#### SPRINT, RUN, RELAY

#### LEVEL 3



# 2.5km XC

#### AIMS

- To run 2.5km on different terrain and surfaces
- To experience a cross country circuit

#### **SUMMARY**

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- Each participant runs around a 250m course from the start line with different terrain (uphill, downhill, stairs, etc.) and surfaces (grass, sand, asphalt, etc.)
- The course includes several obstacles (mats, boxes, wooden benches, hay bales, hurdles, etc.) which need to be passed by each participant
- The runners complete the race (10 laps) in the shortest possible time
- The participants receive a token each time they pass the start line

#### EQUIPMENT

- Whistle or horn
- Start/finish line markers, e.g. cones, poles
- Stopwatch
- Different obstacles, e.g. hay bales, mats, benches, boxes
- 9 tokens per runner, e.g. ball, cork, piece of paper, stick

- Starter (acts as timekeeper, too)
- · Secretary (to record individual time)
- 3-5 Assistants (to award tokens)



#### 2.5km XC

## **ORGANISATION AND RULES**

- Set up a course (250m) with one start/finish line
- Surfaces should vary but always consider the safest conditions possible
- 'On your marks' participant adopts a standing start position.
   'Go' start running around the course
- For a false start, whistle to recall the runners and repeat the start. There is no disqualification but remind runners to wait for 'go'
- As each participant passes the start point (a lap), issue a token. Altogether 9 tokens (9 laps) need to be handed over to each runner. For the tenth (and last) lap no token will be awarded but the time will be noted when crossing the finish line (same place as start point)
- Each participant needs to present 9 tokens to the assistants
- There are no penalties if course markers or obstacles are knocked down/over but staff must replace it as soon as possible
- If runners cut corners or shorten laps, no token will be awarded for this lap. Place assistants at different spots for observation and control
- · In competition, each participant competes only once

#### VARIATIONS

- Five laps on larger course (500m) or one large circuit (2.5km)
- Be creative in finding challenging environments besides flat running, varying surfaces and different obstacles (but always consider safe conditions!)



## SCORING

Record individual times to minutes and seconds



- Find a speed you can maintain for the whole distance
- Avoid heel strike this reduces your speed
- When running uphill focus on increasing stride frequency. When running downhill focus on increasing stride length



# 8-SECOND HURDLE SPRINT

## AIMS

- To run over hurdles and as far as possible for eight seconds
- To practise the hurdle sprint from different starting positions

### SUMMARY

- Participants start behind the line
- They use the same starting position (three point or block start)
- On the signal ('on your marks', 'set', 'go'), they react quickly and run over the hurdles towards the zones
- After eight seconds a signal (e.g. whistle) sounds and the participant will be awarded the respective points for the reached zone

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Each participant has only one attempt and records
 these points



## EQUIPMENT

- · Whistle or horn
- Start and finish line markers, e.g. cones, poles
- Waiting zone marker, e.g. cone
- Start block
- 3 hurdles (or hay bales/boxes) per each lane
- Stopwatch

- Starter (acts as timekeeper, too)
- Assistant (to monitor participant)
- Secretary (to record individual points)



### **8-SECOND HURDLE SPRINT**

## **ORGANISATION AND RULES**

- Each participant is allocated one 'lane' of a straight track. Optional: multiple runners can sprint at a time (each in a separate lane)
- Surfaces may vary but must be safe, e.g. non-slip, no pot holes
- Place 3 hurdles; distance to first = 11.5m; distance between hurdles = 6.5m; distance last hurdle to first scoring zone = 11m; hurdle's height: 65-76.2cm; length of each zone = 2m
- 'On your marks' participant goes to the start line or takes the block start position.
  'Set' participant takes the three point start position or gets in set position (block start).
  'Go' participant runs towards the finish line
- For a false start, whistle to recall the runner and repeat the start. All additional false starts will result in a 1 point penalty for the responsible athlete
- Start timing each participant from 'go'. Give a loud signal (whistle) after eight seconds. The assistant observes in which zone the runner's foot is placed (after eight seconds) and announces the respective scoring (points)
- There is no penalty if a hurdle is knocked over but staff must replace/straighten hurdles after each runner
- In competition, each participant competes only once



- Starting positions:
  - Three point start
  - · Block start
  - Standing (high; facing forwards)
- Place only two hurdles with 13m between each other
- Work in pairs one completes the hurdles and the other times and scores. Then switch. (Not used in competition)



### SCORING

· Record individual points

- Hurdles is a sprint race with some obstacles – focus and look forward
- Encourage to attack the hurdle (run over the hurdle, don't jump)
- Practise ability to clear the hurdles with both legs

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# **8-SECOND SPRINT**

AIMS

- To sprint as far as possible for eight seconds
- To practise the sprint from different starting positions

### SUMMARY

- · Participants start behind the line
- They use the same starting position (three point or block start)
- On the signal ('on your marks', 'set', 'go'), they react quickly and run towards the zones
- After eight seconds a signal (e.g. whistle) sounds and the participant will be awarded the respective points for the reached zone
- Each participant has only one attempt and records these points

EQUIPMENT

- Whistle or horn
- Start and finish line markers, e.g. cones, poles
- Waiting zone marker, e.g. cone
- Start block
- Stopwatch

JOBS

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- Starter (acts as timekeeper, too)
- Assistant (to monitor participant)
- Secretary (to record individual points)



#### **8-SECOND SPRINT**

### **ORGANISATION AND RULES**

- Each participant is allocated one 'lane' of a straight track. Optional: multiple runners can sprint at a time (each in a separate lane)
- Surfaces may vary but must be safe, e.g. non-slip, no pot holes
- Distance from start line to first zone = 40m; length of each zone = 2m
- 'On your marks' participant goes to the start line or take the block start position.
   'Set' participant takes the three point start position or gets in set position (block start)
   'Go' participant runs towards the finish line
- For a false start, whistle to recall the runner and repeat the start. All additional false starts will result in a 1 point penalty for the responsible athlete
- Start timing each participant from 'go' and give a loud signal (whistle) after eight seconds. The assistant observes in which zone the runner's foot is placed (after eight seconds) and announces the respective scoring (points)
- In competition, each participant competes only once

### VARIATIONS

- Starting positions:
  - Three point start
  - Block start
  - Standing (high; facing forwards)
- Paired sprinting (holding hands; starting from standing position)
- Work in pairs one completes the run and the other times and scores. Then switch. (Not used in competition)

## SCORING

· Record individual points

- -0
- Acceleration phase: gradually become more upright and focus your eyes to the track looking forward
- Maximal sprint phase: run in an upright posture (don't sit) and look forward
- Focus on active arm action (fast arms)



# HUNT RELAY

## AIMS

- To run a (mixed) endurance relay with a handicap start and chase the leader
- To run on different terrain and surfaces as fast as possible

## SUMMARY

- Each team has eight members. Four participants (always two girls and boys) run a 300m distance, and four participants run a 600m distance
- Each team starts in order of the 'HUNT' format (see ORGANISATION AND RULES)
- From the start line, the first participant begins running the course and completes the respective distance before returning to the team
- In the handover zone, the team members clap hands (high five) and the next person follows the same course. Keep going until each team member has completed their respective distance

## EQUIPMENT

- Whistle or horn
- Start/finish line (also the handover zone) markers, e.g. cones, lime lines
- · Course markers, e.g. cones, poles
- Stopwatch

### JOBS

- Starter (releases all teams)
- Secretary (to record team times/results)
- Assistants (to replace equipment and monitor the course)

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### HUNT RELAY

#### **ORGANISATION AND RULES**

- Set up a 300m course (preferably different terrain and surfaces) with one start/finish line (which is also the handover zone); make sure the surface is safe, e.g. non-slip, no pot holes
- Create teams of 8 participants: 4 girls and 4 boys and determine the distances.
   4 x 300m (2 girls and 2 boys) + 4 x 600m (2 girls and 2 boys). Agree the team order
- The teams start in the 'HUNT' format:
  - Starting position (ranking) of each team is determined by results (4 girls and 4 boys) of the previous individual competition (team score = total of eight team members points). Refer to Competition Guide for details

	Girl	Girl	Girl	Girl	Boy	Boy	Boy	Boy	Team Score	Ranking
Team 1	12	11	8	7	11	9	8	7	73	1
Team 2	9	6	5	1	10	6	5	3	45	2
Team 3	10	4	3	2	12	4	2	1	38	3

- The leading team start on the signal 'on your marks' (standing start position) and 'go'
- Second ranked team: + 3 seconds (after leader)
- Third ranked team: + 6 seconds (after leader)
- Fourth ranked team: + 9 seconds (after leader); and so on...
- For a false start, whistle to recall the runners and repeat the start; there is no disqualification but remind them to wait for 'go'. (Starter releases each team with their respective handicap!)
- If participants cut corners/shorten laps or do not complete a hand clap (high five) for handover, they have to stop for 3 seconds in the handover zone. Place assistants at different spots for observation and control
- There are no penalties if a course marker is knocked down, but staff must replace it as soon as possible
- In competition, teams compete only once

#### VARIATIONS

- Vary the distances:
  - Short: 2x100m/2x200m/2x300m/2x400m
  - Long: 2x200m/2x400m/2x600m/2x800m
  - Vary surfaces and terrain (always consider safe conditions!)

SCORING

- Teams start (based on their previous individual results) with handicap
- Overall winner and final ranking will be based on finishing order of the relay. (First team crossing the finish line is crowned the winner!)

- Find a speed you can maintain for the whole distance
- Avoid heel strike this reduces your speed
- Don't risk time penalties by shortening laps or missing high five for handover

#### SPRINT, RUN, RELAY

# TRIANGLE OF AGILITY

### AIMS

- To run the course as fast as possible
- To practise different elements of zig-zag sprinting, running in a curve and slalom

### SUMMARY

LEVEL 3

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- Each participant runs around a triangle course (15m x 15m x 15m) including a zig-zag sprint, curved running and a slalom run
- On the signal ('on your marks', 'go'), they react quickly and complete the course as fast as possible
- Each participant has only one attempt and records this time

EQUIPMENT

- Whistle or horn
- Start/finish line marker, e.g. lines in dirt, lime line
- Course markers, e.g. cones, poles
- 5 cones for zig-zag sprint
- Approximately 15-20 flat cones for curved running
- 10 slalom poles
- Stopwatch

- 1 starter per participant (acts as timekeeper, too)
- Secretary (to record individual times)
- 1-2 assistants (to replace equipment)







### TRIANGLE OF AGILITY

### **ORGANISATION AND RULES**

- Set up a triangle course (distance between course markers of triangle = 15m) with a zig-zag-sprint, curved running and a slalom run; make sure the surface is safe, e.g. nonslip, no pot holes
  - **Zig-Zag Sprint:** run to the first cone, touch it with your hand, sprint to the second cone, touch it again and so on. If the cone is not touched, a 1 second penalty is added.
  - **Curved Running:** enter the first curve (free choice if from right or left), run one and a half '8' (diameter of each circle = 3m), leave the curved running on the other side and keep sprinting toward the course marker
  - **Slalom Run:** run through the ten slalom poles (distances between poles = 1m). If a pole is knocked down, a 1 second penalty is added
- 'On your marks' participant goes to the start line and adopts a standing start position.
   'Go' participant starts running (towards the first cone of zig-zag sprint)
- For a false start, whistle to recall the runners and repeat the start. There is no disqualification but remind runners to wait for 'go'
- · Start timing each participant from 'go' until they cross the finish line
- If the runner cuts corners or shortens laps, a 3 seconds penalty is added
- In competition, each participant competes only once

## VARIATIONS

- Increase or reduce the distance of the triangle
- Starting positions:
  - · Three point start
  - Block start
- Use this activity as a team relay (consider safety options of curved running when multiple people are running simultaneously)

## SCORING

Record individual times to 1/100 second



- Agility requires rapid changes of direction and speed – shorter strides (frequency) are recommended
- Lean your body inward when completing the curved running
- Avoid time penalties (e.g. control your speed for the slalom run)



## WALK & RUN

#### AIMS

- To take part in a walking and endurance race for 10 minutes
- To experience the difference between maintaining permanent ground contact with at least one foot (walking) and loss of ground contact (running)

#### SUMMARY

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- Each participant has to complete a course including a walking part (50m) and running part (rest of the course)
- Incorrect walking technique (loss of at least one foot in contact with the ground) results in needing to complete the square course (50m x 50m)
- Correct walking technique (maintaining at least one foot in contact with the ground) allows the participant to take the short cut (diagonal)
- Each participant completes as many laps as possible in the time (10 minutes)
- Participants are awarded a token each time they pass the start line

## EQUIPMENT

- Whistle or horn
- 3 course markers of the same colour, e.g. cones, poles
- 1 course marker of a different colour, e.g. cone, pole
- Stopwatch
- 1 flag for each technical supervisor
- Approximately 10-15 tokens per participant, e.g. ball, cork, piece of paper, stick

- Starter (acts as timekeeper, too)
- 2-3 technical supervisors
- Secretary (to record individual results)



