

- **Welcome**

- Welcome • Rules • Weather • Water Breaks • Age Groups
- All Runners and Parents

- **Coach • Assistant Coach • Team Parent**

- **Coach**

- Has electronic whistle, leads a group, keeps track of time per drill

- **Assist Coach**

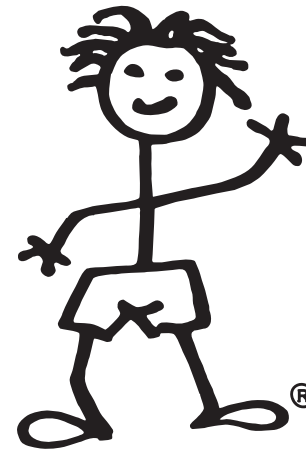
- Help the runners get in heats.
- Help repeat what coach says with larger groups.
- Demonstrates what coach is asking runners to do.

- **Team Parent**

- Help runners sit down at start line.
- Help runners get ready for coaches instruction.
- Help runners focus when waiting for their turn to run.
- Stand at area they will stop running.
- Help runners stop at appropriate area.
- Help runners jog not walk back to the start (in the grass).
- Help runners sit down in their heats

- **Dreadhead YouTube**

- Underlined Instructions
  - Any underlined instruction can be viewed on Dreadhead's YouTube link for instructions.
    - <https://www.youtube.com/user/dreadheadsport/videos>



Dreadhead  
TRACK COACH



TIME	3 YEARS	PRE K	KINDERGARTEN	1ST GRADE
5:30-5:45	WELCOME & GROUPS	WELCOME & GROUPS	WELCOME & GROUPS	WELCOME & GROUPS
5:45-6:00	ON YOUR MARK	ON YOUR MARK	ON YOUR MARK	ON YOUR MARK
6:00-6:15	20	20	20	20
6:15-6:25	50	50	50	50
6:25-6:30	400	400	400	400
TIME	2ND GRADE	3RD GRADE	4TH GRADE	5TH GRADE
6:30-6:45	WELCOME & GROUPS	WELCOME & GROUPS	WELCOME & GROUPS	WELCOME & GROUPS
6:45-7:00	ON YOUR MARK	ON YOUR MARK	ON YOUR MARK	ON YOUR MARK
7:00-7:15	20	20	20	20
7:15-7:25	50	50	50	50
7:25-7:30	400	400	400	400

