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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 22 Week Track and Field Athletics Training Programme covering Running, Jumping and Throwing as well as Agility, Balance and Coordination.
- **Session Plans** – 22 weeks of detailed session plans including equipment requirements, Athletics 365 challenges covered and organisation and safety tips. These 22 weeks includes four competition(conditioning) sessions.
- **Alternative examples of a 22 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 22 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 youth training programme. An indoor version of this document is also available. Good luck with your planning.
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 a 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, paarlauf relays and obstacle relays.
Appropriate Activities for Athletes

- Coaches should ensure that athletes only undertake activities suitable to their age and skill stage. Events such as Triple Jump* (male only) and Hammer are only introduced in competition at the Under 15’s (13-14 years) age group. These events can put undue stress on the developing body which could lead to injury and developmental problems. Instead we would recommend that athletes use a soft hammer and standing triple jump until they are physically mature enough to undertake the full event. At this stage we would still recommend gradual progression for these events, such as increasing the length of approach for Triple jump and increasing the weight for Hammer. If unsure always talk to a more experienced coach and err on the side of caution.

Appropriate Level of Coach

- When delivering any athletics event/activity, coaches should ensure they hold the appropriate coaching qualification. Coaches delivering any event without the appropriate qualification will not be qualified and this means they will not be insured. One way to overcome this potential issue is to encourage ‘Event Coaches’ within your club to deliver event specific sessions to the youth section.
  - For events such as Pole Vault and Hammer coaches may wish to ask appropriately experienced, skilled and qualified coaches in these events to lead the session.
  - Using ‘Event Coaches’ can have many benefits including providing an opportunity for the young athletes (and youth coaches) to increase their understanding of the event; help event coaches build rapport with young athletes (helping in the long term to ease the transition between youth development and event groups); build a greater community environment within the club.

Track Etiquette

- Coaches should ensure young athletes are aware of track etiquette to minimise potential accidents. This is especially relevant for new athletes who may not be aware of the track rules. Thing to consider include:
  - **Crossing the track** – Athletes should look both ways and ensure the track is clear from other athletes prior to crossing.
  - **Calling “track”** – If someone is in the way when running (and is not actively running themselves) the word “Track” can be called to encourage them to step out of the way. If an athlete hears the word “track” they should move out of the way as quickly and as safely as possible.
  - **Using the inner field** – Coaches and athletes should only use / cross the inner field if this area is clear of throwers and throwing implements.
  - **Inner Field Conditions** – Coaches should inspect the condition of the inner field (throwing field) prior to use. Issues with the inner field may include such things as uneven surface (caused by throwing implements), discarded throwing implements (left by other athletes) and other potential trip and safety hazards.
  - **Coach Communication** – If two training groups wish to use the same or similar areas within the track facilities, good communication between coaches is key to avoid any safety issues or potential conflicts. In most cases a simple chat between coaches can minimise any potential issues.

* Triple Jump begins at the U17 Age Group for female athletes
Planning for Youth Development

Annual Plan for Youth Development Section

Training Environment
- Indoors (Sept – Dec)
- Indoors (Jan – Mar)
- Outdoors (Apr - Aug)

Training Period Length
- 12-16 Weeks Programme
- 12-14 Weeks Programme
- 16-22 Weeks Programme

Session Length & Frequency
- 60-90 min session 1-2 x per week
- 60-90 min session 1-2 x per week
- 60-90 min session 1-2 x per week

Competition Format
- Sports Hall
- Sports Hall
- Quad Kids/T&F

ATHLETICS 365
ENGLAND ATHLETICS
UKA UNITED KINGDOM ATHLETICS
An example of a 22 Week Youth Development Training Programme
With 2 stations rotation (60-70 minutes Sessions)

<table>
<thead>
<tr>
<th>WEEK Date</th>
<th>REGISTRATION 6.50pm - 7.00pm (10 mins)</th>
<th>WARM UP 7.00pm - 7.10pm (5-10 mins)</th>
<th>Station 1 7.10pm - 7.30pm (20 mins)</th>
<th>Station 2 7.30pm - 7.50pm (20 mins)</th>
<th>End / Relay 7.50pm - 8.00pm (5-10 mins)</th>
<th>COOLDOWN 8.00pm - 8.05pm (5-10 mins)</th>
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<td>Shot Put / Push Throw</td>
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YOUTH DEVELOPMENT
ATHLETICS 365 TRAINING PROGRAMME WEEK ONE

- 6.50pm – 7.00pm  Registration
- 7.00pm – 7.10pm  Game / warm-up – relating to session
- 7.10pm – 7.50pm  Two Station Outdoor Athletics Rotation
  - Activity Station 1 (20 mins) - Sprint Drills / Run
  - Activity Station 2 (20 mins) – Shot Put / Push Throw
- 7.50pm – 8.00pm  Endurance Run (10 mins) - Steady Run
- 8.05pm – 8.10pm  Cool down (5-10 mins)

Coaches may choose to introduce a conditioning section at the end of the session instead of the endurance run to help with the athletes all round physical conditioning.

Please turn over turnover for layout support cards
Sprints Drills / Runs

Athletics 365 Challenges Covered:
- Red 12 Challenges A-D
- Yellow 12 Challenges A-E
- Green 12 Challenges A-G
- Purple 12 Challenges A-F
- Blue 12 Challenges A-F
- Black 12 Challenges A-D

Equipment Required
- 15-25 x Cones
- Athletics 365 Coaching Cards:
  - Red 12
  - Yellow 12
  - Green 12
  - Purple 12
  - Blue 12
  - Black 12

Safety Tips
- Mark out slowing down and stopping line to encourage athlete to slow down gradually
- Ensure athletes stay in their own lanes
- 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

Shot Put Throws Grid

Athletics 365 Challenges Covered:
- Red 22 Challenges A-C
- Yellow 22 Challenges A-D
- Green 22 Challenges A-E
- Purple 22 Challenges A-E
- Blue 22 Challenges A-E
- Black 22 Challenges A-E

* Coaches may prefer to deliver Purple to black challenges out of the Shot Put Circle

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

Safety Tips
- Mark out a throwing grid with throwing lanes and safety zones as shown (red cones = safety zones, yellow cones = throw lanes)
- Athletes should only throw and collect on the coach’s command
- Ensure athletes are spaced well apart when throwing
- Athletes throw away from the Shot Put Grid (as shown by blue arrows).
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  Two Station Outdoor Athletics Rotation
  - Activity Station 1 (20 mins)  - Long Jump
  - Activity Station 2 (20 mins)  - Sustained Running
- 7.50pm – 8.00pm  Relay Runs (10 mins)  - Team Relay
- 8.00pm – 8.10pm  Cool down (5 -10 mins)

Coaches may choose to introduce a conditioning section at the end of the session instead of the team relays to help with the athletes all round physical conditioning.

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

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

**Safety Tips**
- Ensure the pit is well dug, clear of any obstacles and in good condition
- Athletes should only jump from a standing position (no run up)
- Encourage athletes to walk out the other side of the pit 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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**Athletics 365 Challenges Covered:**
- Green 18 Challenges A-E
- Purple 18 Challenges A-E
- Blue 18 Challenges A-E
- Black 18 Challenges A-E

**Equipment Required**
- Long Jump Pit
- Rake
- Tape Measures
- Athletics 365 Coaching Cards:
  - Green 18
  - Purple 18
  - Blue 18
  - Black 18

**Safety Tips**
- Ensure the pit is well dug, clear of any obstacles and in good condition
- Athletes should gradually increase run up
- Encourage athletes to walk out the other end of the pit
- Try to limit the number of athletes per pit (if more than one) to save boredom setting in while waiting to jump

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**Sustained Running**

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

**Safety Tips**
- Athletes to perform a sustained run for 0.5-5 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 records this
- Athletes should run within their limits and gradually build the length of time they can run over
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  |  Two Station Outdoor Athletics Rotation
  - Activity Station 1 (20 mins) - Sprint Start
  - Activity Station 2 (20 mins) – Javelin / Pull Throw
- 7.50pm – 8.00pm  |  Endurance Run (10 mins) - Steady Run
- 8.00pm – 8.10pm  |  Cool down (5 -10 mins)

Coaches may choose to introduce a conditioning section at the end of the session instead of the endurance run to help with the athletes all round physical conditioning.

Two Station Outdoor Athletics Rotation

Steady Running

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

Safety Tips
- Athletes to perform a steady run for 1-10 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 records 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
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
- Blue 13 Challenges A-D
- Black 13 Challenges A-D

Equipment Required:
- Rubber lines (if required)
- Athletics 365 Coaching Cards:
  - Red 13
  - Yellow 13
  - Green 13
  - Purple 13
  - Blue 13
  - Black 13

Safety Tips:
- Mark out slowing down and stopping line as shown (yellow cones = slowing down line, red cones = stopping line)
- Ensure athletes stay within their own lane
- When athletes use a falling start, encourage them to move whenever they are ready and fall as far as they feel comfortable
- Vary the starts stimulus (e.g. Shouting Go, clapping hands, etc.)

