BAC Home training guide - U15

During this period of canceled **Bicester AC** training the coaches would like to encourage our athletes to continue some form of training at home where possible.

Below are some guides and videos on sessions and exercises you can all do in and around your own home to keep up some of your fitness and skills.

Bicester AC Youtube channel:
https://www.youtube.com/channel/UC1D37FORV30ImQct4YWSakg/featured

Safety:

- ***Please ensure you are safe when carrying out any training, ensure the area used is big enough, clear, safe from traffic and on appropriate ground.***
- ***Warm up and cool down as you would in normal sessions.***
- ***Only do what you are capable of and if you feel injured be sensible and give it a rest.***
- ***Follow the most up to date government advice regarding self-isolation and social distancing, you can adapt your training to these guidelines to ensure you don't put yourself or others at risk. (See the clubs statement on COVID-19 for more details)***

Warm up:

To be done before any session or activity below

Description:

- Raise heart rate (in garden or on the spot where safe)
  5min jog/ skip on the spot, around your garden or outside if safe - or follow the instruction in our warm up video

- Activate and mobilise
  Standard drills as covered at training (in garden or on the spot where safe)
  - Walk on heels/ toes (slow and tall, legs bend naturally)
  - Walking high knees/ heel tucks (toes point up when lifted)
  - Skips with arm swings
  - Lunges (without and with a twist)
  - Leg leans/ feed the chickens
  - Squats (try to get at least 90 degrees and heels remain grounded)
  - High knees (knee lifted to 90 degrees at hips)
  - Heel tucks (foot ticks underneath the buttocks with high knee out in front)
  - Side steps

Focus on technique rather than speed

Video link: https://youtu.be/MKd71pLFQ6E

Strength and conditioning:

1) See Terice's weekly circuit training shared via Teamer

2) Try our challenges shared on Facebook

3) Circuit Core & Flexibility- devised by Terrice, **see video on YouTube with Erin demonstrating the exercises.**
   Description:
   A nice example of a circuit with exercise for essential core strength and flexibility to help all athletics events. You could have a go at it as the extra session of the week where we have only put up 1 that week.
   - Warm-up:
     - 10 x Step, lunge and torso twist each side
     - 10 x squats
     - 10 x stand to walk outs

   All exercises to be performed slowly with control and full range. Core needs to be activated for each exercise.

   - Walking lunges x 5-10 depending on space, each lunge performed slowly and sink down to stretch the hips.
   - Plank on knees/toes holding for 30sec-1min

   - Squat to side leg lift x 10 each side
   - Plank shoulder taps x 10 each side
   - Bridge with leg extension x 10 each side
   - Plank with side taps x 10 each side
   - Side lunges into inner thigh stretch x 10 each side
   - Leg raises x 16
   - Lie down to get ups x 15
   - Side plank with dips x 10-15 each side
   - Calf stretch with leg extension x 10 each side

   - Cool down- static stretches.

Video Link: https://youtu.be/O0hu0ZjHrKc

Sessions

For most U15 athletes, with this unique opportunity we encourage you all to have a go at every event's sessions. The U13 + video sessions are a great baseline of drills and exercises for you to do, to improve your fitness and refine the key underlying skills ready for when training starts again. Even if you are a sprinter, a jumps or throws session will still aid your all round fitness and vica versa!

Below are outlines of these sessions with some extra drills for U15's to push yourself that little bit more with harder drills and more complex skill focusses (to whatever level you are currently working at with your coaches)

The sessions are written assuming you are doing every session (of all events) so there will not be enough event specific sessions on here if you wish to only train one event group.

If you would like some specific personal training plans from your specific event coaches (e.g throws or endurance or jumps or sprints etc.) then please ask (email emgould1971@outlook.com) and we can see if your coaches are able to write something for you.

Athlete handbooks: Now FREE, a resource outlining all the challenges/ techniques we cover as coaches. It runs through every event for each stage of development with pictures and videos showing good demonstrations.
For U15's + use book 2 and focus on colours green to black and beyond.
Follow the link to get the app and use the handbooks alongside our training videos.
https://www.englandathletics.org/about-us/athletics-at-home/supporting-11-year-olds-to-keep-active/athletics-365-athlete-handbooks/

Week 7

1 - Javelin - Run up

Description:
This session will focus on how to throw as far as possible! We will re-cap the arm technique from last time and develop how to stand, step in and take 3 steps into the pull throw.

