



Student-Athlete.Co – Track Lesson Plan

Sport: Track and Field - Basic

Session #:

Age group: 6-13

Equipment: Cones or markers, stopwatch (optional)

Core Objective: Have fun while building speed, endurance, and agility

Preparation Required: Visualize drills and flow, develop lesson plan, and talking points

Conversation Topics: What's your favorite food, favorite TV show, favorite sport, favorite subject

Activity	Time	Examples	Desired Outcome
Warm-up	10 min	o Jogging, high knees, stretching	Prepare youth for fitness and help them understand the importance of stretching
Speed Development	10-20 min	o Choose from a range of speed development activities	Increase speed and improve coordination
Endurance Training	10-15 min	o Choose from a range of ball sense activities from	Improve endurance and increase overall physical fitness
Agility Training	10-15 min	o Choose from a range of agility training activities	Improve overall agility and reaction time
Timed Sprint	5-10 min	o Time a sprint and try to beat it in the next round	Improve speed and competitiveness

Reflection Conversation Points:

- What was your favorite activity or game today?
- How much better do you feel with your speed, endurance, and agility skills?
- Do you prefer sprints or longer distance events?

Fun Facts:

- Track and field is one of the oldest sports, dating back to the ancient Olympic Games!!
- The world record for the 100m sprint is 9.58 seconds, held by Usain Bolt!
- In the United States, track and field is the second most popular sport among high school students, after football!

Take home activity:

- Encourage the mentee to challenge a parent/guardian to a race or agility drill

Take home conversation:

- What is your parent, or guardian's favorite sport and why?
- If your parent, guardian could be any track and field athlete, who would it be and why?
- What sports do your friends play and what do they like about it?