 5/6 Block 8 and Sample Sessions

EXAMPLE SESSION PLAN - Age 5/6 - BLOCK 8 - JUMP, Weeks 2 & 5

Equipment	<p>A marked off area for Tunnel Tag, unless you can use the whole space.</p> <p>Mats for jumping onto, or a sand pit to jump into from the front or side [to give more turns]; markers at the start of the run up.</p> <p>A pole or poles for vaulting [or a high jump bar will do]; five small cardboard hurdles if a 'return activity' is to be used.</p>
Warm Up & ABC	<p>Tunnel Tag: catchers will chase you and try to tag you. If they do, stand with your feet and arms wide apart.</p> <p>You can be freed by another player sliding under your legs from back to front without upending you.</p> <p>When you're running freely, look for someone to free, and slide through to let them back in the game, but avoid getting caught yourself.</p> <p>A. Mirroring in Twos: find a partner and face them. One of you will step from foot to foot slowly with arms out - the other has to act like a mirror and do exactly the same until the signal to swap.</p> <p>B. Pairs Sitting-Down: face your partner toes to toes and take hands.</p> <p>Very slowly start to lean backwards, bend your knees and sit down gently. Make sure you keep holding hands and balance each other.</p> <p>Stand up on your own and join up again for more practice.</p> <p>C. Spinning: on your own, sit in a space and practise spinning halfway round on the spot. Can you spin all the way round?</p> <p>If you can, your coaches may ask you to try a half-turn standing. Can you jump up and turn right round on the way down?</p>
Jumping Skills	<p>Handclap Long Jump: your coaches will set up gym mats for landing on, or prepare the sand pit to jump into, either from the front or side.</p> <p>If you're jumping from the side, you can go five or six at a time: if you have to jump from the front, you can go down in pairs.</p> <p>Your coach will ask you to run five strides from the landing back up the runway, and will put markers down to show the start for everyone.</p> <p>Put your jumping foot behind you and run five strides before you Long Jump into the pit or onto the mat.</p> <p>After a few turns to get the run up right, you'll be asked to clap your hands above your head in mid-air at the highest part of the jump.</p> <p>Pole Vault: your coaches will stick the end of a pole in the sand pit, or on the mats, and let you, standing, reach up with both hands to grasp it.</p> <p>From three strides away, you'll be asked to run up and Long Jump, reaching up with both hands to grasp the pole and swing forwards.</p> <p>If you do it well, with lots of spring and accuracy, your coaches may let you run five strides; if you're not very confident, they'll support you.</p> <p>To give you more activity, your coaches may organise a 'return activity' – you can Handclap Long Jump five hurdles to get back to your place.</p>
Conditioning	<p>Circular Runs: your coaches will make up teams of half a dozen in huge circles.</p> <p>When asked, run right round the outside and back to your place.</p> <p>As soon as you're back, the last person you've passed starts to run round – your coaches will tell you when it's your turn again</p> <p>Run as fast as you can and wait your turn to run again for the next five to ten minutes.</p> <p>Your coaches may change the direction of the run at some stage to stop you getting dizzy.</p>
Cool Down &	<p>Tunnel Tag: your coaches may ask you to go through the legs from front to back to free a player this time – listen carefully to find out how.</p> <p>Did you manage to co-operate with your partners in the Mirroring and Pairs Sitting Down exercises? These exercises won't work unless you help your partner.</p> <p>In the Tunnel Tag, did you have the patience to wait until someone was able to free you?</p> <p>Don't worry about making mistakes or getting things wrong – your coaches will always praise you if you make an effort.</p>

8 COACHES RESOURCE PACK

Age 5/6 Block 8 and Sample Sessions

EXAMPLE SESSION PLAN - Age 5/6 - BLOCK 8 - THROW, Weeks 3 & 6

Equipment	<p>A marked off area for Tunnel Tag, unless you can use the whole space.</p> <p>A ball between two, and plastic bags for the ball to go in, or more if you want one each for Ball in a Bin; a dustbin or cardboard box per circle.</p>
Warm Up & ABC	<p>Tunnel Tag: catchers will chase you and try to tag you. If they do, stand with your feet and arms wide apart.</p> <p>You can be freed by another player sliding under your legs from back to front without upending you.</p> <p>When you're running freely, look for someone to free, and slide through to let them back in the game, but avoid getting caught yourself.</p> <p>A. Mirroring in Twos: find a partner and face them. One of you will step from foot to foot slowly with arms out - the other has to act like a mirror and do exactly the same until the signal to swap.</p> <p>B. Pairs Sitting-Down: face your partner toes to toes and take hands.</p> <p>Very slowly start to lean backwards, bend your knees and sit down gently. Make sure you keep holding hands and balance each other.</p> <p>Stand up on your own and join up again for more practice.</p> <p>C. Spinning: on your own, sit in a space and practise spinning halfway round on the spot. Can you spin all the way round?</p> <p>If you can, your coaches may ask you to try a half-turn standing. Can you jump up and turn right round on the way down?</p>
Throwing Skills	<p>Ball in a Bag: your coaches will organise you into pairs about 10 metres apart and give you a football to Heave-Throw like a hammer thrower.</p> <p>Once you've remembered how to Heave-Throw from just above your right hip to over your left shoulder, they'll give you a plastic bag.</p> <p>Tie it once with the ball inside and use the handles to grip, both hands through the loops from opposite sides.</p> <p>Circle the ball round your head once and loop it high into your partner's hands.</p> <p>Ball in a Bin: your coaches will organise you into wide circles with a dustbin [or empty cardboard box] in the centre.</p> <p>Turn your back to the bin and, standing up tall, and looking over your shoulder, Heave-Throw at the bin; there's 20 points for a goal, 10 for a hit.</p> <p>The ball in a bag can be shared between two, or if enough footballs are available, you can have one each.</p> <p>Your coaches can keep the score, or you can do it, or perhaps you can just have fun.</p> <p>Listen to the advice you're being given so the looping throw looks like a hammer-throw.</p> <p>If you're outside, and you're further away from the bin, you'll have to use your legs more to power the ball up into the air.</p>
Conditioning	<p>Circular Runs: your coaches will make up teams of half a dozen in huge circles.</p> <p>When asked, run right round the outside and back to your place.</p> <p>As soon as you're back, the last person you've passed starts to run round – your coaches will tell you when it's your turn again</p> <p>Run as fast as you can and wait your turn to run again for the next five to ten minutes.</p> <p>Your coaches may change the direction of the run at some stage to stop you getting dizzy.</p>
Cool Down & Reflection	<p>Tunnel Tag: your coaches may ask you to go through the legs from front to back to free a player this time – listen carefully to find out how.</p> <p>Did you manage to co-operate with your partners in the Mirroring and Pairs Sitting Down exercises?</p> <p>These exercises won't work unless you help your partner.</p> <p>In the Tunnel Tag, did you have the patience to wait until someone was able to free you?</p> <p>Don't worry about making mistakes or getting things wrong – your coaches will always praise you if you make an effort.</p>

Age 7/8 Block 1 and Sample Sessions

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

Age 7/8 - Criteria	Block 1 - Activities
Game	Follow my Leader: In twos, follow your leader everywhere whilst he walks fast and slow. Try to react quickly when he speeds up or slows down.
Agility	Skip for 20m. If it's difficult, watch someone who can do it easily. Try two little hops on each foot to find the rhythm.
Balance	Stand on one leg, hands together high above your head, and the sole of one foot pressed against your other knee.
Co-ordination	Circle your arms backwards one at a time in a backstroke swimming action whilst you jog on the spot.
Skills	Run: In twos, Race Walk one behind the other down a 40m course, heeling and toeing your feet and keeping your hips forwards. In twos side by side, Race Walk down a 40m course. In waves, see who is fastest through the finish.
	Jump: Six low hurdles are laid out in a straight line about 5m apart. In files, one at a time, turn sideways and clear them side-on with a jump. Hurdles are laid out anywhere in a space. One team at a time has 20 seconds to clear as many hurdles as possible side-on.
	Throw: In twos, one partner stands 5-6m away with feet apart. Underarm, you bowl a tennis ball accurately along the floor between his feet. Two cones are set up 10m away and a metre apart opposite each file and everyone has a tennis ball. One at a time, bowl at the goal for 10 points.
Conditioning	Standing with both hands behind your back and feet apart, reach down backwards to touch your shoes and stand up tall. Do ten at a time.
Mental	In Follow my Leader, were you quick to spot when your leader changed speed from fast to slow and slow to fast?
Emotional	Did you try hard to learn to skip? Did you keep trying, even though it was difficult?
Lifestyle	Always try your best, even when something is hard to do.

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

NB. Please note that film footage explaining each training block can be view at:
<http://www.youtube.com/user/scottishathletics>

9 COACHES RESOURCE PACK

Age 7/8 Block 1 and Sample Sessions

EXAMPLE SESSION PLAN - Age 7/8 - BLOCK 1 - RUN, Weeks 1 & 4

Equipment	Markers at the start and finish of the Skipping and Race Walking courses.
Warm Up & ABC	<p>Follow my Leader: your coaches will put you into pairs. Your leader changes pace, and you have to react quickly to him by speeding or slowing, including standing still and suddenly moving again. On the 'Freeze!' signal by your coach, try to finish within touching distance before you're instructed to swap places.</p> <p>Change your pace, including standing still and then suddenly moving, to leave your partner behind.</p> <p>A. Skipping: your coaches will place you in waves in front of a 20 metre course. Skipping is a high, bounding action with a high knee to take you forwards and up. Notice that there are two little 'hops' on each foot, and a big swing of your arms to get the rhythm going. Wait at the end to re-start.</p> <p>B. High Balance: on your own, stand on one foot with your hands together straight above your head, and the sole of one foot pressed against the side of your other knee. Try to get the balance in two different ways, setting the shape up first, and standing on one leg first – which was easier?</p> <p>C. Backstroke Jogging: on your own, practise jogging on the spot, then, standing still, practise circling your arms backwards one at a time. Now try to put the two together at the same time to improve your co-ordination.</p>
Running Skills	<p>Race Walking: your coaches will let you go anywhere in a space practising how to walk. Keep your hips forwards. Heel and Toe as you go. Your coaches will find you a partner to walk down a 40 metre course with, one behind the other to go down, and swapping places to come back. You can work on keeping your hips forwards for the first four walks. Heel and Toe for the next four. Do both at the same time for the last four.</p> <p>Races: your coaches will organise you into two groups of pairs, one group at each end of the 40 metre course. This time you go side by side and race walk to the finish at the other end, trying to keep your technique sound. Your coaches may swap you to a different partner to give you a good even race. If time permits, you can have a shuttle relay, but the rules say you must have contact with the ground all the way, so you can't run.</p>
Conditioning	<p>Half Squats: on your own in a space, stand with your feet apart and your hands behind you. Slowly sink down until you can touch the backs of your shoes by tucking in your tail and looking forward, head up. Make sure your knees stay apart and don't collapse inwards. Your coaches will encourage this good shape until you can squat and stand up tall with your hips forward every time. Once you're accurate, you can do ten at a time with a rest in between. Listen for the signal to start.</p>
Cool Down & Reflection	<p>Follow my Leader: when you're following, are you quick to spot when your leader changes pace from fast to slow and from slow to fast? Did you manage to stop suddenly when he did, and, even more difficult, did you manage to react to his sudden start after he had stopped for a moment or two? When you're leading, watch carefully for any sudden opportunities to sprint into a space which has just opened up. If your follower is very quick, slow the game down by stopping suddenly and starting unexpectedly. It's difficult to learn to skip if you haven't done it before. Did you keep trying, difficult as it was? Your coaches will be interested that you made an effort at something which is difficult, and will encourage you in this.</p>

