1. AN INTRODUCTION TO YOUTH DEVELOPMENT PLANNING  
2. TOP TIPS FOR PLANNING A YOUTH DEVELOPMENT PROGRAMME  
3. AN EXAMPLE OF A YOUTH DEVELOPMENT ANNUAL PLAN  
4. 12 WEEK TRAINING PROGRAMME FOR A YOUTH DEVELOPMENT – 4 ACTIVITY STATIONS (60 MINS)  
5. DETAILED SESSION PLANS FOR A 12 WEEK TRAINING PROGRAMME – 4 ACTIVITY STATIONS (60 MINS)  
6. APPENDIX 1- EXAMPLES OF TRAINING SESSION PLANS  
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AN INTRODUCTION TO YOUTH DEVELOPMENT PLANNING

The purpose of this document is to provide clubs and coaches with an example of a Youth Development annual coaching programme and support coaches in the planning of their own youth development programmes.

This document outlines:

- **The Big Picture** - A basic overview of an Annual Plan (sometimes referred to as a Macro cycle)
- **A Training Period for a Youth Development Programme** – A 12 Week Indoor Athletics Training Programme covering Running, Jumping and Throwing as well as Agility, Balance and Coordination.
- **Session Plans** – 12 weeks of detailed session plans including equipment requirements, Athletics 365 challenges covered and organisation and safety tips. These 12 weeks includes two competition sessions.
- **Alternative examples of a 12 week training programme** – Examples of plans with increased session lengths or increased / decreased number of activities.
- **Athletics 365 sections covered** – This table outlines which Athletics 365 sections can be covered over a 12 week period.

Coaches and cubs are encouraged to view this document as an example to aid them with their planning. Adaptations will need to be made in most cases to ensure the plan meets the needs and requirements of each club’s own coaching environment.

When designing a coaching programme, coaches will need to consider the following:

- How many sessions per week do the children attend?
- How long is each session?
- What space and equipment is available for each session?
- How many children will be attending each session (on average)?
- How many coaches, leaders and volunteers are available at each session (coach to athlete ratio)?
- Are there any competitions the athletes need to prepare for such as Sportshall, Quad Kids, Track and Field or Cross Country?

Once this information is collected the club can use the examples provided within this document to aid them in their planning process. The initial thought of writing a training programme can seem a large, time consuming task but this does not have to be the case using this document.

Once a club or coach has developed a training programme they will appreciate the excellent advantages that come with this including:

- A clear understanding of roles and responsibilities for coaches, leaders and volunteers (including parents) at each session
- Athletes come prepared for the activities that will be covered at each session
- Facilities, equipment and timing can be organised ahead of the training session
- The athlete’s long term development and preparation for competitions can be planned and appropriately prepared for in advance.

We hope you find this document helpful when planning your indoor training programme. An outdoor version of this document is also available. Good luck with your planning.
TOP TIPS FOR PLANNING A YOUTH DEVELOPMENT PROGRAMME

This section will provide clubs and coaches with some Top Tips to consider when planning your Youth Development Programme. The Top Tips in this section are taken from some of the leading youth development coaches in England who have a wealth of knowledge and experience in both planning and coaching young athletes.

Timing
When planning each coaching session consider how long each section of the session will last (such as warm up, activity, cool down, etc). Coaches should also consider how long it will take children to move from one activity to the next and potentially including refreshment breaks. Athletes may drink as they move around to save the need for refreshment breaks.
When working with young athletes try to ensure that each section is not too long to avoid boredom setting in and a lack of concentration. Keep the session varied to ensure athletes are as active as possible.

Registration
- Name Labels - If possible provide ‘Name Labels’ to both athletes and coaches. This will allow coaches to use the athlete’s name when providing a coaching point or advice. Using an athlete’s name will also help the coach build rapport with each athlete.
- Use a sign, in sign out policy to ensure that the athletes are dropped off and collected properly by their parents. Coaches can inform the parents they will only take responsibility for their child once the child is signed in. This will allow the coach time to prepare for the session prior to taking registration and control of the group.

Group Control
- When attempting to gain control of a group of athletes (especially young athletes) the temptation is to either shout or use a whistle. An alternative suggestion would be to use a visual cue such as when the coach holds a pose every athlete has to hold the same pose as quickly as possible. This could be as simple as a hand in the air or as entertaining as holding Usain Bolt’s Lighting Bolt pose. The benefits of this approach are that it increases the athlete’s visual awareness, helps gain their attention in a fun manner and saves the coaches vocal cords.

Group Ratio
- Clubs should ideally try to work to a 12:1 Ratio. That being 12 athletes to 1 coach as a maximum. Keeping the athlete to coach ratio low will allow for greater coaching support for each athlete. Use parents, volunteers and young leaders to help at each coaching session wherever possible.

Preparing for Competition
Coaches should ensure their young athletes are fully prepared for competition formats such as Sportshall and Quad Kids events which may take place throughout the year. Adaptations may need to be made to the training programme to ensure all the relevant competition events are covered prior to the competition. This may include adding Sportshall events such as 1 and 2 lap relays, paarloaf relays and obstacle relays.
# Planning for Youth Development

## Annual Plan for Youth Development Section

<table>
<thead>
<tr>
<th>Training Environment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indoors (Sept – Dec)</td>
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<tr>
<td>Indoors (Jan – Mar)</td>
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<td>Outdoors (Apr - Aug)</td>
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<table>
<thead>
<tr>
<th>Training Period Length</th>
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<tbody>
<tr>
<td>12-16 Weeks Programme</td>
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<td>12-14 Weeks Programme</td>
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<td>16-20 Weeks Programme</td>
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<table>
<thead>
<tr>
<th>Session Length &amp; Frequency</th>
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<tr>
<td>60-90 min session 1-2 x per week</td>
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<tr>
<td>60-90 min session 1-2 x per week</td>
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<tr>
<td>60-90 min session 1-2 x per week</td>
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<table>
<thead>
<tr>
<th>Competition Format</th>
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<tr>
<td>Sports Hall</td>
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<tr>
<td>Sports Hall</td>
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<tr>
<td>Quad Kids/T&amp;F</td>
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Athletics 365

England Athletics

UKA United Kingdom Athletics
# YOUTH DEVELOPMENT

## ATHLETICS 365 TRAINING PROGRAMME WEEK ONE

<table>
<thead>
<tr>
<th>WEEK</th>
<th>Date</th>
<th>REGISTRATION</th>
<th>WARM UP</th>
<th>Station 1</th>
<th>Station 2</th>
<th>Station 3</th>
<th>Station 4</th>
<th>End / Relay</th>
<th>COOLDOWN</th>
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<tbody>
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<td>07/02/2012</td>
<td>6.50pm - 7.00pm (10 mins)</td>
<td>7.10pm - 7.20pm (10 mins)</td>
<td>Standing Long Jump Section 18</td>
<td>Static Balance Section 1</td>
<td>Sprint Starts Section 13</td>
<td>Push Throw Section 22</td>
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<td>Sprint Hurdles Section 14</td>
<td>Coordination Section 7</td>
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<tr>
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<td>21/02/2012</td>
<td>7.30pm - 7.40pm (10 mins)</td>
<td>7.40pm - 7.50pm (10 mins)</td>
<td>Speed Bounce /Vertical Jump Section 20</td>
<td>Race Walking Section 17</td>
<td>Agility Reaction Section 9</td>
<td>Sling Throw Section 24</td>
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<td>Sprint Drills / Runs Section 12</td>
<td>Push Throw Section 22</td>
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<td>Relay Runs Section 15</td>
<td>Coordination Section 6</td>
<td>Pull Throw Section 23</td>
<td>Steady Running Section 16</td>
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### COMPETITION WEEK 1 - INDOOR AWARDS