# 1ST PRACTICE

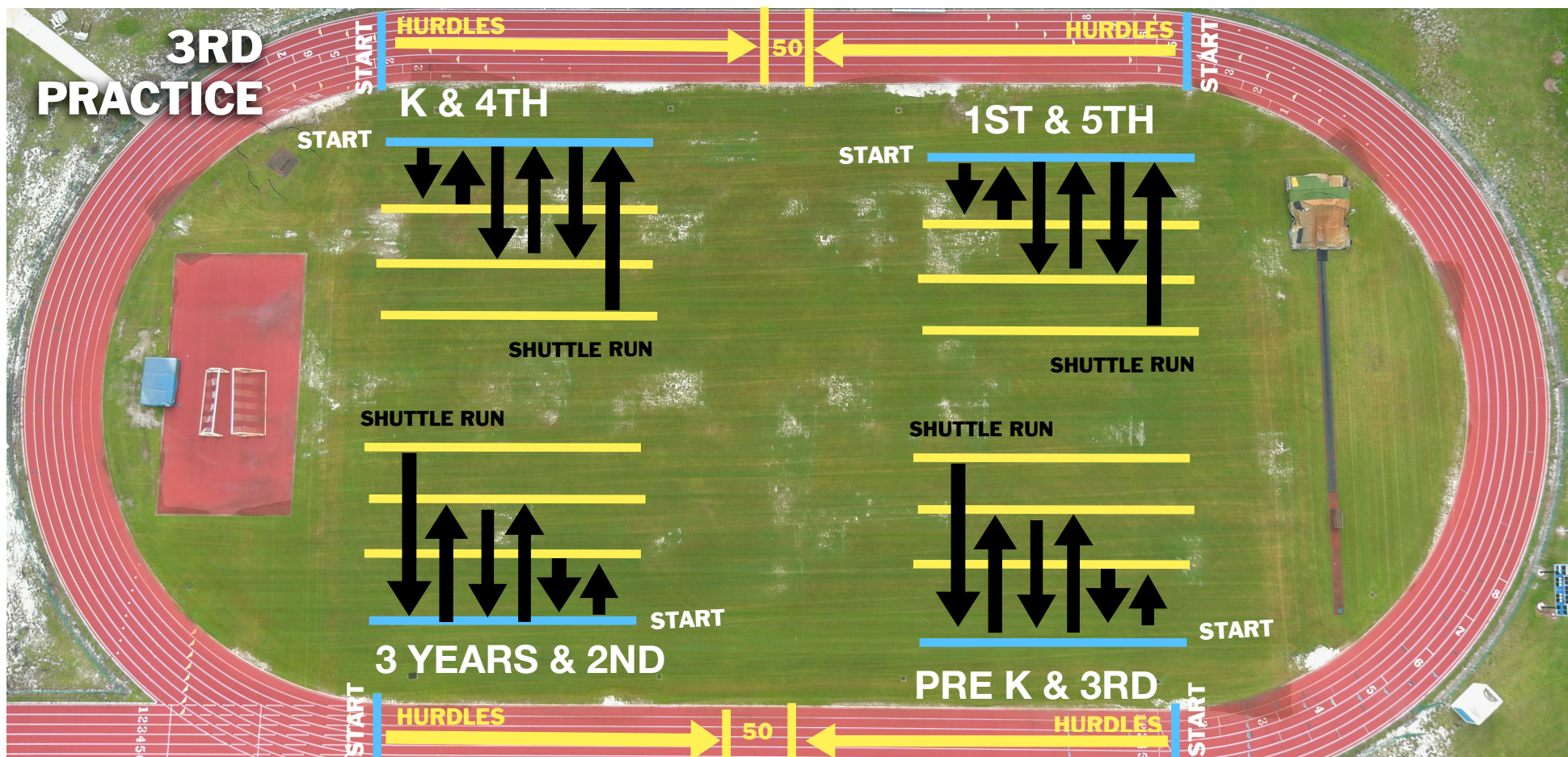
- **Welcome**
  - Welcome • Rules • Weather • Water Breaks • Age Groups
  - All Runners and Parents
- **The Start (Side of Track)**
  - On Your Mark
    - Put one foot behind the line & look down at that foot
    - Back up; then do it again and again and again
  - On Your Mark • Get Set
    - Repeat on your mark
    - Add • Look up (eyes straight forward)
    - Put one open hand up and one open hand at the side
    - Back up; then do it again from, On Your Mark
  - On Your Mark • Get Set • Whistle
    - Repeat (On your Mark & Get Set)
    - Hold hand in the air. Hold whistle button down while bringing hand down.
    - Sprint across the track and repeat
- **20 Meter Repeats**
  - When training. Does not matter grades (if mixed together) or gender when lining up.
  - 1st heat of runners stand in their own lane
  - 2nd, 3rd, Ect... heats of runners sits down behind standing runner.
    - Give the runner some room in front
  - On Your Mark • Get Set • Whistle
    - On Your Mark - runner sitting down gets up and put foot behind line
    - Get Set - runner looks up at finish area
    - Whistle - runner goes on the whistle
  - Assistant Coaches & Team Parent
    - See information above
- **50 Meter Repeats**
  - Jog not walk back to start
  - Motivate runners they can rest when they get back to the start.
- **100 Meter Repeats**
  - Jog not walk back to start
  - Motivate runners they can rest when they get back to the start.
- **400 Meters**
  - Runners all sit down at the start
  - One time around the track
  - Runners do not need to stay in a lane



TIME	3 YEARS	PRE K	KINDERGARTEN	1ST GRADE
5:30-5:45	WELCOME & GROUPS	WELCOME & GROUPS	WELCOME & GROUPS	WELCOME & GROUPS
5:45-6:00	20	20	20	20
6:00-6:15	100	DRILL THEN SPRINT	100	DRILL THEN SPRINT
6:15-6:25	DRILL THEN SPRINT	100	DRILL THEN SPRINT	100
6:25-6:30	800	800	800	800
TIME	2ND GRADE	3RD GRADE	4TH GRADE	5TH GRADE
6:30-6:45	WELCOME & GROUPS	WELCOME & GROUPS	WELCOME & GROUPS	WELCOME & GROUPS
6:45-7:00	20	20	20	20
7:00-7:15	100	DRILL THEN SPRINT	100	DRILL THEN SPRINT
7:15-7:25	DRILL THEN SPRINT	100	DRILL THEN SPRINT	100
7:25-7:30	800	800	800	800