9 COACHES RESOURCE PACK

Age 7/8 Block 1 and Sample Sessions

EXAMPLE SESSION PLAN - Age 7/8 - BLOCK 1 - JUMP, Weeks 2 & 5

Equipment	Markers at the start and finish of the Skipping and Race Walking course. Five low hurdles per file, and a marked area for the Random Jumps.
Warm Up & ABC	<p>Follow my Leader: your coaches will put you into pairs. Your leader changes pace, and you have to react quickly to him by speeding or slowing, including standing still and suddenly moving again. On the 'Freeze!' signal by your coach, try to finish within touching distance before you're instructed to swap places. Change your pace, including standing still and then suddenly moving, to leave your partner behind.</p> <p>A. Skipping: your coaches will place you in waves in front of a 20 metre course. Skipping is a high, bounding action with a high knee to take you forwards and up. Notice that there are two little 'hops' on each foot, and a big swing of your arms to get the rhythm going. Wait at the end to re-start.</p> <p>B. High Balance: on your own, stand on one foot with your hands together straight above your head, and the sole of one foot pressed against the side of your other knee. Try to get the balance in two different ways, setting the shape up first, and standing on one leg first – which was easier?</p> <p>C. Backstroke Jogging: on your own, practise jogging on the spot, then, standing still, practise circling your arms backwards one at a time. Now try to put the two together at the same time to improve your co-ordination.</p>
Jumping Skills	<p>Scissors Jumps: on your own on the spot, practice a sideways jump from one foot to the other as high as you can. Your coaches will organise you into files with five low hurdles about 5 meters apart in front of you. On a signal, first in each team does side-on Scissors Jumps down the row of hurdles. When they reach the end and stay there, you start off and do the same, one foot to the other, until you've cleared them all. Once everyone in the team's at the bottom, the first in line begins the next series of Scissors Jumps back up.</p> <p>Random Jumps: your coaches put all the hurdles out anywhere in a space and ask all the teams to sit outside the area. When asked, your team will have 20 seconds to clear as many hurdles as possible with Scissors Jumps before the next team starts. Make sure that you and a team mate are not trying to clear the same hurdle at the same time – get a clear view first.</p>
Conditioning	<p>Half Squats: on your own in a space, stand with your feet apart and your hands behind you. Slowly sink down until you can touch the backs of your shoes by tucking in your tail and looking forwards, head up. Make sure your knees stay apart and don't collapse inwards. Your coaches will encourage this good shape until you can squat and stand up tall with your hips forward every time. Once you're accurate, you can do ten at a time with a rest in between. Listen for the signal to start.</p>
Cool Down & Reflection	<p>Follow my Leader: when you're following, are you quick to spot when your leader changes pace from fast to slow and from slow to fast? Did you manage to stop suddenly when he did, and, even more difficult, did you manage to react to his sudden start after he had stopped for a moment or two? When you're leading, watch carefully for any sudden opportunities to sprint into a space which has just opened up. If your follower is very quick, slow the game down by stopping suddenly and starting unexpectedly. It's difficult to learn to skip if you haven't done it before. Did you keep trying, difficult as it was? Your coaches will be interested that you made an effort at something which is difficult, and will encourage you in this.</p>

9 COACHES RESOURCE PACK

Age 7/8 Block 1 and Sample Sessions

EXAMPLE SESSION PLAN - Age 7/8 - BLOCK 1 - THROW, Weeks 3 & 6

Equipment	<p>Markers at the start and finish of the Skipping and Race Walking course.</p> <p>A tennis ball between two.</p> <p>A tennis ball and two cones or markers per file for the Bowl at the Goal.</p>
Warm Up & ABC	<p>Follow my Leader: your coaches will put you into pairs.</p> <p>Your leader changes pace, and you have to react quickly to him by speeding or slowing, including standing still and suddenly moving again.</p> <p>On the 'Freeze!' signal by your coach, try to finish within touching distance before you're instructed to swap places.</p> <p>Change your pace, including standing still and then suddenly moving, to leave your partner behind.</p> <p>A. Skipping: your coaches will place you in waves in front of a 20 metre course.</p> <p>Skipping is a high, bounding action with a high knee to take you forwards and up.</p> <p>Notice that there are two little 'hops' on each foot, and a big swing of your arms to get the rhythm going. Wait at the end to re-start.</p> <p>B. High Balance: on your own, stand on one foot with your hands together straight above your head, and the sole of one foot pressed against the side of your other knee.</p> <p>Try to get the balance in two different ways, setting the shape up first, and standing on one leg first – which was easier?</p> <p>C. Backstroke Jogging: on your own, practise jogging on the spot, then, standing still, practise circling your arms backwards one at a time. Now try to put the two together at the same time to improve your co-ordination.</p>
Throwing Skills	<p>Underarm Bowls: your coaches will organise you into pairs 5-6 metres apart, with a tennis ball for each pair.</p> <p>Stand with your feet wide apart whilst your partner bowls the tennis ball along the ground to send it between your feet.</p> <p>Return it the same way, putting your opposite foot forward to your bowling arm, and using bent legs straightened to give the bowl power.</p> <p>For a variation, your partner will aim just outside your feet: guess where the ball is going, and quickly side-step to get it through your legs.</p> <p>Bowl at the Goal: in files, with two cones set up 10 metres away and one metre apart, bowl at the goal for ten points.</p> <p>Make sure you have a retriever up at the goals to bowl the ball back accurately every round before he comes racing down to swap for his turn.</p>
Conditioning	<p>Half Squats: on your own in a space, stand with your feet apart and your hands behind you.</p> <p>Slowly sink down until you can touch the backs of your shoes by tucking in your tail and looking forward, head up.</p> <p>Make sure your knees stay apart and don't collapse inwards.</p> <p>Your coaches will encourage this good shape until you can squat and stand up tall with your hips forward every time.</p> <p>Once you're accurate, you can do ten at a time with a rest in between. Listen for the signal to start.</p>
Cool Down & Reflection	<p>Follow my Leader: when you're following, are you quick to spot when your leader changes pace from fast to slow and from slow to fast?</p> <p>Did you manage to stop suddenly when he did, and, even more difficult, did you manage to react to his sudden start after he had stopped for a moment or two?</p> <p>When you're leading, watch carefully for any sudden opportunities to sprint into a space which has just opened up.</p> <p>If your follower is very quick, slow the game down by stopping suddenly and starting unexpectedly.</p> <p>It's difficult to learn to skip if you haven't done it before. Did you keep trying, difficult as it was?</p> <p>Your coaches will be interested that you made an effort at something which is difficult, and will encourage you in this.</p>

9 COACHES RESOURCE PACK

Age 7/8 Block 2 and Sample Sessions

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

Age 7/8 - Criteria	Block 2 - Activities
Game	Tunnel Ball in files: Stand with feet apart. Person at the front rolls a football through and stands still. At the back, collect and sprint to the front.
Agility	Skipping. On instruction, skip high or low.
Balance	In files, follow the four floor spots, balancing on each one on one foot, other knee high and arms wide for balance.
Co-ordination	Jog on the spot whilst circling your arms forwards one at a time like a front crawl swimmer.
Skills	Run: In twos, lie down on your front, nose above a line. On a signal, scramble up and race 20m. In waves of six or so, lie on your front and scramble up to race 20m. Have finals for all the 6th, 5th, 4th, 3rd, 2nd, 1st places.
	Jump: Kangaroo Jumps: Jump on the spot like kangaroos, feet together. Jump forwards and back on the spot. Shuttle relay: Teams stand 5-6m apart. You Kangaroo Jump across with a rubber ring or beanbag between your knees. Hand it over.
	Throw: In twos 5m apart, lob a beanbag into your partner's cupped hands so it's easily caught. Teams stand in a circle and lob a beanbag across to each other for catching. Make it easy to catch.
Conditioning	Shuttle Relays: Sprint 30m across the gap until all the team has run twice. Can you manage four runs each? How often?
Mental	When your team stood in a circle to lob the beanbag, were you able to guess when it was going to come into your hands? How did you know?
Emotional	In the games and races, were you happy for other children when they won?
Lifestyle	Losing, and making mistakes, are both perfectly O.K., just an important way of learning things. You'll be praised all the time for trying.

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

NB. Please note that film footage explaining each training block can be view at:
<http://www.youtube.com/user/scottishathletics>

9 COACHES RESOURCE PACK

Age 7/8 Block 2 and Sample Sessions

EXAMPLE SESSION PLAN - Age 7/8- BLOCK 2 - RUN, Weeks 1 & 4

Equipment	<p>One football per team for Tunnel Ball.</p> <p>Four spots [or hoops] per team for Storks.</p> <p>Lines at 20 metres for the Crouch Starts, and at 30 metres for the Shuttle Relays, and a small object per team to exchange</p>
Warm Up & ABC	<p>Tunnel Ball in Files: stand with your feet wide apart. The person at the front smartly rolls the football through the tunnel, and then stands still.</p> <p>Pick the ball up at the back, sprint to the front and roll the ball quickly back through the tunnel, till everyone's had a turn.</p> <p>A. Skipping: your coaches will put you into waves to skip 20m. Try to get into a rhythm by doing a little double hop on each foot and swinging your arms to shoulder height as you go. Sometimes your coaches will ask you to skip really high, but listen for the instruction that asks you sometimes to skip low and long. Wait at the bottom till everyone arrives, the re-start on the signal.</p> <p>B. Storks: your coaches will put you into files with four spots placed diagonally on the floor in front of each team. On a signal, step out and balance on each spot for five seconds on one leg, your other knee high and your arms held out sideways.</p> <p>Stay at the bottom till everyone arrives, then re-start on the signal.</p> <p>C. Freestyle Jogging: on your own, practise jogging on the spot. Separately, practise the Front Crawl stroke, [Freestyle], one arm at a time. Now try to put the two together, running on the spot with Free style arms, to improve your co-ordination.</p>
Running Skills	<p>Introduction to the Crouch Start: your coaches will put you in waves, with the front row lying on their fronts, noses on a line. On a signal, scramble up and race each other to the finish 20 metres away. Notice that this start looks very like the Usain Bolt Crouch Start, because you put your hands down under your shoulders, pull one knee forwards, and spring off your feet.</p> <p>Lying-Down Starts: after a few practices, your coaches will organise races to see who is first, second and so on.</p> <p>From these 'heats', your coaches will organise finals for all those who were sixth, then fifth, then fourth, and so on.</p> <p>Walk back up the sides when you're finished to allow the next final to race down.</p> <p>Make sure you run right through the line and don't slow down before the finish.</p>
Conditioning	<p>Shuttle Relays: your coaches will use the results of the earlier races to pick even teams for a Shuttle Relay.</p> <p>Your other half team will line up 30 metres away in their own lane. Make sure you're standing in line to let your other half run past.</p> <p>As soon as your team mate crosses your line, run off with high knees and big arms.</p> <p>Your coaches may ask you to lie down to practice the new Crouch Start.</p> <p>If you're doing standing starts, your coaches may give you a rubber ring or baton to exchange, but make sure you listen to how many times you're expected to run.</p>
Cool Down & Reflection	<p>Tunnel Ball: make sure you know when you're at the back of the line so the ball doesn't go through your legs. Put your knee down to help stop it. Pick the ball up and sprint as fast as you can to the front, and roll the ball as straight and fast as possible.</p> <p>In the games and races, are you happy for other players when they win?</p> <p>Losing, and making mistakes, are both perfectly O.K., just an important way of learning things.</p> <p>You'll always be given praise for trying, whether you win or lose.</p>

EXAMPLE SESSION PLAN - Age 7/8 - BLOCK 2 - JUMP, Weeks 2 & 5

Equipment	<p>One ball per team for Tunnel Ball.</p> <p>Four spots (or hoops) per team for Storks.</p> <p>Lines at 30 metres for the Shuttle Relays, and a small object per team to exchange.</p> <p>Beanbags, rubber rings and small footballs for each team for the Kangaroo Jumps and Shuttles exchanges, and lines at 10 metres.</p>
Warm Up & ABC	<p>Tunnel Ball in Files: stand with your feet wide apart. The person at the front smartly rolls the football through the tunnel, and then stands still.</p> <p>Pick the ball up at the back, sprint to the front and roll the ball quickly back through the tunnel, till everyone's had a turn.</p> <p>A. Skipping: your coaches will put you into waves to skip 20m. Try to get into a rhythm by doing a little double hop on each foot and swinging your arms to shoulder height as you go. Sometimes your coaches will ask you to skip really high, but listen for the instruction that asks you sometimes to skip low and long. Wait at the bottom till everyone arrives, the re-start on the signal.</p> <p>B. Storks: your coaches will put you into files with four spots placed diagonally on the floor in front of each team. On a signal, step out and balance on each spot for five seconds on one leg, your other knee high and your arms held out sideways.</p> <p>Stay at the bottom till everyone arrives, then re-start on the signal.</p> <p>C. Freestyle Jogging: on your own, practise jogging on the spot. Separately, practise the Front Crawl stroke, [Freestyle], one arm at a time. Now try to put the two together, running on the spot with Free style arms, to improve your co-ordination.</p>
Jumping Skills	<p>Kangaroo Jumps: on your own, jump on the spot with your feet together. Keeping your feet together, jump from side to side.</p> <p>Now jump forwards and backwards. Can you jump forwards-backwards-left-right, and keep this going?</p> <p>Find a partner for Mirror Jumps, and set a pattern of jumps for him to follow.</p> <p>When it's your turn, jump forwards, backwards and side to side, changing the pattern to see if your partner can follow.</p> <p>Your coaches will find a 10 metre space for you to Kangaroo-race your partner. Your coaches may select another partner for you if you're fast.</p> <p>Kangaroo Shuttles: in files standing 6 metres apart, put a beanbag between your knees and bounce down the course to hand over to your team.</p> <p>You may be given a rubber ring for the next race, or a small football. Squeeze tight with your knees, and keep your ankles close.</p> <p>You may be asked to bounce for 10 metres next time.</p>
Conditioning	<p>Shuttle Relays: your coaches will use the results of the earlier races to pick even teams for a Shuttle Relay.</p> <p>Your other half team will line up 30 metres away in their own lane. Make sure you're standing in line to let your other half run past.</p> <p>As soon as your team mate crosses your line, run off with high knees and big arms.</p> <p>Your coaches may ask you to lie down to practice the new Crouch Start.</p> <p>If you're doing standing starts, your coaches may give you a rubber ring or baton to exchange, but make sure you listen to how many times you're expected to run.</p>
Cool Down & Reflection	<p>Tunnel Ball: make sure you know when you're at the back of the line so the ball doesn't go through your legs. Put your knee down to help stop it. Pick the ball up and sprint as fast as you can to the front, and roll the ball as straight and fast as possible.</p> <p>In the games and races, are you happy for other players when they win?</p> <p>Losing, and making mistakes, are both perfectly O.K., just an important way of learning things.</p> <p>You'll always be given praise for trying, whether you win or lose.</p>