Sprint Start Practice

Standing Start
Kneeling Start
Falling Start
Three Point Start
Crouch Start

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 Yellow / 4 Blue)
- 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 (blue cones = safety line, yellow cones = throw line)
- Athletes should only throw and collect on the coach’s command
- Ensure athletes are spaced well apart when throwing
- Ensure athletes walk out to collect the throwing implements
- Coaches may choose to use the official Javelin throwing area for athletes working towards Purple ~ Black Challenges. Please see separate slide.

Javelin

Athletics 365 Challenges Covered:
- Purple 23 Challenges A-D
- Blue 23 Challenges A-D
- Black 23 Challenges A-D

Equipment Required:
- 12 x Cones
- 3 x Turbo Javs / Howlers
- 3-6 x Javelins (400g – 600g)
- Tape Measures
- Athletics 365 Coaching Cards:
  - Purple 23
  - Blue 23
  - Black 23

Safety Tips:
- Coaches can choose to use either the Throw Line Grid or official Javelin throwing area
- Athletes should only throw and collect on the coach’s command
- Ensure athletes walk out to collect the throwing implements
- Athletes should hold and carry the Javelin upright when not throwing.
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  Two Station Outdoor Athletics Rotation
  - Activity Station 1 (20 mins) - Triple Jump / Standing TJ
  - Activity Station 2 (20 mins) – Race Walking
- 7.50pm – 8.00pm  Relay Runs (10 mins) - Team Relay
- 8.00pm – 8.10pm  Cool down (5 -10 mins)

Coaches may choose to introduce a conditioning section at the end of the session instead of the team relays to help with the athletes all round physical conditioning.

Please turn over turnover for layout support cards
**Athletics 365 Challenges Covered:**
- Red 19 Challenges A-C
- Yellow 19 Challenges A-D

**Equipment Required**
- 6-9 x rubber dots
- 12 cones
- Tape Measures
- Sandpit rake
- Athletics 365 Coaching Cards:
  - Red 19
  - Yellow 19

**Safety Tips**
- Ensure the sand pit is in good condition and the sand is deep enough to allow for a soft landing
- Athletes should only jump from a standing position (no run up)
- Encourage athletes to walk out the end of the pit and then join the back of their group to jump again
- Try to limit the number of athletes per jumping lane so as to allow for a greater number of jumps.

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**Athletics 365 Challenges Covered:**
- Green 19 Challenges A-D
- Purple 19 Challenges A-D
- Blue 19 Challenges A-D
- Black 19 Challenges A-D

**Equipment Required**
- 15-20 x cones
- Stopwatch
- Whistle
- Athletics 365 Coaching Cards:
  - Red 17
  - Yellow 17
  - Green 17

**Safety Tips**
- Ensure the sand pit is in good condition and the sand is deep enough to allow for a soft landing
- Athletes should gradually increase their run up starting with a two stride approach.
- Encourage athletes to walk out the end of the pit and rejoin the back of the group to jump again
- Try to limit the number of athletes per sand pit (if more than one) so as to allow for a greater number of jumping opportunities.

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**Athletics 365 Challenges Covered:**
- Red 17 Challenges A-E
- Yellow 17 Challenges A-E
- Green 17 Challenges A-E

**Equipment Required**
- 15-20 x cones
- Stopwatch
- Whistle
- Athletics 365 Coaching Cards:
  - Red 17
  - Yellow 17
  - Green 17

**Safety Tips**
- If using a parluff 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
- Coaches may wish to use laps of the track for more experience and conditioned athletes.

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**Athletics 365 Challenges Covered:**
- Purple 17 Challenges A-E
- Blue 17 Challenges A-E
- Black 17 Challenges A-E

**Equipment Required**
- Stopwatch
- Whistle
- Athletics 365 Coaching Cards:
  - Purple 17
  - Blue 17
  - Black 17

**Safety Tips**
- Ensure athletes walk and do not run
- Limit the length (time / distance) of walking (if required) based on the athletes current skill/fitness level
- Coaches may wish to use a smaller grass walking circuit for less experienced athletes and to increase ease of observation.
YOUTH DEVELOPMENT
ATHLETICS 365 TRAINING PROGRAMME WEEK FIVE

- 6.50pm – 7.00pm  
  Registration

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

- 7.10pm – 7.50pm  
  Two Station Outdoor Athletics Rotation
  - Activity Station 1 (20 mins) - Sprint Hurdles
  - Activity Station 2 (20 mins) – Discus / Sling Throw

- 7.50pm – 8.00pm  
  Relay Runs (10 mins) – Steady Running

- 8.00pm – 8.10pm  
  Cool down (5 -10 mins)

Coaches may choose to introduce a conditioning section at the end of the session instead of the endurance run to help with the athletes all round physical conditioning.

Two Station Outdoor Athletics Rotation

Please turn over turnover for layout support cards

Steady Running

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

Safety Tips
- Athletes to perform a steady run for 1-10 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 records this
- Athletes should run within their limits and gradually build the length of time they can run over
**Sprint Hurdles (Hurdles Grid)**

- **Equipment Required**
  - 9 - 12 SAQ, SH or Full hurdles
  - 8 - 12 x cones
  - Athletics 365 Coaching Cards:
    - Red 14
    - Yellow 14
    - Green 14
    - Purple 14
    - Blue 14
    - Black 14

- **Safety Tips**
  - Mark out finish line (red cones)
  - Ensure athletes choose a lane where the hurdle height and spacing's are appropriate for their skill level.
  - Please see additional slide for hurdle layout

**Athletics 365 Challenges Covered:**
- Red 14 Challenges A-B
- Yellow 14 Challenges A-D
- Green 14 Challenges A-E
- Purple 14 Challenges A-F
- Blue 14 Challenges A-D
- Black 14 Challenges A-E

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**Sling Throw / Discus**

- **Equipment Required**
  - 3 x Hula hoops or quoits
  - 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 coach’s command
  - Ensure athletes are spaced well apart when throwing
  - Place left handed throwers to the left side of the throwing line to minimise any issues with early release throws

**Athletics 365 Challenges Covered:**
- Purple 24 Challenges A-D
- Blue 24 Challenges A-D
- Black 24 Challenges A-E

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**Discus Cage**

- **Equipment Required**
  - 3-6 Discus'
  - 6 x Cones (distance markers)
  - Tape Measures
  - Athletics 365 Coaching Cards:
    - Purple 24
    - Blue 24
    - Black 24

- **Safety Tips**
  - Athletes should throw out of a Discus cage
  - Ensure the throwing cage netting is in good condition
  - No more than one athlete in the cage at any time
  - Non throwing athletes positioned behind the cage
  - Athletes should only throw and collect on the coach’s command
  - Ensure athletes walk out to collect the throwing implements
Competition Week

- Game / warm-up (5-10 mins) - Relating to session (Coach’s choice)
- Competition Option 1 – Triathlon (15 mins per test station)
  - 1 x Run, 1 x Jump and 1 x Throw
- Competition Option 2 – Quadrathlon (10 mins per test station)
  - 2 x Track and 2 x Field
- Competition Option 3 – Pentathlon (Test split over two sessions)
  - 800m, Hurdles, High Jump, Long Jump and Shot Putt
- Cool down (5-10 mins)

Coaches may choose to replace the competition session with a conditioning session to help with the athletes all round physical conditioning.
YOUTH DEVELOPMENT
ATHLETICS 365 TRAINING PROGRAMME WEEK SIX

- 6.50pm – 7.00pm Registration
- 7.00pm – 7.10pm Game / warm-up - relating to session
- 7.10pm – 8.00pm
  - Activity Station 1 (10 mins) – Static Balance
  - Activity Station 2 (10 mins) – Agility (Reaction and Response)
  - Activity Station 3 (10 mins) – Dynamic Balance and Coordination
  - Activity Station 4 (10 mins) – Static Balance (single/double leg)
  - Activity Station 5 (10 mins) – Coordination (movement patterns)
- 8.00pm – 8.10pm Cool down (5-10 mins)

Coaches may choose to replace the conditioning session with a UKA Awards Track and Field Competition (Tri, Quad or Pentathlon Awards) to measure and athletes personal best performance progression.

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.

Please turn over turnover for layout support cards.
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
  - Green 9
  - Purple 9
  - Blue 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).

Coordination – movement pattern and footwork

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.

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
  - Green 5
  - Purple 5
  - Blue 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.

Static Balance

Single and Double Leg(s) Standing

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
  - Green 3
  - Purple 3
  - Blue 3
  - Black 3

Safety Tips
- Ensure the wobble cushions are not under or over inflated
- Ensure athletes maintains good posture and core position throughout each exercise
- Ensure athletes only undertake challenges within their skill level to avoid undue stress on the body.
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  Two Station Outdoor Athletics Rotation
  - Activity Station 1 (20 mins) - High Jump
  - Activity Station 2 (20 mins) – Sustained Running
- 7.50pm – 8.00pm  Relay Runs (10 mins) - Team Relay
- 8.00pm – 8.10pm  Cool down (5 -10 mins)

Coaches may choose to introduce a conditioning section at the end of the session instead of the team relays to help with the athletes all round physical conditioning.