# 2ND PRACTICE

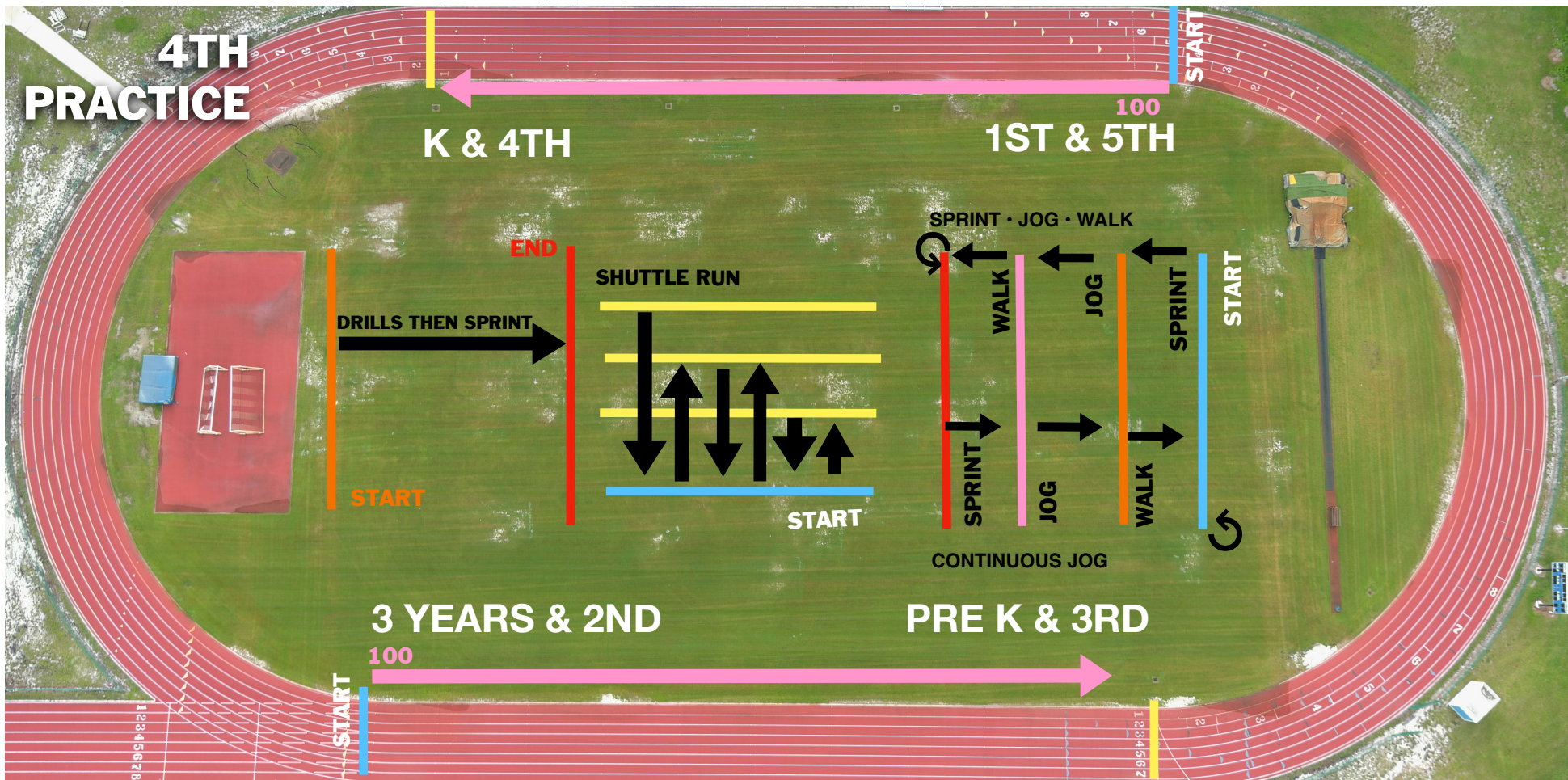
- **Welcome**
  - Welcome • Age Groups
  - All Runners and Parents
- **20 Meter Repeats**
  - Go over “The Start” from first practice
  - 20 Meter Repeats
    - On Your Mark • foot behind line
    - Get Set • look up
    - Whistle • go
- **100 Repeats**
  - Same as above
- **Drill then Sprint**
  - Runners spread out on line
    - Assistant Coach & Team Parents - help spread runners across the line
  - Have runners perform a [Drill](#) 3x or 5x or 8x
    - To see Drills. Scroll half way down Spring Tab to “Expectations” on [www.dreadhead.com](http://www.dreadhead.com)
    - Click on Practice (Review Drills)
    - Then sprint to the cones
  - Example
    - (5) Jumping Jacks • then Sprint to line of cones • Repeat one of the (4) options below
  - (4) Options
    - (1) Drill then sprint. Then jog back.
      - Then different drill and sprint. Repeat.
    - (2) Drill then sprint to cones
      - Turn around then do another drill. Then sprint back Stop. Repeat.
    - Moving Drill Examples (See Dreadhead YouTube Channel)
      - [Standing Long Jump • Butt Kicks](#) (Labeled Wrong) • [Frog Jump • High Knees • Shuffle](#)
        - (3) Moving Drill going forward. Jog Back
          - Repeat.
        - (4) Moving drill going forward & moving drill going back.
          - Repeat.
- **800 Meters**
  - Runners all sit down at the start
  - Two time around the track
  - Runners do not need to stay in a lane