#### WALK & RUN

#### **ORGANISATION AND RULES**

- Set up a square course (50m x 50m) with one start point; make sure the surface is safe, e.g. non-slip, no pot holes
- 'On your marks' participants adopt a standing start position.
   'Go' participants start walking (50m) towards the first cone
- For a false start, whistle to recall the participants and repeat the start. There is no disqualification but remind runners to wait for 'go'
- In the walking distance (50m), participants must always have at least one foot in contact with the ground. This is monitored by technical supervisors placed at the end of the walking distance. Each time an incorrect walking technique is used (i.e. loss of ground contact), the technical supervisor lifts the flag and clearly points at the walker who committed the infringement
- Participants with incorrect walking technique proceed running the square course (dotted line around the orange course marker). All other participants can start running the diagonal towards the blue course marker and return the straight to the start/finish line
- As each participant passes the start point (a lap), issue a token. The participants keep these as they walk/run and hand them to the officials at the end of the race as lap counters
- If participants cut corners or shorten laps, no token will be awarded for this lap. Place assistants at the course markers for observation and control
- Participants keep walking/running until time is up. Give a 60, 30 and 10 second countdown, then use a loud signal to end the race
- In competition, each participant competes only once

## VARIATIONS



- Duration can be reduced due to external conditions (heat, humidity, altitude, etc.) or increased (up to 15 minutes maximum)
- Distance of square course can be reduced (25m x 25m) to value the walking technique and (potentially) award more token to these participants

## SCORING

 Each token awarded to a participant = 1 point

- Focus on intensive (but not exaggerated) arm action and double leg ground contact (do not 'fly') while race walking
- Avoid heel strike this reduces your speed



# **RACE WALK CHALLENGE**

### AIMS

 To complete 1,000m race walking

### SUMMARY

• Each participant has to race walk around a 200m course from the starting point

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- Incorrect walking technique (loss of at least one foot in contact with the ground) results in a penalty lap (approximately 20m) at the end of a course lap before starting the next one
- The participants need to complete 5 laps in the shortest possible time
- Participants are awarded a token each time they pass the start line

### EQUIPMENT

- Whistle or horn
- Stopwatch
- Course markers, e.g. cones, poles
- Penalty lap markers, e.g. cones
- 1 flag for each technical supervisor
- 4 tokens per participant, e.g. ball, cork, piece of paper, stick

- Starter (acts as timekeeper, too)
- Secretary (to record individual results)
- 2-3 technical supervisors
- Assistants (to award tokens)



#### **RACE WALK CHALLENGE**

### **ORGANISATION AND RULES**

- Set up a course (200m) with one start point and a penalty lap (length approximately 20m) at the end of the course; make sure the surface is safe, e.g. non-slip, no pot holes
- 'On your marks' all participants adopt a standing start position.
   'Go' they all start walking, in the same direction, around the course
- For a false start, whistle to recall the participants and repeat the start. There is no disqualification but remind runners to wait for 'go'
- Participants must always have at least one foot in contact with the ground. Technical supervisors (placed at the penalty lap) monitor the participant's walking technique over the course. Each time an incorrect walking technique is used (i.e. loss of ground contact), a technical supervisor lifts the flag and clearly points at the walker who committed the infringement
- Participants with incorrect walking technique have to enter the penalty lap and walk the additional distance before retuning to the course to continue the race
- As each participant passes the start point (a lap), issue a token. Altogether 4 tokens (4 laps) need to be handed over to each runner. For the fifth (and last) lap no token will be awarded but the time will be noted when crossing the finish line (same as start point)
- · Each participant needs to present four tokens to the assistants
- If participants cut corners or shorten laps, they have to enter the penalty lap, too. (Note: might be in addition to technical infringement!). Place assistants at different spots for observation and control
- In competition, each participant competes only once

## VARIATIONS

- Use a timed race walk (e.g. 4 minutes) with measurement of the achieved distance
- Distance can be increased (up to a maximum of 1,500m)



### SCORING

Record individual times to minutes and seconds

- Focus on intensive (but not exaggerated) arm action
- At least one foot (permanently) in contact with ground while race walking – do not 'fly'
- · Maintain an upright posture



## **HURDLES M**

#### AIMS

- To run four sections over hurdles with varying distances as fast as possible
- To practise the ability to clear the hurdles with both legs

## SUMMARY

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- Participants stand behind the start line, take the three point start position and on the signal ('on your marks', 'go'), they react quickly and complete the hurdles course as fast as possible
- Runners clear four hurdles on first lane, run to the cone and turn around it, they clear four hurdles on second lane, run to the cone and turn around it and so on. Keep going until runners complete all four lanes and cross the finish line
- Each participant has only one attempt and records this time

### EQUIPMENT

- Whistle or horn
- Start and finish line markers, e.g. lines in dirt, lime lines
- Waiting zone marker, e.g. cone
- 3 return markers, e.g. cones, poles
- 16 obstacles, e.g. hurdles, hay bales
- Stopwatch

- 1 starter per participant (acts as timekeeper, too)
- Assistant (to replace equipment)
- Secretary (to record individual time)



#### HURDLES M

#### **ORGANISATION AND RULES**

- Set up a hurdles course with a start line, four parallel lanes with four hurdles each, course markers/cones (point of return) and a finish line; make sure the surface is safe, e.g. non-slip, no pot holes
- Place four hurdles on each lane (height: 65cm)
   Distance to first hurdle and from last hurdle to point of return = 9m (always)
   Distance between hurdles (lane 1) = 6m
   Distance between hurdles (lane 2) = 7m
   Distance between hurdles (lane 3) = 8m
   Distance between hurdles (lane 4) = 9m
- 'On your marks' participant goes to the start line or take the three point start position.
   'Go' participant runs towards the first hurdle
- For a false start, whistle to recall the runner and repeat the start. All additional false starts will be penalised with 1 second for the responsible athlete
- Start timing each participant from 'go' until they cross the finish line
- There is no penalty if a hurdle is knocked over but staff must replace/straighten hurdles after each runner
- If runner cuts corners/shorten laps or does not clear a hurdle, a 3 second penalty is added
- In competition, each participant competes only once

## VARIATIONS

- Change the distances between the hurdles:
  - 5m-6m-7m-8m = reduce overall course length to 150m
  - 7m-8m-9m-10m = increase overall course length to 174m
- Work in pairs one completes the hurdles and the other times and scores. Then switch. (Not used in competition)



## SCORING

• Record individual times to 1/100 second

- Hurdles is a sprint race with some obstacles – focus and look forward
- Encourage to 'attack' the hurdle (run over the hurdle, don't jump)
- Practise ability to clear the hurdles with both legs

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# 8x50m MIXED RELAY

#### AIMS

- To run a sprint relay as fast as possible
- To practise the baton exchange (handover) from behind

### SUMMARY

- 8 team members (mixed gender) complete a flat sprint relay
- The first team member starts (from three point or start block position) and runs as fast as possible towards the second team member (waiting at the cone at 50m)
- The baton handover needs to be made in the exchange zone (5m)
- The second team member sprints towards the third team member (waiting at the cone at 100m), hands over the baton within the exchange zone and so on
- Continue until all eight team members have completed the 50m sprint and time the team's attempt

### EQUIPMENT

- Whistle or horn
- Start line markers, e.g. cones, poles
- 1 start block per team (optional)
- · Finish line markers, e.g. cones, poles
- 1 baton per team, e.g. ring, stick
- Baton exchange zone markers, e.g. tapes, lines in dirt, lime lines
- Stopwatch (one for each team)

- Starter
- Timekeeper (one per each team)
- Secretary (to record team times/results)
- 7 supervisors (to control handover zone)

#### SPRINT, RUN, RELAY

#### LEVEL 3



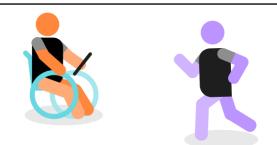
#### 8x50m MIXED RELAY

### **ORGANISATION AND RULES**

- Set up 8 x 50m sprint distances, mark the end of each with a cone and place the baton exchange zones (5m)
- Surfaces may vary but must be safe, e.g. non-slip, no pot holes
- · Create teams of 8 participants: 4 girls and 4 boys. Agree the team order
- 'On your marks' the first team member adopts the start position.
   'Go' they run. Start timing from 'go' until the final runner crosses the finish line
- For a false start, whistle to recall the runners and repeat the start. There is no disqualification but remind them to wait for 'go'
- There are no penalties for dropping the baton but the runner who dropped it must pick it up
- If handover of baton takes places outside the exchange zone, 1 second is added to the team time. Note: Don't worry about the exchange zones if there are insufficient numbers of supervisors to control the baton handover
- Throwing the baton is not allowed; if they do, 3 seconds are added to the team time
- There are no penalties if a cone or course marker is knocked over but staff must replace it as soon as possible
- In competition, teams compete only once

## VARIATIONS

- Use only one 50m sprint course with one baton exchange zone (all team members run the same course, e.g. see 'Formula Bends – Level Up')
- On 400m track:
  - Teams can have their own lanes (teams need to start at 400m start of each respective lane)
  - All teams start and run in lane 1



## SCORING

 Record team result (overall time) to 1/100 second

- · Focus on a safe baton handover
- Try to synchronise the speed of incoming and outgoing runner during baton handover
- Sprint in an upright posture (don't sit) and look forward



# 60m HURDLES

#### AIMS

- To run 60m over hurdles as fast as possible
- To practise the block or three point start

### SUMMARY

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· Participants start behind the line

- They use the same starting position (three point or block start)
- On the signal ('on your marks', 'set', 'go'), they react quickly and run over the hurdles to the finish line as fast as possible
- Each participant has only one attempt and records this time



- Whistle or horn
- Start and finish line markers, e.g. cones, poles
- Waiting zone marker, e.g. cone
- Starting blocks
- 5-6 hurdles (or hay bales, boxes etc.) per lane •
- Stopwatch (one for each lane)

#### JOBS

Starter •

- 1 timekeeper per lane
- Secretary (to record individual times)



## 60m HURDLES

## **ORGANISATION AND RULES**

- Each participant is allocated one 'lane' of a straight track. Multiple runners can sprint at a time (each in a separate lane)
- Surfaces may vary but must be safe, e.g. non-slip, no pot holes
- Place 6 hurdles; distance to first = 11.5m; distance between hurdles = 7.5m; distance last hurdle to finish line = 11m; hurdle's height: 65-76.2cm
- 'On your marks' participant goes to the start line or take the block start position.
   'Set' participant takes the three point start position or gets in set position (block start)
   'Go' participant runs towards the finish line
- For a false start, whistle to recall the runner and repeat the start. All additional false starts will result in a 1 second penalty for the responsible athlete
- Start timing each participant from 'go' until they cross the finish line
- There is no penalty if a hurdle is knocked over, but staff must replace/straighten hurdles after each runner
- · In competition, each participant competes only once



#### VARIATIONS

- Starting positions:
  - Three point start
  - Block start
- Varying hurdles distances: shorter (not less than 5m) or longer distances (up to 9.5m)



## SCORING

Record individual times to 1/100 second



- Hurdles is a sprint race with some obstacles – focus and look forward
- Encourage to attack the hurdle (run over the hurdle, don't jump)
- Practise ability to clear the hurdles with both legs



## **ENDURANCE RUN OVER OBSTACLES**

### AIMS

- To run an overall distance of 1500m (on different terrain)
- To practise the step on technique over immovable obstacles (boxes)

## SUMMARY

• Each participant runs around a 150m course from the start point

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- The participants need to step on each immovable obstacle (box) and jump over the line (1.5m past the obstacle)
- The runners shall complete the race (10 laps) in the shortest possible time
- The participants receive a token each time they pass the start point

### EQUIPMENT

- · Whistle or horn
- Start/finish line marker, e.g. cone, pole
- 4 immovable obstacles (height approximately 40-50cm; width approximately 2-3m), e.g. boxes, wooden benches, hay bales
- 4 ropes or tapes
- Stopwatch
- 9 token per runner, e.g. ball, cork, piece of paper, stick

- Starter (acts as timekeeper, too)
- Secretary (to record individual times/results)
- 3-5 assistants (to award tokens)

## ENDURANCE RUN OVER OBSTACLES

## **ORGANISATION AND RULES**

- Set up a course (150m) with one start point, place the immovable obstacles and lines/ropes (distance between obstacle and line/rope = 1.5m) with regular distances between each other; make sure the surface is safe, e.g. non-slip, no pot holes
- 'On your marks' all participants adopt a standing start position.
   'Go' start running around the course
- For a false start, whistle to recall the runners and repeat the start. There is no disqualification but remind runners to wait for 'go'
- The participants need to step on each immovable obstacle and jump over the line (1.5m past the obstacle). There is no penalty if runners do not jump over the line.
- As each participant passes the start point (a lap), issue a token. Altogether 9 tokens (9 laps) need to be handed over to each runner. For the tenth (and last) lap no token will be awarded but the time will be noted when crossing the finish line (same as start point)
- · Each participant needs to present 9 tokens to the assistants
- There are no penalties if course markers are knocked down or an obstacle/rope is moved but staff must replace it as soon as possible
- If runners cut corners or shorten laps, no token will be awarded for this lap. Place assistants at different spots for observation and control.
- · In competition, each participant competes only once