- Overhead pull throw (football throw) x6 (high elbows, elbows PULL arms forward before lower arm extends to throw)
    - 3 standing
    - 3 run up

- 5x Standing tennis ball (howler) throws to re-cap technique
    - Arm starts straight back behind you
    - PULL arm forward past head
    - Elbow pulls forward first
    - Then bend elbow
    - Elbow kept high
    - Hand kept AWAY from shoulder
    - Extend arm to throw
    - Flick your wrists

- 1 step in
    - Legs steps forward
    - As foot hits floor, hip twists forward quickly to throw
    - 5 x Step in's

        - Start with feet together - Facing @ 2 o'clock
        - Front foot steps far forward
        - Foot 'slaps' floor with straight legs (gets into standing position)
        - Twist hip forward and throw
    - 5 x Step in with throw

- 3 stride pattern - 5 goes without throw
    - 3 side steps leading to step in and throw
    - Start with feet together facing 2 o'clock
    - Front foot step side
    - Back foot follow and land next to front foot
    - Front foot large step forward (landing forcing ar 12)
    - Twist hips + throw

- 3 stride pattern - 5 goes with throw
    - Same as above but with throw
    - Hold arm straight back as usual
    - Remember posture, facing forward and elbow position!

- Cross over practice
    - 2 x side steps
    - 2x grape vine drills
    - 5x font only step over (drive knee up, have rhythm and bounce, upright, face sideways)

U13+ Video Link: https://youtu.be/NNN3nZzxVDM

2 - Hurdles stride pattern + Starts

Description:

This session we will use an open field to practice the stride pattern for hurdles. We will also recap our falling and crouched start positions.

- 3x Further high knees
- 3x Further heel tucks
- 3x Further straight leg runs
- ***3x Do all three in combination (knee, leg, heel)***

- Stride pattern
    - **The aim is 3 strides between each hurdle** (that is feet touching the floor 4 times)
    - Set out lines of cones/ mini hurdles (ankle height)
    - Aim for these distances:
        - U13 B/ U15 G: 11.5m to 1st hurdle, 7.5m between each after
        - U13 G: 11m to 1st hurdle, 7m between each after
        - U15 B: 12m to 1st hurdle, 8m between each after

    - Try to run over each with 3 strides
    - Adjust the space to be smaller to achieve 3 stride pattern

    - Ensure even rhythm running
    - Do not stutter
    - Higher hurdle action may make 3 strides easier (so try imaginary hurdling over cones)

- Start with a Falling Start - 3 goes
    - Once found distances good for you
    - Falling start with gradual rise
    - Ensure upright by 1st hurdle
    - See previous session to re-cap techniques

- Start with 3 or 4-point start
    - Gradual rise but ensure upright by 1st hurdle (faster rise than in flat sprint)
    - See previous session to re-cap techniques

- Increase hurdle heights - Try mid shin - knee high whilst getting 3 strides in
    - Remember to use lead/ trail legs

U13+ Video Link: https://youtu.be/sAM3REczsFY

Week 6

1 - Jumps

Description:

This session is moving on from the first Long Jump session we did. Re-capping the knee up action, and reviewing the triple extension take off action from the vertical jump session, we will now put this together to achieve high and far long jumps off or 2-3 strides.

- Lunges
- Squats

- Jump Drills: Set out 3 obstacles at mid-shin height. (e.g pole on some pots). Jump over each pole for height - as mentioned below:
    - Skips (3x 3 skips high) - Knee drive up, tall, triple extension push of the ground
    - 1 foot hops - both legs (3x 3 hops high) - Knee drive up, tall, triple extension push of the ground
    - 2 foot hops (3x 3 hops high) - Knee drive up, tall, triple extension push of the ground
    - Bounding (3x 3 bounds high) - Knee drive up, tall, triple extension push of the ground

- 8 x 1 step jumps both foot takeoff (knee drive, triple extension, tall posture)