TIME	3 YEARS	PRE K	KINDERGARTEN	1ST GRADE
5:30-5:45	WELCOME & DEMONSTRATION	WELCOME & DEMONSTRATION	WELCOME & DEMONSTRATION	WELCOME & DEMONSTRATION
5:45-6:00	HURDLES (50)	HURDLES (50)	HURDLES (50)	HURDLES (50)
6:00-6:15	SHUTTLE RUN	SHUTTLE RUN	SHUTTLE RUN	SHUTTLE RUN
6:15-6:25	400	400	400	400
6:25-6:30	PRACTICE OVER	PRACTICE OVER	PRACTICE OVER	PRACTICE OVER
TIME	2ND GRADE	3RD GRADE	4TH GRADE	5TH GRADE
6:30-6:45	WELCOME & DEMONSTRATION	WELCOME & DEMONSTRATION	WELCOME & DEMONSTRATION	WELCOME & DEMONSTRATION
6:45-7:00	HURDLES (50)	HURDLES (50)	HURDLES (50)	HURDLES (50)
7:00-7:15	SHUTTLE RUN	SHUTTLE RUN	SHUTTLE RUN	SHUTTLE RUN
7:15-7:25	400	400	400	400
7:25-7:30	PRACTICE OVER	PRACTICE OVER	PRACTICE OVER	PRACTICE OVER

# 3RD PRACTICE

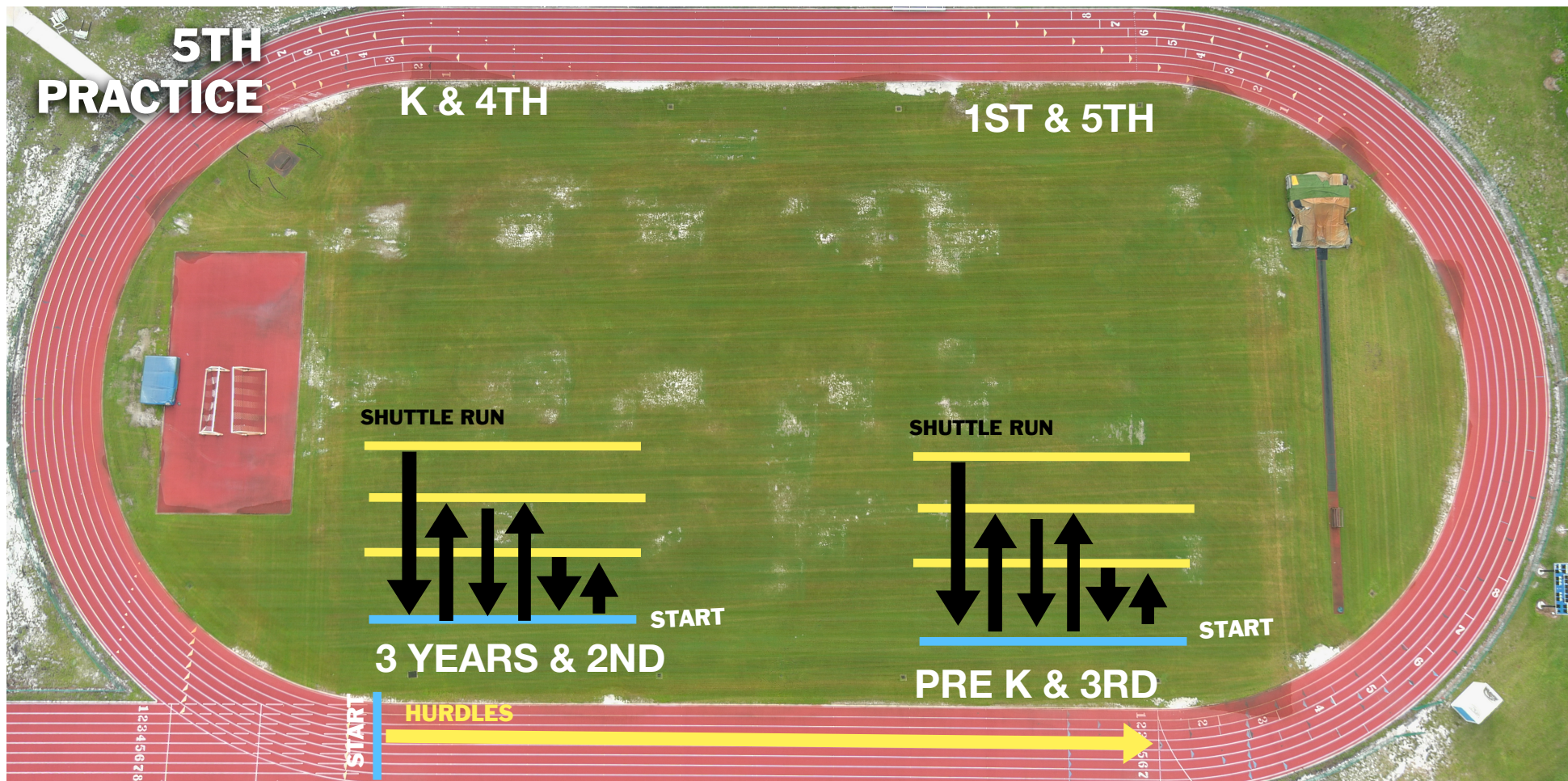
- **Welcome**
  - Welcome • Age Groups • Hurdle Demonstration
  - All Runners and Parents
- **Hurdles**
  - Line runners up to start
  - Sprinting over hurdles
  - Do not stop if they hit a hurdle
  - Jog back
  - Sit down
- **Shuttle Run**
  - Runner line up on line. Spread arms length apart from each other
  - Options:
    - Sprint to one set of cones then back. Repeat.
    - Sprint to the same row of cones once or twice or three times
    - Sprint to one row of cones then back. Then to a further row of cones then stop
    - Change the set of cones runner sprint to and how many times.