## VARIATIONS

- Distances can be reduced due to external conditions (heat, humidity, altitude, etc.)
- Distance can be increased (up to maximum of 2,000m)



## SCORING

Record individual times to minutes and seconds

- Find a speed you can maintain for the whole distance
- Avoid heel strike this reduces your speed
- When stepping on an immovable obstacle, actively push forward (not upwards)











# THE GRAND NATIONAL

AIMS

To run a 1,500m steeplechase race

## SUMMARY

- Each participant runs around a 150m course from the start point
- Use a water pit (if possible) but without barrier/obstacle
- Place different obstacles on the course and clear using the hurdle or step on technique
- The runners shall complete the race (10 laps) in the shortest possible time
- The participants receive a token each time they pass the start point

## EQUIPMENT

- Whistle or horn
- Start/finish line and course markers, e.g. cones, poles
- 2 immovable obstacles (height approximately 40-50cm; width approximately 2-3m), e.g. boxes, wooden benches, hay bales
- 2 hurdles
- Water pit (if available) or sand pit (see variation)
- Stopwatch
- 9 tokens per runner, e.g. ball, cork, piece of paper, stick

- Starter (acts as timekeeper, too)
- Secretary (to record individual times/results)
- 3-5 assistants (to award tokens)

## THE GRAND NATIONAL

## **ORGANISATION AND RULES**

• Set up a course (150m) with one start point, place the different obstacles with regular distances between each; make sure the surface is safe, e.g. non-slip, no pot holes

LEVEL 3

- 'On your marks' all participants adopt a standing start position.
   'Go' start running around the course
- For a false start, whistle to recall the runners and repeat the start. There is no disqualification but remind runners to wait for 'go'
- The participants need to clear all obstacles (with hurdles or step on technique)
- As each participant passes the start point (a lap), issue a token. Altogether 9 tokens (9 laps) need to be handed over to each runner. For the tenth (and last) lap no token will be awarded but the time will be noted when crossing the finish line (same as start point)
- · Each participant needs to present 9 tokens to the assistants
- There are no penalties if a course marker/obstacle is knocked down or moved but staff must replace it as soon as possible
- If runners cut corners or shorten laps, no token will be awarded for this lap. Place assistants at different spots for observation and control.
- In competition, each participant competes only once

## VARIATIONS

- Use sand pit instead of water pit
- Distance can be increased (up to a maximum of 2,000m)
- Use a timed run (e.g. 6 minutes) with measurement of the achieved distance



## SCORING

 Record individual times in minutes and seconds

## TIPS

- Find a speed you can maintain for the whole distance
- Avoid heel strike this reduces your speed
- When stepping on an immovable obstacle, actively push forward (not upwards)



# **STEP IT UP**

## AIMS

- To run a distance (through zones) as fast as possible
- To experience increasing stride length and maintaining the highest possible stride frequency

## SUMMARY

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- Participants take the three point start position at the start line and, on the signal ('on your marks', 'go'), they react quickly and run towards the finish line as fast as possible
- They have to complete one contact per zone with a foot; distance between the zones becomes bigger with each stride (up to 1.7m maximum)
- Take the time from 'go' until crossing the finish line; if missing a zone or making a double contact in the same zone, a 1 second penalty is added
- Each participant has only one attempt and records this time

EQUIPMENT

- Whistle or horn
- · Start/finish line markers, e.g. cones, poles
- Zone markers, e.g. tape, lime lines
- Waiting zone marker, e.g. cone
- Stopwatch

- Starter (acts as timekeeper, too)
- Secretary (to record individual points)
- Assistant (to monitor contact in zones)



#### **STEP IT UP**

## **ORGANISATION AND RULES**

- Set up a start line, followed by 14 zones and a finish line
- Distances between zones become bigger with each stride. Zone 1: 0.4m
   Zone 2: 0.5m
   Zone 3: 0.6m and so on up to
   Zone 14: 1.7m (end of this zone = finish line)
- Surfaces may vary but must be safe, e.g. non-slip, no pot holes
- 'On your marks' participant goes to the start line and takes the three point start position. 'Go' – participant runs towards the finish line, completing one contact per zone with foot
- For a false start, whistle to recall the runners and repeat the start. There is no disqualification but remind runners to wait for 'go'
- If a zone is missed or a double contact is made in the same zone, a 1 second penalty is added
- · Start timing each participant from 'go' until they cross the finish line
- In competition, each participant competes only once

### VARIATIONS

- Starting positions:
  - Standing (for beginner)
  - Block start (advanced)
- Double contact in each zone (to further increase frequency)



### SCORING

Record individual times to 1/100 second



- Focus on the frequency of your strides be as quick as possible
- Gradually become more upright when accelerating
- Focus on active arm action (fast arms)

#### SPRINT, RUN, RELAY

#### LEVEL 3



# 60m SPRINT

### AIMS

- To run 60m as fast as possible
- To practise the block start or three point start

## SUMMARY

- · Participants start behind the line
- They use the same starting position (three point start or block start)
- On the signal ('on your marks', 'set', 'go'), they react quickly and run to the finish line as fast as possible
- Each participant has only one attempt and records this time

EQUIPMENT

- Whistle or horn
- Start line markers, e.g. cones, poles
- Starting block
- Finish line markers, e.g. cones, poles
- Waiting zone marker, e.g. cone
- Stopwatch (one for each lane)

#### JOBS

- Starter
- 1 timekeeper per lane
- Secretary (to record individual times)

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#### 60m SPRINT

### **ORGANISATION AND RULES**

- Each participant is allocated one 'lane' of a straight track. Multiple runners can sprint at a time (each in a separate lane)
- · Surfaces may vary but must be safe, e.g. non-slip, no pot holes
- 'On your marks' participant goes to the start line or take the block start position.
   'Set' participant takes the three point start position or gets in set position (block start)
   'Go' participant runs towards the finish line
- For a false start, whistle to recall the runner and repeat the start. All additional false starts will result in a 1 second penalty for the responsible athlete
- · Start timing each participant from 'go' until they cross the finish line
- · In competition, each participant competes only once

## VARIATIONS

- · Starting positions:
  - · Three point start
  - Block start
- Paired sprinting (holding hands; starting from standing position)

#### SCORING

Record individual times to 1/100 second

- Acceleration phase: gradually become more upright and focus your eyes forwards towards the finish line
- Maximal sprint phase: run in an upright posture (don't sit) and look forward
- Focus on active arm action (fast arms)



## **BIATHLON TEAM RELAY**

## AIMS



- To run a cross country relay on different terrain and surfaces as fast as possible
- To practise the combination of running (endurance) and a precision throw

## SUMMARY

- The first person runs around a 300m course, completes the throwing station and returns to the team
- The throwing station has a foul line and one target (e.g. cone on table, box on the ground, hanging hoop, etc.) approximately 5m apart. Each participant has three attempts with an object to hit the target
- Hitting the target allows the runner to run directly to the handover zone. Unsuccessful attempts result in a penalty lap (approximately 20-30m) before running to the handover zone
- In the handover zone, the team members clap hands (high five) and the second person follows the same course. Keep going until each team member has completed the course

## EQUIPMENT

- Whistle or horn
- Start/finish line (handover zone), e.g. cones, lime lines
- Course markers, e.g. cones, poles
- Stopwatch
- 3 throwing objects per team, e.g. vortex, tennis ball
- 1 throwing station per team, e.g. box, table and cone

- Starter (acts as timekeeper, too)
- Secretary (to record team times/results)
- 1 assistant per team (to return objects, replace equipment, etc.)



#### **BIATHLON TEAM RELAY**

### **ORGANISATION AND RULES**

- Set up a 300m course (preferably different terrain and surfaces) with one start/finish line (also the handover zone); a throwing station (foul line and target approximately 5m apart from each other) with three objects each and a penalty lap (length approximately 20-30m) right after the throwing station; make sure the surface is safe, e.g. non-slip, no pot holes
- Create teams of 8 participants: 4 girls and 4 boys. Agree the team order
- 'On your marks' the first team member adopts a standing start position
   'Go' they run. Start timing from 'go' until the final runner crosses the finish line.
- For a false start, whistle to recall the runners and repeat the start. There is no disqualification but remind them to wait for 'go'
- After three unsuccessful throwing attempts (to hit the target), participants have to enter the penalty lap and run the additional distance before running towards the handover zone
- If participants cut corners, shorten laps or do not complete a hand clap (high five) for handover, they have to enter the penalty lap, too. Note: Might be in addition to not hitting the target at the throwing station!
- Place assistants at different spots for observation and control
- There are no penalties if course markers are knocked down but staff must replace it as soon as possible
- · In competition, teams compete only once

## VARIATIONS

- Increase/reduce overall course length
- Increase turns per participant (maximum three consecutive laps per participant)
- Vary surfaces and terrain (but always consider safe conditions!)
- Increase/reduce the distance between foul line and target
- Use the 'hunt' method for the relay (see 'Competition Guide')



## SCORING

 Record the overall team time to minutes and seconds

- Find a speed you can maintain for the whole distance do not run too fast prior to the throwing station
- Avoid heel strike this reduces your speed
- Point with the index finger (opposite of throwing hand) towards the target

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# **MULTI-SKILL RELAY**

### AIMS

 To complete a multi-skill relay as fast as possible

### SUMMARY

- From the start line, the first person begins running the course completing all (six) activities and tasks included on the circuit and returns to the team
- In the handover zone, the team members clap hands (high five) and the second person follows the same course
- Keep going until each team member has completed the multi-skill course

#### EQUIPMENT

- · Whistle or horn
- Start/finish line (also the handover zone) markers, e.g. cones, poles
- Stopwatch
- 5 hurdles/obstacles
- Standing long jump markers, e.g. 2 ropes,

- · tapes, lime lines
- 5 throwing objects per team, e.g. vortex, tennis ball
- 12 circles for multi jumps, e.g. bicycle tyre, hoop
- 10 slalom poles
- 1 Medicine Ball (1kg) per team

- Starter (acts as timekeeper, too)
- Secretary (to record team times/results)
- 6-10 assistants (to monitor skill activities, return objects, replace equipment etc.)



### MULTI-SKILL RELAY

## **ORGANISATION AND RULES**

- Set up a course (overall length approximately 300-400m and safe surface) with different activities included (distance between activities = approximately 40m)
  - **Hurdles Run:** clear all five obstacles (distance between hurdles = 8m; height = 60-70cm). No penalty if obstacle is knocked down
  - **Standing Long Jump:** jump over the distance between two ropes (distance between ropes = 1.5m). Successful attempt, participant continues. Unsuccessful attempt, participant returns and repeats the jump. Successful/unsuccessful second attempt, participant continues
  - **Target Throw:** throw object into the target circle (distance 10m from throwing line; diameter of circle = 2m). After successful attempt (or a maximum of five attempts) participant continues
  - **Multi Jumps:** jump through the circles with defined foot rhythm (r-r-r-l-l-l-r-r-r-l-l-l) Successful rhythm, participant continues. Unsuccessful rhythm, participant returns and repeats the jumps. Successful/unsuccessful second attempt, participant continues
  - Slalom Run: run through the ten slalom poles (distances between poles = 1m). Successful attempt (poles not knocked down), participant continues. Unsuccessful attempt, participant returns and repeats the run. Successful/unsuccessful second attempt, participant continues
  - **Medicine Ball Run:** carry the medicine ball (1kg) towards a cone (distance = 10m), run around and return. Drop the ball and continue running
- Create teams of 8 participants: 4 girls and 4 boys. Agree the team order
- 'On your marks' the first team member adopts a standing start position
   'Go' they run. Start timing from 'go' until the final runner crosses the finish line
- For a false start, whistle to recall the runners and repeat the start; there is no disqualification but remind them to wait for 'go'
- Each time a handover is not accompanied by a hand clap (high five), 1 second penalty is added to the team score
- In competition, teams compete only once

### VARIATIONS

- Increase or reduce the distance between the skill activities
- Modify the activities (always considering the variety of skills)



## SCORING

- Record the overall team time in minutes and seconds

- Focus on pacing yourself several activities have to be completed
- Focus on skill task avoid additional attempts resulting in loss of time