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

*Low Height Scissor Jump*

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

*For information on vertical jumps and speed bounce please see the indoor planning document.

**Equipment Required**
- 2-3 Gym mats
- 2-3 SH / SAQ Hurdles
- 12-18 Cones
- 2-3 x Speed Bounce
- 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.
- Ensure athletes use a controlled landing to protect their knees.
- Alternate athletes jumping from each side of the high jump fan.
- Only one athlete jumping (per mat) at any one time.

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**High Jump Scissor and Flip Jumps**

**Athletics 365 Challenges Covered:**
- Purple 20 Challenges A-E
- Blue 20 Challenges A-E
- Black 20 Challenges A-E

**Equipment Required**
- High Jump mats and uprights
- Flexi bar and High Jump bar
- 12-18 Cones
- Athletics 365 Coaching Cards:
  - Purple 20
  - Blue 20
  - Black 20

**Safety Tips**
- Ensure the high jump mat is in good condition.
- Ensure athletes use a controlled landing to protect their knees (Scissor Jump).
- Ensure the athletes land on the mid to upper back.
- Alternate athletes jumping from each side of the high jump fan.
- Only one athlete jumping (per mat) at any one time.

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**Sustained Running**

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

**Safety Tips**
- Athletes to perform a sustained run for 0.5-5 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 records this.
- Athletes should run within their limits and gradually build the length of time they can run over.
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  Two Station Outdoor Athletics Rotation
  - Activity Station 1 (20 mins) - Sprint Drills / Runs
  - Activity Station 2 (20 mins) – Hammer / Hurl Throw
- 7.50pm – 8.00pm  Relay Runs (10 mins) – Steady Run
- 8.00pm – 8.10pm  Cool down (5 -10 mins)

Coaches may choose to introduce a conditioning section at the end of the session instead of the endurance run to help with the athletes all round physical conditioning.

Please turn over turnover for layout support cards
**Sprints Drills / Runs**

**Athletics 365 Challenges Covered:**
- Red 12 Challenges A-D
- Yellow 12 Challenges A-E
- Green 12 Challenges A-G
- Purple 12 Challenges A-F
- Blue 12 Challenges A-F
- Black 12 Challenges A-D

**Equipment Required**
- 15-25 x Cones
- Athletics 365 Coaching Cards:
  - Red 12
  - Yellow 12
  - Green 12
  - Purple 12
  - Blue 12
  - Black 12

**Safety Tips**
- Mark out slowing down and stopping line to encourage athlete to slow down gradually
- Ensure athletes stay in their own lanes
- 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

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**Hammer Throw**

**Athletics 365 Challenges Covered:**
- Purple 25 Challenges A-D
- Blue 25 Challenges A-D
- Black 25 Challenges A-E

**Equipment Required**
- 3-6 x Med Balls (1-3kg) / Footballs
- Hammer Throw Cage
- Tape Measures
- Athletics 365 Coaching Cards:
  - Purple 25
  - Blue 25
  - Black 25

**Safety Tips**
- When using a Hammer (rubber or official) athletes should always throw from the appropriate cage.
- Athletes using a Hammer should be supervised by an appropriate qualified and experienced coach
- Athletes should only throw and collect on the coach’s command
- Only the athlete throwing should be in the cage with everyone else behind the cage in a safe position
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  Two Station Outdoor Athletics Rotation
  - Activity Station 1 (20 mins) - Pole Vault
  - Activity Station 2 (20 mins) – Race Walking
- 7.50pm – 8.00pm  Relay Runs (10 mins) – Team Relay
- 8.00pm – 8.10pm  Cool down (5 -10 mins)

Coaches may choose to introduce a conditioning section at the end of the session instead of the team relays to help with the athletes all round physical conditioning.

Two Station Outdoor Athletics Rotation

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
- Blue 15 Challenges A-D

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 encourage athletes to gradually slow down (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)
- Coaches can introduce a variety of team relays (including shuttle, tag, obstacle and continuous relay)

Please turn over turnover for layout support cards
**Athletics 365 Challenges Covered:**
- Purple 21 Challenges A-D
- Blue 21 Challenges A-D
- Black 21 Challenges A-D

**Equipment Required**
- Clear Dry Surface (e.g. LJ Run up)
- Long Jump Pit
- Cones
- Raised Take off Box
- Appropriate Vaulting Poles
- Athletics 365 Coaching Cards:
  - Purple 21
  - Blue 21
  - Black 21

**Safety Tips**
- Athletes undertaking Pole Vault should be supervised by an appropriate qualified and experienced coach
- Ensure the pit is well dug, clear of any obstacles and in good condition
- Athletes should progress from standing Step and Swing drills to Step and Take-off to Sandpit and finally Step and Take-off to mat (please see Athletics 365 footage for more information)

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**Race Walking**

**Equipment Required**
- 15-20 x cones
- Stopwatch
- Whistle
- Athletics 365 Coaching Cards:
  - Red 17
  - Yellow 17
  - Green 17

**Safety Tips**
- If using a parluff 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
- Coaches may wish to use laps of the track for more experience and conditioned athletes

**Athletics 365 Challenges Covered:**
- Red 17 Challenges A-E
- Yellow 17 Challenges A-E
- Green 17 Challenges A-E

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**Stopwatch**

**Equipment Required**
- Stopwatch
- Whistle
- Athletics 365 Coaching Cards:
  - Purple 17
  - Blue 17
  - Black 17

**Safety Tips**
- Ensure athletes walk and do not run
- Limit the length (time / distance) of walking (if required) based on the athletes current skill/fitness level
- Coaches may wish to use a smaller grass walking circuit for less experienced athletes and to increase ease of observation

**Athletics 365 Challenges Covered:**
- Purple 17 Challenges A-E
- Blue 17 Challenges A-E
- Black 17 Challenges A-E
YOUTH DEVELOPMENT
ATHLETICS 365 TRAINING PROGRAMME WEEK TEN

- 6.50pm – 7.00pm  Registration
- 7.00pm – 7.10pm  Game / warm-up - relating to session
- 7.10pm – 7.50pm  Two Station Outdoor Athletics Rotation
  - Activity Station 1 (20 mins) - Sprint Starts
  - Activity Station 2 (20 mins) – Shot Put / Push Throw
- 7.50pm – 8.00pm  Endurance Run (10 mins) - Steady Run
- 8.00pm – 8.10pm  Cool down (5 -10 mins)

Coaches may choose to introduce a conditioning section at the end of the session instead of the endurance run to help with the athletes all round physical conditioning.

Two Station Outdoor 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
- Blue 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
  - Blue 16

Safety Tips
- Athletes to perform a steady run for 1-10 minutes
- Athletes run as far 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 records this
- Athletes should run within their limits and gradually build the length of time they can run over

Steady Running

Please turn over turnover for layout support cards
Athletics 365 Challenges Covered:
- Red 22 Challenges A-C
- Yellow 22 Challenges A-D
- Green 22 Challenges A-E
- Purple 22 Challenges A-E
- Blue 22 Challenges A-E
- Black 22 Challenges A-E
* Coaches may prefer to deliver Purple to Black challenges out of the Shot Put Circle

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

Safety Tips
- Mark out a throwing grid with throwing lanes and safety zones as shown (red cones = safety zones, yellow cones = throw lanes)
- Athletes should only throw and collect on the coach’s command
- Ensure athletes are spaced well apart when throwing
- Athletes throw away from the Shot Put Grid (as shown by blue arrows).

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

Equipment Required
- Rubber lines (if required)
- Athletics 365 Coaching Cards:
  - Red 13
  - Yellow 13
  - Green 13
  - Purple 13
  - Blue 13
  - Black 13

Safety Tips
- Mark out slowing down and stopping line as shown (yellow cones = slowing down line, red cones = stopping line)
- Ensure athletes stay within their own lane
- When athletes use a falling start, encourage them to move whenever they are ready and fall as far as they feel comfortable
- Vary the starts stimulus (e.g. Shouting Go, clapping hands, etc.)

Sprint Start Practice
- Standing Start
- Kneeling Start
- Falling Start
- Three Point Start
- Crouch Start
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  Two Station Outdoor Athletics Rotation
  - Activity Station 1 (20 mins) - Long Jump (Standing Long Jump)
  - Activity Station 2 (20 mins) – Sustained Running
- 7.50pm – 8.00pm  Relay Runs (10 mins) - Team Relay
- 8.00pm – 8.10pm  Cool down (5 -10 mins)

Coaches may choose to introduce a conditioning section at the end of the session instead of the team relays to help with the athletes all round physical conditioning.