9 COACHES RESOURCE PACK

Age 7/8 Block 2 and Sample Sessions

EXAMPLE SESSION PLAN - Age 7/8 - BLOCK 2 - THROW, Weeks 3 & 6

Equipment	<p>One ball per team for Tunnel Ball.</p> <p>Four spots [or hoops] per team for Storks.</p> <p>Lines at 30 metres for the Shuttle Relays, and a small object per team to exchange.</p> <p>A beanbag between two for the Throwing Skills. A bin for each circle, or a large cardboard box.</p>
Warm Up & ABC	<p>Tunnel Ball in Files: stand with your feet wide apart. The person at the front smartly rolls the football through the tunnel, and then stands still.</p> <p>Pick the ball up at the back, sprint to the front and roll the ball quickly back through the tunnel, till everyone's had a turn.</p> <p>A. Skipping: your coaches will put you into waves to skip 20m. Try to get into a rhythm by doing a little double hop on each foot and swinging your arms to shoulder height as you go. Sometimes your coaches will ask you to skip really high, but listen for the instruction that asks you sometimes to skip low and long. Wait at the bottom till everyone arrives, the re-start on the signal.</p> <p>B. Storks: your coaches will put you into files with four spots placed diagonally on the floor in front of each team. On a signal, step out and balance on each spot for five seconds on one leg, your other knee high and your arms held out sideways.</p> <p>Stay at the bottom till everyone arrives, then re-start on the signal.</p> <p>C. Freestyle Jogging: on your own, practise jogging on the spot. Separately, practise the Front Crawl stroke, [Freestyle], one arm at a time. Now try to put the two together, running on the spot with Free style arms, to improve your co-ordination.</p>
Throwing Skills	<p>Beanbag Lob: Your coaches will organise you into twos, 5 metres apart.</p> <p>Standing with your left foot forwards, lob a beanbag underarm up into the air with your right hand and land it in your partner's cupped hands.</p> <p>To catch the pass, stand with your wrists together, hands cupped and held just above your eyes.</p> <p>You may have to move your feet a little to get under the pass, so guess where it's going. To throw, put your opposite hand and foot forwards.</p> <p>When you're accurate, your coaches may move you further apart, say, 8 or even 10 metres.</p> <p>Circle Lobs: your coaches will organise you into circles of half a dozen players, each circle with a bean bag ready to lob underarm.</p> <p>Stand ready with your fingers above your eyes in case the beanbag is lobbed towards you.</p> <p>If this is too easy, your coaches can add a second beanbag, but you'll have to be aware when it's coming to you, and who's ready to catch.</p> <p>Bin Lobs: your coaches could make your circle wider and put a bin in the middle for each circle to lob beanbags into.</p>
Conditioning	<p>Shuttle Relays: your coaches will use the results of the earlier races to pick even teams for a Shuttle Relay.</p> <p>Your other half team will line up 30 metres away in their own lane. Make sure you're standing in line to let your other half run past.</p> <p>As soon as your team mate crosses your line, run off with high knees and big arms.</p> <p>Your coaches may ask you to lie down to practice the new Crouch Start.</p> <p>If you're doing standing starts, your coaches may give you a rubber ring or baton to exchange, but make sure you listen to how many times you're expected to run.</p>
Cool Down & Reflection	<p>Tunnel Ball: make sure you know when you're at the back of the line so the ball doesn't go through your legs. Put your knee down to help stop it. Pick the ball up and sprint as fast as you can to the front, and roll the ball as straight and fast as possible.</p> <p>In the games and races, are you happy for other players when they win?</p> <p>Losing, and making mistakes, are both perfectly O.K., just an important way of learning things.</p> <p>You'll always be given praise for trying, whether you win or lose.</p>

Age 7/8 Block 3 and Sample Sessions

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

Age 7/8 - Criteria	Block 3 - Activities
Game	Overhead Relay. In files, teams hand the ball overhead hand to hand. Last person sprints to the front to start again.
Agility	Skipping: On instruction, skip long or short, low or high. Some low hurdles have been placed round a wide course. Skip over them.
Balance	In the Push Up position, centre your weight over one hand and take the other away to balance for 10 seconds. Change hands.
Co-ordination	Drop the Ball: Stand facing a partner toe to toe. You have to catch the tennis ball dropped between you, two-handed, then one-handed.
Skills	Run: Stand in waves to run 100m in an easy time. If you're running 5 'laps' of the gym, keep to the whistle e.g. 5 seconds per lap. In teams, keep to the same pace for 200m e.g. 10 laps in 50 seconds. Which team can keep to the pace best i.e. finish on time?
	Jump: Kangaroo Jumps. Jump on the spot like kangaroos, feet together, forwards and back on the spot, then side to side. In files facing four low hurdles. One at a time, run and jump forwards -backwards-forwards over them to go down, and 3 sideways jumps back up.
	Throw: In twos, stand sideways and do a one-handed push-throw to your partner, who catches the ball high. Crouch, then stand and up tall. Everyone has a football to putt into one dustbin per team. If lobbed in with a one-handed push-throw, 50 points; 20 points for hitting the bin.
Conditioning	Shuttle Relays: Every team has 4 hurdles to run over. If you knock a hurdle over, you have to replace it before running on.
Mental	Skipping: Were you able to change your skipping as soon as the instruction was given?
Emotional	In Drop the Ball, did you give good passes to help your partner, even if you didn't get good passes in return?
Lifestyle	Did you manage to keep your excitement under control during the games? Winning isn't everything.

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

NB. Please note that film footage explaining each training block can be view at:
<http://www.youtube.com/user/scottishathletics>

9 COACHES RESOURCE PACK

Age 7/8 Block 3 and Sample Sessions

EXAMPLE SESSION PLAN - Age 7/8 - BLOCK 3 - RUN, Weeks 1 & 4

Equipment	<p>One ball per file for the Overhead Relays.</p> <p>Some low hurdles, or other low obstacles, round a circular course for Skipping, and four hurdles per team for the Shuttle Hurdles Relays.</p> <p>A tennis ball between two for Drop the Ball.</p> <p>A stopwatch for the Pacing Game.</p>
Warm Up & ABC	<p>Overhead Zigzag Relay: your coaches will organise you into files with a ball at the front. The first person starts to pass the ball overhead to the back of the file. When it arrives, instead of sprinting straight to the front weave in and out of your team by side-stepping round them.</p> <p>A. Spin-Turn: on your own in a space, stand sideways and lift your front foot a little off the ground. Step onto the ball of that foot and spin-step forwards to face sideways the other way. Practise this several times to get your directions. Once you can do it, complete the full spin-turn by reversing on your second step to face the same direction as before.</p> <p>B. Push-up Balance: on your own, take up the Push-Up position. Centre your weight on both hands and one foot by putting your free foot up onto your other ankle. Keeping your hips up, try to hold this balance for up to 10 seconds before resting and swapping feet.</p> <p>C. Stride-standing: stand with your feet split forwards and backwards and with your opposite hand and foot forward. Once you've got the right position, change your arms and feet continually as though you were marching on the spot. Speed the action up without losing your stride length or your co-ordination.</p>
Running Skills	<p>Pacing Game: outside, in waves, jog 100 metres in an easy time set by your coaches after some trial and error. They'll ask you to run it again in the same easy time, and to make it simpler, they'll either run with you to show you the pace, or they'll blow a whistle at every quarter i.e. every 25 metres to show you that you're on target (or not). You'll get a rest while the other waves run. Once everyone's at the bottom, you can jog back up in your waves, but listen to the whistle, especially as you're being asked to run a few times. Indoors, you may be able to run four or five laps of the gym, or up and back, again timed by the coaches so you're not running too fast. If you're doing this on a track, it's easy to progress to 200metres, and indoors the coaches would double your distance. Which wave kept to the pace best and finished on time, neither too fast nor too slow?</p>
Conditioning	<p>Shuttle Hurdle Relays: your coaches will organise you into short half-files with four low hurdles 5 metres apart in front of each team. When it's your turn to run, set off to run smoothly over without knocking them over. If you do knock one down, you have to put it up again. Your coaches will tell you how often you'll be expected to run, e.g. 4 times; or they might tell you how many minutes e.g. 1, 2, or 3, or more.</p>
Cool Down & Reflection	<p>Overhead Relays: watch your partner's hands as the ball comes overhead so you can grip where her hands aren't. In other words, try to grasp the ball in the spaces that are not covered, so you'll have a firmer grip. Did you really sprint to the front as fast as you could? Are you still able to follow instructions? In the Skipping part, were you able to skip long or short or low or high when asked? In Drop the Ball, did you give good passes to help your partner, even if you didn't get good passes in return? And did you manage to keep your excitement under control during the games? Winning isn't everything.</p>

9 COACHES RESOURCE PACK

Age 7/8 Block 3 and Sample Sessions

EXAMPLE SESSION PLAN - Age 7/8 - BLOCK 3 - JUMP, Weeks 2 & 5

Equipment	<p>One ball per file for the Overhead Relays.</p> <p>Some low hurdles for Skipping, and four hurdles per team for the Kangaroo Jumps and the Shuttle Hurdles Relays.</p> <p>A tennis ball between two for Drop the Ball.</p>
Warm Up & ABC	<p>Overhead Zigzag Relay: your coaches will organise you into files with a ball at the front. The first person starts to pass the ball overhead to the back of the file. When it arrives, instead of sprinting straight to the front weave in and out of your team by side-stepping round them.</p> <p>A. Spin-Turn: on your own in a space, stand sideways and lift your front foot a little off the ground. Step onto the ball of that foot and spin-step forwards to face sideways the other way. Practise this several times to get your directions. Once you can do it, complete the full spin-turn by reversing on your second step to face the same direction as before.</p> <p>B. Push-up Balance: on your own, take up the Push-Up position. Centre your weight on both hands and one foot by putting your free foot up onto your other ankle. Keeping your hips up, try to hold this balance for up to 10 seconds before resting and swapping feet.</p> <p>C. Stride-standing: stand with your feet split forwards and backwards and with your opposite hand and foot forward. Once you've got the right position, change your arms and feet continually as though you were marching on the spot. Speed the action up without losing your stride length or your co-ordination.</p>
Jumping Skills	<p>Kangaroo Jumps: on your own on the spot, practise Kangaroo Jumps, forwards-backwards- side-side, and keep this going. Your coaches will scatter low hurdles about the floor space; form a small group to practice three Speed Bounces over, and to practise going forwards-backwards -forwards over. If you need help to go backwards, a coach will offer support. Your coaches will put you into files with four low hurdles in front of each file. On a signal, run forwards and go over each hurdle in a Kangaroo, forwards-backwards-forwards until you reach the last, and then come back up going sideways with 3 Speed Bounces over each one before your partner starts.</p>
Conditioning	<p>Shuttle Hurdle Relays: your coaches will organise you into short half-files with four low hurdles 5 metres apart in front of each team. When it's your turn to run, set off to run smoothly over without knocking them over. If you do knock one down, you have to put it up again. Your coaches will tell you how often you'll be expected to run, e.g. 4 times; or they might tell you how many minutes e.g. 1, 2, or 3, or more.</p>
Cool Down & Reflection	<p>Overhead Relays: watch your partner's hands as the ball comes overhead so you can grip where her hands aren't. In other words, try to grasp the ball in the spaces that are not covered, so you'll have a firmer grip. Did you really sprint to the front as fast as you could? Are you still able to follow instructions? In the Skipping part, were you able to skip long or short or low or high when asked? In Drop the Ball, did you give good passes to help your partner, even if you didn't get good passes in return? And did you manage to keep your excitement under control during the games? Winning isn't everything.</p>