# **KEEP THE PACE**

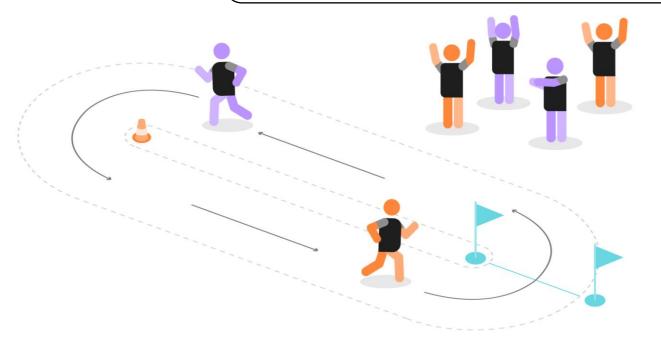
## AIMS

To maintain the same pace for an 800m distance

## SUMMARY

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- From the start line, each participant runs around a course (100m). The runner completes a total of eight laps, each as regular as possible
- After completing the first lap, the time is recorded in seconds and serves as benchmark/reference for all other laps. (Objective: run all laps in the same time)
- The timekeeper records the times for each lap and compares each one with the first timed lap



## EQUIPMENT

- Whistle or horn
- Start/finish line marker, e.g. lines in dirt, lime line
- Course marker, e.g. cone, pole
- 1 Stopwatch per participant

- 1 starter per participant (acts as timekeeper, too)
- Assistant (to replace equipment and monitor participants)
- Secretary (to record individual time)



## **KEEP THE PACE**

## **ORGANISATION AND RULES**

- Set up a course (100m) with a start/finish line; make sure the surface is safe, e.g. non-slip, no pot holes
- 'On your marks' participant adopts a standing start position 'Go' – start running around the course. Start timing from 'go'
- For a false start, whistle to recall the runners and repeat the start. There is no disqualification but remind runners to wait for 'go'
- Timekeeper (who is also the starter of each runner) records the time of each lap in full seconds (not 1/10 or 1/100). After completing the total of eight laps, the timekeeper compares lap 1 which serves as reference, (blue square in table) with the other laps (2-8). Deviations will be recorded and added

Lap	1	2	3	4	5	6	7	8	
Time/s	15	16	13	15	14	15	14	16	
Deviation/s		1	2	0	1	0	1	1	
TOTAL	6 seconds (= 9 points)								

- There are no penalties if course markers or obstacles are knocked down/over but staff must replace it as soon as possible
- If runners shorten laps, a 3 second penalty is added
- In competition, each participant competes only once

## VARIATIONS

- Increase (maximum 1,500m) or reduce (minimum 400m) the overall distance
- Vary the distances per lap
- Time objectives instruct participants how many seconds they should match for each lap
- Race walking instead of running
- Work in pairs one completes the run and the other times and scores. Then switch. (Not used in competition)



## SCORING

- Compare lap 1 with lap 2, then lap 1 with lap 3 and so on.
   Deviation of times will be added (in seconds)
- Overall deviation:
  - $\leq$  3 seconds = 10 points
  - 4-6 seconds = 9 points
  - 7-9 seconds = 8 points, and so on until
  - > 27 seconds = 1 point

- Find a speed you can maintain for the whole distance
- Do not run the first lap too fast as this time is the reference for the other laps
- Concentrate on a relaxed running style; relaxed arms and even rhythm



# FORMULA BENDS – LEVEL UP

#### AIMS

- To run a combined sprint and hurdles relay with curved corners
- To introduce a safe handover in the second part of the baton exchange zone (use the first part for acceleration)

### SUMMARY

• All team members complete a sprint over hurdles with curved corners as a team relay

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- The first team member runs from the start line (standing start position) over the first hurdle to the course marker (cone), turns and runs towards the other course marker (opposite side) over the four hurdles, turns around it and returns by clearing another hurdle to the baton exchange zone
- The next person waits at the beginning of the baton exchange zone, accelerates (4m) and receives the baton in the remaining part of the exchange zone (3m)
- Continue until all team members have completed the full course and time the team's attempt

EQUIPMENT

- Whistle or horn
- 2 return point markers, e.g. cones, poles
- 6 baton exchange zone markers, e.g. 2 cones (start of acceleration zone), 2 cones (end of acceleration zone = start of handover zone),
   2 flag poles (end of handover zone)
- 6 hurdles (height: 60-70cm), e.g. boxes, crates, hay bales
- Baton, e.g. ring, stick, water bottle
- Stopwatch

- Starter
- Timekeeper
- Secretary (to record team times/results)

## FORMULA BENDS – LEVEL UP

## ORGANISATION AND RULES

• Set up a course (60m) with hurdles at regular distances between each other; place the course markers (cones) at either end of the lane; place the baton exchange zone with markers at the mid-point of one lane

LEVEL 3

- Surfaces may vary but must be safe, e.g. non-slip, no pot holes
- Create teams of 8 participants: 4 girls and 4 boys. Agree the team order
- Distances between hurdles = 7m; distance between hurdle and course marker = 4.5m; hurdles' height = 60-70cm; acceleration zone = 4m; handover zone = 3m
- 'On your marks' the first team member adopts a standing start position. 'Go' – they run. Start timing from 'go' until the final runner crosses the finish line.
- For a false start, whistle to recall the runners and repeat the start; there is no disqualification but remind them to wait for 'go'
- There are no penalties for dropping the baton but the runner who dropped it must pick it up immediately
- If handover of baton takes places outside the handover zone (3m), 1 second is added to the team time
- Throwing the baton is not allowed; if they do, 3 seconds are added to the team time
- There are no penalties if a hurdle or pole/marker is knocked over but staff must replace it as soon as possible
- In competition, teams compete only once

## VARIATIONS

- Reduce the distance of overall course (e.g. 40m) but each participant has multiple turns (e.g. 2, 3 or maximum 4)
- Vary the distance between the hurdles change of rhythm patterns
- Reduce the quantity of hurdles to focus more on a flat sprint



## SCORING

Record the overall team time to 1/100 second

- Encourage to attack the hurdles (run over the hurdle, don't jump)
- · Practise ability to clear the hurdles with both legs
- Use acceleration zone (4m) to increase your speed - be as fast as possible during baton exchange in handover zone (3m)













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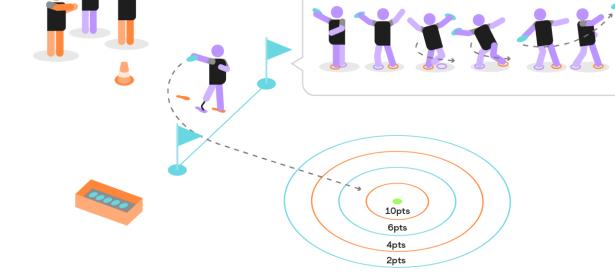
# DISCUS 'BULLSEYE' THROW WITH TURN

#### AIMS

- To practise a discus throw with one turn for precision and distance
- To practise a discus throw with dominant and non-dominant arm

### SUMMARY

- Participants take turns to perform a discus throw (with a rotational turn) towards the bullseye
- Thrower aims for the middle zone (bullseye)
- · Participant has three consecutive throws in each round
- Round 1: The thrower stands on both feet, completes one turn (foot order: left-right-left) towards the foul line and then throws with their right hand
- Round 2: Reverse to throw with left hand, i.e. foot order is right-left-right and throw with left hand



## EQUIPMENT

- · Foul line markers, e.g. cones, lines in dirt, poles
- Landing circle markers, e.g. ropes, lime lines, lines in dirt
- Waiting zone marker, e.g. cone
- 6 discuses (kids' discuses)

- Secretary (to record individual results)
- Measurer
- Assistant (to return the discus)

# DISCUS 'BULLSEYE' THROW WITH TURN

# **ORGANISATION AND RULES**

 Set up a foul line and a point of reference (green dot in illustration) which is in the centre of the target and is 16m beyond the foul line in the landing area:

LEVEL 3

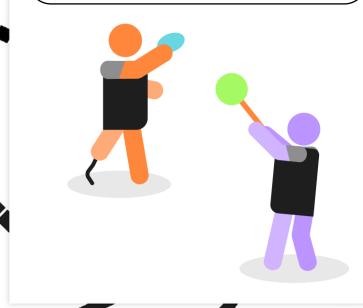
- Circle 1 (diameter = 10m) around the point of reference
- Circle 2 (diameter = 6m) around the point of reference
- Circle 3 (diameter = 4m) around the point of reference
- Bullseye: Circle (diameter = 2m) around the point of reference
- Each thrower delivers three right-handed (round 1) and three left-handed (round 2) throws
- The discus must land (or make its first ground contact) fully or partly in the scoring circle to score; if it lands in front or behind the entire scoring circle or slides into the scoring circle, it scores 0 points.
- Stepping on or beyond the foul line is a foul and is an invalid throw (equals 0 points)

#### • SAFETY!

A soccer goal (with net) could serve as a throwing cage. Teammates wait behind a marker, at least 5m behind the foul line Only staff are allowed in the throwing area Throwers must wait for the secretary to shout 'throw!' before throwing Objects must be carried back to the throwers, not thrown

# VARIATIONS

- Use an official discus (400g)
- Start from a standing position (side on) for beginners
- Use 1.5 turns (advanced)
- Use landing zones instead of circles for beginners



# SCORING

- Circle points:
  - Outside the circle = 0 points
  - Circle 1 = 2 points
  - Circle 2 = 4 points
  - Circle 3 = 6 points
  - Bullseye = 10 points
- Add thrower's points from the first and second round to create the overall score (individual results)

- Keep balanced and upright body posture with both arms at shoulder height during the turn(s)
- Keep throwing arm long do not bend it
- Release the discus off the tip of the index finger
- Look in the direction of the throw (towards landing circles) during delivery







# **540 SIDE SWING THROW FOR DISTANCE**

#### AIMS

 To practise a doublearm medicine ball (2kg) side-swing throw with one and a half turns

#### SUMMARY

 From a standing position (thrower's back facing towards the throwing area), participants complete one and a half turns (right-handed thrower: anti-clockwise; left-handed thrower: clockwise) towards the foul (throw) line and use two extended arms to swing the medicine ball (2kg) as far as possible into the throwing area

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- Round 1: Throwers make one and a half turns to the left (anticlockwise)
- Round 2: Throwers make one and a half turns to the right (clockwise)
- Each thrower has two consecutive attempts in each round

#### EQUIPMENT

- Tape measure (30m)
- Foul line markers, e.g. cones, lines in dirt, rope
- Waiting zone marker, e.g. cone
- 4 medicine balls (2kg)

- Secretary (to record individual results)
- Measurer
- Assistant (to return the balls)

# 540 SIDE SWING THROW FOR DISTANCE

# **ORGANISATION AND RULES**

- Set up a foul (throw) line and a tape measure at right angles to the foul line
- Surfaces may vary but must be safe, e.g. non-slip, no pot holes
- Each thrower has a total of two (consecutive) attempts per round (give a recovery break after each throw!). The best attempt (per round) is recorded for the individual score

LEVEL 3

- Stepping on or beyond the foul line is a foul and is an invalid throw
- Measure the throw from its first touchdown with a 90° angle to the tape measure
- SAFETY!

A soccer goal (with net) could serve as a throwing cage Teammates wait behind a marker, at least 5m behind the foul line Only staff are allowed in the throwing area Throwers must wait for the secretary to shout 'throw!' before throwing Objects must be carried back to the throwers, not thrown

# VARIATIONS



- 2.5 turns
- Use an official hammer (2kg) or other implements
- Work in pairs one completes the throw and the other measures and scores. Then switch. (Not used in competition)



# SCORING



THLETICS

NORLD

 Add thrower's best attempt from first and second round to create the overall score (individual results)

- Keep both arms extended at all times
- Maintain a balanced and upright body position and bent knees during the turn(s) – do not lean forward, backward or to the sides
- Extend legs with an active push off during release of throwing object



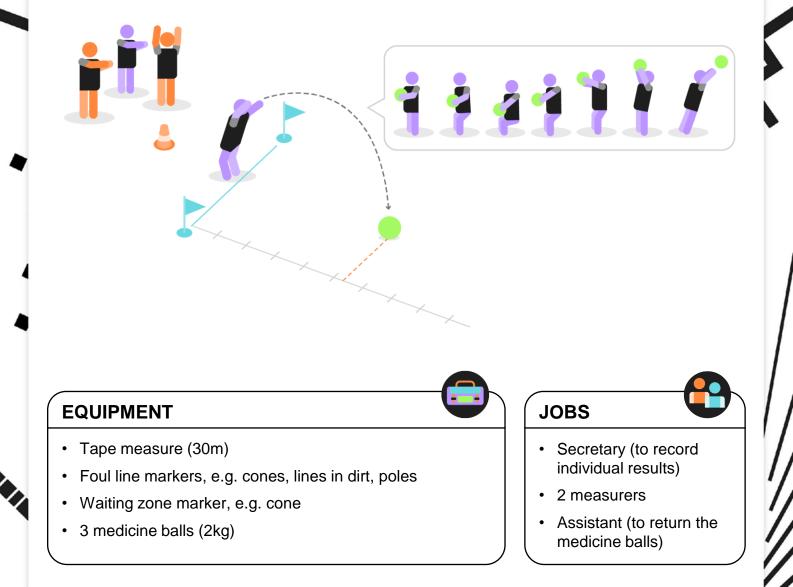
# **BACKWARD OVERHEAD THROW**

#### AIMS

 Overhead backward throw with a medicine ball (2kg) for distance

# SUMMARY

- Participants stand with legs parallel, heels close to the foul line and with their back to the direction of the throw. The medicine ball is held down at arms' length with both hands
- Participant squats down and quickly extend the legs, then the arms in order to heave the medicine ball (2kg) backward over the head as far as possible into the throwing area
- Each participant gets three attempts, the best counts for the score