<table>
<thead>
<tr>
<th>WEEK</th>
<th>Date</th>
<th>REGISTRATION</th>
<th>WARM UP</th>
<th>Station 1</th>
<th>Station 2</th>
<th>Station 3</th>
<th>Station 4</th>
<th>End / Relay</th>
<th>COOLDOWN</th>
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<td>Static Balance Section 3</td>
<td>Sprint Starts Section 13</td>
<td>Push Throw Section 22</td>
<td>Sustained Running Section 16</td>
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<tr>
<td>8</td>
<td>27/03/2012</td>
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<td>7.20pm - 7.30pm (10 mins)</td>
<td>Standing Triple Jump Section 19</td>
<td>Sprint Hurdles Section 14</td>
<td>Dynamic Balance Section 5</td>
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<td>Sustained Running Section 16</td>
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<td>03/04/2012</td>
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<td>7.40pm - 7.50pm (10 mins)</td>
<td>Speed Bounce /Vertical Jump Section 20</td>
<td>Race Walking Section 17</td>
<td>Agility Pivoting Section 10</td>
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<td>Sustained Running Section 16</td>
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<tr>
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<td>7.50pm - 8.00pm (10 mins)</td>
<td>Standing Long Jump Section 18</td>
<td>Static Balance Section 4</td>
<td>Sprint Drills / Runs Section 12</td>
<td>Push Throw Section 22</td>
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### COMPETITION WEEK 2 - INDOOR AWARDS
An example of a 12 Week Youth Development Training Programme
With 4 stations rotation (60-70 minutes Sessions) - WEEK ONE

- 6.50pm – 7.00pm Registration
- 7.00pm – 7.10pm Game / warm-up - relating to session
- 7.10pm – 7.50pm Four Station Indoor Athletics Rotation
  - Activity Station 1 (10 mins) - Standing Long Jump
  - Activity Station 2 (10 mins) - Static Balance
  - Activity Station 3 (10 mins) - Sprint Starts
  - Activity Station 4 (10 mins) - Push Throw / Shot Put
- 7.55pm – 8.05pm Endurance Run - Steady Run for 1-5 mins
- 8.05pm – 8.10pm Cool down (5-10 mins)

Please turn over turnover for layout support cards
**Athletics 365 Challenges Covered:**
- Red 18 Challenges A-C
- Yellow 18 Challenges A-C

**Equipment Required**
- 3 x Gym Mats
- 3 x Rubber Markers
- Tape Measures (x3)
- Athletics 365 Coaching Cards:
  - Red 18
  - Yellow 18

**Safety Tips**
- Ensure the mats are in good condition and soft enough to cushion the landing.
- Athletes should only jump from a standing position (no run up).
- Encourage athletes to walk off the end of the mat and then join the back of their group to jump again.
- Try to limit the number of athletes per mat to 4, so as to allow for a great number of jumps.

---

**Athletics 365 Challenges Covered:**
- Red 1 - Challenges A-C
- Yellow 1 - Challenges A-C
- Green 1 - Challenges A-C
- Purple 1 - Challenge A-C
- Blue 1 - Challenge A-C
- Black 1 - Challenge A-C

**Equipment Required**
- 3-6 x gym mats
- 6 x cones/bean bags
- 6 x tennis balls
- Athletics 365 Coaching Cards:
  - Red 1
  - Yellow 1
  - Green 1
  - Purple 1
  - Blue 1
  - Black 1

**Safety Tips**
- Ensure the mats are in good condition
- Ensure athletes maintain good posture and core position throughout each exercise
- Ensure athletes only undertake challenges within their skill level to avoid undue strain on the body.

---

**Athletics 365 Challenges Covered:**
- Red 22 Challenges A-C
- Yellow 22 Challenges A-D
- Green 22 Challenges A-E
- *Green 22 Challenges B-E should be completed with either a bean bag or indoor soft shot put*

**Equipment Required**
- 3 x Football / 1KG Med Ball
- 8 x Cones (4 Green / 4 Red)
- 3 x Soft Shots or Bean Bags
- Tape Measures
- Athletics 365 Coaching Cards:
  - Red 22
  - Yellow 22
  - Green 22

**Safety Tips**
- Mark out a throwing line and safety line as shown (red cones = safety line, green cones = throw line)
- Athletes should only throw and collect on the coaches command
- Ensure athletes are spaced well apart when throwing
- Where possible try to throw towards a wall so as to avoid the ball/shot rolling towards other groups.

---

**Athletics 365 Challenges Covered:**
- Red 13 Challenges A-C
- Yellow 13 Challenges A-C
- Green 13 Challenges A-D
- Purple 13 Challenges A-D

**Equipment Required**
- 15-25 x Cones
- Rubber lines (if required)
- Athletics 365 Coaching Cards:
  - Red 13
  - Yellow 13
  - Green 13
  - Purple 13

**Safety Tips**
- Mark out slowing down and stopping line to avoid athletes running into the wall as shown (yellow cones = slowing down line, red cone s = stopping line)
- Ensure athletes are spaced well apart when running (as shown) to avoid collision
- When athletes use a fallling start, encourage them to move whenever they are ready and fall as far as they feel comfortable
YOUTH DEVELOPMENT
ATHLETICS 365 TRAINING PROGRAMME WEEK TWO

- 6.50pm – 7.00pm  Registration
- 7.00pm – 7.10pm  Game / warm-up - relating to session
- 7.10pm – 7.50pm Four Station Indoor Athletics Rotation
  - Activity Station 1 (10 mins) - Standing Triple Jump
  - Activity Station 2 (10 mins) - Sprint Hurdles
  - Activity Station 3 (10 mins) - Coordination
  - Activity Station 4 (10 mins) - Pull Throw/ Howler
- 7.55pm – 8.05pm  Endurance Run - Steady Run for 1-5 mins
- 8.05pm – 8.10pm  Cool down (5 -10 mins)

Four Station Indoor Athletics Rotation

Athletics 365 Challenges Covered:
- Red 16 Challenges A-C
- Yellow 16 Challenges A-C
- Green 16 Challenges A-D
- Purple 16 Challenges A-D

Please turn over turnover for layout support cards
Standing Triple Jump

Athletics 365 Challenges Covered:
- Red 19 Challenges A-C
- Yellow 19 Challenges A-D

Equipment Required
- 2-3 x SH Triple Jump mat or 6-9 x Gym mats
- 6-9 x rubber dots
- Tape Measures
- Athletics 365 Coaching Cards:
  - Red 19
  - Yellow 19

Safety Tips
- Ensure the mats are in good condition and soft enough to cushion the landing
- Athletes should only jump from a standing position (no run up)
- Encourage athletes to walk off the end of the mat and then join the back of their group to jump again
- Try to limit the number of athletes per mat to 4, so as to allow for a great number of jumps

Sprint Hurdles (Hurdles Grid)

Athletics 365 Challenges Covered:
- Red 14 Challenges A-B
- Yellow 14 Challenges A-D
- Green 14 Challenges A-E

Equipment Required
- 9 – 12 SAQ or SH hurdles
- 8-12 x cones
- Rubber lines (if required)
- Athletics 365 Coaching Cards:
  - Red 14
  - Yellow 14
  - Green 14

Safety Tips
- Mark out slowing down and stopping line to avoid athletes running into the wall as shown (yellow cones = slowing down line, red cones = stopping line)
- Ensure athletes choose a lane where the hurdle height and spacing's are appropriate for their skill level.
- Please see additional slide for hurdle grid layout

Coordination – movement pattern and footwork

Pull Throw / Howler/Soft Jav

Athletics 365 Challenges Covered:
- Red 23 Challenges A-B
- Yellow 23 Challenges A-D
- Green 23 Challenges A-D

Equipment Required
- 8 x Cones (4 Green / 4 Red)
- 3 x Footballs
- 3 x Tennis Balls or Bean Bags
- Tape Measures
- Athletics 365 Coaching Cards:
  - Red 23
  - Yellow 23
  - Green 23

Safety Tips
- Mark out a throwing line and safety line as shown (red cones = safety line, green cones = throw line)
- Athletes should only throw and collect on the coaches command
- Ensure athletes are spaced well apart when throwing
- Where possible try to throw towards a wall so as to avoid the ball rolling towards other groups.