Two Station Outdoor Athletics Rotation

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

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 encourage athletes to gradually slow down (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)
- Coaches can introduce a variety of team relays (including shuttle, tag, obstacle and continuous relay)

Please turn over turnover for layout support cards
**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

**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

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**Athletics 365 Challenges Covered:**
- Red 18 Challenges A-C
- Yellow 18 Challenges A-C

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

**Safety Tips**
- Ensure the pit is well dug, clear of any obstacles and in good condition
- Athletes should only jump from a standing position (no run up)
- Encourage athletes to walk out the other side of the pit 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:**
- Green 18 Challenges A-E
- Purple 18 Challenges A-E
- Blue 18 Challenges A-E
- Black 18 Challenges A-E

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**Equipment Required**
- Long Jump Pit
- Rake
- Tape Measures
- Athletics 365 Coaching Cards:
  - Green 18
  - Purple 18
  - Blue 18
  - Black 18

**Safety Tips**
- Ensure the pit is well dug, clear of any obstacles and in good condition
- Athletes should gradually increase run up
- Encourage athletes to walk out the end of the pit
- Try to limit the number of athletes per pit (if more than one) to save boredom setting in while waiting to jump

**Athletics 365 Challenges Covered:**
- Green 18 Challenges A-E
- Purple 18 Challenges A-E
- Blue 18 Challenges A-E
- Black 18 Challenges A-E
Competition Week

- Game / warm-up (5-10 mins) - Relating to session (Coach’s choice)
- Competition Option 1 – Triathlon (15 mins per test station)
  - 1 x Run, 1 x Jump and 1 x Throw
- Competition Option 2 – Quadrathlon (10 mins per test station)
  - 2 x Track and 2 x Field
- Competition Option 3 – Pentathlon (Test split over two sessions)
  - 800m, Hurdles, High Jump, Long Jump and Shot Putt
- Cool down (5-10 mins)

Coaches may choose to replace the competition session with a conditioning session to help with the athletes all round physical conditioning.
YOUTH DEVELOPMENT
ATHLETICS 365 TRAINING PROGRAMME WEEK TWELVE

- 6.50pm – 7.00pm  Registration
- 7.00pm – 7.10pm  Game / warm-up - relating to session
- 7.10pm – 8.00pm
  - Activity Station 1 (10 mins) - Static Balance
  - Activity Station 2 (10 mins) – Agility (Pivoting)
  - Activity Station 3 (10 mins) – Agility (All Change)
  - Activity Station 4 (10 mins) – Static Balance (Low beam)
  - Activity Station 5 (10 mins) – Coordination (Jumping)
- 8.00pm – 8.10pm Cold down (5 -10 mins)

Coaches may choose to replace the conditioning session with a UKA Awards Track and Field competition (Tri, Quad or Pentathlon Awards) to measure and athletes personal best performance progress.

Five Station Outdoor Athletics Rotation

Conditioning Week

Athletics 365 Challenges Covered:
- Red 2 - Challenges A-C
- Yellow 2 - Challenges A-C
- Green 2 - Challenges A-C
- Purple 2 - Challenge A-C
- Blue 2 – Challenge A-C
- Black 2 – Challenge A-C

Equipment Required
- 3-6 x gym mats
- 18-24 x cones
- 6 x hula hoops
- Athletics 365 Coaching Cards:
  - Red 2
  - Yellow 2
  - Green 2
  - Purple 2
  - Blue 2
  - Black 2

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

Please turn over turnover for layout support cards.
**Agility Pivoting Rotation**

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**Equipment Required**
- 6-12 x Rubber Spots
- 3 x Broom Sticks (purple stage)

**Athletics 365 Coaching Cards:**
- Red 10
- Yellow 10
- Green 10
- Blue 10
- Purple 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.

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**Coordination – Jumping movements**

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**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

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**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.

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**Agility (All Change)**

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**Athletics 365 Challenges Covered:**
- Red 8 - Challenges A
- Yellow 8 - Challenges A-B
- Green 8 - Challenges A-C
- Purple 8 - Challenges A-D
- Blue 8 - Challenges A-E
- Black 8 - Challenges A-E

**Equipment Required**
- 8-12 x cones
- 2-3 Agility Ladders

**Athletics 365 Coaching Cards:**
- Red 8
- Yellow 8
- Green 8
- Purple 8
- Blue 8
- Black 8

**Safety Tips**
- Ensure the cones and agility ladders are well spaced out and exercise are not too close together.
- Ensure athletes keep their head up through each exercise
- Ensure the areas is clear of obstacles before starting
- Athletes should work within their skill and fitness level to avoid undue stress on the body.

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**Static Balance**

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**On a line and Low beam balance**

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**Athletics 365 Challenges Covered:**
- Red 4 - Challenges A-C
- Yellow 4 - Challenges A-C
- Green 4 - Challenges A-C
- Purple 4 - Challenges 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.
YOUTH DEVELOPMENT
ATHLETICS 365 TRAINING PROGRAMME WEEK THIRTEEN

- 6.50pm – 7.00pm  Registration
- 7.00pm – 7.10pm  Game / warm-up - relating to session
- 7.10pm – 7.50pm  Two Station Outdoor Athletics Rotation
  - Activity Station 1 (20 mins) - Sprint Hurdles
  - Activity Station 2 (20 mins) – Javelin/ Pull Throw
- 7.50pm – 8.00pm  Endurance Run (10 mins) - Steady Run
- 8.00pm – 8.10pm  Cool down (5 -10 mins)

Coaches may choose to introduce a conditioning section at the end of the session instead of the endurance run to help with the athletes all round physical conditioning.

Two Station Outdoor 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
- Blue 16 Challenges A-D

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
  - Blue 16

Safety Tips
- Athletes to perform a steady run for 1-10 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 records 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
Sprint Hurdles (Hurdles Grid)

Equipment Required
- 9 - 12 SAQ, SH or Full hurdles
- 8 -12 x cones
- Athletics 365 Coaching Cards:
  - Red 14
  - Yellow 14
  - Green 14
  - Purple 14
  - Blue 14
  - Black 14

Safety Tips
- Mark out finish line (red cones)
- 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

Athletics 365 Challenges Covered:
- Red 14 Challenges A-B
- Yellow 14 Challenges A-D
- Green 14 Challenges A-E
- Purple 14 Challenges A-F
- Blue 14 Challenges A-D
- Black 14 Challenges A-E

Throws Line Grid

Equipment Required
- 8 x Cones (4 Yellow / 4 Blue)
- 8 x Footballs
- 8 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 (blue cones = safety line, yellow cones = throw line)
- Athletes should only throw and collect on the coach’s command
- Ensure athletes are spaced well apart when throwing
- Ensure athletes walk out to collect the throwing implements
- Coaches may choose to use the official Javelin throwing area for athletes working towards Purple – Black Challenges. Please see separate slide.

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

Sprint Hurdles Grid

Equipment Required
- 12 x Cones
- 3 x Turbo Javs / Howlers
- 3 -6 x Javelins (400g – 600g)
- Tape Measures
- Athletics 365 Coaching Cards:
  - Purple 23
  - Blue 23
  - Black 23

Safety Tips
- Coaches can choose to use either the Throw Line Grid or official Javelin throwing area
- Athletes should only throw and collect on the coach’s command
- Ensure athletes walk out to collect the throwing implements
- Athletes should hold and carry the Javelin upright when not throwing

Athletics 365 Challenges Covered:
- Purple 23 Challenges A-D
- Blue 23 Challenges A-D
- Black 23 Challenges A-D
YOUTH DEVELOPMENT
ATHLETICS 365 TRAINING PROGRAMME WEEK FOURTEEN

- 6.50pm – 7.00pm Registration
- 7.00pm – 7.10pm Game / warm-up - relating to session
- 7.10pm – 7.50pm Two Station Outdoor Athletics Rotation
  - Activity Station 1 (20 mins) - Triple Jump (Standing Triple Jump)
  - Activity Station 2 (20 mins) – Race Walking
- 7.50pm – 8.00pm Relay Runs (10 mins) - Team Relay
- 8.00pm – 8.10pm Cool down (5 -10 mins)

Please turn over turnover for layout support cards
**Athletics 365 Challenges Covered:**
- Red 17 Challenges A-E
- Yellow 17 Challenges A-E
- Green 17 Challenges A-E

**Equipment Required**
- 15-20 x cones
- Stopwatch
- Whistle
- Athletics 365 Coaching Cards:
  - Red 17
  - Yellow 17
  - Green 17

**Safety Tips**
- If using a parluff 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
- Coaches may wish to use laps of the track for more experience and conditioned athletes

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**Athletics 365 Coaching Cards**
- Purple 17
- Blue 17
- Black 17

**Equipment Required**
- Stopwatch
- Whistle

**Safety Tips**
- Ensure athletes walk and do not run
- Limit the length (time / distance) of walking (if required) based on the athletes current skill/fitness level
- Coaches may wish to use a smaller grass walking circuit for less experienced athletes and to increase ease of observation

