



# Coaching Track and Field

Coaching Track and Field, developed by USA Track and Field and the NFHS is hosted by decorated Olympic athletes Dan O'Brien and Hyleas Fountain. The course presents the fundamentals of running, jumping and throwing, as well as the importance of sound mechanics and how to teach these basic skills. After taking this course, you will be able to identify key points or stages of a skill, and use visual demonstrations with verbal cues to help participants execute a particular technique or skill. Members of USA Track and Field will receive a \$15 discount as an added benefit.



## Course Objectives

- Types of races – sprint and endurance
- Running form – proper posture, arm movement, and leg movement
- Start and Drive phase – block and standing start
- Types of jumps – horizontal and vertical
- Jump elements – approach, take off, flight and landing
- Throwing – basic skills for each event type
- How to teach skills for correct form
- Teaching progressions to combine skills into full movement

## Units

- Running
- Jumping
- Throwing

## More

- Unlimited access to course & resources for one year from date of purchase
- Use to fulfill  or  certification requirements
- Approved by NFHS for 5 course clock hours

More Information at [nfhslearn.com!](https://nfhslearn.com)