    - Do a few without a pole
    - Do 3 jumps over a pole (around shin - knee high) - ***ensure you jump high, not just lift you legs up!***
    - Do 3 jumps reaching up in front of you e.g a pole held up high around 1m in front of take off) - Tall, drive arms, push off floor - **still remember to get some distance…**

- 10 x 3 step jumps both foot takeoff (knee drive, triple extension, tall posture - **safe soft landing)**
    - Do a few without a pole
    - Do 3 jumps over a pole (around shin - knee high) - ***ensure you jump high, not just lift you legs up!***
    - Do 3 jumps reaching up in front of you e.g a pole held up high around 1m in front of take off) - Tall, drive arms, push off floor - **still remember to get some distance…**

- **What do you do when in the air?**
    - 1) Drive arms up at take off - drive arms down and back before you land
    - 2) Keep front knee up at 90 degrees
    - 3) Lift back foot up **(now in lunge position in the air)**
    - 4) Bring back legs knee up in front of you before you land (same as front leg)
    - 5) Land with feet slightly in front of you (land from body falling - not by placing feet onto the ground)

        - Do 5 x lunge-jump- swap leg- land in a lunge drills (focus on both knees 90 degrees - tall posture)

U13 + Video Link: https://youtu.be/CKRqpixEHtc

Week 5

Physical Prep

Description:

This session focus is on your ABC's. Agility, Balance and Coordination. These are essential for all movements in every athletics event.

- ABC- Circuits:

- A set of 6 activities working on your ABC's. Do 30 seconds on each and move to the next. Do the circuit as many times as you like, making the activities harder each time round.
- Set out a cross about 5m x 5m. With 5 cones (1 in the middle). Place an exercise at each cone
    1) Standing Balance:
        - Balance on each leg for 30 seconds
            + Balance on a beam
            + Close your eyes

        + Do 1 leg squat whilst balancing

2) Skipping
    - With 2 feet or 1 foot steps
        + With high knees
3) Hopscotch
    - Do a basic hopscotch (same leg, both legs) - (Upright and try use arms)
        + With high knees
        + Backwards
        + Whilst tapping head and rubbing stomach
4) Ladder drills
    - Mark out 4-5 squares like a ladder. Do 2 feet in each square and 1 foot in each square. (Fast and light feet, upright, look up and high knees)
        + Backwards
        + Sideways
        + Skips
        + Jumps
        + Any you can come up with
5) Seated Balance
    - Sit with your back and feet off the floor. Move a cone from side to side of your body whilst balancing. (Straight back)
        + Sit in a V sit and hold for 30 seconds
6) Agility runs
    - Change of directions: Set cones in the compass and run to 1 cone (N, S, E, W), back to middle, then another cone etc.Get someone to shout instructions whilst you run over 10-20m (forward, backward, left, right, stop, start)
        + Face forwards all the time - so run backwards, forwards and sideways etc.

U13 + Video Link: https://youtu.be/pAxCd3REr-A

Only 1 session this week

Week 4

Sprints drills

Description:

The session focus is to introduce the three key techniques for a sprint stride.

1) Knee up toe up
2) Foot contact on the ground
3) Heel up toe up ready for the next stride

We will do drills covering each of these briefly then focus down on key sprint stride drills for the **knee up, toe up** technique.

- Further high knees (**Knee up, Toe up**, tall posture, use arms)
- Further heel tucks (**Heel up** (knees still high), **Toes up**, tall posture, use arms)
- Further straight leg runs (**Toes up**, front mid foot contact, quick contact, tall)
- ***Do all three in combination (knee, leg, heel)*** (5 of each linked together)
- Leg swings (drill 1. on the ball of the foot, face forward and swing leg across your body and put to the side, drill 2. Leg swing out in front and behind)

- Wall drills **(Knee up at 90 degrees, shins parallel to wall, toes up)**
- Walking 'A' March
    - Imagine lifting foot up your leg
    - Then stepping over your legs knee (gives you heal up, toe up, knee up)
    - Then step down and repeat
- 'A' skips (Same as above but with a skip)

- Leg cycles
    - Small steps only stepping over ankle (note knee is low, focus on toe up/ foot contact)
    - Medium steps over ankle
    - Large steps over kee - like a high knee - THIS IS THE SPRINT ACTION (knee up, toe up?)