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

**Equipment Required**
- 6-9 x rubber dots
- 12 cones
- Tape Measures
- Sandpit rake
- Athletics 365 Coaching Cards:
  - Red 19
  - Yellow 19

**Safety Tips**
- Ensure the sand pit is in good condition and the sand is deep enough to allow for a soft landing
- Athletes should only jump from a standing position (no run up)
- Encourage athletes to walk out the end of the pit and then join the back of their group to jump again
- Try to limit the number of athletes per jumping lane so as to allow for a greater number of jumps

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**Athletics 365 Coaching Cards**
- Green 19
- Purple 19
- Blue 19
- Black 19

**Equipment Required**
- 6-9 x rubber dots
- 6-12 Cones
- Tape Measures
- Sandpit rake

**Safety Tips**
- Ensure the sand pit is in good condition and the sand is deep enough to allow for a soft landing
- Athletes should gradually increase their run up starting with a two stride approach
- Encourage athletes to walk out the end of the pit and rejoin the back of the group to jump again
- Try to limit the number of athletes per sand pit (if more than one) so as to allow for a greater number of jumping opportunities
YOUTH DEVELOPMENT
ATHLETICS 365 TRAINING PROGRAMME WEEK FIFTEENTH

- 6.50pm – 7.00pm  Registration
- 7.00pm – 7.10pm  Game / warm-up - relating to session
- 7.10pm – 7.50pm  Two Station Outdoor Athletics Rotation
  - Activity Station 1 (20 mins) - Sprint Drills / Runs
  - Activity Station 2 (20 mins) – Discus/ Sling Throw
- 7.50pm – 8.00pm  Endurance Run (10 mins) - Steady Running
- 8.00pm – 8.10pm  Cool down (5 -10 mins)

Coaches may choose to introduce a conditioning section at the end of the session instead of the endurance run to help with the athletes all round physical conditioning.

Two Station Outdoor 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
- Blue 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
  - Blue 16

Safety Tips
- Athletes to perform a steady run for 1-10 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 records 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
**Sprints Drills / Runs**

**Athletics 365 Challenges Covered:**
- Red 12 Challenges A-D
- Yellow 12 Challenges A-E
- Green 12 Challenges A-G
- Purple 12 Challenges A-F
- Blue 12 Challenges A-F
- Black 12 Challenges A-D

**Safety Tips**
- Mark out slowing down and stopping line to encourage athlete to slow down gradually
- Ensure athletes stay in their own lanes
- 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

**Equipment Required**
- 15-25 x Cones
- Athletics 365 Coaching Cards:
  - Red 12
  - Yellow 12
  - Green 12
  - Purple 12
  - Blue 12
  - Black 12

**Sling Throw / Discus**

**Athletics 365 Challenges Covered:**
- Red 24 Challenges A-B
- Yellow 24 Challenges A-B
- Green 24 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 coach’s command
- Ensure athletes are spaced well apart when throwing
- Place left handed throwers to the left side of the throwing line to minimise any issues with early release throws

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

**Discus Cage**

**Athletics 365 Challenges Covered:**
- Purple 24 Challenges A-D
- Blue 24 Challenges A-D
- Black 24 Challenges A-E

**Equipment Required**
- 3-6 Discus
- 6 x Cones (distance markers)
- Tape Measures
- Athletics 365 Coaching Cards:
  - Purple 24
  - Blue 24
  - Black 24

**Safety Tips**
- Athletes should throw out of a Discus cage
- Ensure the throwing cage netting is in good condition
- No more than one athlete in the cage at any time
- Non throwing athletes positioned behind the cage
- Athletes should only throw and collect on the coach’s command
- Ensure athletes walk out to collect the throwing implements
YOUTH DEVELOPMENT
ATHLETICS 365 TRAINING PROGRAMME WEEK SIXTEEN

- 6.50pm – 7.00pm  Registration
- 7.00pm – 7.10pm  Game / warm-up - relating to session
- 7.10pm – 7.50pm  Two Station Outdoor Athletics Rotation
  - Activity Station 1 (20 mins) - High Jump
  - Activity Station 2 (20 mins) – Sustained Running
- 7.50pm – 8.00pm  Relay Runs (10 mins) - Team Relay
- 8.00pm – 8.10pm  Cool down (5 -10 mins)

Coaches may choose to introduce a conditioning section at the end of the session instead of the team relays to help with the athletes all round physical conditioning.

Two Station Outdoor Athletics Rotation

Please turn over turnover for layout support cards
**Sustained Running**

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

- **Safety Tips**
  - Athlete to perform a sustained run for 0.5-5 minutes
  - Athletes run for as long as they can in 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 records this
  - Athletes should run within their limits and gradually build the length of time they can run over

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**High Jump**

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

- **Equipment Required**
  - 2-3 Gym mats
  - 2-3 SH / SAQ Hurdles
  - 12-18 Cones
  - 2-3 x Speed Bounce
  - 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
  - Ensure athletes use a controlled landing to protect their knees
  - Alternate athletes jumping from each side of the high jump fan.
  - Only one athlete jumping (per mat) at any one time.

*For information on vertical jumps and speed bounce please see the indoor planning document.*

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**Scissor and Flip Jumps**

- **Athletics 365 Challenges Covered:**
  - Purple 20 Challenges A-E
  - Blue 20 Challenges A-E
  - Black 20 Challenges A-E

- **Equipment Required**
  - High Jump mats and uprights
  - Flexi bar and High Jump bar
  - 12-18 Cones
  - Athletics 365 Coaching Cards:
    - Purple 20
    - Blue 20
    - Black 20

- **Safety Tips**
  - Ensure the high jump mat is in good condition
  - Ensure athletes use a controlled landing to protect their knees (Scissor Jump)
  - Ensure the athletes land on the mid to upper back
  - Alternate athletes jumping from each side of the high jump fan.
  - Only one athlete jumping (per mat) at any one time.
Competition Week

- Game / warm-up (5-10 mins) - Relating to session (Coach’s choice)
- Competition Option 1 – Triathlon (15 mins per test station)
  - 1 x Run, 1 x Jump and 1 x Throw
- Competition Option 2 – Quadrathlon (10 mins per test station)
  - 2 x Track and 2 x Field
- Competition Option 3 – Pentathlon (Test split over two sessions)
  - 800m, Hurdles, High Jump, Long Jump and Shot Putt
- Cool down (5-10 mins)

Coaches may choose to replace the competition session with a conditioning session to help with the athletes all round physical conditioning.
YOUTH DEVELOPMENT
ATHLETICS 365 TRAINING PROGRAMME WEEK SEVENTEEN

- 6.50pm – 7.00pm  | Registration
- 7.00pm – 7.10pm  | Game / warm-up - relating to session
- 7.10pm – 8.00pm
  - Activity Station 1 (10 mins) - Static Balance
  - Activity Station 2 (10 mins) – Agility (Reaction and Response)
  - Activity Station 3 (10 mins) – Dynamic Balance and Coordination
  - Activity Station 4 (10 mins) – Static Balance (single/double leg)
  - Activity Station 5 (10 mins) – Coordination (movement patterns)
- 8.00pm – 8.10pm  | Cool down (5 -10 mins)

Coaches may choose to replace the conditioning session with a UKA Awards Track and Field competition (Tri, Quad or Pentathlon Awards) to measure and athletes personal best performance progression.

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.

Please turn over turnover for layout support cards
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
  - Yellow
  - Green
  - Purple
  - Blue
  - Black

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).

Coordination – movement pattern and footwork

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

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.

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

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
  - Yellow
  - Green
  - Purple
  - Blue
  - Black

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.

Static Balance

Single and Double Leg(s) Standing

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
  - Yellow
  - Green
  - Purple
  - Blue
  - Black

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.
YOUTH DEVELOPMENT
ATHLETICS 365 TRAINING PROGRAMME WEEK EIGHTEEN

- 6.50pm – 7.00pm  Registration
- 7.00pm – 7.10pm  Game / warm-up - relating to session
- 7.10pm – 7.50pm  Two Station Outdoor Athletics Rotation
  - Activity Station 1 (20 mins) - Sprint Starts
  - Activity Station 2 (20 mins) – Hammer/ Hurl Throw
- 7.50pm – 8.00pm  Endurance Run (10 mins) - Steady Run
- 8.00pm – 8.10pm  Cool down (5 -10 mins)

Coaches may choose to introduce a conditioning section at the end of the session instead of the endurance run to help with the athletes all round physical conditioning.