9 COACHES RESOURCE PACK

Age 7/8 Block 3 and Sample Sessions

EXAMPLE SESSION PLAN - Age 7/8 - BLOCK 3 - THROW, Weeks 3 & 6

Equipment	<p>One ball per file for the Overhead Relays.</p> <p>Some low hurdles, or other low obstacles, round a circular course for Skipping, and four hurdles per team for the Shuttle Hurdles Relays.</p> <p>A tennis ball between two for Drop the Ball.</p> <p>A bin or large cardboard box per circle for the Circular One-Handed Push-Throw and a football or small ball each, if possible, or one per circle.</p>
Warm Up & ABC	<p>Overhead Zigzag Relay: your coaches will organise you into files with a ball at the front. The first person starts to pass the ball overhead to the back of the file. When it arrives, instead of sprinting straight to the front weave in and out of your team by side-stepping round them.</p> <p>A. Spin-Turn: on your own in a space, stand sideways and lift your front foot a little off the ground. Step onto the ball of that foot and spin-step forwards to face sideways the other way. Practise this several times to get your directions. Once you can do it, complete the full spin-turn by reversing on your second step to face the same direction as before.</p> <p>B. Push-up Balance: on your own, take up the Push-Up position. Centre your weight on both hands and one foot by putting your free foot up onto your other ankle. Keeping your hips up, try to hold this balance for up to 10 seconds before resting and swapping feet.</p> <p>C. Stride-standing: stand with your feet split forwards and backwards and with your opposite hand and foot forward. Once you've got the right position, change your arms and feet continually as though you were marching on the spot. Speed the action up without losing your stride length or your co-ordination.</p>
Throwing Skills	<p>One-Handed Push-Throws: your coaches will put you in pairs with a football between two about 10 metres apart. Turn sideways, left foot in front and push-throw the ball from below your chin high into the basket your partner made with her hands. As soon as you throw, hold your hands above your head to make the basket for the return throw. Bend your legs in a slight crouch and then stand up tall to throw, using your arm last.</p> <p>Circle Push-Throws: your coaches will put you into a big circle with a bin in the centre and give you a football each, if possible. Using the one-handed push-throw, try to land the ball in the bin [or cardboard box]. Your coaches will encourage good style first of all, but may later give you 20 points for a hit on the bin, and 50 points for a goal.</p>
Conditioning	<p>Shuttle Hurdle Relays: your coaches will organise you into short half-files with four low hurdles 5 metres apart in front of each team. When it's your turn to run, set off to run smoothly over without knocking them over. If you do knock one down, you have to put it up again. Your coaches will tell you how often you'll be expected to run, e.g. 4 times; or they might tell you how many minutes e.g. 1, 2, or 3, or more.</p>
Cool Down & Reflection	<p>Overhead Relays: watch your partner's hands as the ball comes overhead so you can grip where her hands aren't. In other words, try to grasp the ball in the spaces that are not covered, so you'll have a firmer grip. Did you really sprint to the front as fast as you could? Are you still able to follow instructions? In the Skipping part, were you able to skip long or short or low or high when asked? In Drop the Ball, did you give good passes to help your partner, even if you didn't get good passes in return? And did you manage to keep your excitement under control during the games? Winning isn't everything.</p>

Age 7/8 Block 4 and Sample Sessions

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

Age 7/8 - Criteria	Block 4 - Activities
Game	Overhead Zig Zag Relay: In files, teams hand the ball overhead hand to hand. Last person zig zags through the team to the front to start again.
Agility	Standing sideways, step and spin on the ball of your front foot to face the other way. Reverse spin on that foot to complete a full turn.
Balance	In the Push Up position, lift one leg straight up behind and stay balanced. Change legs.
Co-ordination	Stride stand i.e. with feet split forwards and backwards, opposite arms in place, also forwards and backwards. Continuously change feet and arms.
Skills	<p>Run: Hurdles are set out in grids, some close together, some further apart. Run smoothly over, from one foot to the other.</p> <p>Shuttle Relay: Run smoothly over for style points. See if you can score 9 out of 10 for your team by good style and rhythm.</p>
	<p>Jump: Making shapes. Jump off a low box to make a shape e.g. long or wide, a star, a tuck, a pike.</p> <p>Your coaches give marks out of ten for the shapes in the air. See which team is best.</p>
	<p>Throw: hoop-là in twos. Stand sideways to sling a hoop from low to high. Push off your back foot to give the hoop speed, and stand up tall. In teams, sling your hoops to circle a cone 10m away for 50 point. If not, 20 points for hitting the cone.</p>
Conditioning	In twos. You lie on your front with a football in both hands. Reach up high to give the ball to your partner ten times. Keep changing places.
Mental	In the Overhead Zig Zag Relay, when you were at the back, did you remember to weave in and out of your team in a zig zag?
Emotional	In the Making Shapes Jumps, were you sad when your team lost? That's O.K.
Lifestyle	Try to do every movement with style; it's the quality of the movement that matters, not getting there first sometimes!

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

NB. Please note that film footage explaining each training block can be view at:
<http://www.youtube.com/user/scottishathletics>

9 COACHES RESOURCE PACK

Age 7/8 Block 4 and Sample Sessions

EXAMPLE SESSION PLAN - Age 7/8 - BLOCK 4 - RUN, Weeks 1 & 4

Equipment	<p>A ball per team for the Overhead Zig Zag Relay.</p> <p>A ball between two for the Front-Lying Back-Extensors.</p> <p>Four hurdles per team for the Hurdling Style event, with four more per team needed for the Shuttle Hurdles.</p>
Warm Up & ABC	<p>Overhead Zigzag Relay: your coaches will organise you into files with a ball at the front. The first person starts to pass the ball overhead to the back of the file. When it arrives, instead of sprinting straight to the front weave in and out of your team by side-stepping round them.</p> <p>A. Spin-Turn: on your own in a space, stand sideways and lift your front foot a little off the ground. Step onto the ball of that foot and spin-step forwards to face sideways the other way. Practise this several times to get your directions. Once you can do it, complete the full spin-turn by reversing on your second step to face the same direction as before.</p> <p>B. Push-up Balance: on your own, take up the Push-Up position. Centre your weight on both hands and one foot by putting your free foot up onto your other ankle. Keeping your hips up, try to hold this balance for up to 10 seconds before resting and swapping feet.</p> <p>C. Stride-standing: stand with your feet split forwards and backwards and with your opposite hand and foot forward. Once you've got the right position, change your arms and feet continually as though you were marching on the spot. Speed the action up without losing your stride length or your co-ordination.</p>
Running Skills	<p>Hurdling Style: your coaches will put you into teams with four low hurdles in front of each about 5 metres apart. When it's your turn, try to run over as smoothly as possible from one foot to the other without any jerky actions or high jumps. Once they've seen your efforts, your coaches will move one row of hurdles closer together and another further apart, and leave one. Then they'll tell you which row you should be hurdling over to make it easy for you to do '1-2-3-over'.</p> <p>Shuttle Hurdles Relays for Style: your coaches will halve your new teams into a shuttle and put the hurdles round the other way for running back. They'll stop you every so often to give you style points out of ten. A smooth run from one foot to the other without jumping or jerky actions will get you full marks, and you'll see who is best.</p>
Conditioning	<p>Front-Lying Back-Extensors: your coaches will put you into twos with a ball. One of you lies on her front with the ball held in both hands, while the other sits cross-legged in front of her, hands ready to take the ball. Stretching your arms out and reaching up, give the ball to your partner ten times and then swap places. You'll feel the joints in your back and shoulders working, and your muscles will tire, so keep swapping places. To finish, on your own you'll be asked to lie on one side and curl up small before straightening out tall again, arms stretched above your head. Do this several times to each side to relax your back and shoulder muscles.</p>
Cool Down & Reflection	<p>Overhead Zigzag Relay: when you were at the back, did you remember to weave in and out to get to the front of your team? Take your weight on your outside foot as soon as you step out to the side, and push back into the middle to go round your team mate. Try to do every movement with style by following your coaches' advice. Being first doesn't matter as much as this does. In the Hurdling Style event, did you score high marks out of ten for a smooth performance, or was it high and jerky?</p>

EXAMPLE SESSION PLAN - Age 7/8 - BLOCK 4 - JUMP, Weeks 2 & 5

Equipment	<p>A ball per team for the Overhead Zig Zag Relay.</p> <p>A ball between two for the Front-Lying Back-Extensors.</p> <p>A low box for taking off in Box Shapes; or two, or three boxes, one for each team, and mats for landings.</p>
Warm Up & ABC	<p>Overhead Zigzag Relay: your coaches will organise you into files with a ball at the front. The first person starts to pass the ball overhead to the back of the file. When it arrives, instead of sprinting straight to the front weave in and out of your team by side-stepping round them.</p> <p>A. Spin-Turn: on your own in a space, stand sideways and lift your front foot a little off the ground. Step onto the ball of that foot and spin-step forwards to face sideways the other way. Practise this several times to get your directions. Once you can do it, complete the full spin-turn by reversing on your second step to face the same direction as before.</p> <p>B. Push-up Balance: on your own, take up the Push-Up position. Centre your weight on both hands and one foot by putting your free foot up onto your other ankle. Keeping your hips up, try to hold this balance for up to 10 seconds before resting and swapping feet.</p> <p>C. Stride-standing: stand with your feet split forwards and backwards and with your opposite hand and foot forward. Once you've got the right position, change your arms and feet continually as though you were marching on the spot. Speed the action up without losing your stride length or your co-ordination.</p>
Jumping Skills	<p>Making Shapes: your coaches will space you out on the floor and let you jump on the spot, making various shapes in the air. After a while, they may ask you to try out some shapes standing on the floor e.g. a long, thin shape, and then let you jump up and demonstrate it. They could then ask for the same method of making a wide shape; a star; a tuck, a pike.</p> <p>Box Shapes: your coaches will set up a low box or step for you to jump from. Take a short run up to try out the various shapes. Since this is for style, your coaches will give the teams marks out of ten for each jump. They may let you take off and make your own shape in the air for additional points. Does jumping high give you more time to make the shape before landing?</p>
Conditioning	<p>Front-Lying Back-Extensors: your coaches will put you into twos with a ball. One of you lies on her front with the ball held in both hands, while the other sits cross-legged in front of her, hands ready to take the ball. Stretching your arms out and reaching up, give the ball to your partner ten times and then swap places. You'll feel the joints in your back and shoulders working, and your muscles will tire, so keep swapping places. To finish, on your own you'll be asked to lie on one side and curl up small before straightening out tall again, arms stretched above your head. Do this several times to each side to relax your back and shoulder muscles.</p>
Cool Down & Reflection	<p>Overhead Zigzag Relay: when you were at the back, did you remember to weave in and out to get to the front of your team?</p> <p>Take your weight on your outside foot as soon as you step out to the side, and push back into the middle to go round your team mate. Try to do every movement with style by following your coaches' advice. Being first doesn't matter as much as this does. In the Hurdling Style event, did you score high marks out of ten for a smooth performance, or was it high and jerky?</p>