Athletics 365 Challenges Covered:
- Red 7 Challenges A-C
- Yellow 7 Challenges A-C
- Green 7 Challenges A-D
- Purple 7 Challenges A-C
- Blue 7 Challenges A-D
- Black 7 Challenges A-D

Equipment Required
- 8-12 x cones
- Athletics 365 Coaching Cards:
  - Red 7
  - Yellow 7
  - Green 7
  - Purple 7
  - Blue 7
  - Black 7

Safety Tips
- Ensure athletes have adequate space between each other to perform the challenges safely.
- Ensure athletes only undertake challenges within their skill level to avoid undue strain on the body.
YOUTH DEVELOPMENT
ATHLETICS 365 TRAINING PROGRAMME WEEK THREE

- 6.50pm – 7.00pm  Registration

- 7.00pm – 7.10pm  Game / warm-up - relating to session

- 7.10pm – 7.50pm Four Station Indoor Athletics Rotation
  - Activity Station 1 (10 mins) - Speed Bounce / Vertical Jump
  - Activity Station 2 (10 mins) - Race Walking
  - Activity Station 3 (10 mins) - Agility – Reaction & Response
  - Activity Station 4 (10 mins) - Sling Throw / Discus

- 7.55pm – 8.05pm  Endurance Run - Steady Run for 1-5 mins

- 8.05pm – 8.10pm  Cool down (5 -10 mins)

Four Station Indoor Athletics Rotation

- Jumping for Height
  - Vertical Jump & Speed Bounce

- Race Walking

- Agility reaction & responses

Steady Running

Equipment Required
- Athletics track, field or large space to run
- Stop Watch
- Whistle
- 4 x Cones
- Athletics 365 Coaching Cards:
  - Red 16
  - Yellow 16
  - Green 16
  - Purple 16

Safety Tips
- Athletes to perform a steady run for 1-5 minutes
- Athletes run for as long as they can at a steady pace without stopping
- Every minute the coach blows the whistle to indicate the length of time
- Athletes remember the number of times the whistle blew before they stopped and record this
- Athletes should run within their limits and gradually build the length of time they can run over

Athletics 365 Challenges Covered:
- Red 16 Challenges A-C
- Yellow 16 Challenges A-C
- Green 16 Challenges A-D
- Purple 16 Challenges A-D

Please turn over turnover for layout support cards
Jumping for Height
Vertical Jump & Speed Bounce

Athletics 365 Challenges Covered:
- Red 20 Challenges A-C
- Yellow 20 Challenges A-C
- Green 20 Challenges A-C

Equipment Required
- 2-3 x Speed bounce mats /wedge
- Stop watch
- SH Vertical jump board or chalk and a tape measure
- Athletics 365 Coaching Cards:
  - Red 20
  - Yellow 20
  - Green 20

Safety Tips
- Ensure the mats are in good condition and soft enough to cushion the landing
- Allow the athletes to practice for a maximum of 30 seconds each time
- Ensure athletes use a controlled landing to protect their knees

Race Walking

Athletics 365 Challenges Covered:
- Red 16 Challenges A-E
- Yellow 16 Challenges A-E
- Green 16 Challenges A-E

Equipment Required
- 15-20 x cones
- Athletics 365 Coaching Cards:
  - Red 16
  - Yellow 16
  - Green 16

Safety Tips
- If using a parachute relay activity, ensure you mark out and exchange zone (as shown by yellow cones) and a waiting zone (as shown by red cones)
- Athletes should only pass (overtake) other athletes on the outside and on the straight (not the bend)
- Ensure athletes walk and do not run
- Limit the number of laps (if required) based on the athletes current skill/fitness level

Sling Throw / Discus

Athletics 365 Challenges Covered:
- Red 24 Challenges A-B
- Yellow 24 Challenges A-B
- Green 24 Challenges A, C&D

Equipment Required
- 3 x Hula hoops or quoit
- 3 x indoor / SH discus
- 8 x Cones (4 Green / 4 Red)
- Tape Measures
- Athletics 365 Coaching Cards:
  - Red 24
  - Yellow 24
  - Green 24

Safety Tips
- Mark out a throwing line and safety line as shown (red cones = safety line, green cones = throw line)
- Athletes should only throw and collect on the coaches command
- Ensure athletes are spaced well apart when throwing
- Where possible try to throw towards a wall so as to avoid the hoop or quoit effecting other groups.

Agility reaction & responses

Athletics 365 Challenges Covered:
- Red 9 - Challenges A-C
- Yellow 9 - Challenges A-C
- Green 9 - Challenges A-C
- Purple 9 - Challenges A-C
- Blue 9 - Challenges A-C
- Black 9 - Challenges A-C

Equipment Required
- 2-3 x Footballs
- 4-6 tennis balls
- 6-9 x Cones
- Tape Measures
- Athletics 365 Coaching Cards:
  - Red 9
  - Yellow 9
  - Green 9
  - Purple 9
  - Blue 9
  - Black 9

Safety Tips
- Ensure the activity is undertaking in a safe area clear of any obstacles
- Athletes should keep their head up and be aware of other athletes
- The athlete/coach (dropping the ball) should ensure they drop the ball from a consistent height (approx shoulder level).
YOUTH DEVELOPMENT
ATHLETICS 365 TRAINING PROGRAMME WEEK FOUR

- 6.50pm – 7.00pm Registration
- 7.00pm – 7.10pm Game / warm-up - relating to session
- 7.10pm – 7.50pm Four Station Indoor Athletics Rotation
  - Activity Station 1 (10 mins) - Standing Long Jump
  - Activity Station 2 (10 mins) - Static Balance
  - Activity Station 3 (10 mins) - Sprint Drills / Runs
  - Activity Station 4 (10 mins) - Push Throw / Shot Put
- 7.55pm – 8.05pm Endurance Run - Steady Run for 1-5 mins
- 8.05pm – 8.10pm Cool down (5 -10 mins)

Four Station Indoor Athletics Rotation

Athletics 365 Challenges Covered:
- Red 16 Challenges A-C
- Yellow 16 Challenges A-C
- Green 16 Challenges A-D
- Purple 16 Challenges A-D

Equipment Required
- Athletics track, field or large space to run
- Stop Watch
- Whistle
- 4 x Cones
- Athletics 365 Coaching Cards:
  - Red 16
  - Yellow 16
  - Green 16
  - Purple 16

Safety Tips
- Athletes to perform a steady run for 1-5 minutes
- Athletes run for as long as they can at a steady pace without stopping
- Every minute the coach blows the whistle to indicate the length of time
- Athletes remember the number of times the whistle blew before they stopped and record this
- Athletes should run within their limits and gradually build the length of time they can run over

Please turn over turnover for layout support cards
**Athletics 365 Challenges Covered:**
- Red 18 Challenges A-C
- Yellow 18 Challenges A-C

**Equipment Required**
- 3 x Gym Mats
- 3 x Rubber Markers
- Tape Measures (x3)
- Athletics 365 Coaching Cards:
  - Red 18
  - Yellow 18

**Safety Tips**
- Ensure the mats are in good condition and soft enough to cushion the landing
- Athletes should only jump from a standing position (no run up)
- Encourage athletes to walk off the end of the mat and then join the back of their group to jump again
- Try to limit the number of athletes per mat to 4, so as to allow for a great number of jumps

---

**Static Balance**

**Athletics 365 Challenges Covered:**
- Red 1 - Challenges A-C
- Yellow 1 - Challenges A-C
- Green 1 - Challenges A-C
- Purple 1 - Challenge A-C
- Blue 1 - Challenge A-C
- Black 1 - Challenge A-C

**Equipment Required**
- 3-6 x gym mats
- 6 x cones/bean bags
- 6 x tennis balls
- Athletics 365 Coaching Cards:
  - Red 1
  - Yellow 1
  - Green 1
  - Purple 1
  - Blue 1
  - Black 1

**Safety Tips**
- Ensure the mats are in good condition
- Ensure athletes maintain good posture and core position throughout each exercise
- Ensure athletes only undertake challenges within their skill level to avoid undue strain on the body.