Two Station Outdoor 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
- Blue 16 Challenges A-D

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
  - Blue 16

Safety Tips:
- Athletes to perform a steady run for 1-10 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 records this
- Athletes should run within their limits and gradually build the length of time they can run over
**Athletics 365 Challenges Covered:**
- Red 13 Challenges A-C
- Yellow 13 Challenges A-C
- Green 13 Challenges A-D
- Purple 13 Challenges A-D
- Blue 13 Challenges A-D
- Black 13 Challenges A-D

**Equipment Required**
- Rubber lines (if required)
- Athletics 365 Coaching Cards:
  - Red 13
  - Yellow 13
  - Green 13
  - Purple 13
  - Blue 13
  - Black 13

**Safety Tips**
- Mark out slowing down and stopping line as shown (yellow cones = slowing down line, red cones = stopping line)
- Ensure athletes stay within their own lane
- When athletes use a falling start, encourage them to move whenever they are ready and fall as far as they feel comfortable
- Vary the starts stimulus (e.g. Shouting Go, clapping hands, etc.)

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**Equipment Required**
- 3-6 x Med Balls (1-3kg) / Footballs
- Hammer Throw Cage
- Tape Measures
- Athletics 365 Coaching Cards:
  - Purple 25
  - Blue 25
  - Black 25

**Safety Tips**
- When using a Hammer (rubber or official) athletes should always throw from the appropriate cage.
- Athletes using a Hammer should be supervised by an appropriate qualified and experienced coach.
- Athletes should only throw and collect on the coach's command.
- Only the athlete throwing should be in the cage with everyone else behind the cage in a safe position.

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**Athletics 365 Challenges Covered:**
- Purple 25 Challenges A-D
- Blue 25 Challenges A-D
- Black 25 Challenges A-E
YOUTH DEVELOPMENT
ATHLETICS 365 TRAINING PROGRAMME WEEK NINETEEN

- 6.50pm – 7.00pm  Registration
- 7.00pm – 7.10pm  Game / warm-up - relating to session
- 7.10pm – 7.50pm  Two Station Outdoor Athletics Rotation
  - Activity Station 1 (20 mins) - Pole Vault
  - Activity Station 2 (20 mins) – Race Walking
- 7.50pm – 8.00pm  Relay Runs (10 mins) - Team Relay
- 8.00pm – 8.10pm  Cool down (5-10 mins)

Coaches may choose to introduce a conditioning section at the end of the session instead of the team relays to help with the athletes all-round physical conditioning.

Two Station Outdoor Athletics Rotation

Safety Tips
- Mark out slowing down and stopping line to encourage athletes to gradually slow down (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).
- Coaches can introduce a variety of team relays (including shuttle, tag, obstacle and continuous relay).

Please turn over turnover for layout support cards
**Athletics 365 Challenges Covered:**
- Purple 21 Challenges A-D
- Blue 21 Challenges A-D
- Black 21 Challenges A-D

**Equipment Required**
- Clear Dry Surface (e.g., LI Run-up)
- Long Jump Pit
- Cones
- Raised Take-off Box
- Appropriate Vaulting Poles
- Athletics 365 Coaching Cards:
  - Purple 21
  - Blue 21
  - Black 21

**Safety Tips**
- Athletes undertaking Pole Vault should be supervised by an appropriate qualified and experienced coach.
- Ensure the pit is well dug, clear of any obstacles and in good condition.
- Athletes should progress from standing Step and Swing drills to Step and Take-off to Sandpit and finally Step and Take-off to mat *(please see Athletics 365 footage for more information)*

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**Race Walking**

**Athletics 365 Challenges Covered:**
- Red 17 Challenges A-E
- Yellow 17 Challenges A-E
- Green 17 Challenges A-E

**Equipment Required**
- 15-20 x cones
- Stopwatch
- Whistle
- Athletics 365 Coaching Cards:
  - Red 17
  - Yellow 17
  - Green 17

**Safety Tips**
- If using a parluff 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.
- Coaches may wish to use laps of the track for more experience and conditioned athletes.

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**Athletics 365 Challenges Covered:**
- Purple 17 Challenges A-E
- Blue 17 Challenges A-E
- Black 17 Challenges A-E

**Equipment Required**
- Stopwatch
- Whistle
- Athletics 365 Coaching Cards:
  - Purple 17
  - Blue 17
  - Black 17

**Safety Tips**
- Ensure athletes walk and do not run.
- Limit the length (time / distance) of walking *(if required)* based on the athletes' current skill/fitness level.
- Coaches may wish to use a smaller grass walking circuit for less experienced athletes and to increase ease of observation.
YOUTH DEVELOPMENT
ATHLETICS 365 TRAINING PROGRAMME WEEK TWENTY

- 6.50pm – 7.00pm  Registration
- 7.00pm – 7.10pm  Game / warm-up - relating to session
- 7.10pm – 7.50pm  Two Station Outdoor Athletics Rotation
  - Activity Station 1 (20 mins) - Sprint Hurdles
  - Activity Station 2 (20 mins) – Shot Put / Push Throw
- 7.50pm – 8.00pm  Endurance Run (10 mins) - Steady Run
- 8.00pm – 8.10pm  Cool down (5 -10 mins)

Coaches may choose to introduce a conditioning section at the end of the session instead of the endurance run to help with the athletes all round physical conditioning.

Two Station Outdoor 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
- Blue 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
  - Blue 16

Safety Tips
- Athletes to perform a steady run for 1-10 minutes
- Athletes run 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 records 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
**Sprint Hurdles Grid**

**Equipment Required**
- 9 - 12 SAQ, SH or Full hurdles
- 8 - 12 x cones
- Athletics 365 Coaching Cards:
  - Red 14
  - Yellow 14
  - Green 14
  - Purple 14
  - Blue 14

**Safety Tips**
- Mark out finish line (red cones)
- 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

**Athletics 365 Challenges Covered:**
- Red 14 Challenges A-B
- Yellow 14 Challenges A-D
- Green 14 Challenges A-E
- Purple 14 Challenges A-F
- Blue 14 Challenges A-D
- Black 14 Challenges A-E

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**Shot Put Throws Grid**

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

**Safety Tips**
- Mark out a throwing grid with throwing lanes and safety zones as shown (red cones = safety zones, yellow cones = throw lanes)
- Athletes should only throw and collect on the coach’s command
- Ensure athletes are spaced well apart when throwing
- Athletes throw away from the Shot Put Grid as shown by blue arrows.

**Athletics 365 Challenges Covered:**
- Red 22 Challenges A-C
- Yellow 22 Challenges A-D
- Green 22 Challenges A-E
- Purple 22 Challenges A-E
- Blue 22 Challenges A-E
- Black 22 Challenges A-E
YOUTH DEVELOPMENT
ATHLETICS 365 TRAINING PROGRAMME WEEK TWENTYONE

- 6.50pm – 7.00pm  Registration
- 7.00pm – 7.10pm  Game / warm-up - relating to session
- 7.10pm – 7.50pm  Two Station Outdoor Athletics Rotation
  - Activity Station 1 (20 mins) - Long Jump (Standing Long Jump)
  - Activity Station 2 (20 mins) – Sustained Running
- 7.50pm – 8.00pm  Relay Runs (10 mins) - Team Relay
- 8.00pm – 8.10pm  Cool down (5 -10 mins)

Coaches may choose to introduce a conditioning section at the end of the session instead of the team relays to help with the athletes all round physical conditioning.

Two Station Outdoor Athletics Rotation

Safety Tips
- Mark out slowing down and stopping line to encourage athletes to gradually slow down (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).
- Coaches can introduce a variety of team relays (including shuttle, tag, obstacle and continuous relay).

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

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

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

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

**Safety Tips**
- Ensure the pit is well dug, clear of any obstacles and in good condition
- Athletes should only jump from a standing position (no run up)
- Encourage athletes to walk out the other side of the pit 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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**Athletics 365 Challenges Covered:**
- Green 18 Challenges A-E
- Purple 18 Challenges A-E
- Blue 18 Challenges A-E
- Black 18 Challenges A-E

**Equipment Required**
- Long Jump Pit
- Rake
- Tape Measures
- Athletics 365 Coaching Cards:
  - Green 18
  - Purple 18
  - Blue 18
  - Black 18

**Safety Tips**
- Ensure the pit is well dug, clear of any obstacles and in good condition
- Athletes should gradually increase run up
- Encourage athletes to walk out the end of the pit
- Try to limit the number of athletes per pit (if more than one) to save boredom setting in while waiting to jump

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**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
  - Blue 16

**Safety Tips**
- Athletes to perform a sustained run for 0.5-5 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 records this
- Athletes should run within their limits and gradually build the length of time they can run over
Competition Week

- Game / warm-up (5-10 mins) - Relating to session (Coach’s choice)
- **Competition Option 1 – Triathlon** (15 mins per test station)
  - 1 x Run, 1 x Jump and 1 x Throw
- **Competition Option 2 – Quadrathlon** (10 mins per test station)
  - 2 x Track and 2 x Field
- **Competition Option 3 – Pentathlon** (Test split over two sessions)
  - 800m, Hurdles, High Jump, Long Jump and Shot Putt
- Cool down (5-10 mins)

Coaches may choose to replace the competition session with a conditioning session to help with the athletes all round physical conditioning.
6.50pm – 7.00pm  Registration

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

7.10pm – 8.00pm
- Activity Station 1 (10 mins) – Static Balance
- Activity Station 2 (10 mins) – Agility (Pivoting)
- Activity Station 3 (10 mins) – Agility (All Change)
- Activity Station 4 (10 mins) – Static Balance (Low beam)
- Activity Station 5 (10 mins) – Coordination (Jumping)

8.00pm – 8.10pm  Cool down (5 -10 mins)

Coaches may choose to replace the conditioning session with a UKA Awards Track and Field competition (Tri, Quad or Pentathlon Awards) to measure and athletes personal best performance progression.