EXAMPLE SESSION PLAN - Age 7/8 - BLOCK 4 - THROW, Weeks 3 & 6

Equipment	<p>A ball per team for the Overhead Zig Zag Relay.</p> <p>A ball between two for the Front-Lying Back-Extensors. Or use the hoop you used for Hoop-la.</p> <p>A hoop between two, for Hoop-la, and a tall cone for each team in the Cone Hoop-la.</p>
Warm Up & ABC	<p>Overhead Zigzag Relay: your coaches will organise you into files with a ball at the front. The first person starts to pass the ball overhead to the back of the file. When it arrives, instead of sprinting straight to the front weave in and out of your team by side-stepping round them.</p> <p>A. Spin-Turn: on your own in a space, stand sideways and lift your front foot a little off the ground. Step onto the ball of that foot and spin-step forwards to face sideways the other way. Practise this several times to get your directions. Once you can do it, complete the full spin-turn by reversing on your second step to face the same direction as before.</p> <p>B. Push-up Balance: on your own, take up the Push-Up position. Centre your weight on both hands and one foot by putting your free foot up onto your other ankle. Keeping your hips up, try to hold this balance for up to 10 seconds before resting and swapping feet.</p> <p>C. Stride-standing: stand with your feet split forwards and backwards and with your opposite hand and foot forward. Once you've got the right position, change your arms and feet continually as though you were marching on the spot. Speed the action up without losing your stride length or your co-ordination.</p>
Throwing Skills	<p>Hoop-la: your coaches will organise you into twos 10 metres apart, one of you with a hoop. Stand with one arm straight up above your head and the other out in front to protect your face, and let your partner sling the hoop over you. If the hoop doesn't Hoop-la you, catch it. Turn sideways to Sling-Throw it back, left foot forward and right hand behind you, palm down. Stand up tall to sling the hoop from low to high, pushing off your back foot, and control the hoop with your fingers as you let go.</p> <p>Cone Hoop-la: your coaches will put you into teams 10 metres from a tall cone and let you practise circling the cone one at a time. They can organise a game where you score 50 points for Sling-Throwing the hoop over the cone, and 20 points for hitting the cone.</p>
Conditioning	<p>Front-Lying Back-Extensors: your coaches will put you into twos with a ball. One of you lies on her front with the ball held in both hands, while the other sits cross-legged in front of her, hands ready to take the ball. Stretching your arms out and reaching up, give the ball to your partner ten times and then swap places. You'll feel the joints in your back and shoulders working, and your muscles will tire, so keep swapping places. To finish, on your own you'll be asked to lie on one side and curl up small before straightening out tall again, arms stretched above your head. Do this several times to each side to relax your back and shoulder muscles.</p>
Cool Down & Reflection	<p>Overhead Zigzag Relay: when you were at the back, did you remember to weave in and out to get to the front of your team? Take your weight on your outside foot as soon as you step out to the side, and push back into the middle to go round your team mate. Try to do every movement with style by following your coaches' advice. Being first doesn't matter as much as this does. In the Hurdling Style event, did you score high marks out of ten for a smooth performance, or was it high and jerky?</p>

Age 7/8 Block 5 and Sample Sessions

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

Age 7/8 - Criteria	Block 5 - Activities
Game	Tunnel Ball Zig Zag: Teams stand with feet apart. Person at the front rolls the ball and stands still. Person at the back collects and weaves forwards.
Agility	In twos, you sit cross-legged and give hands to your partner. As you rock forwards, he pulls you up. Now, side by side on your own, arms folded.
Balance	Kneel on a mat, arms out sideways and put one foot out sideways to balance up tall on a single knee and foot for 10 seconds. Don't give up. Change legs.
Co-ordination	Go into the Push Up position, and bring one knee forward under your chest. Change your feet continuously, keeping a steady rhythm.
Skills	<p>Run: Baton Handling: In twos, one in front. You stand with one palm back and up, thumb split sideways, and take the baton put down in your hand. Files, arm's length apart, palm up backwards to take a baton from behind. The baton goes right-left-right-left down the line. Run and give it back.</p> <p>Jump: Giant Steps and a Jump: In files with one mat per team, take two giant steps and jump two-footed onto the mat.</p> <p>Step-Step and Jump: In teams, off three strides, see how far you can go on a Step-Step-Jump.</p> <p>Throw: Overarm throw: In twos, hold a tennis ball in the Girl Guide salute, in the last part of three fingers. Pull-throw so your partner can catch.</p> <p>Shuttle Throws: About 8-10m apart, gently pull- throw a tennis ball accurately to your team and run across the gap continuously.</p>
Conditioning	Lie on your back and stand up as often as you can.
Mental	In Tunnel Ball Zig Zag, did you remember to roll the ball from the front and zig zag from the back?
Emotional	In the 'Kneel on the mat', it can be frustrating to lose your balance. Did you calmly start again until you mastered it?
Lifestyle	It's always worthwhile to make an effort, and you will improve with encouragement.

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

NB. Please note that film footage explaining each training block can be view at:
<http://www.youtube.com/user/scottishathletics>

9 COACHES RESOURCE PACK

Age 7/8 Block 5 and Sample Sessions

EXAMPLE SESSION PLAN - Age 7/8 - BLOCK 5 - RUN, Weeks 1 & 4

Equipment	<p>A ball for every team in the Tunnel Ball Zig Zag.</p> <p>Mats for the Agility, Balance and Co-ordination events [the ABCs], if possible, and maybe for the Conditioning.</p> <p>A baton for every pair in Baton Changing, or for every four in Fours Baton Changing.</p>
Warm Up & ABC	<p>Tunnel Ball Zig Zag: your coaches will put you into teams with a ball at the start. When you're at the end of the tunnel, and the ball is rolled through, grasp it and weave in and out of your team to the front for the re-start. Remember to stand still after your roll if you're at the front.</p> <p>A. Cross-legged Standing: your coaches will organise you into twos. Sit cross-legged at your partner's feet and give him your hands. He'll rock you forwards twice then gently raise you up to standing. Swap. To pull him up, rock him gently forwards for '1-2' and on '3' take a small step backwards to pull him upright.</p> <p>Pairs Standing: sit side by side with your partner, legs crossed and arms folded. Rock twice for '1-2' and stand up together on '3'.</p> <p>B. Knee and Foot Balance: on your own, kneel on a mat and put one foot straight out to the side so the side of your foot is on the mat. Lift your arms straight out sideways, and try to hold the balance up tall for 10 seconds before changing legs. Try to stay steady.</p> <p>C. Change Feet: on your own on a mat, go into the Push Up position and then bring one knee forward under your chest. With your hands fixed on the floor and your hips high, start changing your feet, keeping a steady rhythm. Your coaches will get you to stand up for a rest every so often and then let you start again.</p>
Running Skills	<p>Baton Changing: your coaches will put you into twos, one in front of the other, with a baton. If you're in front, put your left palm up high behind you to make an easy target for your partner to put the baton down into. He'll give you the end of the baton, and once you have it, swing your arm to return it. After six attempts, swap places, passing with your right.</p> <p>If you're good at this, your coaches will let you jog anywhere in the space, calling your partner's name when you want to pass.</p> <p>Fours Baton Changing: your coaches will join you up with another pair for a standing still practice using right-left-right-left hands. Again, if you're doing well, they may let you jog round the space exchanging the baton. If not, let the front person run back with it to the start.</p>
Conditioning	<p>Lie down-Stand Up: on your own, lie on your back, and on a signal from the coaches, stand up tall. Make sure you lie down completely when you're down, and stand up completely when you're up. This is very hard work, so your coaches might ask you to do five in every round before a short rest. See how many rounds you can last. You'll probably need to stretch off after this, so stand with your feet apart and make circles with your upper body. Standing holding on to a partner, grasp one foot behind you and pull it up your back to stretch your thigh before swapping feet.</p>
Cool Down & Reflection	<p>Tunnel Ball: Zig Zag by side-stepping off your outside foot to cross behind each player. Find out whether it's once or twice through each round. Did you remember to roll the ball and then stand still at the front and to Zig Zag from the back? In the Knee and Foot Balance, were you frustrated by falling over, but did you calmly start again when you lost your balance? If you're always making an effort to get things right, your coaches will be pleased, and will keep encouraging and praising you for your hard work.</p>

9 COACHES RESOURCE PACK

Age 7/8 Block 5 and Sample Sessions

EXAMPLE SESSION PLAN - Age 7/8 - BLOCK 5 - JUMP, Weeks 2 & 5

Equipment	<p>A ball for every team in the Tunnel Ball Zig Zag.</p> <p>Mats for the Agility, Balance and Co-ordination events [the ABCs], if possible, and maybe for the Conditioning.</p> <p>Mats for each team in the Jumping Skills, or the use of a sand pit and rake.</p> <p>Coloured markers for the Step-Step-Jump contest.</p>
Warm Up & ABC	<p>Tunnel Ball Zig Zag: your coaches will put you into teams with a ball at the start. When you're at the end of the tunnel, and the ball is rolled through, grasp it and weave in and out of your team to the front for the re-start. Remember to stand still after your roll if you're at the front.</p> <p>A. Cross-legged Standing: your coaches will organise you into twos. Sit cross-legged at your partner's feet and give him your hands. He'll rock you forwards twice then gently raise you up to standing. Swap. To pull him up, rock him gently forwards for '1-2' and on '3' take a small step backwards to pull him upright.</p> <p>Pairs Standing: sit side by side with your partner, legs crossed and arms folded. Rock twice for '1-2' and stand up together on '3'.</p> <p>B. Knee and Foot Balance: on your own, kneel on a mat and put one foot straight out to the side so the side of your foot is on the mat. Lift your arms straight out sideways, and try to hold the balance up tall for 10 seconds before changing legs. Try to stay steady.</p> <p>C. Change Feet: on your own on a mat, go into the Push Up position and then bring one knee forward under your chest. With your hands fixed on the floor and your hips high, start changing your feet, keeping a steady rhythm. Your coaches will get you to stand up for a rest every so often and then let you start again.</p>
Jumping Skills	<p>Giant Steps: your coaches will put you into waves to run down a 20 metre course using Giant Steps, running as though going upstairs.</p> <p>Two Giant Steps and a Jump: sideways into a sand pit, or in teams into a mat, you'll be asked to do two Giant Steps and a Jump onto both feet. Start with one foot back, and jump left-right-both. Try right-left-both to feel if that's more comfortable. Your coaches will encourage good style, with lots of bounding in the two steps, and a long jump to finish with your feet together.</p> <p>Step-Step-Jump: your coaches will select you into different groups for a Step-Step-Jump contest to see how far you can go. They'll use different coloured markers to show your best jump.</p>
Conditioning	<p>Lie down-Stand Up: on your own, lie on your back, and on a signal from the coaches, stand up tall. Make sure you lie down completely when you're down, and stand up completely when you're up. This is very hard work, so your coaches might ask you to do five in every round before a short rest. See how many rounds you can last. You'll probably need to stretch off after this, so stand with your feet apart and make circles with your upper body. Standing holding on to a partner, grasp one foot behind you and pull it up your back to stretch your thigh before swapping feet.</p>
Cool Down & Reflection	<p>Tunnel Ball: Zig Zag by side-stepping off your outside foot to cross behind each player. Find out whether it's once or twice through each round. Did you remember to roll the ball and then stand still at the front and to Zig Zag from the back? In the Knee and Foot Balance, were you frustrated by falling over, but did you calmly start again when you lost your balance? If you're always making an effort to get things right, your coaches will be pleased, and will keep encouraging and praising you for your hard work.</p>

9 COACHES RESOURCE PACK

Age 7/8 Block 5 and Sample Sessions

EXAMPLE SESSION PLAN - Age 7/8 - BLOCK 5 - THROW, Weeks 3 & 6

Equipment	<p>A ball for every team in the Tunnel Ball Zig Zag.</p> <p>Mats for the Agility, Balance and Co-ordination events [the ABCs], if possible, and maybe for the Conditioning.</p> <p>A tennis ball between two for the Overarm Pull-Throws, or one per team for the Shuttle-Pull-Throws.</p>
Warm Up & ABC	<p>Tunnel Ball Zig Zag: your coaches will put you into teams with a ball at the start. When you're at the end of the tunnel, and the ball is rolled through, grasp it and weave in and out of your team to the front for the re-start. Remember to stand still after your roll if you're at the front.</p> <p>A. Cross-legged Standing: your coaches will organise you into twos. Sit cross-legged at your partner's feet and give him your hands. He'll rock you forwards twice then gently raise you up to standing. Swap. To pull him up, rock him gently forwards for '1-2' and on '3' take a small step backwards to pull him upright.</p> <p>Pairs Standing: sit side by side with your partner, legs crossed and arms folded. Rock twice for '1-2' and stand up together on '3'.</p> <p>B. Knee and Foot Balance: on your own, kneel on a mat and put one foot straight out to the side so the side of your foot is on the mat. Lift your arms straight out sideways, and try to hold the balance up tall for 10 seconds before changing legs. Try to stay steady.</p> <p>C. Change Feet: on your own on a mat, go into the Push Up position and then bring one knee forward under your chest. With your hands fixed on the floor and your hips high, start changing your feet, keeping a steady rhythm. Your coaches will get you to stand up for a rest every so often and then let you start again.</p>
Throwing Skills	<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.</p> <p>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.</p> <p>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>
Conditioning	<p>Lie down-Stand Up: on your own, lie on your back, and on a signal from the coaches, stand up tall. Make sure you lie down completely when you're down, and stand up completely when you're up. This is very hard work, so your coaches might ask you to do five in every round before a short rest. See how many rounds you can last.</p> <p>You'll probably need to stretch off after this, so stand with your feet apart and make circles with your upper body.</p> <p>Standing holding on to a partner, grasp one foot behind you and pull it up your back to stretch your thigh before swapping feet.</p>
Cool Down & Reflection	<p>Tunnel Ball: Zig Zag by side-stepping off your outside foot to cross behind each player. Find out whether it's once or twice through each round.</p> <p>Did you remember to roll the ball and then stand still at the front and to Zig Zag from the back?</p> <p>In the Knee and Foot Balance, were you frustrated by falling over, but did you calmly start again when you lost your balance?</p> <p>If you're always making an effort to get things right, your coaches will be pleased, and will keep encouraging and praising you for your hard work.</p>