---

**Push Throw / Shot Put**

**Athletics 365 Challenges Covered:**
- Red 22 Challenges A-C
- Yellow 22 Challenges A-D
- Green 22 Challenges A-E

*Green 22 Challenges B-F should be completed with either a bean bag or indoor soft shot put

**Equipment Required**
- 3 x Football / 1KG Med Ball
- 8 x Cones (4 Green / 4 Red)
- 3 x Soft Shots or Bean Bags
- Tape Measures
- Athletics 365 Coaching Cards:
  - Red 22
  - Yellow 22
  - Green 22

**Safety Tips**
- Mark out a throwing line and safety line as shown (red cones = safety line, green cones = throw line)
- Athletes should only throw and collect on the coaches command
- Ensure athletes are spaced well apart when throwing
- Where possible try to throw towards a wall so as to avoid the ball/shot rolling towards other groups.

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**Sprints Drills / Runs**

**Athletics 365 Challenges Covered:**
- Red 12 Challenges A-D
- Yellow 12 Challenges A-E
- Green 12 Challenges A-G

**Equipment Required**
- 15-25 x Cones
- Rubber lines (if required)
- Athletics 365 Coaching Cards:
  - Red 12
  - Yellow 12
  - Green 12

**Safety Tips**
- Mark out slowing down and stopping line to avoid athletes running into the wall as shown (yellow cones = slowing down line, red cones = stopping line)
- Coaches can observe athletes posture (Red Stage challenges) on the walk back recovery after each run or drill as opposed to making the athletes do this as a separate drill.
- 6.50pm – 7.00pm  Registration
- 7.00pm – 7.10pm  Game / warm-up - relating to session
- 7.10pm – 7.50pm Four Station Indoor Athletics Rotation
  - Activity Station 1 (10 mins) - Speed Bounce / Vertical Jump
  - Activity Station 2 (10 mins) - Relay runs and changeover
  - Activity Station 3 (10 mins) - Coordination - Jumps
  - Activity Station 4 (10 mins) - Pull Throw/ Howler
- 7.55pm – 8.05pm  Endurance Run - Steady Run for 1-5 mins
- 8.05pm – 8.10pm  Cool down (5 -10 mins)

Please turn over turnover for layout support cards
**Jumping for Height**
Vertical Jump & Speed Bounce

**Equipment Required**
- 2-3 x Speed bounce mats /wedge
- Stop watch
- SH Vertical Jump board or chalk and a tape measure
- Athletics 365 Coaching Cards:
  - Red 20
  - Yellow 20
  - Green 20

**Safety Tips**
- Ensure the mats are in good condition and soft enough to cushion the landing
- Allow the athletes to practice for a maximum of 30 seconds each time
- Ensure athletes use a controlled landing to protect their knees

**Athletics 365 Challenges Covered:**
- Red 20 Challenges A-C
- Yellow 20 Challenges A-C
- Green 20 Challenges A-C

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**Pull Throw / Howler/Soft Jav**

**Equipment Required**
- 8 x Cones (4 Green / 4 Red)
- 3 x Footballs
- 3 x Tennis Balls or Bean Bags
- Tape Measures
- Athletics 365 Coaching Cards:
  - Red 23
  - Yellow 23
  - Green 23

**Safety Tips**
- Mark out a throwing line and safety line as shown (red cones = safety line, green cones = throw line)
- Athletes should only throw and collect on the coaches command
- Ensure athletes are spaced well apart when throwing
- Where possible try to throw towards a wall so as to avoid the ball rolling towards other groups.

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**Relay runs and change over**

**Athletics 365 Challenges Covered:**
- Red 15 Challenges A-B
- Yellow 15 Challenges A-C
- Green 15 Challenges A-D
- Purple 15 Challenges A-C

**Equipment Required**
- 15-25 x Cones
- 3-6 x Relay batons
- Rubber lines (if required)
- Athletics 365 Coaching Cards:
  - Red 15
  - Yellow 15
  - Green 15
  - Purple 15

**Safety Tips**
- Mark out slowing down and stopping line to avoid athletes running into the wall as shown (yellow cones = slowing down line, red cones = stopping line)
- Mark out a relay exchange zone using rubber lines or cones (as shown with yellow rubber lines)
- Athletes should practice exchange the baton with both hands and practice giving and receiving the baton

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**Coordination – Jumping movements**

**Athletics 365 Challenges Covered:**
- Red 6 - Challenges A-D
- Yellow 6 - Challenges A-D
- Green 6 - Challenges A-D
- Purple 6 - Challenges A-D
- Blue 6 - Challenges A-D
- Black 6 - Challenges A-D

**Equipment Required**
- 8-12 x cones
- Athletics 365 Coaching Cards:
  - Red 6
  - Yellow 6
  - Green 6
  - Purple 6
  - Blue 6
  - Black 6

**Safety Tips**
- Ensure athletes have adequate space between each other to perform the challenges safely.
- Ensure athletes only undertake challenges within their skill level to avoid undue stress on the body.
- Limit the number of jumps (ground contacts) to avoid undue stress on the body.
YOUTH DEVELOPMENT
ATHLETICS 365 TRAINING PROGRAMME WEEK SIX
COMPETITION WEEK (1 of 2)

- 6.50pm – 7.00pm  Registration
- 7.00pm – 7.10pm  Game / warm-up - relating to session
- 7.10pm – 8.00pm Five Station Indoor Athletics Comp Rotation
  - Activity Station 1 (10 mins) - Standing Long Jump
  - Activity Station 2 (10 mins) - Speed Bounce
  - Activity Station 3 (10 mins) - Shuttle Runs
  - Activity Station 4 (10 mins) - Vertical Jump
  - Activity Station 5 (10 mins) - Chest Push (1Kg)
- 8.00pm – 8.10pm  Cool down (5 -10 mins)

Please note coaches should use the UKA Academy Awards Sportshall Programme scoring chart to record the athlete’s performances.
Coaches can find this scoring chart in the UKA Sportshall Athletics user’s manual.
The combined scores from Competition Weeks 1 and 2 will make up an athlete’s score for the UKA Academy Sportshall Decathlon Award.
YOUTH DEVELOPMENT
ATHLETICS 365 TRAINING PROGRAMME WEEK SEVEN

- 6.50pm – 7.00pm  Registration
- 7.00pm – 7.10pm  Game / warm-up - relating to session
- 7.10pm – 7.50pm Four Station Indoor Athletics Rotation
  - Activity Station 1 (10 mins) - Standing Long Jump
  - Activity Station 2 (10 mins) - Static Balance (Section 3)
  - Activity Station 3 (10 mins) - Sprint Starts
  - Activity Station 4 (10 mins) - Push Throw / Shot Put
- 7.55pm – 8.05pm  Endurance Run - Sustained Run for ½ -3 mins
- 8.05pm – 8.10pm  Cool down (5 -10 mins)

Please turn over turnover for layout support cards

Four Station Indoor Athletics Rotation

Standing Long Jump

Static Balance

Sprint Starts / Sprints

Push Throw / Shot Put

Athletics 365 Challenges Covered:
- Red 16 Challenges A-B & D
- Yellow 16 Challenges A-B & D
- Green 16 Challenges A-C & E
- Purple 16 Challenges A-C & E

Equipment Required
- Athletics track, field or large space to run
- Stop Watch
- Whistle
- 4 x Cones
- Athletics 365 Coaching Cards:
  - Red 16
  - Yellow 16
  - Green 16
  - Purple 16

Safety Tips
- Athletes to perform a sustained run for 0.5-3 minutes
- Athletes run for as long as they can at a sustained pace without stopping
- Every 30 seconds the coach blows the whistle to indicate the length of time
- Athletes remember the number of times the whistle blew before they stopped and record's this
- Athletes should run within their limits and gradually build the length of time they can run over
**Athletics 365 Challenges Covered:**
- Red 18 Challenges A-C
- Yellow 18 Challenges A-C