TIME	3 YEARS	PRE K	KINDERGARTEN	1ST GRADE
5:30	WELCOME	WELCOME	WELCOME	WELCOME
5:30-5:45	100	DRILL THEN SPRINT	SHUTTLE RUN	SPRINT • JOG • WALK
5:45-6:00	CONTINUOUS JOG	100	DRILL THEN SPRINT	SHUTTLE RUN
6:00-6:15	SHUTTLE RUN	CONTINUOUS JOG	100	DRILL THEN SPRINT
6:15-6:25	DRILL THEN SPRINT	SHUTTLE RUN	SPRINT • JOG • WALK	100
TIME	2ND GRADE	3RD GRADE	4TH GRADE	5TH GRADE
6:30	WELCOME	WELCOME	WELCOME	WELCOME
6:30-6:45	100	DRILL THEN SPRINT	SHUTTLE RUN	SPRINT • JOG • WALK
6:45-7:00	SPRINT • JOG • WALK	100	DRILL THEN SPRINT	SHUTTLE RUN
7:00-7:15	SHUTTLE RUN	SPRINT • JOG • WALK	100	DRILL THEN SPRINT
7:15-7:25	DRILL THEN SPRINT	SHUTTLE RUN	SPRINT • JOG • WALK	100

# 4TH PRACTICE

- **Welcome**
  - Welcome • Age Groups • Demonstration
  - All Runners and Parents
- **Drill then Sprint**
  - Runners spread out on line
    - Assistant Coach & Team Parents - help spread runners across the line
  - Have runners perform a **Drill** 3x or 5x or 8x
    - To see Drills. Scroll half way down Spring Tab to “Expectations”
    - Click on Practice (Review Drills)
    - Then sprint to the cones
  - Example
    - (5) Jumping Jacks • then Sprint to line of cones • Repeat one of the (4) options below
  - (4) Options
    - (1) Drill then sprint. Then jog back.
      - Then different drill and sprint. Repeat.
    - (2) Drill then sprint to cones
      - Turn around the do another drill. Then sprint back Stop. Repeat.
    - Moving Drill Examples (See Dreadhead YouTube Channel)
      - **Standing Long Jump • Butt Kicks** (Labeled Wrong) • **Frog Jump • High Knees • Shuffle**
        - (3) Moving Drill going forward. Jog Back. Repeat.
        - (4) Moving drill going forward & moving drill going back. Repeat.
- **Shuttle Run**
  - Runners line up on line. Spread arms length apart from each other
  - Options:
    - Sprint to one set of cones then back. Repeat.
    - Sprint to the same row of cones once or twice or three times
    - Sprint to one row of cones then back. Then to a further row of cones then stop
    - Change the set of cones runners go to and how many times.
- **Sprint • Jog • Walk or Continuous Jog**
  - **Sprint • Jog • Walk**
  - Runner line up on line. Spread arms length apart from each other
  - This is a non stop drill. In other words do not have them stop at each cone for directions.
  - How it is done:
    - Sprint to first set of cones
    - Then right away jog to next set of cones
    - Then right away walk to next set of cones
    - Turn around and do it again. Spring, Jog, Walk
  - **Continuous Jog**
    - Runner line up on line. Spread arms length apart from each other
    - Jog back and forth non stop to each set of cones
- **100 Meters Repeats**
  - Jog not walk back to start
  - Motivate runners they can rest when they get back to the start.