- 'Dead leg' running isolation drills
    - Run with 1 leg low and relaxed and the other leg with a high knee like sprinting
    - Focus on the knee up - toe up action of 1 leg at a time
    - If have space, link this into 10-30m dead leg runs

- **'Steps' + reps** - Use a flight of stairs to sprint up them and walk down
    - 4 x Sprints using every step (rest until feel recovered - 3-5mins estimate)
    - 4x Sprints using every other step (rest the same)
    - Focus on tall posture, use arms, toes up, knee up

- *Or if space:*
  Normal sprints (50, 60, 70, 80m) x 2, @80% effort - rest until feel recovered - (5min estimate)

U13 + session Video Link: https://youtu.be/zNCYGAgVGoY

Only 1 session this week

Week 3:

1 - Hurdle Drills

Description:

In this session we will practice the basic hurdle drills to improve balance, flexibility and coordination as well as introduce the essential lead and trail leg techniques for hurdle running.

It may be wet this week but all these exercises can be done on the spot or in a small space inside! Use an indoor wall, do the warm up drills on the spot and do 2-4 walkovers in a 3m area in a room.

- Hip mobilisation, on all fours
    - Knee (bent) lifted to side
    - Knee (bent) lifted to side and kick back (like break stoke kick)
    - Knee pulled to chest and kick back/ up (down arched hips)
    - Leg straight behind and move around body at hip
- Further high knees
- Further heel tucks
- Further straight leg runs
  Do all three in combination
- Leg swings
    - Drill 1. on the ball of the foot, face forward and swing leg across your body and put to the side,
    - Drill 2. Leg swing out in front and behind

- Sit in floor position (3x 10s both legs)
    - Front leg straight out (like lead leg)
    - Back leg with knee out to side, foot kept by bottom (like trail leg)

- 10x Wall drills - lead leg (both legs)
    - Set bar/ back of chair @ just below hip height against wall
    - Step forward and place foot on wall above bar - as if lead leg going over hurdle and push back + repeat
    - Focus on: kee lifted up and extended over hurdle, slight bend on knee over hurdle, slight lean at hips, opposite arm to legs to balance
- 10x Trail leg cycles (both legs)
    - Stand side on the wall + hold to balance,
    - Place the obstacle (bar, back of chair) just below hip height next to you (as if a hurdle)
    - Have front foot slightly in front of the side of hurdle
    - Move trail leg over and move leg back again to repeat action
    - Focus on: knee lifted up to your side at hip height, foot kept high and close to buttocs
    - Slight lean at hips
    - Arms used in running actions

- Invisible hurdle walkovers
    - Set 3-5 lines at 2-feet distances apart
    - Imagine these lines are hurdles

    - 5x Walk over to 1 side, with your lead leg (lifted and extended) going over the hurdle (do both sides = both legs as lead)
    - 5x Walk over to 1 side, with front leg stepped in front of hurdle, and back leg moved over like trail leg (up to side) (both legs as trail)
    - 5x Walk down middle with both lead and trail leg going over imaginary hurdle

- Complex Hurdle walkover drills - Skips, sideways etc.
    - See Athletics Ireland's hurdle video via Youtube and follow all drills shown: https://l.facebook.com/l.php?u=https%3A%2F%2Fyoutu.be%2F8cvgi2h28O4%3Ffbclid%3DIwAR2kLb7hsuU0FM_urcjj9B9bfJkU8aMnJGGG36fHhHRdjr8bFo9uAh5hJn4&h=AT3wGmetykEwDbv9IYtoSxY6mKcJxEScMPjvOBScc0VDfYyRROnIkZ4ctuwS-3lDky8aPzzu-D3fVhJPsw6j0xLJlVG0SQJ-lyiQr63JPUn4JOUmW-50qx1LIoxE1BVX5da7pAEB20nfa-itWRtF

    - Film yourself to observe your technique
    - Focus on: Lead leg position, trail leg position, posture, use of arms, controlled rhythm on steps/ skips

- 5x 1 Hurdle/ invisible hurdle runover
    - Set 2-3 lines out a 1 stride between each (1.5-2m)
    - With a 1-2 stride run up imagine hurdling over hurdle
    - The same as walk over but faster!
    - Really thing about getting lead leg up in front of you and train leg lifted high to the side going over hurdle

U13 + session Video link: https://youtu.be/3AK42OcEu-k

2 - Push Throw - Shot

Description:

The focus for the session will be to re-cap the key arm techniques for how to throw a shot. We will also go over how to stand when we throw and how to move our body from a basic 'power position' before throwing.