**Equipment Required**
- 3 x Gym Mats
- 3 x Rubber Markers
- Tape Measures (x3)
- Athletics 365 Coaching Cards:
  - Red 18
  - Yellow 18

**Safety Tips**
- Ensure the mats are in good condition and soft enough to cushion the landing
- Athletes should only jump from a standing position (no run up)
- Encourage athletes to walk off the end of the mat and then join the back of their group to jump again
- Try to limit the number of athletes per mat to 4, so as to allow for a great number of jumps

---

**Static Balance**

**Athletics 365 Challenges Covered:**
- Red 3 - Challenges A-D
- Yellow 3 - Challenges A-D
- Green 3 - Challenges A-D
- Purple 3 - Challenge A-D
- Blue 3 - Challenge A-D
- Black 3 - Challenge A-D

**Equipment Required**
- 2-3 Stop Watches
- 3-6 x Wobble cushions
- Athletics 365 Coaching Cards:
  - Red 3
  - Yellow 3
  - Green 3
  - Purple 3
  - Blue 3
  - Black 3

**Safety Tips**
- Ensure the wobble cushions are not under or over inflated
- Ensure athletes maintain good posture and core position throughout each exercise
- Ensure athletes only undertake challenges within their skill level to avoid undue stress on the body

---

**Push Throw / Shot Put**

**Athletics 365 Challenges Covered:**
- Red 22 Challenges A-C
- Yellow 22 Challenges A-D
- Green 22 Challenges A-E

* Green 22 Challenges B-F should be completed with either a beanbag or indoor soft shot put

**Equipment Required**
- 3 x Football / 1KG Med Ball
- 8 x Cones (4 Green / 4 Red)
- 3 x Soft Shots or Bean Bags
- Tape Measures
- Athletics 365 Coaching Cards:
  - Red 22
  - Yellow 22
  - Green 22

**Safety Tips**
- Mark out a throwing line and safety line as shown (red cones = safety line, green cones = throw line)
- Athletes should only throw and collect on the coaches command
- Ensure athletes are spaced well apart when throwing
- Where possible try to throw towards a wall so as to avoid the ball/shot rolling towards other groups.

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**Sprint Starts**

**Athletics 365 Challenges Covered:**
- Red 13 Challenges A-C
- Yellow 13 Challenges A-C
- Green 13 Challenges A-D
- Purple 13 Challenges A-D

**Equipment Required**
- 15-25 x Cones
- Rubber lines (if required)
- Athletics 365 Coaching Cards:
  - Red 13
  - Yellow 13
  - Green 13
  - Purple 13

**Safety Tips**
- Mark out slowing down and stopping line to avoid athletes running into the wall as shown (yellow cones = slowing down line, red cone s = stopping line)
- Ensure athletes are spaced well apart when running (as shown) to avoid collision
- When athletes use a falling start, encourage them to move whenever they are ready and fall as far as they feel comfortable
YOUTH DEVELOPMENT
ATHLETICS 365 TRAINING PROGRAMME WEEK EIGHT

- 6.50pm – 7.00pm  Registration
- 7.00pm – 7.10pm  Game / warm-up - relating to session
- 7.10pm – 7.50pm  Four Station Indoor Athletics Rotation
  - Activity Station 1 (10 mins) - Standing Triple Jump
  - Activity Station 2 (10 mins) - Sprint Hurdles
  - Activity Station 3 (10 mins) - Dynamic Balance (Section 5)
  - Activity Station 4 (10 mins) - Pull Throw/Howler
- 7.55pm – 8.05pm  Endurance Run - Sustained Run for ½ -3 mins
- 8.05pm – 8.10pm  Cool down (5 -10 mins)

Four Station Indoor Athletics Rotation

Athletics 365 Challenges Covered:
- Red 16 Challenges A-B & D
- Yellow 16 Challenges A-B & D
- Green 16 Challenges A-C & E
- Purple 16 Challenges A-C & E

Sustained Running

Equipment Required
- Athletics track, field or large space to run
- Stop Watch
- Whistle
- 4 x Cones
- Athletics 365 Coaching Cards:
  - Red 16
  - Yellow 16
  - Green 16
  - Purple 16

Safety Tips
- Athletes to perform a sustained run for 0.5-3 minutes
- Athletes run for as long as they can at a sustained pace without stopping
- Every 30 seconds the coach blows the whistle to indicate the length of time
- Athletes remember the number of times the whistle blew before they stopped and record this
- Athletes should run within their limits and gradually build the length of time they can run over

Please turn over turnover for layout support cards
**Standing Triple Jump**

**Athletics 365 Challenges Covered:**
- Red 19 Challenges A-C
- Yellow 19 Challenges A-D

**Equipment Required**
- 2-3 x SH Triple Jump mat or 6-9 x Gym mats
- 6-9 x rubber dots
- Tape Measures
- Athletics 365 Coaching Cards:
  - ○ Red 19
  - ○ Yellow 19

**Safety Tips**
- Ensure the mats are in good condition and soft enough to cushion the landing.
- Athletes should only jump from a standing position (no run up).
- Encourage athletes to walk off the end of the mat and then join the back of their group to jump again.
- Try to limit the number of athletes per mat to 4, so as to allow for a great number of jumps.

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**Sprint Hurdles (Hurdles Grid)**

**Athletics 365 Challenges Covered:**
- Red 14 Challenges A-B
- Yellow 14 Challenges A-D
- Green 14 Challenges A-E

**Equipment Required**
- 9 – 12 SAQ or SH hurdles
- 8-12 x cones
- Rubber lines (if required)
- Athletics 365 Coaching Cards:
  - ○ Red 14
  - ○ Yellow 14
  - ○ Green 14

**Safety Tips**
- Mark out slowing down and stopping line to avoid athletes running into the wall as shown (yellow cones = slowing down line; red cones = stopping line).
- Ensure athletes choose a lane where the hurdle height and spacing's are appropriate for their skill level.
- Please see additional slide for hurdle grid layout.

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**Dynamic Balance & Coordination**

**Athletics 365 Challenges Covered:**
- Red 5 - Challenges A-E
- Yellow 5 - Challenges A-E
- Green 5 - Challenges A-E
- Purple 5 - Challenges A-E
- Blue 5 - Challenges A-D
- Black 5 - Challenges A-D

**Equipment Required**
- 8-12 x cones
- 2-3 Gym Benches
- Athletics 365 Coaching Cards:
  - ○ Red 5
  - ○ Yellow 5
  - ○ Green 5
  - ○ Purple 5
  - ○ Blue 5
  - ○ Black 5

**Safety Tips**
- Ensure the benches are in good condition.
- Place one athlete each end of the bench to stabilise the bench.
- Ensure athletes maintain good posture and core position throughout each exercise.
- Ensure athletes only undertake challenges within their skill level to avoid undue stress on the body.