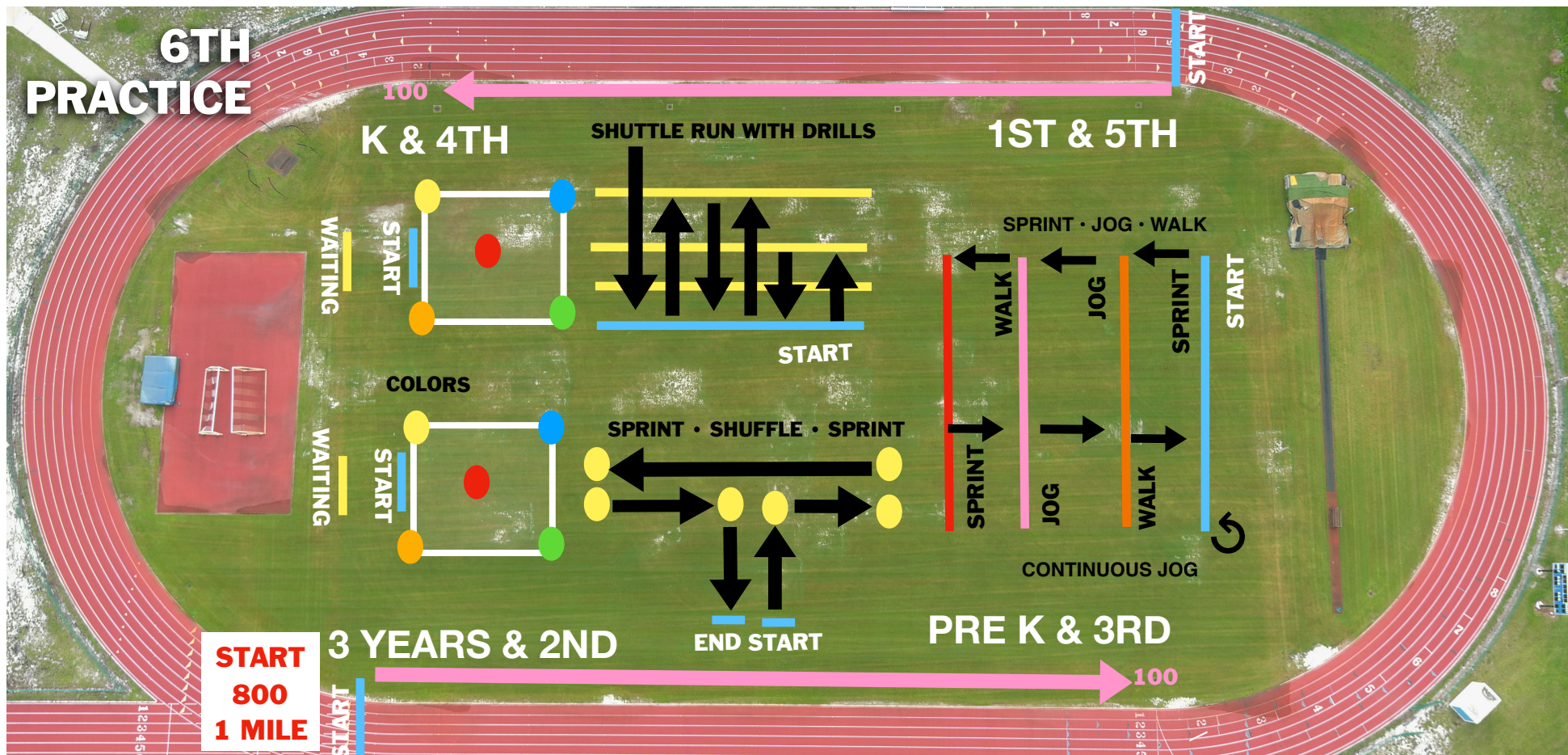


TIME	3 YEARS	PRE K	KINDERGARTEN	1ST GRADE
5:30-5:45	WELCOME & DEMONSTRATION	WELCOME & DEMONSTRATION	WELCOME & DEMONSTRATION	WELCOME & DEMONSTRATION
5:45-6:00	SHUTTLE RUN	SHUTTLE RUN	HURDLES (100)	HURDLES (100)
6:00-6:15	HURDLES (100)	HURDLES (100)	STANDING JUMP	STANDING JUMP
6:15-6:25	STANDING JUMP	STANDING JUMP	SHUTTLE RUN	SHUTTLE RUN
6:25-7:30	400	400	400	400
TIME	2ND GRADE	3RD GRADE	4TH GRADE	5TH GRADE
6:30-6:45	WELCOME & DEMONSTRATION	WELCOME & DEMONSTRATION	WELCOME & DEMONSTRATION	WELCOME & DEMONSTRATION
6:45-7:00	200	200	LONG JUMP	LONG JUMP
7:00-7:15	HURDLES (100)	HURDLES (100)	200	200
7:15-7:25	LONG JUMP	LONG JUMP	HURDLES (100)	HURDLES (100)
7:25-7:30	800	800	800	800

