



Coaching Track and Field

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

Unit 1: Introduction

- Course Objectives
- Principles of Learning
- Minimizing Risk

Unit 2: Running

- Objectives
- Types of Races
- Running Form
- Starts
- Sprint Phases
- Teaching Sprints
- Checkpoint
- Relay Exchanges
- Teaching Relays
- Relay Exchange Progressions
- Hurdle Elements
- Teaching Hurdles
- Endurance Strategy
- Teaching Endurance
- Checkpoint

Unit 3: Jumping

- Objectives
- Types of Jumps
- Jump Elements
- Teaching Jumps
- High Jump Drills
- Triple Jump Drills
- Long Jump Drills
- Pole Vault Drills
- Checkpoint

Unit 4: Throwing

- Throwing Objectives
- Fundamentals of Throwing
- Teaching the Discus Throw
- Discus Teaching Progressions
- Throwing Progression
- Linear Shot Put
- Linear Shot Put Phases
- Teaching Progression
- Throwing Progression
- Checkpoint

Resource Summary: Glossary of Training Terminology, Means and Methods of Biomotor Development, NFHS Equipment Needs, Putting Together A Training Program, Training Macrocycle for Middle and Long Distance, USATF Level 1 Course Information, Workout Samples – Speed and Power Events

Drill Videos: Running Form; Teaching Sprints; Teaching Relays; Hurdle Elements; Teaching Hurdles, Jump Elements; High Jump Drills; Triple Jump Drills; Long Jump Drills; Pole Vault Drills; Discus Throw Basics; Discus Drills; Discus Teaching Progression; Linear Shot Put; Linear Shot Put Drills; Linear