# BACKWARD OVERHEAD THROW

# **ORGANISATION AND RULES**

- Set up a foul (throw) line and a tape measure at right angles to the foul line
- Surfaces may vary but must be safe, e.g. non-slip, no pot holes
- Each thrower has a total of three attempts (give a recovery break after each throw!). The best attempt (of these) is recorded for the individual score
- Throwers may only step on or beyond the foul line after delivering the throw. Touching the foul line prior to releasing the medicine ball is an invalid throw (equals 0m)
- Throwers must not use rotational throws. They are not disqualified but they must repeat the throw. Remind them to use a linear throw
- Measure the throw from its first touchdown with a 90° angle to the tape measure

#### • SAFETY!

Teammates wait behind a marker, at least 5m behind the foul line Only staff are allowed in the throwing area Throwers must wait for the secretary to shout 'throw!' before throwing Objects must be carried back to the throwers, not thrown

# VARIATIONS



- Limit the sector's width (e.g. 5-10m) to throw as straight as possible (increasing accuracy)
- Vary the medicine ball's weight (do not exceed 3kg)
- Work in pairs one completes the throw and the other measures and scores. Then switch. (Not used in competition)



## SCORING

• The best attempt (of the three) is recorded as the thrower's individual score (distance in cm)

- · Keep both arms extended at all times
- Keep your back straight and tense when bending your knees
- Extend legs with an active push off during release of throwing object
- Release the ball directly overhead



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# **BULLSEYE HEAVE**

### AIMS

- To practise pivots/swings for the hammer throw with a throw for precision and distance
- To practise pivots/swings clockwise and anti-clockwise

#### **SUMMARY**

- Participants take turns to perform three pivots/swings and a hammer throw towards the bullseye
- Thrower aims for the middle zone (bullseye)
- · Participant has three consecutive throws in each round
- Round 1: Throwers make the pivots/swings to the left (anti-clockwise)
- Round 2: Throwers make the pivots/swings to the right (clockwise)

#### EQUIPMENT

- Foul line markers, e.g. cones, lines in dirt, poles
- · Landing circle markers, e.g. ropes, lime lines, lines in dirt
- Waiting zone marker, e.g. cone
- 6 hammers (1kg)

- JOBS
  - Secretary (to record individual results)

10pts 6pts 4pts 2pts

- Measurer
- Assistant (to return the hammer)



# **BULLSEYE HEAVE**

#### **ORGANISATION AND RULES**

- Set up a foul line and a point of reference (green dot in illustration) which is in the centre of the target and is 16m beyond the foul line in the landing area:
  - Circle 1: Circle (diameter = 10m) around the point of reference
  - Circle 2: Circle (diameter = 6m) around the point of reference
  - Circle 3: Circle (diameter = 4m) around the point of reference
  - Bullseye: Circle (diameter = 2m) around the point of reference
- Each thrower delivers three anticlockwise pivots/swings (round 1) and three clockwise pivots/swings (round 2)
- The hammer must land (or make its first ground contact) fully or partly in the scoring circle to score; if it lands in front or behind the entire scoring circle or slides/bounces into the scoring circle, it scores 0 points
- Stepping on or beyond the foul line is a foul and is an invalid throw (equals 0 points)

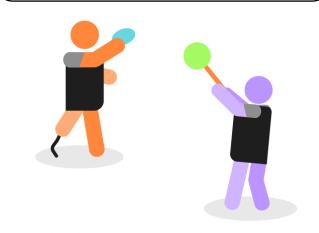
#### • SAFETY!

A soccer goal (with net) could serve as a throwing cage Teammates wait behind a marker, at least 5m behind the foul line Only staff are allowed in the throwing area Throwers must wait for the secretary to shout 'throw!' before throwing Objects must be carried back to the throwers, not thrown

## VARIATIONS



- Use other implements e.g. medicine ball (1kg) in net with rope, rope tied with water bottle (500ml filled with sand) etc.
- Make 1.5 turns after pivots/swings (advanced)
- Use landing zones instead of circles for beginners
- Use only one-handed pivots/swings (dominant and non-dominant arm)



#### SCORING

- Circle points:
  - Outside the circle = 0 points
  - Circle 1 = 2 points
  - Circle 2 = 4 points
  - Circle 3 = 6 points
  - Bullseye = 10 points
- Add thrower's points from the first and second round to create the overall score (individual results)

- Bend arms for first pivot/swing, then extend them for second/third pivot/swing
- Keep an upright body posture while completing the pivots/swings – do not lean forward, backward or to the sides
- Look in the direction of the throw (towards landing circles) during delivery



# 1-2-3 GLIDE

# AIMS

- To practise a single-arm medicine ball (2kg) push for distance with 1-2-3 glide
- To practise a single arm medicine ball push with dominant and nondominant arm

# SUMMARY

- From a standing position (back towards the throwing area), participants complete a 1-2-3 glide with their feet (right handed thrower: left-right-left; left handed thrower: right-left-right) towards the foul (throw) line and use one arm to push a medicine ball (2kg) as far as possible into the throwing area
  - Round 1: Throwers hold the ball in their right hand (ball supported with left hand)
- Round 2: Throwers hold the ball in their left hand (ball supported with the right hand)
- Each thrower has two consecutive attempts in each round



- Tape measure (20m)
- Foul line markers, e.g. cones, lines in dirt, rope
- Waiting zone marker, e.g. cone
- 4 medicine balls (2kg)

JOBS

- Secretary (to record individual results)
- Measurer
- Assistant (to return the balls)

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## 1-2-3 GLIDE

### **ORGANISATION AND RULES**

- Set up a foul (throw) line and a tape measure at right angles to the foul line
- Surfaces may vary but must be safe, e.g. non-slip, no pot holes
- Each thrower has a total of two (consecutive) attempts per round (give a recovery break after each throw!). The best attempt (per round) is recorded for the individual score
- · Only the pushing arm pushes the ball
- Stepping on or beyond the foul line is a foul and is an invalid push (equals 0m)
- Measure the throw from its first touchdown with a 90° angle to the tape measure

#### • SAFETY!

Teammates wait behind a marker, at least 5m behind the foul line Only staff are allowed in the throwing area Throwers must wait for the secretary to shout 'throw!' before throwing Objects must be carried back to the throwers, not thrown

# VARIATIONS



- Standing throw from throwing position for beginners
- Use official shot (3kg); no support of shot with non pushing hand (advanced)
- Work in pairs one completes the throw and the other measures and scores. Then switch. (Not used in competition)



# SCORING



 Add thrower's best attempt from first and second round to create the overall score (individual results)

- Do not grip the shot like a ball. Shot sits at the base of your fingers (but doesn't touch the palm of your hand)
- Keep your back to the landing zone during 1-2-3 glide – do not turn your body to throwing area
- Shot should stay in front of the elbow of the throwing arm
- Control recovery and balance to avoid stepping on or beyond foul line

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# THROW FURTHER

#### AIMS



 To practise a 5 step run up when throwing for distance with dominant and non-dominant arm

#### SUMMARY

- Participants start from side on position (throwing arm extended behind) and use a 5 step run up to throw an object as far as possible into the throwing area
  - Round 1: Throwers stand on their right foot (with left foot poised to step), then step left-right-left-right-left, and throw with their right hand
- Round 2: Reverse to throw with left hand, i.e. step right-left-right-left-right and throw with left hand
- · Each thrower has two consecutive attempts in each round



- Tape measure (50m)
- Foul line markers, e.g. cones, lines in dirt, poles
- Start line markers, e.g. cones, poles
- Waiting zone markers, e.g. cone
- 4 throwing objects (approximately 200g), e.g. soft ball, baseball

- Secretary (to record individual results)
- 2 measurers
- Assistant (to return the objects)



# THROW FURTHER

# **ORGANISATION AND RULES**

- Set up a foul (throw) line and a tape measure at right angles to the foul line
- Allow an area (between the waiting zone marker and foul lines) for the 5 step run up
- Surfaces may vary but must be safe, e.g. non-slip, no pot holes
- Each thrower has a total of two (consecutive) attempts per round (give a recovery break after each throw!). The best attempt (per round) is recorded for the individual score
- Stepping on or beyond the foul line is a foul and is an invalid throw (equals 0m)
- Throwers must not use rotational throws. They are not disqualified but they must repeat the throw. Remind them to use a linear throw
- Measure the throw from its first touchdown with a 90° angle to the tape measure

#### • SAFETY!

Teammates wait behind a marker, at least 5m behind the foul line Only staff are allowed in the throwing area Throwers must wait for the secretary to shout 'throw!' before throwing Objects must be carried back to the throwers, not thrown

#### VARIATIONS



- Vary the throwing objects, e.g. tennis ball, howler, ring, stick, javelin – but all throwers must use the same type in the competition
- Limit the sector's width (e.g. 5-10m) to throw as straight as possible (increasing accuracy)



## SCORING



 Add thrower's best attempt from first and second round to create the overall score (individual results)

- Keep your throwing arm extended at shoulder height and maintain an upright posture during run up
- Do not bounce (vertically) during run up – aim to increase horizontal velocity
- Encourage to keep the throwing arm as long as possible before the throw

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# **OVERARM THROW**

### AIMS

 Forward two-handed overarm throw with a medicine ball (1kg) for distance

# SUMMARY

- Participant stands with legs parallel (facing the throwing area) and holds the medicine ball (1kg) with both hands behind the head. Thrower takes one step forward (toward the foul line) and throws the medicine ball over the head as far as possible into the throwing area
- Round 1: Step forward (with right foot) to the throw line
- Round 2: Step forward (with left foot) to the throw line
- Each thrower has two consecutive attempts in each round

#### EQUIPMENT

- Tape measure (20m)
- · Foul line markers, e.g. cones, lines in dirt, poles
- Waiting zone marker, e.g. cone
- 4 medicine balls (1kg)

- Secretary (to record individual results)
- 2 measurers
- Assistant (to return the medicine balls)



## **OVERARM THROW**

### **ORGANISATION AND RULES**

- Set up a foul (throw) line and a tape measure at right angles to the foul line
- Allow an area (between the start and foul line) for the step forward
- Surfaces may vary but must be safe, e.g. non-slip, no pot holes
- Each thrower has a total of two (consecutive) attempts per round (give a recovery break after each throw!). The best attempt (per round) is recorded for the individual score
- Round 1: Step forward (with right foot) to the throw line
- Round 2: Step forward (with left foot) to the throw line
- Throwers may only step on or beyond the foul line after delivering the throw. Touching the foul line prior to releasing the medicine ball is an invalid throw (equals 0m)
- Measure the throw from its first touchdown with a 90° angle to the tape measure

#### • SAFETY!

Teammates wait behind a marker, at least 5m behind the foul line Only staff are allowed in the throwing area Throwers must wait for the secretary to shout 'throw!' before throwing Objects must be carried back to the throwers, not thrown

#### VARIATIONS

- Limit the sector's width (e.g. 3m) to throw as straight as possible (increasing accuracy)
- Vary the medicine ball's weight (do not exceed 2kg)
- Work in pairs one completes the throw and the other measures and scores. Then switch. (Not used in competition)



## SCORING

 Add thrower's best attempt from first and second round to create the overall score (individual results)

- Keep your trunk muscles (back and abdominals) tense the whole time
- Be tall when throwing push your chest forward-upward
- Use explosive power of your legs



# JAVELIN TARGET THROW

#### AIMS

- To practise a javelin throw (400g) for precision
- To practise a javelin throw with dominant and non-dominant arm

# SUMMARY

- Participants take turns to perform javelin throw from a side on standing position (throwing position) into three zones
- Throwers choose which zones to aim for; they can aim for the same or different zones for each attempt

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- · Participants has three consecutive throws in each round
- Round 1: Right-handed throw
- Round 2: Left-handed throw

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#### EQUIPMENT

- · Foul line markers, e.g. cones, lines in dirt, poles
- Landing zone markers for 3 zones, e.g. corner marking, lines
- Waiting zone marker, e.g. cone
- 6 javelins (400g)

#### JOBS

<sup>Zone</sup> 2

Secretary (to record individual results)

Zone 3

- Measurer
- Assistant (to return the javelin)



# JAVELIN TARGET THROW

#### **ORGANISATION AND RULES**

- Set up a foul line and three zones beyond the foul line:
  - Zone 1 (at 10m) = 1m x 1m
  - Zone 2 (at 15m) = 2m x 2m
  - Zone 3 (at 20m) = 3m x 3m
- · Each thrower throws their javelins into their chosen zones
- Each thrower delivers three right-handed (round 1) and three left-handed (round 2) throws
- The javelin must land (or make its first ground contact) fully or partly in the zone to score; if it lands outside a zone then slides into it, it scores 0 points
- If a thrower steps on or beyond the foul (throw) line when they throw, they score 0 points
- Throwers must not use a rotational throw. They are not disqualified but they must repeat the throw. Remind them to use a linear throw