- Further squats
- Pivot twists on ball of feet (both feet together)

  NOTE: If throwing light objects (ball/ bean bag) ONLY throw slowly and not at full effort. You risk jolting your elbow if you try a fast and hard shot put technique without a weighted shot
- Frontal throws recap
    - 5x frontal standing throws (throw bean bag/ ball against wall etc.)
    - Focus: High elbow throughout, DON'T move shot sideways away from neck, throw upward
    + Think about what you do with knees/ rotation of hips

- Standing position practice
    - 1) Stand side on - feet facing side on
        - Back foot heel in line with front foot toes
        - Bend knees
    - Pivot 90 degrees on ball of feet to face forward then throw
      5x pivots + imaginary throw without ball

    - 2) Stand side on again - now pivot opposite way
        - Legs should be cramped together
        - Bend legs
        - Lean forward (still with straight back)
        - Chin - Knee - Toe
    - Pivot 180 degrees + throw (once facing forward)
    - Aim for LOW to HIGH body and arm movements
      5x pivots + imaginary throw without ball

- Put a tennis ball/ bean bag etc. (180 pivot)
    - 5 x both types of standing
    - Focus: HIGH ELBOW, shot remains on neck, extend arm, throw low to high (bend knees), fluid pivot + throw (no pause between both)

+ Free arm drive (5 x non-throwing practice + 5x throwing)
    - Once achieved above skills and can easily rotate + keep shot in neck
    - Have free arm bent
    - Drive elbow in direction of rotation as you start to pivot
    - Brace and stop arm drive when shoulders are facing forwards

+ Leg extensions (5 x non-throwing practice + 5x throwing)
    - As mentioned start with bent legs
    - Aim to extend BOTH legs fully (Triple extension) to achieve full low-high action

+ Hip rotation (5 x non-throwing practice + 5x throwing)
    - Drive your hip UP, forward and round to throw
    - Power for the throw comes from leg, arm and HIP drive
    - Brace your hips on throw (to face forward and not over rotate) = allows power to go forward + up only

U13 + session Video link: https://youtu.be/9Zf0HJ5P92c

Week 2:

Sprint Starts

Description:

The aim of this session is to consider the key underlying techniques for any sprint start. We will cover falling and floor starts to practice the knee drive and powerful actions needed for a

crouched start. We will also introduce a 4-point crouched start position and practice to ensure an efficient and powerful start position and first few strides.

- Further high knees
- Further heel tucks
- Further straight leg runs
  Do all three in combination (knee, leg, heel)
- Leg swings (drill 1. on the ball of the foot, face forward and swing leg across your body and put to the side, drill 2. Leg swing out in front and behind)

- 5x Falling starts *(up to 10m, can do two strides + jump or sprint up stairs etc.)*
  - Stand with 2 feet together, straight upright body
  - Gradually lean forward without moving legs/ bending body
  - Then DRIVE 1 leg forward and drive arms to starts
  - Try deeper leans before starting (lower the better whilst still good form)
  - Focus: Body lean + low/ knee drive powerful forward (not up like in jumps)/ stepping over ankle/ big arm drive/ POWER in each step

- 5x floor starts *(up to 10m, can do two strides + jump or sprint up stairs etc.)*
  On diff. positions on the floor - focus on getting into a drive position and what needs to move first
  - 1) Sitting down, legs crossed
  - 2) Sitting down backwards
  - 3) 3x Laying on front - arms out by side
    Technique:
    Notice the first thing you do is push the chest off the floor, this gives space for your knee to drive forward.
    With balls of feet pushing into ground you bring 1 foot forward with driving knee to chest
    Then you push off with that foot, bringing back leg low - stepping over ankle
    You stay leaning low over the first few strides