Age 7/8 Block 6 and Sample Sessions

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

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

Age 7/8 - Criteria	Block 6 - Activities
Game	Circle Roll: Teams stand in a big circle with a football. You roll it across the circle to another person, and follow it. Try it with a tennis ball.
Agility	In twos, sit back to back and link arms on a mat, feet forwards, knees bent. By co-operating, stand up and sit down gently.
Balance	Lie on your back on a mat and roll backwards onto your elbows, lifting both feet high together in the air. Put your hands on your back to balance.
Co-ordination	In files, two lanes apart, run 10m backwards, lifting your heels high and reaching with your feet. Coaches will make sure the way is clear.
Skills	Run: In twos, watch your partner Race Walking. Is he straightening his back knee every time? Your turn. Listen to the advice.
	Shuttle Walking: Teams set off continuously on a 30m shuttle, heeling and toeing and straightening the back knee. Points for style.
	Jump: Long Jump Handclap. Run off 5 strides and clap your hands above your head when you're in mid-air. Make sure your knee comes up high
	Pole Vault: Those with the right knee up can go first. Run off five strides, knee up, grab the pole and Long Jump into the pit or onto the mat.
Conditioning	Throw: In twos, heave-throw a football from hip to shoulder so your partner can catch it and heave-throw it back.
	Outside, with rubber rings on a short rope, the No 1s throw on a signal all at once, and on a signal, the No2s collect and come back quickly.
Mental	Circle Roll: Did you understand that you had to follow the ball as soon as you rolled it? And roll it as soon as you caught it.
Emotional	In the 'back to back' exercise, did you co-operate well with your partner with no fuss?
Lifestyle	Practise co-operating with other members of the group, and try to get on with everybody.

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

NB. Please note that film footage explaining each training block can be view at:
<http://www.youtube.com/user/scottishathletics>

9 COACHES RESOURCE PACK

Age 7/8 Block 6 and Sample Sessions

EXAMPLE SESSION PLAN - Age 7/8 - BLOCK 6 - RUN, Weeks 1 & 4

Equipment	A football per circle, with a tennis ball in reserve for the Circle Roll and Follow. Mats for the Agility and Balance. Benches, or steps, for the Push-Ups.
Warm Up & ABC	<p>Circle Roll and Follow: your coaches will organise you into big circles and let you practise rolling a football across it to a team mate. Put your opposite foot forward and bend your knees to get close to the ground before bowling the ball across. When you're good at this, your coaches will let you follow the ball, as soon as you bowl it, to whichever person you aimed for. Try to keep your concentration, and speed the game up as your accuracy improves. A tennis ball can be used once you're good at this.</p> <p>A. Backwards Sitting to Standing: your coaches will put you into twos of roughly the same height on a mat, sitting back to back. Bend your knees so your feet are flat on the ground and reach back to link arms with your partner. By timing it right, press backwards gently against your partner to stand up, and, just as gently, push backwards and sit back down.</p> <p>B. Shoulder and Elbow Balance: on your own on a mat, lie on your back and roll backwards onto your shoulders and elbows to make a base. Putting your hands on your back to keep you upright, lift both your legs in the air, feet together, and see how long you can balance.</p> <p>C. Backwards Running: on your own in a space, start walking backwards without bumping into anyone. On a signal, start jogging backwards until asked to 'Freeze!' Your coaches will put you in files, well-spaced, and let you run backwards in waves for 10 metres. Lift your heels up and reach backwards.</p>
Running Skills	<p>Race Walking Technique: your coaches will put you in pairs and ask you to watch each other Race Walk. Is your partner straightening his back knee every time? And is he heeling and toeing his feet. When it's your turn, listen to your partner's advice on whether he thinks you're doing it right.</p> <p>Shuttle Walking: your coaches will put you into half files 30 metres apart. Race Walk down to the other end with good technique, pressing your knee backwards with each step. You may also be asked to walk heel first, so you roll from heel to toe of each foot. Your coaches will give you points out of ten for style. When your technique has improved, your coaches may organise a Walking Race.</p>
Conditioning	<p>Push Ups on a Bench: your coaches will organise your team to put your palms flat on a bench and your feet on the floor in the Push Up position. They'll ask you to keep your hips high and stop them from dipping for ten seconds without moving, and later increase to 20 and 30 seconds. You'll have a short rest in between rounds while the other teams have an attempt. Once you're able to hold this position strongly several times, they'll ask you to do two Push Ups for style. If you show good technique, they'll increase by two every round, so you'll do 2, 4, 6, 8, 10, if you're strong enough. Since your arms will be a little stiff after this, your coaches will show you how to hold your opposite elbow in front of your face and pull across.</p>
Cool Down & Reflection	<p>Circle Roll and Follow: if you used a football at the start, you might use a tennis ball this time. Remember to follow it across the circle at the run. As the ball arrives, crouch down to stop it, and roll it swiftly to someone else across the circle, but make sure you don't bowl the runner over. In the Backwards Sitting exercise, did you link arms and co-operate with your partner without any fuss. You can't do the exercise without a partner's help, after all. Try to co-operate with other members of the group all the time, and try to get on with everybody.</p>

9 COACHES RESOURCE PACK

Age 7/8 Block 6 and Sample Sessions

EXAMPLE SESSION PLAN - Age 7/8 - BLOCK 6 - JUMP, Weeks 2 & 5

Equipment	<p>A football per circle, with a tennis ball in reserve for the Circle Roll and Follow.</p> <p>Mats for the Agility and Balance.</p> <p>Benches, or steps, for the Push-Ups.</p> <p>A mat per team for Handclap Long Jump, or a sand pit. A pole, or a high jump bar, for Pole Vaulting.</p> <p>Or a pole for each team.</p>
Warm Up & ABC	<p>Circle Roll and Follow: your coaches will organise you into big circles and let you practise rolling a football across it to a team mate.</p> <p>Put your opposite foot forward and bend your knees to get close to the ground before bowling the ball across. When you're good at this, your coaches will let you follow the ball, as soon as you bowl it, to whichever person you aimed for.</p> <p>Try to keep your concentration, and speed the game up as your accuracy improves. A tennis ball can be used once you're good at this.</p> <p>A. Backwards Sitting to Standing: your coaches will put you into twos of roughly the same height on a mat, sitting back to back.</p> <p>Bend your knees so your feet are flat on the ground and reach back to link arms with your partner. By timing it right, press backwards gently against your partner to stand up, and, just as gently, push backwards and sit back down.</p> <p>B. Shoulder and Elbow Balance: on your own on a mat, lie on your back and roll backwards onto your shoulders and elbows to make a base. Putting your hands on your back to keep you upright, lift both your legs in the air, feet together, and see how long you can balance.</p> <p>C. Backwards Running: on your own in a space, start walking backwards without bumping into anyone. On a signal, start jogging backwards until asked to 'Freeze!'</p> <p>Your coaches will put you in files, well-spaced, and let you run backwards in waves for 10 metres. Lift your heels up and reach backwards.</p>
Jumping Skills	<p>Handclap Long Jump: You'll be organised into teams with a mat in front of each team, or sideways into a sand pit, or in twos on a runway.</p> <p>Someone will run five strides away from the mats or sandpit to show where the start is, and your coaches will mark it.</p> <p>Putting your jumping foot behind you, run five strides and Long Jump, clapping your hands above your head in mid-air.</p> <p>Practise running down and getting your lead knee up high and your two hands above your head. Your coaches will tell you which knee comes up.</p> <p>Pole Vault: Your coach will stand at the pit with a pole stuck in the sand, or on a mat with the pole fixed. If your right knee came up, join the queue to stand in the Handclap Long Jump position and reach up to grasp the pole, right hand higher.</p> <p>Once the left knee people have had a standing practice, run off your five strides, jump up, grab the pole, and swing into a long jump.</p> <p>As a 'return activity', run and jump over five hurdles, one foot to two, clapping your hands above your head, to get back to the start.</p>
Conditioning	<p>Push Ups on a Bench: your coaches will organise your team to put your palms flat on a bench and your feet on the floor in the Push Up position.</p> <p>They'll ask you to keep your hips high and stop them from dipping for ten seconds without moving, and later increase to 20 and 30 seconds.</p> <p>You'll have a short rest in between rounds while the other teams have an attempt.</p> <p>Once you're able to hold this position strongly several times, they'll ask you to do two Push Ups for style. If you show good technique, they'll increase by two every round, so you'll do 2, 4, 6, 8, 10, if you're strong enough.</p> <p>Since your arms will be a little stiff after this, your coaches will show you how to hold your opposite elbow in front of your face and pull across.</p>
Cool Down & Reflection	<p>Circle Roll and Follow: if you used a football at the start, you might use a tennis ball this time. Remember to follow it across the circle at the run.</p> <p>As the ball arrives, crouch down to stop it, and roll it swiftly to someone else across the circle, but make sure you don't bowl the runner over.</p> <p>In the Backwards Sitting exercise, did you link arms and co-operate with your partner without any fuss. You can't do the exercise without a partner's help, after all.</p> <p>Try to co-operate with other members of the group all the time, and try to get on with everybody.</p>

9 COACHES RESOURCE PACK

Age 7/8 Block 6 and Sample Sessions

EXAMPLE SESSION PLAN - Age 7/8 - BLOCK 6 - THROW, Weeks 3 & 6

Equipment	<p>A football per circle, with a tennis ball in reserve for the Circle Roll and Follow.</p> <p>Mats for the Agility and Balance.</p> <p>Benches, or steps, for the Push-Ups.</p> <p>A football between two for Heave-Throws. If outside, a plastic hammer per team, or a rubber ring on the end of a short, doubled skipping rope.</p>
Warm Up & ABC	<p>Circle Roll and Follow: your coaches will organise you into big circles and let you practise rolling a football across it to a team mate.</p> <p>Put your opposite foot forward and bend your knees to get close to the ground before bowling the ball across. When you're good at this, your coaches will let you follow the ball, as soon as you bowl it, to whichever person you aimed for.</p> <p>Try to keep your concentration, and speed the game up as your accuracy improves. A tennis ball can be used once you're good at this.</p> <p>A. Backwards Sitting to Standing: your coaches will put you into twos of roughly the same height on a mat, sitting back to back.</p> <p>Bend your knees so your feet are flat on the ground and reach back to link arms with your partner. By timing it right, press backwards gently against your partner to stand up, and, just as gently, push backwards and sit back down.</p> <p>B. Shoulder and Elbow Balance: on your own on a mat, lie on your back and roll backwards onto your shoulders and elbows to make a base. Putting your hands on your back to keep you upright, lift both your legs in the air, feet together, and see how long you can balance.</p> <p>C. Backwards Running: on your own in a space, start walking backwards without bumping into anyone. On a signal, start jogging backwards until asked to 'Freeze!'</p> <p>Your coaches will put you in files, well-spaced, and let you run backwards in waves for 10 metres. Lift your heels up and reach backwards.</p>
Throwing Skills	<p>Heave-Throws: your coaches will organise you into pairs about 10 metres apart and a ball between two. Turn your back to your partner and hold the ball in two hands over your right hip. Stand up and Heave-Throw the ball over your left shoulder.</p> <p>Stand facing your partner and make a basket with your hands above your head to give your partner a target. You may have to move your feet.</p> <p>Hammer Throws in Waves: your coaches will give the front wave [the No 1s] a short skipping rope doubled over with a rubber ring attached.</p> <p>Place the ring just behind and outside your right foot, and on the signal, Heave-Throw two-handed high over your left shoulder, and stand still.</p> <p>After a pause, your coaches will tell the second wave [the No 2s] to run out and collect the hammers for their turn.</p>
Conditioning	<p>Push Ups on a Bench: your coaches will organise your team to put your palms flat on a bench and your feet on the floor in the Push Up position.</p> <p>They'll ask you to keep your hips high and stop them from dipping for ten seconds without moving, and later increase to 20 and 30 seconds.</p> <p>You'll have a short rest in between rounds while the other teams have an attempt.</p> <p>Once you're able to hold this position strongly several times, they'll ask you to do two Push Ups for style.</p> <p>If you show good technique, they'll increase by two every round, so you'll do 2, 4, 6, 8, 10, if you're strong enough.</p> <p>Since your arms will be a little stiff after this, your coaches will show you how to hold your opposite elbow in front of your face and pull across.</p>
Cool Down &	<p>Circle Roll and Follow: if you used a football at the start, you might use a tennis ball this time. Remember to follow it across the circle at the run.</p> <p>As the ball arrives, crouch down to stop it, and roll it swiftly to someone else across the circle, but make sure you don't bowl the runner over.</p> <p>In the Backwards Sitting exercise, did you link arms and co-operate with your partner without any fuss. You can't do the exercise without a partner's help, after all.</p> <p>Try to co-operate with other members of the group all the time, and try to get on with everybody.</p>