#### • SAFETY!

Teammates wait behind a marker, at least 5m behind the foul line Only staff are allowed in the throwing area Throwers must wait for the secretary to shout 'throw!' before throwing Objects must be carried back to the throwers, not thrown

## VARIATIONS



- 3 or 5 step run up (instead of standing position)
- Use other implements, e.g. broom stick, bamboo stick, PVC tube, etc.
- Reduce or increase distances between landing zones and foul line
- Double score for non-dominant arm

#### SCORING

- Zone points:
  - Outside the zone = 0 points
  - Zone 1 = 2 points
  - Zone 2 = 4 points
  - Zone 3 = 6 points
- Add thrower's points from the first and second round to create the overall score (individual results)

- Focus on extended throwing arm at shoulder height (long arm) and maintain an upright posture in throwing position
- Focus on control of (official) javelin and accuracy of throw – not on power and/or distance



# JAVELIN THROW FOR DISTANCE

#### AIMS

- To throw an official javelin (400g) as far as possible
- To practise a 5-step run up when throwing for distance with dominant and non-dominant arm

### SUMMARY

- Participants start from side on position (throwing arm extended behind) and use a 5-step run up to throw a javelin (400g) as far as possible into the throwing area
  - Round 1: Throwers stand on their right foot (with left foot poised to step), then step left-right-left-right-left and throw with their right hand
- Round 2: Reverse to throw with left hand, i.e. step right-left-right-left-right and throw with left hand
- · Each thrower has two consecutive attempts in each round



- Tape measure (50m)
- Foul line markers, e.g. cones, lines in dirt, poles
- Start line markers, e.g. cones, poles
- Waiting zone marker, e.g. cone
- 4 javelins (400g)

- Secretary (to record individual results)
- 2 measurers
- Assistant (to return the javelins)

# JAVELIN THROW FOR DISTANCE

# **ORGANISATION AND RULES**

- Set up a foul (throw) line and a tape measure at right angles to the foul line
- Allow an area (between the start and foul lines) for the 5-step run up
- Surfaces may vary but must be safe, e.g. non-slip, no pot holes
- Each thrower has a total of two (consecutive) attempts per round (give a recovery break after each throw!). The best attempt (per round) is recorded for the individual score
- Stepping on or beyond the foul line is a foul and is an invalid throw (equals 0m)
- If the javelin lands on its tail (part behind the grip), it is an invalid throw
- Throwers must not use rotational throws. They are not disqualified but they must repeat the throw. Remind them to use a linear throw
- Measure the throw from its first touchdown with a 90° angle to the tape measure

#### • SAFETY!

Teammates wait behind a marker, at least 5m behind the foul line Only staff are allowed in the throwing area Throwers must wait for the secretary to shout 'throw!' before throwing Objects must be carried back to the throwers, not thrown

# VARIATIONS



- Use other implements, e.g. broom stick, bamboo stick, PVC tube, etc.
- Use shorter implements for non dominant hand
- Limit the sector's width (e.g. 5-10m) to throw as straight as possible (increasing accuracy)



# SCORING



 Add thrower's best attempt from first and second round to create the overall score (individual results)

- Keep your throwing arm extended at shoulder height and maintain an upright posture during run up
- Do not bounce (vertically) during run up – aim to increase horizontal velocity
- Encourage keeping the throwing arm as long as possible before the throw





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# FORWARD THROW

# AIMS

 Forward throwing with a medicine ball (2kg) for distance

### SUMMARY

- Participants stand with legs parallel, toes close to the foul line and facing towards the throwing area. The medicine ball is held down at arms' length with both hands
- Participant squats down and quickly extend the legs, then the arms in order to heave the medicine ball (2kg) forward as far as possible into the throwing area
- Each participant gets three attempts, the best counts for the score

EQUIPMENT

- Tape measure (30m)
- Foul line markers, e.g. cones, lines in dirt, poles
- Waiting zone markers, e.g. cone
- 3 medicine balls (2kg)

- Secretary (to record individual results)
- 2 measurers
- Assistant (to return the medicine balls)



# FORWARD THROW

## **ORGANISATION AND RULES**

- Set up a foul (throw) line and a tape measure at right angles to the foul line
- Surfaces may vary but must be safe, e.g. non-slip, no pot holes
- Each thrower has a total of three attempts (give a recovery break after each throw!). The best attempt (of these) is recorded for the individual score
- Throwers may only step on or beyond the foul line after delivering the throw. Touching the foul line prior to releasing the medicine ball is an invalid throw (equals 0m)
- Measure the throw from its first touchdown with a 90° angle to the tape measure
- SAFETY!

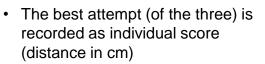
Teammates wait behind a marker, at least 5m behind the foul line Only staff are allowed in the throwing area Throwers must wait for the secretary to shout 'throw!' before throwing Objects must be carried back to the throwers, not thrown

# VARIATIONS



- Limit the sector's width (e.g. 5-10m) to throw as straight as possible (increasing accuracy)
- Vary the medicine ball's weight (do not exceed 3kg)
- Work in pairs one completes the throw and the other measures and scores. Then switch. (Not used in competition)

#### SCORING



- Keep both arms extended at release
- Keep your back straight and tense when bending your knees
- Extend legs with an active push off during release of throwing object



# **INVISIBLE WALL**

# AIMS

- To practise a single-arm medicine ball (2kg) push over a barrier from a standing position
- To practise a single arm push with dominant and non-dominant arm

#### SUMMARY

- From a standing position (back/side on stance towards the throwing area), participants complete a single arm push with a medicine ball (2kg) over a barrier
- Each thrower has three consecutive attempts per round and selects the distance they throw from
- Round 1: Throwers hold the ball in their right hand (ball supported with left hand)
- Round 2: Throwers hold the ball in their left hand (ball supported with the right hand)

EQUIPMENT

- · Foul line markers, e.g. cones, lines in dirt, rope
- Waiting zone marker, e.g. cone
- Barrier ideally flexible, e.g. elastic rope, thin PVC tube
- 6 medicine balls (2kg)

JOBS

- Secretary (to record individual results)
- Measurer
- Assistant (to return the balls)

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## **INVISIBLE WALL**

### **ORGANISATION AND RULES**

- Set up foul (throw) lines and a barrier (height: 2m) at 2m from the first foul line. The second foul line is at 3m (from the barrier), the next at 4m.... and so on in increments of 1m
- · Surfaces may vary but must be safe, e.g. non-slip, no pot holes
- The thrower selects the preferred distance(s) and can use the same or different distances each time they deliver three consecutive right-handed pushes (round 1) and three consecutive left-handed pushes (round 2)
- Only the pushing arm pushes the ball
- Stepping on or beyond the foul line is a foul and is an invalid push (equals 0 points)
- If the medicine ball does not pass the barrier, it is an invalid push (equals 0 points)

#### • SAFETY!

Teammates wait behind a marker, at least 5m behind the foul line Only staff are allowed in the throwing area Throwers must wait for the secretary to shout 'throw!' before throwing Objects must be carried back to the throwers, not thrown

## VARIATIONS



- 1-2-3 glide prior to push
- Use official shot (3kg)
- No support of shot with non pushing hand (advanced)

#### SCORING

- Invalid push: 0 points
   Foul line 1 (2m): 1 point;
   Foul line 2 (3m): 2 points and so on
   (award 1 extra point for each new
   line/additional 1m)
- Add thrower's three right and three left handed pushes to create the overall score (individual results)

- Do not grip the shot like a ball. Shot sits at the base of your fingers (but doesn't touch the palm of your hand)
- Use the explosive power of your legs
- Control recovery and balance to avoid stepping on or beyond foul line





# JAVELIN 'BULLSEYE' THROW

#### AIMS

- To practise a javelin throw (400g) with run up for precision and distance
- To practise a javelin throw with dominant and non-dominant arm

#### SUMMARY

- Participants start from side on position (throwing arm extended behind) and use a 5 step run up to throw a javelin (400g) towards the bullseye
- Thrower aims for the middle zone (bullseye)
- · Participant has three consecutive throws in each round
  - Round 1: Throwers stand on their right foot (with left foot poised to step), then step left-right-left-right-left and throw with their right hand
- Round 2: Reverse to throw with left hand, i.e. step right-left-right-left-right and throw with left hand

#### EQUIPMENT

- · Foul line markers, e.g. cones, lines in dirt, poles
- Landing circle markers, e.g. ropes, lime lines, lines in dirt
- Waiting zone marker, e.g. cone
- 6 javelins (400g)

#### JOBS

- Secretary (to record individual results)
- Measurer

10pts 6pts 4pts 2pts

Assistant (to return the javelin)



#### JAVELIN 'BULLSEYE' THROW

#### **ORGANISATION AND RULES**

- Set up a foul line and a point of reference (green dot in illustration) which is in the centre of the target and is 16m beyond the foul line in the landing area:
  - Circle 1: Circle (diameter = 10m) around the point of reference
  - Circle 2: Circle (diameter = 6m) around the point of reference
  - Circle 3: Circle (diameter = 4m) around the point of reference
  - Bullseye: Circle (diameter = 2m) around the point of reference
- Each thrower delivers three right-handed (round 1) and three left-handed throws (round 2)
- The javelin must land (or make its first ground contact) fully or partly in the scoring circle to score; if it lands in front or behind the entire scoring circle or slides into the scoring circle, it scores 0 points.
- Stepping on or beyond the foul line is a foul and is an invalid throw (equals 0 points)
- Throwers must not use rotational throws. They are not disqualified but they must repeat the throw. Remind them to use a linear throw

#### • SAFETY!

Teammates wait behind a marker, at least 5m behind the foul line Only staff are allowed in the throwing area Throwers must wait for the secretary to shout 'throw!' before throwing Objects must be carried back to the throwers, not thrown

## VARIATIONS



- Use other implements, e.g. broom stick, bamboo stick, PVC tube, etc.
- Throw from a side on standing position or 3 step run up for beginners
- Use landing zones instead of circles for beginners

#### SCORING

- · Circle points:
  - Outside the circle = 0 points
  - Circle 1 = 2 points
  - Circle 2 = 4 points
  - Circle 3 = 6 points
  - Bullseye = 10 points
- Add thrower's points from the first and second round to create the overall score (individual results)

- Keep your throwing arm extended at shoulder height and maintain an upright posture during run up
- Do not bounce (vertically) during run up – aim to increase horizontal velocity
- Encourage keeping the throwing arm as long as possible before the throw





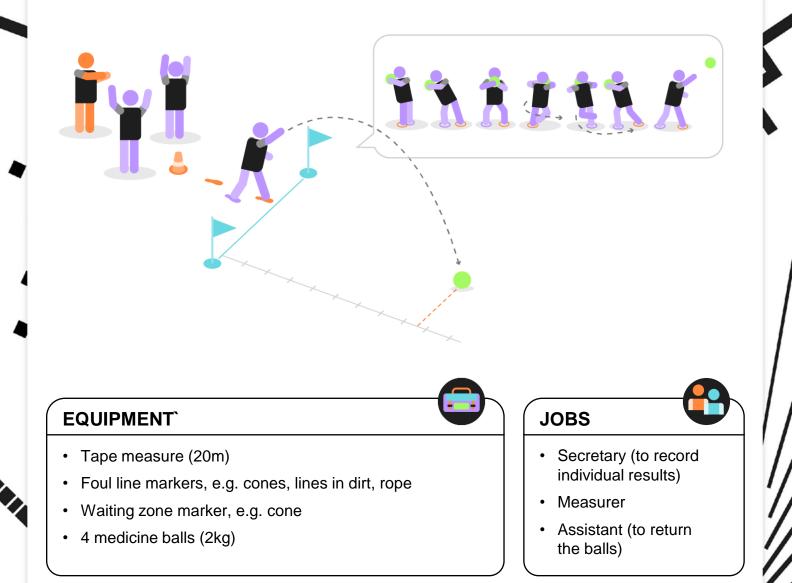
# **ROTATIONAL SINGLE ARM PUSH**

#### AIMS

- To practise a rotational single-arm medicine ball (2kg) push for distance
- To practise a rotational single arm medicine ball push with dominant and non-dominant arm

#### SUMMARY

- From a standing position (shoulder of non-pushing arm towards the throwing area), participants complete a turn (foot order for right handed thrower: left-right-left; foot order for left handed-thrower: right-left-right) towards the foul (throw) line and use one arm to push a medicine ball (2kg) as far as possible into the throwing area
- Round 1: Throwers hold the ball in their right hand (ball supported with left hand)
  - Round 2: Throwers hold the ball in their left hand (ball supported with the right hand)
- Each thrower has two consecutive attempts in each round