- 4 point starts:
  Position - on the spot - Practice getting into position 5 times (get parent or video yourself to check correct position)
  - **On Your Marks:** Stand at start line (lead foot in front)
  - Mark front foot at 2.5 feet back from the line
  - Bend down onto floor, with BACK knee on floor next to FRONT foot toes
  - Knee a fist width apart from knee
  - Both balls of feet (where the spikes would be) pressed into the ground
  - Hands paced at start line (with 1st finger and thumb)

  - **SET:** Roll forwards + lift hips up
  - Shoulders should be over start line
  - Knees off the ground, hips raised slightly higher than shoulder (not too high)
  - Front knee at 90 degree bend

    - Back knee at 120 degree bend

- 10 x 4-point starts *(up to 10m, can do two strides + jump or sprint up stairs etc.)*
    - **Go:** PUSH off both feet together
    - Drive back knee forwards and step over ankle
    - Extend front leg still pushing off
    - Big arm drive
    - Keep low for up to 20m
    - Powerful drive every step

- Accelerations: (over 20m sprint/ sprint up stairs and walk down etc.)
    - 5 reps
    - Use 4-point start
    - Focus on correct start, pushing of, powerful knee + arm drive, keeping low and gradual rise

U13 + session Video link: https://youtu.be/bRNmO0PUos4

Jumps - Vertical

Description:

The session focus is on jump technique to achieve height on take off. We'll do jump drills focusing on 'triple extension' and pushing off the ground and run through the basics for a high jump run up and take off to refine the skills you've previously learnt.

- Lunges
- Squats

- Jump Drills:
    - Skips (1st low, 2nd high, 3rd high + powerful) - *3 reps of 3 skips*
    - 1 foot hops (1st pause, 2nd continuous, 3rd cont. high and powerful) - *3 reps of 3 hops (both legs)*
    - 2 foot hops (1st pause in squat, 2nd continuous, 3rd continuous and powerful) *-3 reps of 3 hops*

  Focus on pushing off ground + extending take off leg to jump as high as you can

- Leg swings (drill 1. on the ball of the foot, face forward and swing leg across your body and put to the side, drill 2. Leg swing out in front and behind)

- 5 x Standing Vertical jump: Feet together, jump as high as you can, reaching up with 1 arm. Mark how high against a wall/ pole etc.

- 5x Curve running: (Both directions)
    - Create a curve (3-5m x 3-5m) Lean into the curve at increasing speed with little skip at jump point.
    - Aim for 2-3 strides around curve with lean into curve, noting body + foot position at take off point.

Focus on: lean into curve, foot pointing into 'back corner' of jump area at take off, approached at around 30 degrees, tall body

- 6 x 2 stride scissor jump - Curved run up (Both directions) - aim for increased height
    - Create a low barrier and perform small scissor kick over bar
    - Leg inside lifted over 1st
    - Leg outside **pushes off ground** and follows
    - Almost straight legs over bar (slight bend at knee)
    - Tall upright body
    - Land on feet

- Frosby Flop floor practice
    - Get onto position (on all fours) as if you were mid flight over the bar
    - Backwards bridge (facing up, hips pushed up to sky, with hands + feet on floor)
    - Aim for high arm and awareness of where feet, head, back and bottom is

    - Think what you would need to do to get into this position? (take off, knee drive, arm drive, rotation on take off, lift hips up)
    - What do you need to do after this position over the bar? (Flick feet up and over bar, land on mid-upper back)

U13+ session Video link: https://youtu.be/f-XzrNPJEko

Week 1

Jumps - Horizontal

Description:

The session focus is to cover basic jump drills to improve power and strength, and to focus on the basic takeoff and landing skills and techniques.