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**Pull Throw / Howler/Soft Jav**

**Athletics 365 Challenges Covered:**
- Red 23 Challenges A-B
- Yellow 23 Challenges A-D
- Green 23 Challenges A-D

**Equipment Required**
- 8 Cones (4 Green / 4 Red)
- 3 x Footballs
- 3 x Tennis Balls or Bean Bags
- Tape Measures
- Athletics 365 Coaching Cards:
  - ○ Red 23
  - ○ Yellow 23
  - ○ Green 23

**Safety Tips**
- Mark out a throwing line and safety line as shown (red cones = safety line; green cones = throw line).
- Athletes should only throw and collect on the coach's command.
- Ensure athletes are spaced well apart when throwing.
- Where possible try to throw towards a wall so as to avoid the ball rolling towards other groups.
YOUTH DEVELOPMENT
ATHLETICS 365 TRAINING PROGRAMME WEEK NINE

- 6.50pm – 7.00pm   Registration
- 7.00pm – 7.10pm  Game / warm-up - relating to session
- 7.10pm – 7.50pm  Four Station Indoor Athletics Rotation
  - Activity Station 1 (10 mins) - High Jump / Vertical Jump
  - Activity Station 2 (10 mins) - Race Walking
  - Activity Station 3 (10 mins) - Agility – Pivoting / Rotating
  - Activity Station 4 (10 mins) - Sling Throw / Discus
- 7.55pm – 8.05pm  Endurance Run - Sustained Run for ½ - 3 mins
- 8.05pm – 8.10pm  Cool down (5 - 10 mins)

Four Station Indoor Athletics Rotation

Equipment Required
- Athletics track, field or large space to run
- Stop Watch
- Whistle
- 4 x Cones
- Athletics 365 Coaching Cards:
  - Red 16
  - Yellow 16
  - Green 16
  - Purple 16

Safety Tips
- Athletes to perform a sustained run for 0.5-3 minutes
- Athletes run for as long as they can at a sustained pace without stopping
- Every 30 seconds the coach blows the whistle to indicate the length of time
- Athletes remember the number of times the whistle blew before they stopped and record's this
- Athletes should run within their limits and gradually build the length of time they can run over

Athletics 365 Challenges Covered:
- Red 16 Challenges A - B & D
- Yellow 16 Challenges A - B & D
- Green 16 Challenges A - C & E
- Purple 16 Challenges A - C & E

Please turn over turnover for layout support cards
**High / Vertical Jump**

**Athletics 365 Challenges Covered:**
- Red 20 Challenges A-B
- Yellow 20 Challenges B-C
- Green 20 Challenges B, C & E

**Equipment Required**
- 2-3 Gym mats
- 2-3 SH / SAQ Hurdles
- 12-18 Cones
- SH Vertical jump board or chalk and a tape measure
- Athletics 365 Coaching Cards:
  - Red 20
  - Yellow 20
  - Green 20

**Safety Tips**
- Ensure the mats are in good condition and soft enough to cushion the landing
- Athletes should jump the height appropriate to their skill level.
- Ensure the SH/SAQ hurdle is facing the right way (will not cause a trip hazard for the athletes)
- Ensure athletes use a soft controlled landing to protect their knees

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**Sling Throw / Discus**

**Athletics 365 Challenges Covered:**
- Red 24 Challenges A-B
- Yellow 24 Challenges A-B
- Green 24 Challenges A, C & D

**Equipment Required**
- 3 x Hula hoops or quoit
- 3 x indoor / SH discus
- 8 x Cones (4 Green / 4 Red)
- Tape Measures
- Athletics 365 Coaching Cards:
  - Red 24
  - Yellow 24
  - Green 24

**Safety Tips**
- Mark out a throwing line and safety line as shown (red cones = safety line, green cones = throw line)
- Athletes should only throw and collect on the coaches command
- Ensure athletes are spaced well apart when throwing
- Where possible try to throw towards a wall so as to avoid the hoop or quoit effecting other groups

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**Race Walking**

**Athletics 365 Challenges Covered:**
- Red 16 Challenges A-E
- Yellow 16 Challenges A-E
- Green 16 Challenges A-E

**Equipment Required**
- 15-20 x cones
- Athletics 365 Coaching Cards:
  - Red 16
  - Yellow 16
  - Green 16

**Safety Tips**
- If using a parllelf relay activity, ensure you mark out and exchange zone (as shown by yellow cones) and a waiting zone (as shown by red cones)
- Athletes should only pass (overtake) other athletes on the outside and on the straight (not the bend)
- Ensure athletes walk and do not run
- Limit the number of laps (if required) based on the athletes current skill/fitness level

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**Agility Pivoting Rotation**

**Athletics 365 Challenges Covered:**
- Red 10 - Challenges A-B
- Yellow 10 - Challenges A-B
- Green 10 - Challenges A-C
- Purple 10 - Challenges A-C
- Blue 10 - Challenges A-C
- Black 10 - Challenges A-C

**Equipment Required**
- 6-12 x Rubber Spots
- 3 x Broom Sticks (purple stage)
- Athletics 365 Coaching Cards:
  - Red 10
  - Yellow 10
  - Green 10
  - Purple 10
  - Blue 10
  - Black 10

**Safety Tips**
- Ensure the activity is undertaking in a safe area clear of any obstacles
- Athletes should keep their head up through the movement
- Athletes should be well spaced out to avoid any collisions.
6.50pm – 7.00pm  
**Registration**

7.00pm – 7.10pm  
**Game / warm-up - relating to session**

7.10pm – 7.50pm  
**Four Station Indoor Athletics Rotation**

- **Activity Station 1 (10 mins)** - *Standing Long Jump*
- **Activity Station 2 (10 mins)** - *Static Balance (Section 4)*
- **Activity Station 3 (10 mins)** - *Sprint Drills / Runs*
- **Activity Station 4 (10 mins)** - *Push Throw / Shot Put*

7.55pm – 8.05pm  
**Endurance Run** - Sustained Run for ½ -3 mins

8.05pm – 8.10pm  
**Cool down (5-10 mins)**

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**Four Station Indoor Athletics Rotation**

- **Standing Long Jump**
- **Static Balance** *On a line and Low beam balance*
- **Sprints Drills / Runs**
- **Push Throw / Shot Put**

**Athletics 365 Challenges Covered:**
- Red 16 Challenges A-B & D
- Yellow 16 Challenges A-B & D
- Green 16 Challenges A-C & E
- Purple 16 Challenges A-C & E

**Safety Tips**
- Athletes to perform a sustained run for 0.5-3 minutes
- Athletes run for as long as they can at a sustained pace without stopping
- Every 30 seconds the coach blows the whistle to indicate the length of time
- Athletes remember the number of times the whistle blew before they stopped and record it
- Athletes should run within their limits and gradually build the length of time they can run over

---

**Please turn over turnover for layout support cards**
**Athletics 365 Challenges Covered:**
- Red 18 Challenges A-C
- Yellow 18 Challenges A-C

**Equipment Required**
- 3 x Gym Mats
- 3 x Rubber Markers
- Tape Measures (x3)
- Athletics 365 Coaching Cards:  
  - Red 18
  - Yellow 18

**Safety Tips**
- Ensure the mats are in good condition and soft enough to cushion the landing
- Athletes should only jump from a standing position (no run up)
- Encourage athletes to walk off the end of the mat and then join the back of their group to jump again
- Try to limit the number of athletes per mat to 4, so as to allow for a great number of jumps

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**Static Balance**

**On a line and Low beam balance**

**Athletics 365 Challenges Covered:**
- Red 4 - Challenges A-C
- Yellow 4 - Challenges A-C
- Green 4 - Challenges A-C
- Purple 4 - Challenge A-D
- Blue 4 – Challenge A-C
- Black 4 – Challenge A-C

**Equipment Required**
- 2-3 Gym Benches
- 2-3 x Hula hoops
- 3-6 x Tennis Balls
- 2-3 x Footballs
- 2-3 x Tennis Rackets
- Athletics 365 Coaching Cards:  
  - Red 4
  - Yellow 4
  - Green 4
  - Purple 4
  - Blue 4
  - Black 4

**Safety Tips**
- Ensure the benches are in good condition
- Place one athlete each end of the bench to stabilise the bench
- Ensure athletes maintain good posture and core position throughout each exercise
- Ensure athletes only undertake challenges within their skill level to avoid undue stress on the body.

---

**Push Throw / Shot Put**

**Athletics 365 Challenges Covered:**
- Red 22 Challenges A-C
- Yellow 22 Challenges A-D
- Green 22 Challenges A-E

* Green 22 Challenges B-E should be completed with either a bean bag or indoor soft shot put

**Equipment Required**
- 3 x Football/1kg Med Ball
- 8 x Cones (4 Green / 4 Red)
- 3 x Soft Shots or Bean Bags
- Tape Measures
- Athletics 365 Coaching Cards:  
  - Red 22
  - Yellow 22
  - Green 22

**Safety Tips**
- Mark out a throwing line and safety line as shown (red cones = safety line, green cones = throw line)
- Athletes should only throw and collect on the coaches command
- Ensure athletes are spaced well apart when throwing
- Where possible try to throw towards a wall so as to avoid the ball/shot rolling towards other groups.

