

# Year 9 Athletics - How can we maximise the efficiency of your performance in Athletics?

## Key Skills and Tactics in Athletics:

### Running events

- Pre-race tactics • Changing and adapting your race tactics • Positioning in the field, where to run in the pack, when to lead and when to follow (where appropriate)
- Timing of kicking for the finish line
- When to dip for the finish line
- Awareness of the rules and regulations of the event and their application (including officials commands/signals)

### Jumping events

- Pre-event tactics
- Tactics for qualifying jumps/Entry height and the choice of when to 'pass' on a height/ round
- Changing and adapting your jump tactics: Consideration of weather conditions, appropriate distance/number of steps chosen for run up, in competition check mark adjustment
- Awareness of the rules and regulations of the event and their application (including officials commands/signals)

### Throwing events

- Pre-event tactics
- Tactics for qualifying throws
- Changing and adapting your throw.



**To accurately replicate running, jumping and throwing skills**

**Wider experiences and opportunities:**

- All students will be encouraged to watch quality performance live, on television or on the internet
- All students are invited to Athletics practice
- Students may be invited to compete in Athletics fixtures
- All students will be provided with links to Tamworth Athletics Club

Age	Excellent	Above Ave	Average	Age	Excellent	Above Ave	Average
Male 20-29	> 2800m	2400 - 2800m	2200 - 2399m	Females 20-29	> 2700m	2200 - 2700m	1800 - 2199m

Fitness Component	Training Method	Testing Method
<p><b>Reaction time</b> – The ability of an athlete is able to respond to stimulus. Think of a batter facing a pace bowler in cricket, or a player returning serve in tennis, table tennis or badminton, or on the starting grid in racing.</p>	<p>One of the most effective ways to improve your reaction time is to do cognitive training exercises. These exercises are specifically targeting your brain rather than other muscles in your body. Cognitive training is a relatively new concept that has made waves in the sports world in recent years.</p>	<p><b>Ruler Drop test</b> – Person A holds out their hand with a gap between their thumb and first finger. Person B holds the ruler with the zero at the top of person A's thumb. Person B drops the ruler without telling Person A and they must catch it.</p>

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## Sprinting

Even distribution of body weight, forward lean body position, explosive push off from the blocks from the legs, swing arms in opposite direction at a 90 degree angle, drive knees upwards, sprint forwards looking in the direction of the run, do not slow down until you have passed the line.

## High Jump

Short Curved run up from either left or right. Take off from the foot furthest from the mat. Push off from the take – off foot and flex the opposite leg. Rotate the body in the air so the back is facing the pole. The uplift of the legs will enable the body to be lifted over the bar.

## Shot Put

Sideways stance, hold shot at the base of the fingers (Clean palm – dirty fingers). Keep shot close to or touching the neck. Keep the elbow high and push the shot upwards into the chin. Back knee bent with chin, knee and toe all in line and look at the time with the free hand. Rotate the upper body and push shot upwards. The chest and head should finish high.

## Tactical Techniques

### Long Jump



#### The Approach

- Gradual acceleration through run up (make sure its not too long)
- Should use sprinting technique
- Stay relaxed and focused forward

#### The Take off (BLUE)

- Only use one foot to take off.
- Foot should be planted into the ground, push through and up into the air.
- Leading knee and opposite arm should swing upwards.
- Keep looking ahead, not at the board or sand.
- Don't jump too high, focus on the distance.

#### Flight (RED)

- Rotate the body from straight position at take off, into a 'banana' shape before curving over in preparation for landing. This is called the Hang technique.
- Arms should be above your head, legs hanging down.
- Then swing arms down and lift legs up.

#### The Landing (YELLOW)

- Bend knees to soften impact and bring arms forward to stop them falling backwards into the sand.

## Javelin

Hold the Javelin in the crease of your hands and wrap fingers over the top. Hold the Javelin close and above your head. Point your elbow slightly forward, while keeping your bicep parallel to the ground. Turn your palm toward the sky, creating a natural platform for the javelin to rest on.

## Standing Long Jump

Place both feet parallel to the line and then leap forward. No steps backward or preparatory hops are allowed. To harness the power of your legs, squat deeply onto your heels while bringing your arms back.



### Technique Card: Shot Put Standing Throw

The shot put standing throw teaches how to deliver the shot through the optimal angle. This is achieved through creating a front foot block and lifting the shot with the rear leg.



## Standing Triple Jump

The first phase is a hop from a stand still, which requires the athlete to take-off from a two-footed stand, split in mid air, and land on the preferred foot. The next phase is a long stretched step, landing on the opposite foot. The last phase is the jump, where the athlete lands on both feet