Age 7/8 Block 7 and Sample Sessions

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

Age 7/8 - Criteria	Block 7 - Activities
Game	Hoop files: Teams have four hoops laid out in a straight line. Jump in each hoop and pull it over your head before racing back.
Agility	In twos, hold a hoop at different heights so your partner can jump in, two feet to two feet in a tuck jump.
Balance	In twos, counter-balance your partner by putting one foot back and your hands on their shoulders while they lean forwards. Change.
Co-ordination	Spin and Jump: Spin a small hoop forwards so it skids back towards you for a star jump over.
Skills	Run: Race-walking Follow my Leader: In twos, follow your partner as he walks fast and slow and changes direction. Stay close. Follow my Leader, running. When 'freeze' is called, stand still immediately. Are you within touching distance of your partner?
	Jump: Scissors: Jump sideways, from one foot to the other, over a low bar or rope. Start as soon as the first person lands. Take three jumps at every height, low, medium and high without wasting any time. Did you throw your lead leg high over the bar?
	Throw: In twos, Push-Throw a football side- on by stepping back onto one foot and pushing up for more power. In twos, progress the Push-Throw from sitting, kneeling, standing facing forwards, standing sideways, and stepping back.
Conditioning	Duck Walk: In files, crouch down and follow your leader down a 20m course one foot after the other like a duck.
Mental	In Follow my Leader, were you quick to react to the changes of pace and direction, and be within a metre on 'freeze'?
Emotional	In Scissors Jumping, were you happy to take your turn holding the end of the rope so everyone could jump?
Lifestyle	Show sympathy for a partner in pairs activities by co-operating with them to help them learn new things.

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

NB. Please note that film footage explaining each training block can be view at:
<http://www.youtube.com/user/scottishathletics>

9 COACHES RESOURCE PACK

Age 7/8 Block 7 and Sample Sessions

EXAMPLE SESSION PLAN - Age 7/8 - BLOCK 7 - RUN, Weeks 1 & 4

Equipment	4 hoops per team for Hoop Files. A hoop between two for the Tuck Jumps, and Spin the Hoop.
Warm Up & ABC	<p>Hoop Files: Your coaches will put you into files with 4 hoops laid out in line in front of your 3-4 metres apart. On a signal, run forward, jump two-footed into the first hoop, pull it over your head and race for the next one till you've put all four down. Race back and tag the next in line to re-start. When your team has finished, sit down in line. Pay attention to the order of the event: jump in/ crouch / grasp the hoop/ pull it overhead/ put it down in front of you/ run to the next.</p> <p>A. Tuck Jump in the Hoop: your coaches will put you in pairs, one sitting on the floor holding a hoop at chest level. Your partner will do 3 Tuck Jumps in, two feet to two feet, before she changes places with you. Can you Tuck Jump out as well?</p> <p>B. Supported One-Legged Balance: stand facing your partner with your hands on her shoulders. Centre your weight on one foot and lift the other one up high behind you. Your partner will lean forward to counter-balance you.</p> <p>C. Spin the Hoop and Jump it: on your own, practise Star Jumps, hands and feet wide apart. Find your partner again and standing one behind the other, practise back-spinning a hoop so it skids back towards you for a catch. Once you can make the hoop really move backwards, run forwards and do a Star Jump over the hoop, two feet to two feet. Your partner will catch it as it rolls under you, so run back behind her till she has her turn.</p>
Running Skills	<p>Race-Walking Follow My Leader: your coaches will put you in pairs in a space. On a signal, your partner will set off heeling and toeing, stopping and starting suddenly to try to lose you. Try to stay close before swapping. When it's your turn, stand still then re-start suddenly to get away. After a few practices of this, your coaches will ask the Leader to change direction suddenly. Still keep up, and when 'Freeze!' is called, be close.</p> <p>Running Follow My Leader: you'll be allowed to run anywhere in the space, changing your pace and your direction. When you're following, try to react quickly to a change of speed or direction without losing your partner. Try to be within touching distance of your partner when your coach calls 'Freeze!'</p>
Conditioning	<p>Duck Walks: on your own, crouch down and walk like a duck, waddling from one foot to the other. Your coaches will put you into files 20m from the finish. Follow each other down the course in a Duck Walk till you're all at the other end.</p> <p>Shuttle Duck Walks: your coaches will put you into half teams 6-8 metres apart. On a signal, Duck Walk down past your other half-team to let them waddle back up, one at a time.</p>
Cool Down & Reflection	<p>Hoop Files: as soon as your last hoop goes down in front of you, turn your feet round and sprint back as fast as you can for the re-start.</p> <p>In Follow My Leader, were you quick to react to the change of pace and the change of direction? Watch carefully and respond quickly.</p> <p>Learn to show sympathy for your partners in the pairs activities, and co-operate with them so you can both learn new things.</p>

9 COACHES RESOURCE PACK

Age 7/8 Block 7 and Sample Sessions

EXAMPLE SESSION PLAN - Age 7/8 - BLOCK 7 - JUMP, Weeks 2 & 5

Equipment	<p>4 hoops per team for Hoop Files. A hoop between two for the Tuck Jumps, and Spin the Hoop. 4 ropes or bungees or bars in a big square for Scissors Jumps. Flat gym mats at each bar for the landings of the Three High Jumps</p>
Warm Up & ABC	<p>Hoop Files: Your coaches will put you into files with 4 hoops laid out in line in front of your 3-4 metres apart. On a signal, run forward, jump two-footed into the first hoop, pull it over your head and race for the next one till you've put all four down. Race back and tag the next in line to re-start. When your team has finished, sit down in line. Pay attention to the order of the event: jump in/ crouch / grasp the hoop/ pull it overhead/ put it down in front of you/ run to the next. A. Tuck Jump in the Hoop: your coaches will put you in pairs, one sitting on the floor holding a hoop at chest level. Your partner will do 3 Tuck Jumps in, two feet to two feet, before she changes places with you. Can you Tuck Jump out as well? B. Supported One-Legged Balance: stand facing your partner with your hands on her shoulders. Centre your weight on one foot and lift the other one up high behind you. Your partner will lean forward to counter-balance you. C. Spin the Hoop and Jump it: on your own, practise Star Jumps, hands and feet wide apart. Find your partner again and standing one behind the other, practise back-spinning a hoop so it skids back towards you for a catch. Once you can make the hoop really move backwards, run forwards and do a Star Jump over the hoop, two feet to two feet. Your partner will catch it as it rolls under you, so run back behind her till she has her turn.</p>
Jumping Skills	<p>Scissors Jumps: on your own in a space, practise jumping sideways from one foot to the other. Your coaches will set up low ropes, bungees or bars in a big square. Set off from the inside and throw your lead leg high to clear the first bar. From the outside of the square, come back in by Scissoring the second bar, and complete the square with two more jumps. Three High Jumps: you may discover that you prefer jumping by throwing your right leg over first. In that case, when a High Jump is set up for you by the coaches, go to the right as you face the bar, and attempt 3 jumps, low, medium and high. Start as soon as the person ahead of you lands on the mat so no time is wasted, and attempt all three heights. At the end of every round, the bar returns to the low height. There may be two sets of bars and mats set up to give you more turns.</p>
Conditioning	<p>Duck Walks: on your own, crouch down and walk like a duck, waddling from one foot to the other. Your coaches will put you into files 20m from the finish. Follow each other down the course in a Duck Walk till you're all at the other end. Shuttle Duck Walks: your coaches will put you into half teams 6-8 metres apart. On a signal, Duck Walk down past your other half-team to let them waddle back up, one at a time.</p>
Cool Down & Reflection	<p>Hoop Files: as soon as your last hoop goes down in front of you, turn your feet round and sprint back as fast as you can for the re-start. In Follow My Leader, were you quick to react to the change of pace and the change of direction? Watch carefully and respond quickly. Learn to show sympathy for your partners in the pairs activities, and co-operate with them so you can both learn new things.</p>

9 COACHES RESOURCE PACK

Age 7/8 Block 7 and Sample Sessions

EXAMPLE SESSION PLAN - Age 7/8 - BLOCK 7 - THROW, Weeks 3 & 6

Equipment	<p>4 hoops per team for Hoop Files. A hoop between two for the Tuck Jumps, and Spin the Hoop. A football between two for the Push-Throws.</p>
Warm Up & ABC	<p>Hoop Files: Your coaches will put you into files with 4 hoops laid out in line in front of your 3-4 metres apart. On a signal, run forward, jump two-footed into the first hoop, pull it over your head and race for the next one till you've put all four down. Race back and tag the next in line to re-start. When your team has finished, sit down in line. Pay attention to the order of the event: jump in/ crouch / grasp the hoop/ pull it overhead/ put it down in front of you/ run to the next. A. Tuck Jump in the Hoop: your coaches will put you in pairs, one sitting on the floor holding a hoop at chest level. Your partner will do 3 Tuck Jumps in, two feet to two feet, before she changes places with you. Can you Tuck Jump out as well? B. Supported One-Legged Balance: stand facing your partner with your hands on her shoulders. Centre your weight on one foot and lift the other one up high behind you. Your partner will lean forward to counter-balance you. C. Spin the Hoop and Jump it: on your own, practise Star Jumps, hands and feet wide apart. Find your partner again and standing one behind the other, practise back-spinning a hoop so it skids back towards you for a catch. Once you can make the hoop really move backwards, run forwards and do a Star Jump over the hoop, two feet to two feet. Your partner will catch it as it rolls under you, so run back behind her till she has her turn.</p>
Throwing Skills	<p>Step-Back Push-Throws: your coaches will organise you into pairs about 8 metres apart with a football. Tuck the ball one-handed under your chin and stand side-on. Keeping your front foot firmly in place, step back on the other foot, bend that knee, and spring up to power the ball away. To catch, make a basket with your hands above your head to give your partner a target to lob the ball into. Push-Throw Progressions: your coaches will ask you to practise several One-Handed Push-Throws from:- sitting; kneeling; standing facing forwards; standing sideways; and step-backs. Your coaches will start the pair of you about 4 metres apart for the Sitting Throws. But they may need to move you a metre further apart each time for each next set of throws, because they become more powerful. Why is that?</p>
Conditioning	<p>Duck Walks: on your own, crouch down and walk like a duck, waddling from one foot to the other. Your coaches will put you into files 20m from the finish. Follow each other down the course in a Duck Walk till you're all at the other end. Shuttle Duck Walks: your coaches will put you into half teams 6-8 metres apart. On a signal, Duck Walk down past your other half-team to let them waddle back up, one at a time.</p>
Cool Down & Reflection	<p>Hoop Files: as soon as your last hoop goes down in front of you, turn your feet round and sprint back as fast as you can for the re-start. In Follow My Leader, were you quick to react to the change of pace and the change of direction? Watch carefully and respond quickly. Learn to show sympathy for your partners in the pairs activities, and co-operate with them so you can both learn new things.</p>

Age 7/8 Block 8 and Sample Sessions

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

Age 7/8 - Criteria	Block 8 - Activities
Game	Foxes and Chickens: Stand in two files a metre apart, one called 'Foxes' the other 'Chickens'. When called, sprint to your den to escape tagging.
Agility	Lions: Lying face down on a mat next to your partner, roll sideways under them whilst they leap over you, change to come back, so you leap.
Balance	Lie on your side, and then come up to make a bridge with your left hand and left foot on the floor, feet together. Lie down and change sides.
Co-ordination	Spiderman Walks: In waves, walk down a 20m course on all fours, placing your left foot up beside your left hand, then right to right.
Skills	Run: Heel Flicks: In waves, put your hands down behind your back and jog forwards 20m kicking your palms gently with your heels. In waves, Heel Flick for 5m and keep going by sprinting for another 15m with high heels and hips. Style marks will be awarded.
	Jump: On the spot, practise jumping up off two feet to make a long, thin shape, and do a half turn in mid-air. Try again one foot to two. In files, with a box and a mat, run off three strides; take off on one foot and half turn to land on two feet facing your team, arms up in the 'Y'.
	Throw: In twos. Lie on your back with a football in both hands, curl backwards and pull-throw it 5m to your standing partner five times. Change. In twos, progress Pull-Throws like football throw-ins from sitting, kneeling, and standing. Which ones went furthest, and why?
Conditioning	Run across the hall continuously for 5-6 minutes, counting the number of times. Make sure you pace your runs so you can last.
Mental	In Foxes and Chickens, did you quickly make the correct decision when a name was called?
Emotional	In Lions, did you co-operate well with your partner, even though it's a difficult activity?
Lifestyle	Learn how to co-operate with different people.

