

- **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**

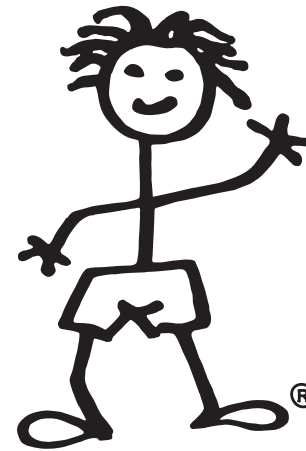
- Help the runners get in heats.
- Help repeat what coach says with larger groups.
- Demonstrates what coach is asking runners to do.

- **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	PRE K & K	1ST & 2ND	3RD · 4TH · 5TH
1:00-1:10	WELCOME · REVIEW · EXPLAIN	WELCOME · REVIEW · EXPLAIN	WELCOME · REVIEW · EXPLAIN
1:10-1:20	ON YOUR MARK	ON YOUR MARK	ON YOUR MARK
1:20-1:30	20	20	20
1:30-1:40	50	50	50

# 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.



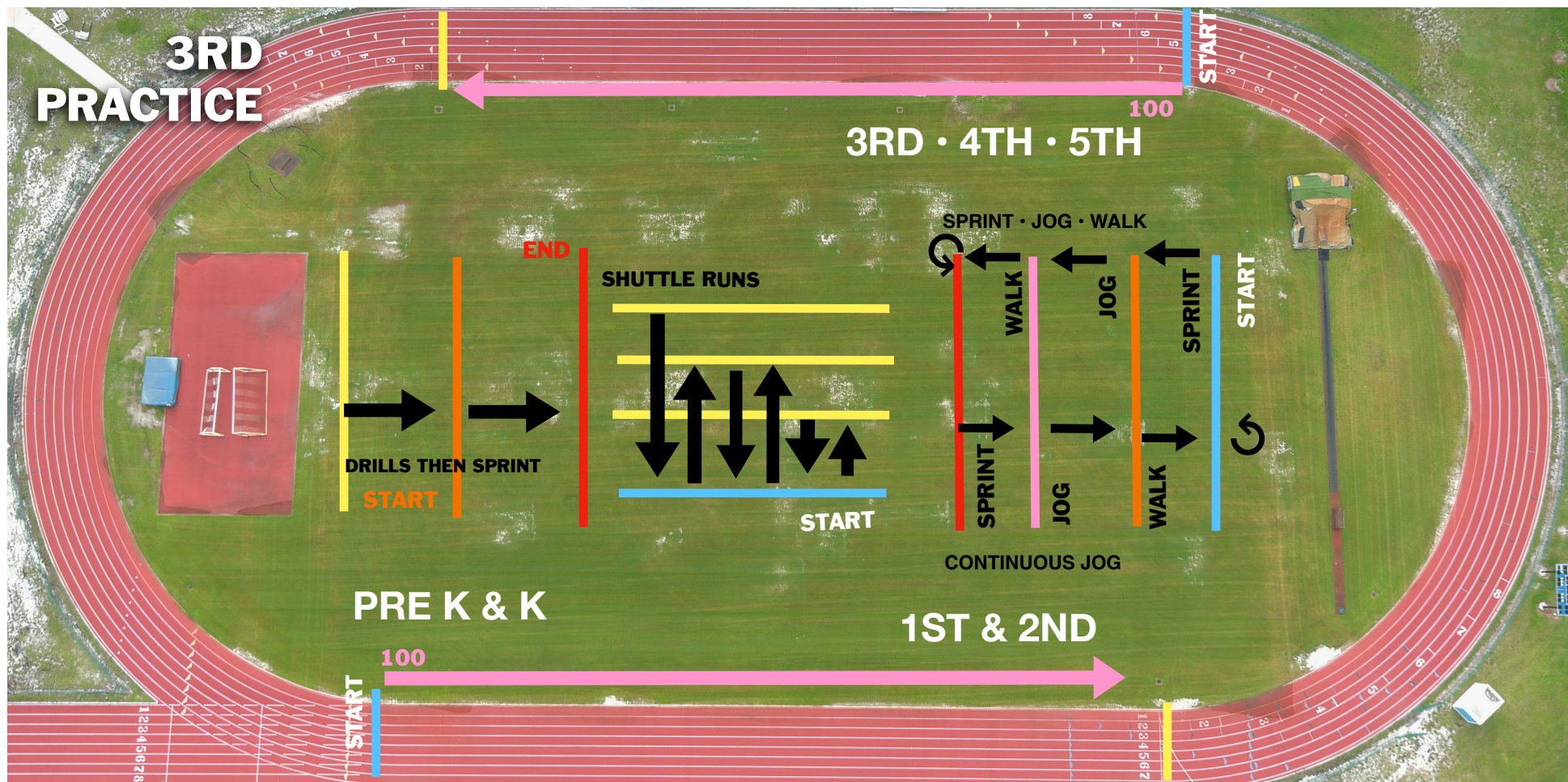


TIME	PRE K & K	1ST & 2ND	3RD • 4TH • 5TH
1:00-1:10	WELCOME • REVIEW • EXPLAIN	WELCOME • REVIEW • EXPLAIN	WELCOME • REVIEW • EXPLAIN
1:10-1:20	100 HURDLES	STANDING LONG JUMP	DRILL THEN SPRINT
1:20-1:30	DRILL THEN SPRINT	100 HURDLES	STANDING LONG JUMP
1:30-1:40	STANDING LONG JUMP	DRILL THEN SPRINT	100 HURDLES