---

**Sprints Drills / Runs**

**Athletics 365 Challenges Covered:**
- Red 12 Challenges A-D
- Yellow 12 Challenges A-E
- Green 12 Challenges A-G

**Equipment Required**
- 15-25 x Cones
- Rubber lines (if required)
- Athletics 365 Coaching Cards:  
  - Red 12
  - Yellow 12
  - Green 12

**Safety Tips**
- Mark out slowing down and stopping line to avoid athletes running into the wall as shown (yellow cones = slowing down line, red cones = stopping line)
- Coaches can observe athletes posture (Red Stage challenges) on the walk back recovery after each run or drill appose to making the athletes do this as a separate drill.
YOUTH DEVELOPMENT
ATHLETICS 365 TRAINING PROGRAMME WEEK ELEVEN

- 6.50pm – 7.00pm Registration
- 7.00pm – 7.10pm Game / warm-up - relating to session
- 7.10pm – 7.50pm Four Station Indoor Athletics Rotation
  - Activity Station 1 (10 mins) - High Jump / Vertical Jump
  - Activity Station 2 (10 mins) - Relay runs and changeover
  - Activity Station 3 (10 mins) - Agility - All Change
  - Activity Station 4 (10 mins) - Pull Throw/ Howler
- 7.55pm – 8.05pm Endurance Run - Sustained Run for ½ -3 mins
- 8.05pm – 8.10pm Cool down (5 -10 mins)

Four Station Indoor Athletics Rotation

Please turn over turnover for layout support cards
Jumping for Height

Vertical Jump & Speed Bounce

Athletics 365 Challenges Covered:
- Red 20 Challenges A-C
- Yellow 20 Challenges A-C
- Green 20 Challenges A-C

Safety Tips
- Ensure the mats are in good condition and soft enough to cushion the landing
- Allow the athletes to practice for a maximum of 30 seconds each time
- Ensure athletes use a controlled landing to protect their knees

Equipment Required
- 2-3 x Speed bounce mats/wedge
- Stop watch
- SH/Vertical Jump board or chalk and a tape measure
- Athletics 365 Coaching Cards:
  - Red 20
  - Yellow 20
  - Green 20

Pull Throw / Howler/Soft Jav

Athletics 365 Challenges Covered:
- Red 23 Challenges A-B
- Yellow 23 Challenges A-D
- Green 23 Challenges A-D

Safety Tips
- Mark out a throwing line and safety line as shown (red cones = safety line, green cones = throw line)
- Athletes should only throw and collect on the coaches command
- Ensure athletes are spaced well apart when throwing
- Where possible try to throw towards a wall so as to avoid the ball rolling towards other groups.

Equipment Required
- 8 x Cones (4 Green / 4 Red)
- 3 x Footballs
- 3 x Tennis Balls or Bean Bags
- Tape Measures
- Athletics 365 Coaching Cards:
  - Red 23
  - Yellow 23
  - Green 23

Relay runs and change over

Athletics 365 Challenges Covered:
- Red 15 Challenges A-B
- Yellow 15 Challenges A-C
- Green 15 Challenges A-D
- Purple 15 Challenges A-C

Safety Tips
- Mark out slowing down and stopping line to avoid athletes running into the wall as shown (yellow cones = slowing down line, red cones = stopping line)
- Mark out a relay exchange zone using rubber lines or cones (as shown with yellow rubber lines)
- Athletes should practice exchanging the baton with both hands and practice giving and receiving the baton

Equipment Required
- 15-25 x Cones
- 3-6 x Relay batons
- Rubber lines (if required)
- Athletics 365 Coaching Cards:
  - Red 15
  - Yellow 15
  - Green 15
  - Purple 15

Coordination – Jumping movements

Athletics 365 Challenges Covered:
- Red 6 - Challenges A-D
- Yellow 6 - Challenges A-D
- Green 6 - Challenges A-D
- Purple 6 - Challenges A-D
- Blue 6 - Challenges A-D
- Black 6 - Challenges A-D

Safety Tips
- Ensure athletes have adequate space between each other to perform the challenges safely.
- Ensure athletes only undertake challenges within their skill level to avoid undue stress on the body.
- Limit the number of jumps (ground contacts) to avoid undue stress on the body.

Equipment Required
- 8 -12 x cones
- Athletics 365 Coaching Cards:
  - Red 6
  - Yellow 6
  - Green 6
  - Purple 6
  - Blue 6
  - Black 6
YOUTH DEVELOPMENT
ATHLETICS 365 TRAINING PROGRAMME WEEK TWELVE
COMPETITION WEEK (2 of 2)

- 6.50pm – 7.00pm Registration
- 7.00pm – 7.10pm Game / warm-up - relating to session
- 7.10pm – 8.00pm Five Station Indoor Athletics Comp Rotation
  - Activity Station 1 (10 mins) - Standing Triple Jump
  - Activity Station 2 (10 mins) - Balance Test
  - Activity Station 3 (10 mins) - Target Throw
  - Activity Station 4 (10 mins) - High Stepper
  - Activity Station 5 - (10 mins) - Pull Throw
- 8.00pm – 8.10pm Cool down (5 -10 mins)

Please note coaches should use the UKA Academy Awards Sportshall Programme scoring chart to record the athlete’s performances.
Coaches can find this scoring chart in the UKA Sportshall Athletics user’s manual.
The combined scores from Competition Weeks 1 and 2 will makes up an athlete’s score for the UKA Academy Sportshall Decathlon Award.
APPENDIX 1

SOME EXAMPLES OF TRAINING SESSION PLANS

Athletics 365: Session Plan Example 1

Within a 60 minute session, an example of session plan may include the following elements:

8 – 11 Years

1. Game / warm-up (5-10 mins) relating to session;
2. Activity Station 1 (10 mins) - technique / skill acquisition;
3. Activity Station 2 (10 mins) - technique / skill acquisition;
4. Activity Station 3 (10 mins) - technique / skill acquisition;
5. Activity Station 4 (10 mins) - technique / skill acquisition;
6. Relays/ Endurance Run (5-10 mins)
7. Cool down (5 mins)

Athletics 365: Session Plan Example 2

Within a 70 minute session, an example of session plan may include the following elements:

12 – 15 Years +

1. Game / warm-up (10 mins) relating to session;
2. Activity Station 1 (15 mins) - technique / skill acquisition;
3. Activity Station 2 (15 mins) - technique / skill acquisition;
4. Activity Station 3 (15 mins) - technique / skill acquisition;
5. Relays/ Endurance Run (5-10 mins)
6. Cool down (5 mins)

Athletics 365: Session Plan Example 3

Within a 90 minute session, an example of session plan may include the following elements:

8 – 11 Years

1. Game / warm-up (5-10 mins) relating to session;
2. Activity Station 1 (15 mins) - technique / skill acquisition;
3. Activity Station 2 (15 mins) - technique / skill acquisition;
4. Activity Station 3 (15 mins) - technique / skill acquisition;
5. Activity Station 4 (15 mins) - technique / skill acquisition;
6. Relays/ Endurance Run (10-15 mins)
7. Cool down (5-10 mins)

Athletics 365: Session Plan Example 4

Within a 90 minute session, an example of session plan may include the following elements:

12 – 15 Years +

1. Game / warm-up (10 mins) relating to session;
2. Activity Station 1 (20 mins) - technique / skill acquisition;
3. Activity Station 2 (20 mins) - technique / skill acquisition;
4. Activity Station 3 (20 mins) - technique / skill acquisition;
5. Relays/ Endurance Run (10-15 mins)
6. Cool down (5-10 mins)
# An example of a 12 Week Youth Development Training Programme

With 3 stations rotation (60-70 minutes Sessions)