#### **ROTATIONAL THROW**

# **ROTATIONAL SINGLE ARM PUSH**

# **ORGANISATION AND RULES**

- Set up a foul (throw) line and a tape measure at right angles to the foul line
- Surfaces may vary but must be safe, e.g. non-slip, no pot holes
- Each thrower has a total of two (consecutive) attempts per round (give a recovery break after each throw!). The best attempt (per round) is recorded for the individual score.
- Only the pushing arm pushes the ball
- Stepping on or beyond the foul line is a foul and is an invalid push (equals 0m)
- Measure the throw from its first touchdown with a 90° angle to the tape measure

#### • SAFETY!

A soccer goal (with net) could serve as a throwing cage Teammates wait behind a marker, at least 5m behind the foul line Only staff are allowed in the throwing area Throwers must wait for the secretary to shout 'throw!' before throwing Objects must be carried back to the throwers, not thrown

# VARIATIONS



#### 1.5 turns

- Use official shot (3kg); no support of shot with non pushing hand
- Work in pairs one completes the throw and the other measures and scores. Then switch. (Not used in competition)



# SCORING

 Add thrower's best attempt from first and second round to create the overall score (individual results)

- Do not grip the shot like a ball. Shot sits at the base of your fingers (but doesn't touch the palm of your hand)
- Keep your body balanced during the rotation
- Use the explosive power of your legs
- Control recovery and balance to avoid stepping on or beyond foul line





# **SLING IT**

#### AIMS

- To practise a discus throw (400g) with one turn for distance
- To practise a discus throw with dominant and non-dominant arm

#### SUMMARY

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- Participants take turns to perform a discus throw (with a rotational turn) as far as possible into the throwing area
- Round 1: The thrower stands on both feet, completes one turn (foot order: left-right-left) towards the foul line and then throws with their right hand
- Round 2: Reverse to throw with left hand, i.e. foot order is right-left-right and throw with left hand
- Each thrower has two consecutive attempts in each round

#### EQUIPMENT

- Tape measure (50m)
- Start line markers, e.g. cones, lines in dirt, poles
- · Foul line markers, e.g. cones, lines in dirt, poles
- Waiting zone marker, e.g. cone
- 4 discuses (400g)

- Secretary (to record individual results)
- 2 measurers
- Assistant (to return the discuses)



## **SLING IT**

#### **ORGANISATION AND RULES**

- Set up a foul (throw) line and a tape measure at right angles to the foul line
- Allow an area (between the start and foul lines) for the turn(s)
- Surfaces may vary but must be safe, e.g. non-slip, no pot holes
- Each thrower has a total of two (consecutive) attempts per round. Give a recovery break after each throw! The best attempt (per round) is recorded for the individual score
- Stepping on or beyond the foul line is a foul and is an invalid throw (equals 0m)
- Measure the throw from its first touchdown with a 90° angle to the tape measure
- SAFETY!

A soccer goal (with net) could serve as a throwing cage. Teammates wait behind a marker, at least 5m behind the foul line Only staff are allowed in the throwing area Throwers must wait for the secretary to shout 'throw!' before throwing Objects must be carried back to the throwers, not thrown

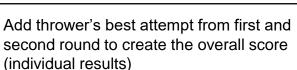
# VARIATIONS



- Throwing positions:
  - Standing (side on) for beginners
  - 1.5 turns (advanced)
- Use landing zones for scoring (instead of measurement in cm)
- Limit the sector's width (e.g. 5-10m) to throw as straight as possible (increasing accuracy)



# SCORING



or

 Landing zone 1 (0-8m): 1 point; Landing zone 2 (8-10m): 2 points Landing zone 3 (10-12m): 3 points.... and so on (award 1 extra point for each new zone/additional 2m)

- Keep balanced and upright body posture during the turn(s) – keep body weight over pivot foot
- Keep throwing arm long do not bend it
- Release the discus off the tip of the index finger
- Look in the direction of the throw (towards landing area) during delivery



# FLOP!

### AIMS

- To jump over an increasingly high barrier from a standing position (take-off from both feet)
- To practise the flop technique

#### SUMMARY

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- From a standing position (back facing the landing area and approximately one arm length from the barrier), the participant flexes both knees, then quickly extends both knees (supported with active arm action) to jump over the barrier and land on their back (using the flop technique)
- The barrier is raised by 10cm for each round until no more participants can clear it
- Take-off has to be completed from both feet

#### EQUIPMENT

- · Barrier, e.g. elastic rope, high jump bar
- · Waiting zone markers, e.g. cone
- Soft landing areas, e.g. mat, hay bales

- Secretary (to record individual results)
- 2 assistants (to manage the barrier)



#### FLOP!

#### **ORGANISATION AND RULES**

- Set up a soft landing area (mat) and set the barrier at 60cm as a starting height
- Jumping surfaces may vary but must be safe, e.g. non-slip, no pot holes
- Jumpers select their own take-off distance from the barrier. (Recommendation: one arm length between jumper and barrier)
- Jumpers have one attempt at a height. They only proceed to the next round if they clear the barrier. The barrier is raised by 10cm each round until no-one can clear it
- Jumpers have to take-off with both feet simultaneously
- SAFETY!

The barrier must be able to fall with minimal body contact so must not be fixed or tied Landing area must be soft and even, e.g. mat Avoid landing on neck or head – put your chin towards the chest

# VARIATIONS

- Instead of excluding participants after an unsuccessful high jump, give each jumper three attempts, and let them select the height:
  - Heights: 60cm, 80cm, 100cm
  - They can use the same or different heights each time
  - Knocking down the barrier is an invalid jump (0cm)
  - Scores from all 3 high jumps will be added
- Instead of jumping for height, jump for distance (horizontal) on mat into zones
  - Zone 1 (0-0.5m): 1 point; Zone 2 (0.5-1m): 2 points.... and so on (award 1 extra point for each new zone/additional 0.5m)
- Work in pairs one completes the jump and the other measures and scores.
   Then switch. (Not used in competition)

# SCORING

- Individual score at best height

or

• Add jumper's scores from all three jumps (vertical or horizontal)



- Use the explosive power of your legs and fully extend the legs during take-off to produce as much vertical (or horizontal) push as possible
- Move your arms actively upwards to support the take-off
- Avoid the knife movement (kicking legs upwards) over the barrier – this movement pushes your bottom down and can knock down the barrier

#### JUMPS WITH A POLE

#### LEVEL 3



# POLE VAULT OVER BARRIER

#### AIMS

- To pole vault over an increasingly high barrier
- To practise the pole vault with take-off from right foot (left hand at top on pole) and left foot (right hand at top on pole)

#### SUMMARY

 Participants run towards a pole plant zone and, after planting the pole, take off and vault over an obstacle/ barrier to land on both feet

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- The barrier is raised by 10cm for each attempt until noone can clear it
- Round 1: Take off with right foot (left hand at top on pole)
- Round 2: Take off with left foot (right hand at top on pole)

#### EQUIPMENT

- Run-up markers, e.g. cones, poles
- Barrier ideally soft, e.g. elastic rope, thin PVC tube
- · Pole plant zone, e.g. bicycle tire, hoop
- Waiting zone markers, e.g. cones
- 3 poles, e.g. bamboo, broom handle (2.5m maximum)

- Secretary (to record individual results)
- 2 assistants (to manage the barrier and landing zone)



#### POLE VAULT OVER BARRIER

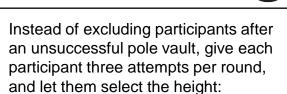
#### **ORGANISATION AND RULES**

- Set up the run-up zone (5m), a pole plant zone and set the barrier at 80cm as a starting height
- · Surfaces may vary but must be safe, e.g. non-slip, no pot holes
- Jumpers select their own run-up distance as long as it is no longer than 5m
- Vaulters have one attempt at a height. They only proceed to the next attempt if they clear the barrier. The barrier is raised by 10cm each round until no-one can clear it
- Round 1: Take off with right foot (left hand at top on pole)
- Round 2: Take off with left foot (right hand at top on pole)
- They hold the pole with two hands. At least one hand must maintain contact with the pole until landing. Dropping the pole is an invalid jump
- They must take off from one foot and preferably, for safety, land on two feet
- · Changing grip or climbing up the pole is not allowed
- · Rake the landing zone (if sand) after each round

#### • SAFETY!

The barrier must be able to fall with minimal body contact so must not be fixed or tied Landing area must be safe, soft and even, e.g. mat or sand

## VARIATIONS



- Heights: 80cm, 100cm, 120cm
- They can use the same or different heights each time
- Knocking down the barrier is an invalid jump (0cm)
- Scores from all 3 pole vaults will be added (both sides)
- Introduce body turn (180°) during clearance of obstacle (face the takeoff line while landing)

#### SCORING

 Add best height from first and second round to create the overall score (individual results)

or

 Add participant scores from three attempts of first and second round (variation)

- Be tall at pole plant and take-off
- Focus on active (forward) take-off
- Maintain a firm grip during the vault
- Keep the upper arm straight and extended



# POLE VAULT ONTO MAT

#### AIMS

- To practise pole vaulting over an obstacle (mat or barrier) for distance
- To practise the pole vault with take-off from right foot (left hand at top on pole) and left foot (right hand at top on pole)

#### **SUMMARY**

 Participants run towards a pole plant zone and, after planting the pole, take off and 'ride' the pole to vault forward as far as possible on to the mat

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- Pole vaulters take part in two rounds: Round 1: Take off with right foot (left hand at top on pole) Round 2: Take off with left foot (right hand at top on pole)
- Each jumper has two consecutive attempts in each round
- The closest zone is worth 1 point, the next zone is worth 2 points, and so on. The last zone is worth 10 points

EQUIPMENT

- Run-up markers, e.g. cones, poles
- High jump mat or barrier ideally soft, e.g. thin PVC tube
- Pole plant zone, e.g. thin mat, bicycle tire, hoop
- Waiting zone markers, e.g. cone
- 3 poles, e.g. bamboo, broom handle (2.5m maximum)
- 8 landing zone markers, e.g. ropes, tapes

- Secretary (to record individual results)
- 1-2 assistants (to monitor the pole plant, landing and manage the barrier)



#### POLE VAULT ONTO MAT

#### **ORGANISATION AND RULES**

- Set up the run-up zone (10m), place a mat (or barrier) with a height of 70cm, set up a pole plant zone and landing zones.
- Surfaces may vary but must be safe, e.g. non-slip, no pot holes
- Jumpers select their own run-up distance as long as it is no longer than 10m
- Each pole vaulter has a total of two (consecutive) attempts per round (give a recovery break after each jump). The best attempt (per round) is recorded for the individual score. Round 1: Take off with right foot (left hand at top on pole) Round 2: Take off with left foot (right hand at top on pole)
- They hold the pole with two hands. At least one hand must maintain contact with the pole until landing. Dropping the pole is an invalid jump.
- They must take off from one foot and preferably, for safety, land on two feet.
- · Changing grip or climbing up the pole is not allowed
- Knocking down the barrier (if using) with the body rather than the pole is an invalid jump
- The landing mark closest to the pole plant zone counts as the distance vaulted
- Rake the landing zone (if sand) after each round

#### • SAFETY!

The barrier (if using) must be able to fall with minimal body contact so must not be fixed or tied

Landing area must be soft and even - e.g. mat or sand

## VARIATIONS



- Alternative to jumping and landing on mat: place an obstacle/barrier (70cm) between the pole plant and landing zone (e.g. sand pit)
- Face the take-off line while landing (180° body turn required)
- Work in pairs one completes the jump and the other measures and scores. Then switch. (Not used in competition)



# SCORING

- Points: Invalid jump = 0 points Zone 1 = 1 point Zone 2 = 2 points...and so on
- Add pole vaulter's best attempt from first and second round to create the overall score (individual results)

- Be tall at pole plant and take-off
- Focus on active (forward) take-off
- Maintain a firm grip during the vault
- Keep the upper arm straight and extended



# LONG JUMP FOR DISTANCE

#### AIMS

- To practise long jumping for distance with a precise take off
- To practise long jumping for distance with take off from right and left foot

#### SUMMARY

 Participants run towards the take-off line and, taking off from one leg, jump as far as possible towards the landing zones, preferably landing on two feet

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- Round 1: Participant takes off with right foot
- · Round 2: Participant takes off with left foot
- Each jumper has two consecutive attempts in each round

EQUIPMENT

- Run-up zone markers; e.g. cones, poles
- Waiting zone marker, e.g. cone
- Take-off line, e.g. cones and tape, lime lines
- 17 landing zone markers, e.g. ropes, tapes
- Tape measure (10m)
- Rake (if landing zone is sand)

- Secretary (to record individual results)
- 2 assistants (to monitor take off and landing)