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

NB. Please note that film footage explaining each training block can be view at:
<http://www.youtube.com/user/scottishathletics>

EXAMPLE SESSION PLAN - Age 7/8 - BLOCK 8 - RUN, Weeks 1 & 4

Equipment	<p>Lines or markers at the side for the den and coop in Foxes and Chickens.</p> <p>Mats for Lions at Play.</p> <p>A track for the Continuous Runs, or a makeshift track, or markers to run round for an 'out and back' course; or simply run across the gym.</p> <p>A 20 metre course for the Heel-Flicks.</p>
Warm Up & ABC	<p>Foxes and Chickens: your coaches will place you 2 metres apart, facing a partner, in two lines, one called 'Foxes' and the other called 'Chickens'.</p> <p>When 'Chickens' is called, the Chickens run for their coop 10 metres to their side, and on 'Foxes' the Foxes run to their den on the other side.</p> <p>Once you know where to run and have several practices, a game of Tag begins, with the Foxes trying to tag the Chickens and vice-versa.</p> <p>It's a sprinting game, with quick starts important, but it's as much about making the correct decision, either to escape or chase.</p> <p>A. Lions at Play: still in twos, both of you lie on a mat face down beside each other.</p> <p>One of you is directed to roll under the other, who has to leap in the air in all fours to go over the top, before rolling clear.</p> <p>You change to return to your place, so if you rolled before, it's your turn to leap to get back to where you were and start again.</p> <p>B. Side Bridge Balance: Lie on your left side, one foot on top of the other.</p> <p>Come up onto your left hand to make a bridge-shape, so you have only your left palm and the side of your left foot on the floor.</p> <p>Once you've held the position steady for a short while, your coaches will ask you to relax back down and lie on your other side.</p> <p>C. Spider-Man Walks: your coaches will put you in waves to walk down a 20 metre course.</p> <p>When your turn comes, lie on your front and place your left foot up outside your left hand, then reach forwards right to right.</p> <p>Make your way down the course like Spider-Man until you reach the bottom, when the next in line can start to make his way down.</p>
Running Skills	<p>Heel-Flicks: on your own in a space, practise jogging on the spot with high heels flicked up behind you.</p> <p>Once you've got the idea, your coaches will ask you to jog anywhere in the space, but with your heels flicking up high behind you.</p> <p>Your coaches will put you into waves to jog down a 20 metre course.</p> <p>Put your hands down behind your back, palms facing backwards, and try to tap them with your heels on every stride.</p> <p>Once you reach the bottom, the next wave begins.</p> <p>Heel-Flick Runs: your coaches will place markers at 5 metres.</p> <p>You begin by doing the Heel Flicks for 5 metres, and then run the next 15 metres to the end with your heels and hips high.</p> <p>Style Heel-Flicks: marks will be awarded by your coaches for good style.</p>
Conditioning	<p>Continuous Runs: if you're indoors, you'll be asked to run across the gym for 5-6 minutes, so make sure you set an easy pace.</p> <p>If you're running too fast, your coaches may call a halt and give you a short rest and another explanation of how steadily to run.</p> <p>As a guide, you should be breathing easily, and even be able to chat to your partners as you run.</p> <p>If you're outside, you could run round a makeshift track for 6 minutes. Your coaches will call out the time e.g. '1 minute gone, 5 to go!'</p> <p>Or you could be running on an 'out and back' course, round markers at the far end of a straightway, trying to judge your pace.</p> <p>If you're doing an 'out and back', or across a gym, you might be interested in counting the number of lengths you do.</p> <p>However, keeping to a steady pace is more important than anything.</p>
Cool Down & Reflection	<p>Foxes and Chickens: when the call was made, did you make the right decision, and then sprint as hard as you could to chase or escape?</p> <p>In Lions at Play, did you co-operate well with your partner, even though it's a difficult game to play?</p> <p>Are you always learning how to co-operate with different people, so everyone can learn?</p>

EXAMPLE SESSION PLAN - Age 7/8 - BLOCK 8 - JUMP, Weeks 2 & 5

Equipment	<p>Lines or markers at the side for the den and coop in Foxes and Chickens.</p> <p>Mats for Lions at Play, and behind each low box in the Half-Turn Jumps.</p> <p>A track for the Continuous Runs, or a makeshift track, or markers to run round for an 'out and back' course, or simply run across the gym.</p>
Warm Up & ABC	<p>Foxes and Chickens: your coaches will place you 2 metres apart, facing a partner, in two lines, one called 'Foxes' and the other called 'Chickens'.</p> <p>When 'Chickens' is called, the Chickens run for their coop 10 metres to their side, and on 'Foxes' the Foxes run to their den on the other side.</p> <p>Once you know where to run and have several practices, a game of Tag begins, with the Foxes trying to tag the Chickens and vice-versa.</p> <p>It's a sprinting game, with quick starts important, but it's as much about making the correct decision, either to escape or chase.</p> <p>A. Lions at Play: still in twos, both of you lie on a mat face down beside each other.</p> <p>One of you is directed to roll under the other, who has to leap in the air in all fours to go over the top, before rolling clear.</p> <p>You change to return to your place, so if you rolled before, it's your turn to leap to get back to where you were and start again.</p> <p>B. Side Bridge Balance: Lie on your left side, one foot on top of the other.</p> <p>Come up onto your left hand to make a bridge-shape, so you have only your left palm and the side of your left foot on the floor.</p> <p>Once you've held the position steady for a short while, your coaches will ask you to relax back down and lie on your other side.</p> <p>C. Spider-Man Walks: your coaches will put you in waves to walk down a 20 metre course.</p> <p>When your turn comes, lie on your front and place your left foot up outside your left hand, then reach forwards right to right.</p> <p>Make your way down the course like Spider-Man until you reach the bottom, when the next in line can start to make his way down.</p>
Jumping Skills	<p>Long, Thin Jumps: on the spot on your own, make a long, thin shape by stretching up tall.</p> <p>Crouch, and then jump up off two feet to make the long, thin shape in the air. After a few practices, add in a half-turn on the way down.</p> <p>Now run anywhere in the space, and taking off from two feet, make the shape in mid-air. After a few attempts, add in the half-turn.</p> <p>For a variation, attempt the long, thin shape with the half-turn off one foot, landing on two.</p> <p>Half-Turn Jumps: your coaches will put you into teams with a box and a mat in front of you.</p> <p>One at a time, run off 3 strides, place one foot on the box, and do the Half-Turn Jump to land on both feet, arms up in the 'Y' position.</p> <p>Style Half-Turn Jumps: your coaches will award you style points for a good shape in the air and a firm landing.</p>
Conditioning	<p>Continuous Runs: if you're indoors, you'll be asked to run across the gym for 5-6 minutes, so make sure you set an easy pace.</p> <p>If you're running too fast, your coaches may call a halt and give you a short rest and another explanation of how steadily to run.</p> <p>As a guide, you should be breathing easily, and even be able to chat to your partners as you run.</p> <p>If you're outside, you could run round a makeshift track for 6 minutes. Your coaches will call out the time e.g. '1 minute gone, 5 to go!'</p> <p>Or you could be running on an 'out and back' course, round markers at the far end of a straightway, trying to judge your pace.</p> <p>If you're doing an 'out and back', or across a gym, you might be interested in counting the number of lengths you do.</p> <p>However, keeping to a steady pace is more important than anything.</p>
Cool Down & Reflection	<p>Foxes and Chickens: when the call was made, did you make the right decision, and then sprint as hard as you could to chase or escape?</p> <p>In Lions at Play, did you co-operate well with your partner, even though it's a difficult game to play?</p> <p>Are you always learning how to co-operate with different people, so everyone can learn?</p>

EXAMPLE SESSION PLAN - Age 7/8 - BLOCK 8 - THROW, Weeks 3 & 6

Equipment	<p>Lines or markers at the side for the den and coop in Foxes and Chickens.</p> <p>Mats for Lions at Play.</p> <p>A track for the Continuous Runs, or a makeshift track, or markers to run round for an 'out and back' course, or simply run across the gym.</p>
Warm Up & ABC	<p>Foxes and Chickens: your coaches will place you 2 metres apart, facing a partner, in two lines, one called 'Foxes' and the other called 'Chickens'.</p> <p>When 'Chickens' is called, the Chickens run for their coop 10 metres to their side, and on 'Foxes' the Foxes run to their den on the other side.</p> <p>Once you know where to run and have several practices, a game of Tag begins, with the Foxes trying to tag the Chickens and vice-versa.</p> <p>It's a sprinting game, with quick starts important, but it's as much about making the correct decision, either to escape or chase.</p> <p>A. Lions at Play: still in twos, both of you lie on a mat face down beside each other.</p> <p>One of you is directed to roll under the other, who has to leap in the air in all fours to go over the top, before rolling clear.</p> <p>You change to return to your place, so if you rolled before, it's your turn to leap to get back to where you were and start again.</p> <p>B. Side Bridge Balance: Lie on your left side, one foot on top of the other.</p> <p>Come up onto your left hand to make a bridge-shape, so you have only your left palm and the side of your left foot on the floor.</p> <p>Once you've held the position steady for a short while, your coaches will ask you to relax back down and lie on your other side.</p> <p>C. Spider-Man Walks: your coaches will put you in waves to walk down a 20 metre course.</p> <p>When your turn comes, lie on your front and place your left foot up outside your left hand, then reach forwards right to right.</p> <p>Make your way down the course like Spider-Man until you reach the bottom, when the next in line can start to make his way down.</p>
Throwing Skills	<p>Two-Handed Pull-Throws from Back-Lying: your coaches will put you into twos, with your partner standing 5 metres away ready to catch.</p> <p>Sit on a mat facing him with a football above and behind your head in both hands, ready for a Throw-In.</p> <p>Roll back by curling your legs above your head, then unroll and Pull-Throw the ball into his hands five times before you change places.</p> <p>Football Throw-Ins: both you and your partner sit facing each other about 5 metres apart.</p> <p>Pull-throw the football to land it in each other's hands twenty times.</p> <p>Change to kneeling up tall to throw. Did your partner have to kneel a little further away?</p> <p>Finally, Pull-throw from standing, leaning backwards and arching your back. Use your stomach muscles to pull yourself upright for the throw.</p> <p>Did you use your legs first and finish the throw with fast arms? And did you throw accurately to your partner? Why is the ball going further when you change your position from sitting, to kneeling, to standing?</p>
Conditioning	<p>Continuous Runs: if you're indoors, you'll be asked to run across the gym for 5-6 minutes, so make sure you set an easy pace.</p> <p>If you're running too fast, your coaches may call a halt and give you a short rest and another explanation of how steadily to run.</p> <p>As a guide, you should be breathing easily, and even be able to chat to your partners as you run.</p> <p>If you're outside, you could run round a makeshift track for 6 minutes. Your coaches will call out the time e.g. '1 minute gone, 5 to go!'</p> <p>Or you could be running on an 'out and back' course, round markers at the far end of a straightway, trying to judge your pace.</p> <p>If you're doing an 'out and back', or across a gym, you might be interested in counting the number of lengths you do.</p> <p>However, keeping to a steady pace is more important than anything.</p>
Cool Down & Reflection	<p>Foxes and Chickens: when the call was made, did you make the right decision, and then sprint as hard as you could to chase or escape?</p> <p>In Lions at Play, did you co-operate well with your partner, even though it's a difficult game to play?</p> <p>Are you always learning how to co-operate with different people, so everyone can learn?</p>

Teaching the Basics Stage & Long Term Athlete Development

Q: Why was the resource developed?

A: To give coaches guidelines on content and coaching practices for athletes aged 5 -9 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.

Teaching the Basics 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: Can all the Throws be built like this?

A: Yes, with their own specific drills for pushing, pulling, slinging and heaving.

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.

Multi-Event Development Stage & Long Term Athlete Development

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.

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 Discus, 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: Informal fun and challenging activities 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.

Teaching the Basics Stage & Long Term Athlete Development

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'.

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

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 Teaching the Basics 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 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 Athletics 365 resource focuses on a starting point of age 8 however, it may be that some athletes may well progress onto the lower tier at an earlier age - as a coach you can make that judgement call.

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 Co-ordinator and coaches with the time to implement. You will know what suits your situation.



scottishathletics 

UKA | UNITED KINGDOM
ATHLETICS





scottishathletics



Caledonia House, South Gyle, Edinburgh, EH12 9DQ
0131 539 7320

www.scottishathletics.org.uk