- Lunges
    - Walking lunge forwards
    - Walking lunge backwards
    - Changing legs via jumping (Take off in lunge - swap legs - land in next lunge) - 2 reps of 5 jumps
- Squats
    - 2 legs to 90 degrees x20 squats
    - 1 leg (try 135 - 90 degree at knee) x10 each leg

- Jump Drills:
    - Skips (1st low, 2nd high, 3rd high + powerful) - *3 reps of 3 skips*
    - 1 foot hops (1st pause, 2nd continuous, 3rd continuous and powerful) - *3 reps of 3 hops (both legs)*
    - 1 foot hops with quarter turn each hop - *3 reps of 4hops (both legs)*
    - 2 foot hops forward (1st pause in squat, 2nd continuous, 3rd continuous and powerful) -*3 reps of 3 hops*

    - 2 foot hops with tuck (on the spot) - *2 reps of 5 jumps* (lift knees to 90 degrees)
    - 2 foot hops with quarter turn each jump - *3 reps of 4 hops*
    - 2 foot hops, quarter turn with tuck - *3 reps of 4 hops*
        + Try half turns and full 360 turns as well) - Soft controlled, balanced landing
    - Bounding (1st pause, 2nd continuous, 3rd continuous and powerful) - *3 reps of 3 bounds*
- Now repeat all jump drills again - focussing on tencinqie and powerful jumps, aiming to jump further/ higher each time (Upright posture, arm drive, soft landing, **knee drive** on take off)

Jump with power, driving that knee on take off

- 5 x standing 2 footed jumps (soft landing, tall and thin in the air)
- 5 x 1 step jumps right foot takeoff (knee drive, arm drive, posture, bring feet under + in front on landing)
- 5 x 1 step jumps left foot takeoff (knee drive, arm drive, posture, bring feet under + in front on landing)
  Mark how far you jumped and aim to beat it each time

- *Next time: Focus on 'triple extension' and pushing off the ground on take off. Achieve height for both vertical and horizontal jumps and move your body in the air effectively before landing.*

U13 + session Video link: https://youtu.be/snQywMwg8jw

Throws

Description:

The session focus is on the fundamental pull throw (like Javelin) arm technique. We'll cover each of the key skills and break down the movement to practice each one. This session is useful for new and experienced athletes as you can both learn and refine/ practice the key skills needed for effective throwing.

- Med Ball strength exercises (2k med ball/ football or any ball/ object - with some weight if possible)
    - Forward pitch (throwing up from between legs)- *2 reps of 6 throws* (knee bent and extend on throw)
    - Overhead pull against wall (football throw) - *2 reps of 6 throws* (high elbows, elbows PULL arms forward before lower arm extends to throw)
    - Slams (throw into the ground with straight arms starting above your head) - *6 throws*
    - Sledgehammer (bit like a chopping motion with an axe from, start at 1 shoulder and throw diagonally) slamming ball into ground - *6 throws*

- Movement breakdowns
    - Tennis ball etc. against the wall/ in pairs (both arms)

        - 10x Whole arm throws + kneel (start with arm straight behind body + pull arm (bent) past upper head)
        - 10 x Whole arm + standing (facing forwards - no step)
        - 10 x whole arm + 1 step (remember correct stance)
    - Resistance band work (or with someone holding your arm back)
        - 5 sets of 5 pulling action of the arm (slow motion)
        - Technique focus: High elbow, hand NOT move towards shoulder, elbow move FIRST and pulls hand forward
            + Think about how you stand and use your legs/ hips in the throwing action (more work on this in the next session)
    - 1 step 10 x tennis ball throws to re-cap technique - Aim for further throws etc.

+ Find a long stick/ pole etc. - sim to a javelin (ONLY IF SPACE AND SAFE)
    - Practice holding + moving arm as if to throw (don't release)
    - Hold stick above head and throw forward and down (high elbow, keeping hand away from shoulder)
    - Throw stick (short distance) like javelin (think about how stick moves past head)

- *Next time: Focus on stance and stepping in/ 3 stride approach and how hips move first to throw*

U13+ session Video link: https://youtu.be/J38ruOmLsdE

Training diary:

We would love to know what training you are doing over this period and how you are getting on.

Below is a template for a training diary you can fill out each week if you wish. Send it to emgould1971@outlook.com and we'll share it with your coaches.

Any questions or feedback you'd like to receive just ask! You could even video some of your training to help gain feedback on your technique!!

Name: **Age Group:**

Week commencing:

Day	**Duration** (e.g 30mins)	**What did you do** (brief outline)	**How did you do?** (What went well? Did you struggle with anything?)
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			