<table>
<thead>
<tr>
<th>Date</th>
<th>REGISTRATION</th>
<th>WARM UP</th>
<th>Station 1</th>
<th>Station 2</th>
<th>Station 3</th>
<th>End / Relay</th>
<th>COOLDOWN</th>
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<tbody>
<tr>
<td>1 07/02/2012</td>
<td>6.50pm - 7.00pm (10 mins)</td>
<td>7.00pm - 7.10pm (10 mins)</td>
<td>Sprint Starts Section 13</td>
<td>Static Balance - Floor Work Section 2</td>
<td>Push Throw</td>
<td>Steady Race Walking</td>
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<tr>
<td>2 14/02/2012</td>
<td>Standing Triple Jump Section 19</td>
<td>Agility - Reaction Section 9</td>
<td>Push Throw Section 22</td>
<td>Steady Race Walking Section 17</td>
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<td>3 21/02/2012</td>
<td>Pull Throw Section 23</td>
<td>Coordination - Jumps Section 6</td>
<td>Sprint Hurdles Section 14</td>
<td>Steady Running Section 16</td>
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<td>4 28/02/2012</td>
<td>Sprint Drills / Runs Section 12</td>
<td>Static Balance - Seated Balance Section 2</td>
<td>Speed Bounce Vertical Jump Section 20</td>
<td>Steady Race Walking Section 17</td>
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<td>5 06/03/2012</td>
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<td>Agility - All Change Section 8</td>
<td>Sling Throw Section 24</td>
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<td>Push Throw Section 22</td>
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<td>Sustained Running Section 16</td>
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<tr>
<td>8 27/03/2012</td>
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<td>Static Balance - Single /double leg balance Section 3</td>
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<td>9 03/04/2012</td>
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<td>10 10/04/2012</td>
<td>Sling Throw Section 24</td>
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<td>11 17/04/2012</td>
<td>Sprint Drills / Runs Section 12</td>
<td>Dynamic Balance Section 5</td>
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An example of a 12 Week Youth Development Training Programme
With 4 stations rotation (90 minutes Sessions)

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<th>WEEK Date</th>
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<th>WARM UP</th>
<th>Station 1</th>
<th>Station 2</th>
<th>Station 3</th>
<th>Station 4</th>
<th>End / Relay</th>
<th>COOLDOWN</th>
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<tbody>
<tr>
<td>1 07/02/2012</td>
<td>Bob 6.50pm - 7.00pm (10 mins)</td>
<td>High 5, Low Baby Dan &amp; Jermaine 7.00pm - 7.10pm (10 mins)</td>
<td>Standing Long Jump Section 18</td>
<td>Static Balance Section 1</td>
<td>Sprint Starts Section 13</td>
<td>Push Throw Section 22</td>
<td>Steady Running Section 16</td>
<td>Dan &amp; Jermaine 8.20pm - 8.30pm (10 mins)</td>
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<td>2 14/02/2012</td>
<td>Bob 6.50pm - 7.00pm (10 mins)</td>
<td>Standing Triple Jump Section 19</td>
<td>Sprint Hurdles Section 14</td>
<td>Coordination Section 7</td>
<td>Pull Throw Section 23</td>
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<td>3 21/02/2012</td>
<td>Bob 6.50pm - 7.00pm (10 mins)</td>
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<td>Agility Reaction Section 9</td>
<td>Sling Throw Section 24</td>
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<td>4 28/02/2012</td>
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<td>Bob 6.50pm - 7.00pm (10 mins)</td>
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## An example of a 12 Week Youth Development Training Programme

With 3 stations rotation (90 minutes Sessions)

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**COMPETITION WEEK 1 - INDOOR AWARDS**

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**COMPETITION WEEK 2 - INDOOR AWARDS**

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Regularity of Coaching a Particular Indoor Activity

The table below shows a breakdown of how many times you could coach a particular section of Athletics 365 in a 12 week training programme. Please note that coaches can increase or decrease the number of times depending on the needs of their athletes. This table is based on athletes training for one session per week. The regularity of a particular activity would be increased significantly if the athlete attended two or more sessions per week.

<table>
<thead>
<tr>
<th>Athletics 365 Section Covered</th>
<th>3 Station Rotation (60mins)</th>
<th>3 Station Rotation (90mins)</th>
<th>4 Station Rotation (60mins)</th>
<th>4 Station Rotation (90mins)</th>
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<td>1x 15mins</td>
<td>1x 20mins</td>
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<td>1x 15mins</td>
<td>1x 20mins</td>
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<td>1x 15mins</td>
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<td>Section 3 Static Balance – Single/Double Leg</td>
<td>1x 15mins</td>
<td>1x 20mins</td>
<td>1x 10mins</td>
<td>1x 15mins</td>
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<td>1x 15mins</td>
<td>1x 20mins</td>
<td>1x 10mins</td>
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<td>Section 5 Dynamic Balance</td>
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<td>1x 20mins</td>
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<td>Section 6 Coordination - Jumping</td>
<td>1x 15mins</td>
<td>1x 20mins</td>
<td>1x 10mins</td>
<td>1x 15mins</td>
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<tr>
<td>Section 7 Coordination – Floor Movement Patterns</td>
<td>1x 15mins</td>
<td>1x 20mins</td>
<td>1x 10mins</td>
<td>1x 15mins</td>
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<tr>
<td>Section 8 Agility – All Change</td>
<td>1x 15mins</td>
<td>1x 20mins</td>
<td>1x 10mins</td>
<td>1x 15mins</td>
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<tr>
<td>Section 9 Agility – Reaction and Response</td>
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<td>1x 20mins</td>
<td>1x 10mins</td>
<td>1x 15mins</td>
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<td>Section 10 Agility – Pivoting and Rotation</td>
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<td>1x 20mins</td>
<td>1x 10mins</td>
<td>1x 15mins</td>
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<td>Section 14 Running over Obstacles - Hurdles</td>
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<tr>
<td>Section 16 Running for Distance – End Running</td>
<td>6x 10mins</td>
<td>6x 10-15mins</td>
<td>10x 10mins</td>
<td>10x 10mins</td>
</tr>
<tr>
<td>Section 17 Running for Distance – Race Walking</td>
<td>4x 10mins</td>
<td>4x 10-15mins</td>
<td>2x 10mins</td>
<td>2x 15mins</td>
</tr>
<tr>
<td>Section 18 Jumping for Distance – Long Jump &amp; SLJ</td>
<td>3x 15mins</td>
<td>3x 20mins</td>
<td>4x 10mins</td>
<td>4x 15mins</td>
</tr>
<tr>
<td>Section 19 Multiple Jumps – Triple Jump &amp; STJ</td>
<td>2x 15mins</td>
<td>2x 20mins</td>
<td>2x 10mins</td>
<td>2x 15mins</td>
</tr>
<tr>
<td>Section 20 Jumping for Height – High Jump and VJ</td>
<td>2x 15mins</td>
<td>2x 20mins</td>
<td>4x 10mins</td>
<td>4x 15mins</td>
</tr>
<tr>
<td>Section 21 Jumping for Height – Pole Vault</td>
<td>To be covered outside with a qualified coach unless appropriate indoor facilities are available.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Section 22 Throwing - Push – Shot Put / Push Press</td>
<td>2x 15mins</td>
<td>2x 20mins</td>
<td>4x 10mins</td>
<td>4x 15mins</td>
</tr>
<tr>
<td>Section 23 Throwing - Pull – Javelin / Tennis Ball</td>
<td>2x 15mins</td>
<td>2x 20mins</td>
<td>4x 10mins</td>
<td>4x 15mins</td>
</tr>
<tr>
<td>Section 24 Throwing - Sling - Discus</td>
<td>2x 15mins</td>
<td>2x 20mins</td>
<td>2x 10mins</td>
<td>2x 15mins</td>
</tr>
<tr>
<td>Section 25 Throwing – Hurl – Hammer</td>
<td>To be covered outside with a qualified coach unless appropriate indoor facilities are available.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Section 26 Lifestyle and Support</td>
<td>This can be undertaken at anytime throughout the 12 week programme. At registration or within the session.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Section 27 How we Think and Behave</td>
<td>This can be undertaken at anytime throughout the 12 week programme.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>