# 5TH PRACTICE

- **Welcome**
  - Welcome • Age Groups • Hurdle Demonstration
  - All Runners and Parents
- **Hurdles**
  - Line runners up to start
  - Sprinting over hurdles
  - Do not stop if they hit a hurdle
  - Jog back
  - Sit down
- **Shuttle Run**
  - Runner line up on line. Spread arms length apart from each other
  - Options:
    - Sprint to one set of cones then back. Repeat.
    - Sprint to the same row of cones once or twice or three times
    - Sprint to one row of cones then back. Then to a further row of cones then stop
    - Change the set of cones runner go to and how many times.

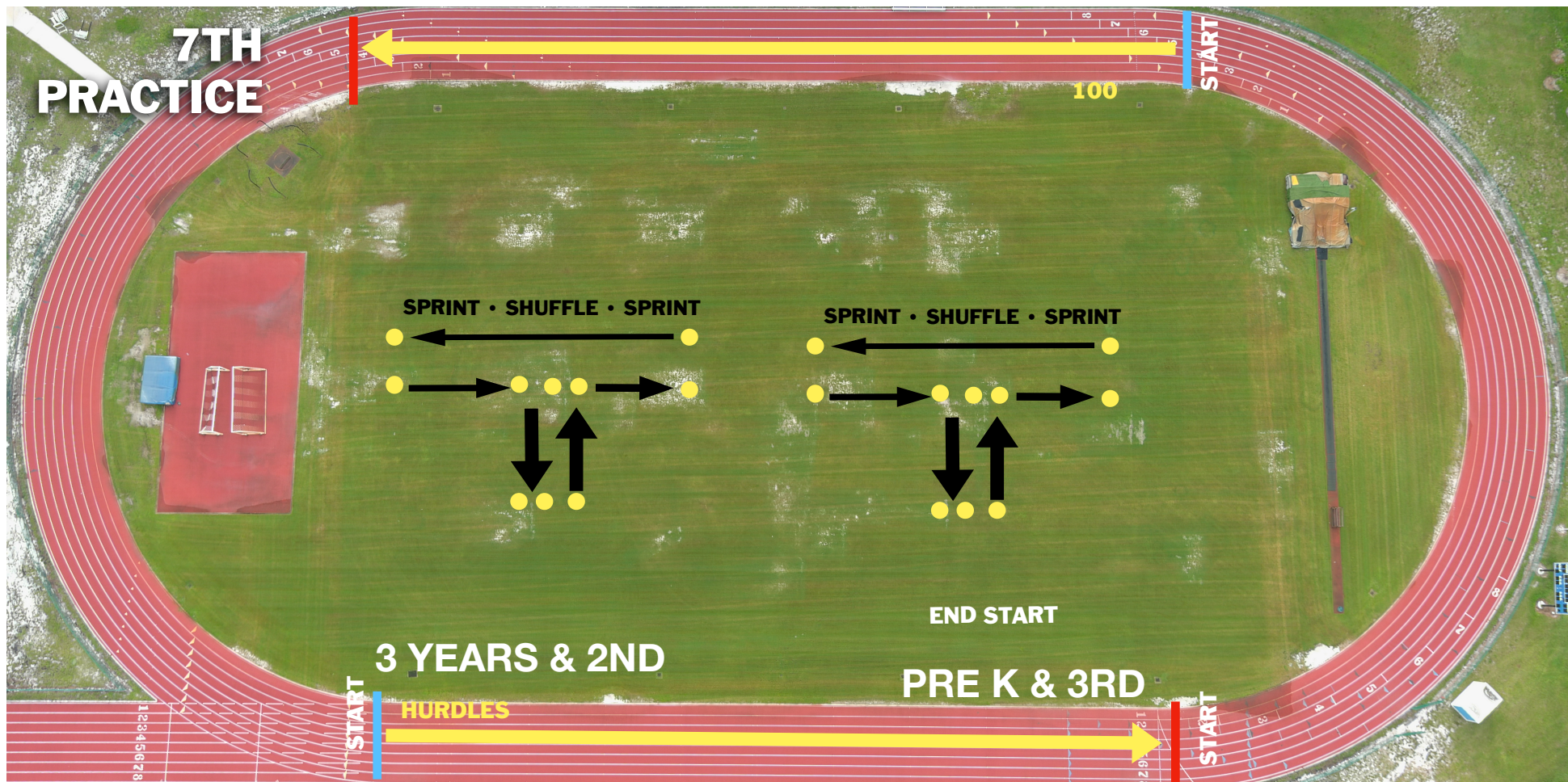
# 6TH PRACTICE



TIME	3 YEARS	PRE K	KINDERGARTEN	1ST GRADE
5:30	WELCOME	WELCOME	WELCOME	WELCOME
5:35	SHUTTLE WITH DRILLS	100	SPRINT • JOG • WALK	100
5:50	CONTINUOUS JOG	SHUTTLE WITH DRILLS	100	COLORS
6:05	100	CONTINUOUS JOG	SHUTTLE WITH DRILLS	SPRINT • SHUFFLE • SPRINT
6:20	800	800	1200	1200
TIME	2ND GRADE	3RD GRADE	4TH GRADE	5TH GRADE
6:30	WELCOME	WELCOME	WELCOME	WELCOME
5:35	100	SHUTTLE RUN WITH DRILLS	SPRINT • SHUFFLE • SPRINT	100
7:50	COLORS	100	SPRINT • SHUFFLE • SPRINT	SHUTTLE RUN WITH DRILLS
7:05	SHUTTLE RUN WITH DRILLS	COLORS	100	SPRINT • SHUFFLE • SPRINT
7:20	1 MILE	1 MILE	1 MILE	1 MILE

# 6TH PRACTICE

- **Welcome**
  - Welcome • Age Groups • Demonstration
  - All Runners and Parents
- **Sprint • Jog • Walk or Continuous Jog**
  - **Sprint • Jog • Walk**
  - Runner line up on line. Spread arms length apart from each other
  - This is a non stop drill. In other words do not have them stop at each cone for directions.
  - How it is done:
    - Sprint to first set of cones
    - The right away jog to next set of cones
    - Then right away walk to next set of cones
    - Turn around and do it again. Spring, Jog, Walk
  - **Continuous Jog**
    - Runner line up on line. Spread arms length apart from each other
    - Jog back and forth non stop to each set of cones
- **Shuttle Run with Drills**
  - Runner line up on line. Spread arms length apart from each other
  - Options:
    - Moving drill to one set of cones then sprint