#### LONG JUMP FOR DISTANCE

#### **ORGANISATION AND RULES**

- Set up a run-up zone (10-15m), a take-off line and 16 landing zones. The first landing zone is 2m beyond the take-off zone, the next is 2.25m... and so on in increments of 0.25m
- If using a sand pit, there must be at least 0.5m between the take-off line and the sand pit
- · Surfaces may vary but must be safe, e.g. non-slip, no pot holes
- Jumpers select their own run-up distance as long as it is no longer than the maximum shown in the variations
- Each jumper has a total of two (consecutive) attempts per round (give a recovery break after each jump). The best attempt (per round) is recorded for the individual score. Round 1: Participant takes off with right foot Round 2: Participant takes off with left foot
- They must take off from one foot and preferably, for safety, land on two feet
- Touching the take-off line or stepping beyond the line is an invalid jump. Only a take-off with toe before the take-off line is a valid attempt.
- The landing mark closest to the take-off line counts as the distance jumped
- Rake the landing zone (if sand) after each jump

## VARIATIONS

• Run-up distance:

- 12-13 years: 10m
- 14 years: 15m
- Regular measurement in cm not points
- Work in pairs one completes the jump and the other measures and scores. Then switch. (Not used in competition)



- Add jumper's best attempt from first and second round to create the overall score (individual results)
- Invalid jump = 0 points or 0cm
- Zone 1 (0-2m): 1 point; Zone 2 (2.25m): 2 points... and so on (award 1 extra point for each new zone/additional 0.25m)
- Measurement (in cm) from toe (take-off zone) to landing mark closest to the take-off line

- Avoid stepping beyond the foul line
- Keep eyes up at take-off (neither look at your feet nor throw your head backward while taking off)
- Drive the free (non take-off) leg during take-off



# **5-STEP BOUND**

#### AIMS

- To practise a 5-step bound with powerful last jump from a short run-up
- To practise a 5-step bound with take off from right and left foot

#### SUMMARY

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- Participants run up and perform a 5 hop/step sequence in a set rhythm before jumping as far as possible towards the landing zone
- Jumpers take part in two rounds: Round 1 jumping rhythm: right-right-left-right-left-landing Round 2 jumping rhythm: left-left-right-left-right-landing
- · Each jumper has two consecutive attempts in each round

#### EQUIPMENT

- Run-up zone markers; e.g. cones, poles
- Waiting zone marker, e.g. cone
- Take-off line, e.g. 2 cones and tape, lime lines
- 16 landing zone markers, e.g. ropes, tapes or tape measure (10m)
- Rake (if landing zone is sand)

- Secretary (to record individual results)
- 2 assistants (to monitor take off and landing)



#### **5-STEP BOUND**

#### **ORGANISATION AND RULES**

- Set up a run-up zone (5-10m), a take-off line, a zone (7m) for the hop/step sequence and 16 landing zones. The first landing zone is 0.25m beyond the hop/step zone, the next is 0.5m... and so on in increments of 0.25m
- Surfaces may vary but must be safe, e.g. non-slip, no pot holes
- Jumpers select their own run-up distance as long as it is no longer than the maximum shown in the variations
- Each jumper has a total of two (consecutive) attempts per round (give a recovery break after each jump). The best attempt (per round) is recorded for the individual score. Round 1 jumping rhythm: right-right-left-right-left-landing Round 2 jumping rhythm: left-left-right-left-right-landing
- They must take off from one foot and preferably, for safety, land on two feet
- Touching the take-off line or stepping beyond the line is an invalid jump. Only a take-off with toe before the take-off line is a valid attempt.
- The landing mark closest to the take-off zone counts as the distance jumped
- Rake the landing zone (if sand) after each jump

#### VARIATIONS



- Run-up distance:
  - 12-13 years: 5m
  - 14 years: 10m
- Increase/reduce length of hop/step sequence zone
- Regular measurement in cm (not points)
- Work in pairs one completes the jump and the other measures and scores. Then switch. (Not used in competition)

#### SCORING



- Add jumper's best attempt from first and second round to create the overall score (individual results)
- Invalid jump = 0 points or 0cm
- Zone 1 (0.25m): 1 point; Zone 2 (0.5m): 2 points and so on (award 1 extra point for each new zone/additional 0.25m)
- Measurement (in cm) from take-off line to landing mark closest to the take-offline (variation)

- It's all about rhythm (equal distance per hop/step)
- Avoid stepping beyond the foul line
- Maintain as much (horizontal) velocity as possible during the jumps – avoid foot plant (during landing) in front of the body
- Stay upright when jumping

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# COYOTE TIME

#### AIMS

- To practise long jumping from a standing position for distance (take-off from both feet)
- To initiate (and practise) the active landing for long jump

#### SUMMARY

- From a standing position, the participant flexes both knees and then quickly extend both knees (supported with active arm action) to jump as far as possible into the jumping area
- Take-off has to be completed from both feet
- Each jumper has three attempts, the best counts for the score



- Waiting zone marker, e.g. cone
- Take-off zone markers, e.g. cones, tape, lime lines
- Tape measure (5m)
- Rake (if landing zone is sand)

- Secretary (to record individual results)
- Assistant (to monitor take-off and landing)

#### COYOTE TIME

#### **ORGANISATION AND RULES**

- Set up a foul (take-off) line and a tape measure at right angles to the foul line
- Surfaces may vary but must be safe, e.g. non-slip, no pot holes
- They must take off from both feet simultaneously and preferably land on two feet for safety, but this is not mandatory

LEVEL 3

- Touching the take-off line or stepping beyond the line is an invalid jump
- The landing mark closest to the take-off zone counts as the distance jumped
- Each jumper has a total of three attempts give a recovery break after each jump! The best attempt (of these) is recorded for the individual score
- Rake the landing zone (if sand) after each jump

#### VARIATIONS

- Active landing, preferably in sand pit or soft surface
- Jump the line try to jump over a target line (one attempt per distance); after successful jump move the line forward by 0.25cm; keep moving the line until jumper can't clear it
- Work in pairs one completes the jump and the other measures and scores. Then switch. (Not used in competition)

#### SCORING

 The best attempt (of the three) is recorded as individual score (distance in cm)

- Use the explosive power of your legs and fully extend the legs during take-off
- Move your arms actively forward to support the take-off
- Fall to the side while landing avoid falling back



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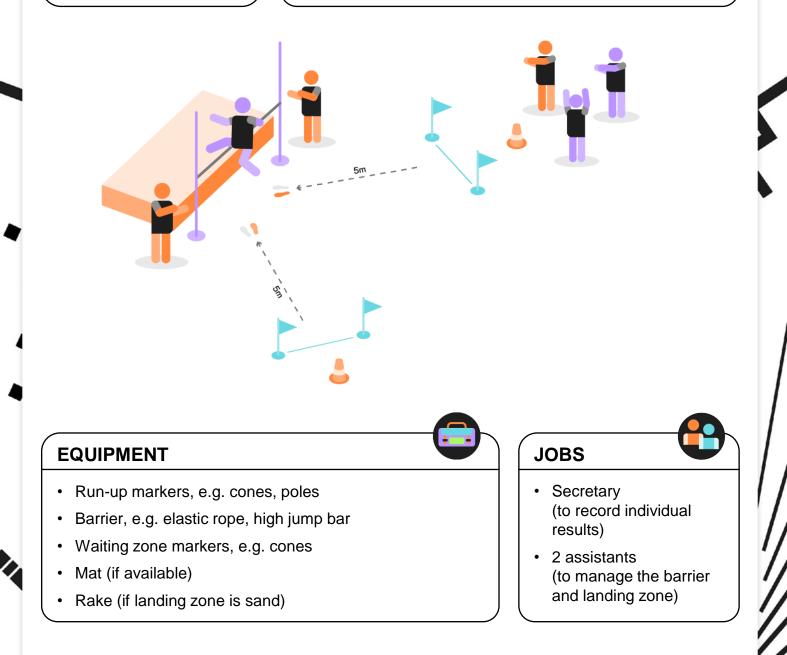
# **SCISSOR HIGH JUMP**

#### AIMS

- To jump over an increasingly high barrier
- To practise the scissor technique with take-off from right and left foot

#### SUMMARY

- Participants run up (5m) diagonally towards the mat, taking off from one foot, jump over the barrier and land on their feet (scissor technique)
- The barrier is raised by 10cm for each attempt until noone can clear it
- Round 1: Take off with right foot (run up from left side)
- Round 2: Take off with left foot (run up from right side)





#### **SCISSOR HIGH JUMP**

#### **ORGANISATION AND RULES**

- Set up a run-up zone (5m) diagonally towards the mat and set the barrier at 80cm as a starting height
- Surfaces may vary but must be safe, e.g. non-slip, no pot holes
- Jumpers select their own run-up distance as long as it is no longer than 5m
- Jumpers have one attempt at a height. They only proceed to the next round if they clear the barrier. The barrier is raised by 10cm each attempt until no-one can clear it
- Round 1: Take off with right foot (run up from left side)
- Round 2: Take off with left foot (run up from right side)
- · Participants should use the scissor technique for a competition
- · Rake the landing zone (if sand) after each round
- **SAFETY!** The barrier must be able to fall with minimal body contact so must not be fixed or tied. Landing area must be soft and even, e.g. mat or sand

## VARIATIONS



- Instead of excluding participants after an unsuccessful high jump, give each jumper three attempts per round, and let them select the height:
  - Heights: 80cm, 100cm, 120cm
  - They can use the same or different heights each time
  - Knocking down the barrier is an invalid jump (0cm)
  - Scores from all three high jumps will be added
- Flop technique (if introduced separately/previously)



# SCORING

 Add best height from first and second round to create the overall score (individual results)

or

• Add jumper's scores from three attempts of first and second round (variation)



- A fluid run up is important for a good take-off
- Stay tall (upright position) and produce as much vertical push as possible during take-off
- Drive arms up



# TRIPLE JUMP FOR DISTANCE

#### AIMS

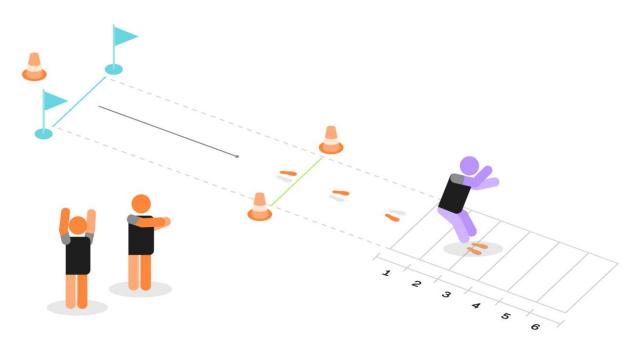
- To practise a triple jump with a run up
- To practise a triple jump with take off from right and left foot

### SUMMARY

• Participants run up and perform a triple jump sequence as far as possible towards the landing zone

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- Jumpers take part in two rounds: Round 1 jumping rhythm: right-right-left-landing Round 2 jumping rhythm: left-left-right-landing
- · Each jumper has two consecutive attempts in each round



# EQUIPMENT

- Run-up zone markers, e.g. cones, poles
- Waiting zone marker, e.g. cone
- Take-off line, e.g. tape, lime lines, lines in dirt
- 16 landing zone markers, e.g. ropes, tapes
- Tape measure (10m)
- Rake (if landing zone is sand)

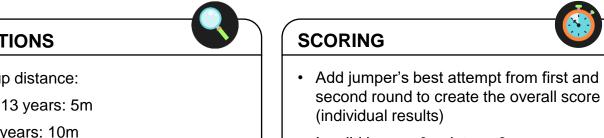
- Secretary
   (to record individual results)
- 2 assistants (to monitor take off and landing)



#### **TRIPLE JUMP FOR DISTANCE**

#### **ORGANISATION AND RULES**

- Set up a run-up zone (5-10m), a take-off line, a zone (4.5m) for the hop and step sequence and 16 landing zones. The first landing zone is 0.25m beyond the hop step sequence zone, the next is 0.5m... and so on in increments of 0.25m
- Surfaces may vary but must be safe, e.g. non-slip, no pot holes
- Jumpers select their own run-up distance as long as it is no longer than the maximum shown in the variations
- Each jumper has a total of two (consecutive) attempts per round (give a recovery break after each jump). The best attempt (per round) is recorded for the individual score. Round 1 jumping rhythm: right-right-left-landing Round 2 jumping rhythm: left-left-right-landing
- They must take off from one foot and preferably land on two feet after last jump for safety, but this is not mandatory
- Touching the take-off line or stepping beyond the line is an invalid jump. Only a take-off with toe before the take-off line is a valid attempt
- The landing mark closest to the take-off line counts as the distance jumped
- Rake the landing zone (if sand) after each jump



- Invalid jump = 0 points or 0 cm
- Zone 1 (0.25m): 1 point; Zone 2 (0.5m): 2 points and so on (award 1 extra point for each new zone/additional 0.25m)
- Measurement (in cm) from take-off line to landing mark closest to the take-off line (variation)

# VARIATIONS

- Run-up distance:
  - 12-13 years: 5m
  - 14 years: 10m
- Regular measurement in cm, not points (from take-off line)
- Move take-off line back to increase the hop step zone



- It's all about rhythm (equal distance per hop/step/jump)
- Avoid stepping beyond the foul line
- Maintain as much (horizontal) velocity as possible during the jumps - avoid foot plant (during landing) in front of the body
- Stay upright when jumping