Athletics 365 Challenges Covered:
- Red 2 - Challenges A-C
- Yellow 2 - Challenges A-C
- Green 2 - Challenges A-C
- Purple 2 - Challenge A-C
- Blue 2 – Challenge A-C
- Black 2 – Challenge A-C

Equipment Required
- 3-6 x gym mats
- 18-24 x cones
- 6 x hula hoops
- Athletics 365 Coaching Cards:
  - Red 2
  - Yellow 2
  - Green 2
  - Purple 2
  - Blue 2
  - Black 2

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

Please turn over turnover for layout support cards
**Agility Pivoting Rotation**

- **Equipment Required**
  - 6-12 x Rubber Spots
  - 3 x Broom Sticks (purple stage)
  - Athletics 365 Coaching Cards:
    - Red 10
    - Yellow 10
    - Green 10
    - Blue 10
- **Safety Tips**
  - Ensure the activity is undertaken 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.

- **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

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**Coordination – Jumping movements**

- **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.

- **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

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**Agility (All Change)**

- **Equipment Required**
  - 8 - 12 x cones
  - 2 - 3 Agility Ladders
  - Athletics 365 Coaching Cards:
    - Red 8
    - Yellow 8
    - Green 8
    - Purple 8
    - Blue 8
- **Safety Tips**
  - Ensure the cones and agility ladders are well spaced out and exercise are not too close together
  - Ensure athletes keep their head up through each exercise
  - Ensure the areas is clear of obstacles before starting
  - Athletes should work within their skill and fitness level to avoid undue stress on the body.

- **Athletics 365 Challenges Covered**
  - Red 8 - Challenges A
  - Yellow 8 - Challenges A-B
  - Green 8 - Challenges A-C
  - Purple 8 - Challenges A-D
  - Blue 8 - Challenges A-E
  - Black 8 - Challenges A-E

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**Static Balance**

- **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.

- **Athletics 365 Challenges Covered**
  - Red 4 - Challenges A-C
  - Yellow 4 - Challenges A-C
  - Green 4 - Challenges A-C
  - Purple 4 - Challenges A-D
  - Blue 4 - Challenge A-C
  - Black 4 – Challenge A-C
SOME EXAMPLES OF TRAINING SESSION PLANS

**Athletics 365: Session Plan Example 1**

Within a 65 minutes 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(20 mins) - technique / skill acquisition;
- 3. Activity Station 2 (20 mins) - technique / skill acquisition;
- 4. Relays/ Endurance Run (5-10 mins)
- 7. Cool down (5 mins)

**Athletics 365: Session Plan Example 2**

Within a 75 minutes 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 (25mins) - technique / skill acquisition;
- 3. Activity Station 2 (25 mins) - technique / skill acquisition;
- 4. Relays/ Endurance Run (5-10 mins)
- 5. Cool down (5 mins)

**Athletics 365: Session Plan Example 3**

Within a 90 minutes 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(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 (10-15mins)
- 6. Cool down (5-10 mins)

**Athletics 365: Session Plan Example 4**

Within a 90 minutes 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 (30mins) - technique / skill acquisition;
- 3. Activity Station 2 (30 mins) - technique / skill acquisition;
- 4. Relays/ Endurance Run (10-15mins)
- 5. Cool down (5-10 mins)
## An example of a 22 Week Youth Development Training Programme

With 2 stations rotation (75 minutes Sessions)

<table>
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<tr>
<th>WEEK</th>
<th>REGISTRATION</th>
<th>WARM UP</th>
<th>Station 1</th>
<th>Station 2</th>
<th>End / Relay</th>
<th>COOLDOWN</th>
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An example of a 22 Week Youth Development Training Programme
With 2 stations rotation (75 minutes Sessions) - Continued

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**COMPETITION WEEK 3 - TRACK AND FIELD AWARDS or CONDITIONING WEEK - SECTIONS 1,3,5,7,9 of ATHLETICS 365**

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**COMPETITION WEEK 4 - TRACK AND FIELD AWARDS or CONDITIONING WEEK - SECTIONS 2,4,6,8,10 of ATHLETICS 365**
### An example of a 22 Week Youth Development Training Programme

*With 3 stations rotation (90 minutes Sessions)*

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<td>High 5, Low Baby</td>
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**COMPETITION WEEK 1 - TRACK AND FIELD AWARDS or CONDITIONING WEEK - SECTIONS 1,3,5,7 and 9 of ATHLETICS 365**

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**COMPETITION WEEK 2 - TRACK AND FIELD AWARDS or CONDITIONING WEEK - SECTIONS 2,4,6,8 and 10 of ATHLETICS 365**
### An example of a 22 Week Youth Development Training Programme

With 3 stations rotation (90 minutes Sessions) – Continued

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<th>Station 2 7.30pm - 7.50pm (20 mins)</th>
<th>Station 3 7.50pm - 8.10pm (20 mins)</th>
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<td>Sustained Running Section 16</td>
<td>Triple Jump / STJ Section 19</td>
<td>Javelin / Pull Throw Section 23</td>
<td>Relay Section 15</td>
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<td>22 27/08/2012</td>
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<td>COMPETITION WEEK 4 - TRACK AND FIELD AWARDS or CONDITIONING WEEK - SECTIONS 2,4,6,8 and 10 of ATHLETICS 365</td>
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</table>
An example of a 22 Week Youth Development Training Programme  
With 2 stations rotation (90 minutes Sessions)

<table>
<thead>
<tr>
<th>WEEK Date</th>
<th>REGISTRATION</th>
<th>WARM UP</th>
<th>Station 1</th>
<th>Station 2</th>
<th>End / Relay</th>
<th>COOLDOWN</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 02/04/2012</td>
<td>Bob</td>
<td>High 5, Low Baby Dan &amp; Jermaine</td>
<td>Sprint Drills / Runs Section 12</td>
<td>Shot Put / Push Throw Section 22</td>
<td>Steady Running Section 16</td>
<td>Dan &amp; Jermaine</td>
</tr>
<tr>
<td>2 09/04/2012</td>
<td></td>
<td></td>
<td>Long Jump Section 18</td>
<td>Sustained Running Section 16</td>
<td>Relay Section 15</td>
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</tr>
<tr>
<td>3 16/04/2012</td>
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<td></td>
<td>Sprint Starts Section 13</td>
<td>Javelin / Pull Throw Section 23</td>
<td>Steady Running Section 16</td>
<td></td>
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<tr>
<td>4 23/04/2012</td>
<td></td>
<td></td>
<td>Triple Jump / STJ Section 19</td>
<td>Race Walking Section 17</td>
<td>Relay Section 15</td>
<td></td>
</tr>
<tr>
<td>5 30/04/2012</td>
<td></td>
<td></td>
<td>Sprint Hurdles Section 14</td>
<td>Discus / Sling Throw Section 24</td>
<td>Steady Running Section 16</td>
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<td>6 07/05/2012</td>
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<tr>
<td>7 14/05/2012</td>
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<td></td>
<td>High Jump Section 20</td>
<td>Sustained Running Section 16</td>
<td>Relay Section 15</td>
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<tr>
<td>8 21/05/2012</td>
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<td></td>
<td>Sprint Drills / Runs Section 12</td>
<td>Hammer/ Hurle Throw Section 25</td>
<td>Steady Running Section 16</td>
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</tr>
<tr>
<td>9 28/05/2012</td>
<td></td>
<td></td>
<td>Pole Vault Section 21</td>
<td>Race Walking Section 17</td>
<td>Relay Section 15</td>
<td></td>
</tr>
<tr>
<td>10 04/06/2012</td>
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<td></td>
<td>Sprint Starts Section 13</td>
<td>Shot Put / Push Throw Section 22</td>
<td>Steady Running Section 16</td>
<td></td>
</tr>
<tr>
<td>11 11/06/2012</td>
<td></td>
<td></td>
<td>Long Jump Section 18</td>
<td>Sustained Running Section 16</td>
<td>Relay Section 15</td>
<td></td>
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<td>12 18/06/2012</td>
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COMPETITION WEEK 1 - TRACK AND FIELD AWARDS or CONDITIONING WEEK - SECTIONS 1,3,5,7 and 9 of ATHLETICS 365