    - Then moving drill to next set of cones then stop.
    - Jog back to start or turn and Repeat.
- **Sprint • Shuffle • Sprint**
  - Runners line up one behind one another. Start between start cones.
  - One at a time
    - Sprint forward (10) • Shuffle Right (5) • Turn & Sprint (10) • Shuffle Back (5) • Sprint (10)
  - When first runner starts to run the final sprint. Next Runner starts to go.
- **Colors**
  - Runners line up one behind one another. Start between start cones.
  - One at a time
    - Runner sprints to colored cone that coach calls out loud.
  - When coaches calls out “Done” & Next color
    - Runner runs to back of line and next runner sprints to that color.s
- **100 Meters Repeats**
  - Jog not walk back to start
  - Motivate runners they can rest when they get back to the start.
- **800 Meters Or 1 Miles**
  - Runners all sit down at the start
  - Two time around the track
  - Runners do not need to stay in a lane



TIME	3 YEARS	PRE K	KINDERGARTEN	1ST GRADE
5:30-5:45	SPRINT • SHUFFLE • SPRINT	SPRINT • SHUFFLE • SPRINT	HURDLES (100)	100
5:45-6:00	100	HURDLES (100)	SPRINT • SHUFFLE • SPRINT	HURDLES (100)
6:00-6:15	HURDLES (100)	100	HURDLES (100)	SPRINT • SHUFFLE • SPRINT
6:15-6:30	800	800	800	800
TIME	2ND GRADE	3RD GRADE	4TH GRADE	5TH GRADE
6:30-6:45	SPRINT • SHUFFLE • SPRINT	SPRINT • SHUFFLE • SPRINT	HURDLES (100)	100
6:45-7:00	100	HURDLES (100)	SPRINT • SHUFFLE • SPRINT	HURDLES (100)
7:00-7:15	HURDLES (100)	100	HURDLES (100)	SPRINT • SHUFFLE • SPRINT
7:15-7:25	800	800	800	800

# 7TH PRACTICE

- **Welcome**
  - Welcome • Age Groups • Hurdle Demonstration
  - All Runners and Parents
- **Hurdles**
  - Line runners up to start
  - Sprinting over hurdles
  - Do not stop if they hit a hurdle
  - Jog back
  - Sit down
- **Shuttle Run**
  - Runner line up on line. Spread arms length apart from each other
  - Options:
    - Sprint to one set of cones then back. Repeat.
    - Sprint to the same row of cones once or twice or three times
    - Sprint to one row of cones then back. Then to a further row of cones then stop
    - Change the set of cones runner go to and how many times.