COMPETITION WEEK 2 - TRACK AND FIELD AWARDS or CONDITIONING WEEK - SECTIONS 2,4,6,8 and 10 of ATHLETICS 365
### An example of a 22 Week Youth Development Training Programme
With 2 stations rotation (90 minutes Sessions) - Continued

<table>
<thead>
<tr>
<th>WEEK</th>
<th>Registration</th>
<th>Warm Up</th>
<th>Station 1</th>
<th>Station 2</th>
<th>End / Relay</th>
<th>Cooldown</th>
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<tbody>
<tr>
<td>13</td>
<td>6.50pm - 7.00pm (10 mins)</td>
<td>7.00pm - 7.10pm (10 mins)</td>
<td>7.10pm - 7.40pm (30 mins)</td>
<td>7.40pm - 8.10pm (30 mins)</td>
<td>8.10pm - 8.20pm (10 mins)</td>
<td>8.20pm - 8.30pm (10 mins)</td>
</tr>
<tr>
<td>14</td>
<td>25/06/2012</td>
<td>26/06/2012</td>
<td>02/07/2012</td>
<td>03/07/2012</td>
<td>09/07/2012</td>
<td>10/07/2012</td>
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<tr>
<td>15</td>
<td>09/07/2012</td>
<td>10/07/2012</td>
<td>15/07/2012</td>
<td>16/07/2012</td>
<td>17/07/2012</td>
<td>18/07/2012</td>
</tr>
<tr>
<td>16</td>
<td>16/07/2012</td>
<td>17/07/2012</td>
<td>22/07/2012</td>
<td>23/07/2012</td>
<td>24/07/2012</td>
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<td>23/07/2012</td>
<td>24/07/2012</td>
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<td>31/07/2012</td>
<td>01/08/2012</td>
</tr>
<tr>
<td>18</td>
<td>30/07/2012</td>
<td>31/07/2012</td>
<td>05/08/2012</td>
<td>06/08/2012</td>
<td>07/08/2012</td>
<td>08/08/2012</td>
</tr>
<tr>
<td>19</td>
<td>06/08/2012</td>
<td>07/08/2012</td>
<td>12/08/2012</td>
<td>13/08/2012</td>
<td>14/08/2012</td>
<td>15/08/2012</td>
</tr>
<tr>
<td>20</td>
<td>13/08/2012</td>
<td>14/08/2012</td>
<td>19/08/2012</td>
<td>20/08/2012</td>
<td>21/08/2012</td>
<td>22/08/2012</td>
</tr>
<tr>
<td>21</td>
<td>20/08/2012</td>
<td>21/08/2012</td>
<td>26/08/2012</td>
<td>27/08/2012</td>
<td>28/08/2012</td>
<td>29/08/2012</td>
</tr>
</tbody>
</table>

**COMPETITION WEEK 3 - TRACK AND FIELD AWARDS or CONDITIONING WEEK - SECTIONS 1,3,5,7 and 9 of ATHLETICS 365**

**COMPETITION WEEK 4 - TRACK AND FIELD AWARDS or CONDITIONING WEEK - SECTIONS 2,4,6,8 and 10 of ATHLETICS 365**
### Regularity of Coaching a Particular Outdoor Activity

The table below shows a breakdown of how many times you could coach a particular section of Athletics 365 in a 22 weeks 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>2 Station Rotation (65 mins)</th>
<th>2 Station Rotation (75 mins)</th>
<th>2 Station Rotation (90 mins)</th>
<th>3 Station Rotation (90 mins)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Section 1 Static Balance - Front/Back Support</td>
<td>2 x 10mins</td>
<td>2 x 10mins</td>
<td>2 x 15mins</td>
<td>2 x 15mins</td>
</tr>
<tr>
<td>Section 2 Static Balance – Seated Balance</td>
<td>2 x 10mins</td>
<td>2 x 10mins</td>
<td>2 x 15mins</td>
<td>2 x 15mins</td>
</tr>
<tr>
<td>Section 3 Static Balance – Single/Double Leg</td>
<td>2 x 10mins</td>
<td>2 x 10mins</td>
<td>2 x 15mins</td>
<td>2 x 15mins</td>
</tr>
<tr>
<td>Section 4 Base of Support – On a line/beam</td>
<td>2 x 10mins</td>
<td>2 x 10mins</td>
<td>2 x 15mins</td>
<td>2 x 15mins</td>
</tr>
<tr>
<td>Section 5 Dynamic Balance</td>
<td>2 x 10mins</td>
<td>2 x 10mins</td>
<td>2 x 15mins</td>
<td>2 x 15mins</td>
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<tr>
<td>Section 6 Coordination - Jumping</td>
<td>2 x 10mins</td>
<td>2 x 10mins</td>
<td>2 x 15mins</td>
<td>2 x 15mins</td>
</tr>
<tr>
<td>Section 7 Coordination – Floor Movement Patterns</td>
<td>2 x 10mins</td>
<td>2 x 10mins</td>
<td>2 x 15mins</td>
<td>2 x 15mins</td>
</tr>
<tr>
<td>Section 8 Agility – All Change</td>
<td>2 x 10mins</td>
<td>2 x 10mins</td>
<td>2 x 15mins</td>
<td>2 x 15mins</td>
</tr>
<tr>
<td>Section 9 Agility – Reaction and Response</td>
<td>2 x 10mins</td>
<td>2 x 10mins</td>
<td>2 x 15mins</td>
<td>2 x 15mins</td>
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<tr>
<td>Section 10 Agility – Pivoting and Rotation</td>
<td>2 x 10mins</td>
<td>2 x 10mins</td>
<td>2 x 15mins</td>
<td>2 x 15mins</td>
</tr>
<tr>
<td>Section 11 Awareness</td>
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<td></td>
</tr>
<tr>
<td>Section 12 Running for Speed - Technique</td>
<td>3x 20mins</td>
<td>3x 25mins</td>
<td>3x 20mins</td>
<td>3x 30mins</td>
</tr>
<tr>
<td>Section 13 Running for Speed - Starts</td>
<td>3x 20mins</td>
<td>3x 25mins</td>
<td>3x 20mins</td>
<td>3x 30mins</td>
</tr>
<tr>
<td>Section 14 Running over Obstacles - Hurdles</td>
<td>3x 20mins</td>
<td>3x 25mins</td>
<td>3x 20mins</td>
<td>3x 30mins</td>
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<tr>
<td>Section 15 Running in Teams - Relays</td>
<td>9x 10mins</td>
<td>9x 10mins</td>
<td>9x 10mins</td>
<td>9x 10mins</td>
</tr>
<tr>
<td>Section 16 Running for Distance – End Running</td>
<td>5x 20mins &amp; 9x 10mins</td>
<td>5x 25mins &amp; 9x 10mins</td>
<td>5x 20mins &amp; 9x 10mins</td>
<td>5x 30mins &amp; 9x 10mins</td>
</tr>
<tr>
<td>Section 17 Running for Distance – Race Walking</td>
<td>4x 20mins</td>
<td>4x 25mins</td>
<td>4x 20mins</td>
<td>4x 30mins</td>
</tr>
<tr>
<td>Section 18 Jumping for Distance – Long Jump &amp; SLJ</td>
<td>3x 20mins</td>
<td>3x 25mins</td>
<td>5x 20mins</td>
<td>3x 30mins</td>
</tr>
<tr>
<td>Section 19 Multiple Jumps – Triple Jump &amp; STJ</td>
<td>2x 20mins</td>
<td>2x 25mins</td>
<td>5x 20mins</td>
<td>2x 30mins</td>
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<tr>
<td>Section 20 Jumping for Height – High Jump and VJ</td>
<td>2x 20mins</td>
<td>2x 25mins</td>
<td>4x 20mins</td>
<td>2x 30mins</td>
</tr>
<tr>
<td>Section 21 Jumping for Height – Pole Vault</td>
<td>2 x 20mins</td>
<td>2 x 25mins</td>
<td>4x 20mins</td>
<td>2 x 30mins</td>
</tr>
<tr>
<td>Section 22 Throwing - Push – Shot Put / Push Press</td>
<td>3x 20mins</td>
<td>3x 25mins</td>
<td>5x 20mins</td>
<td>3x 30mins</td>
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<tr>
<td>Section 23 Throwing - Pull – Javelin / Tennis Ball</td>
<td>2x 20mins</td>
<td>2x 25mins</td>
<td>5x 20mins</td>
<td>2x 30mins</td>
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<tr>
<td>Section 24 Throwing - Sling - Discus</td>
<td>2x 20mins</td>
<td>2x 25mins</td>
<td>4x 20mins</td>
<td>2x 30mins</td>
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<tr>
<td>Section 25 Throwing – Hurl – Hammer</td>
<td>2x 20mins</td>
<td>2x 25mins</td>
<td>4x 20mins</td>
<td>2x 30mins</td>
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<td>Section 26 Lifestyle and Support</td>
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<tr>
<td>Section 27 How we Think and Behave</td>
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</table>

**This can be undertaken at anytime throughout the 22 weeks programme.** At registration or within the session.