# 2ND 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
- **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.



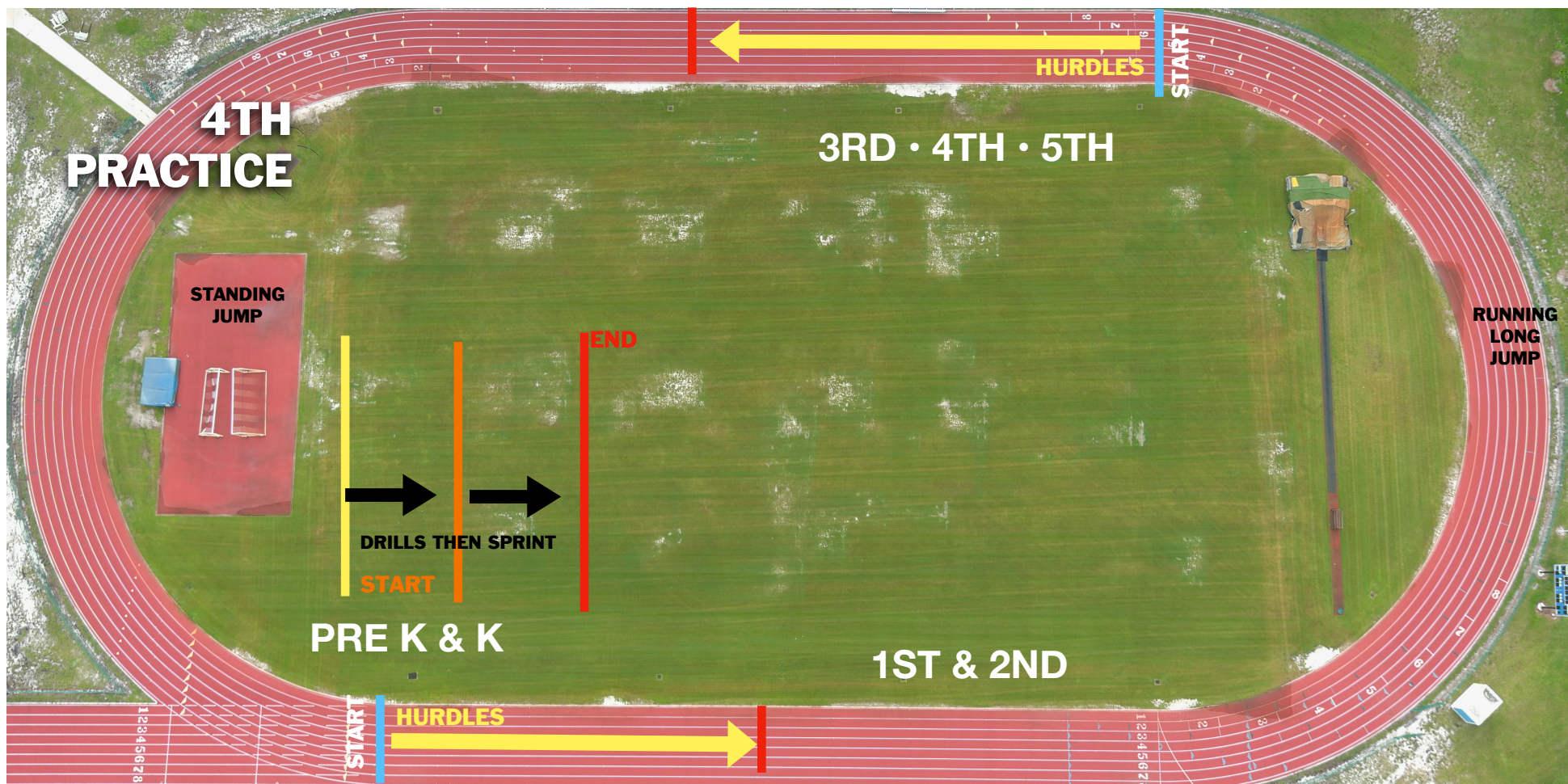


TIME	PRE K & K	1ST & 2ND	3RD • 4TH • 5TH
1:00-1:10	WELCOME • REVIEW • EXPLAIN	WELCOME • REVIEW • EXPLAIN	WELCOME • REVIEW • EXPLAIN
1:10-1:20	DRILLS THEN SPRINT	SHUTTLE RUNS	SPRINT • JOG • WALK
1:20-1:30	SHUTTLE RUNS	DRILLS THEN SPRINT	SHUTTLE RUNS
1:30-1:40	100	SPRINT • JOG • WALK	DRILLS THEN SPRINT

# 3RD 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.



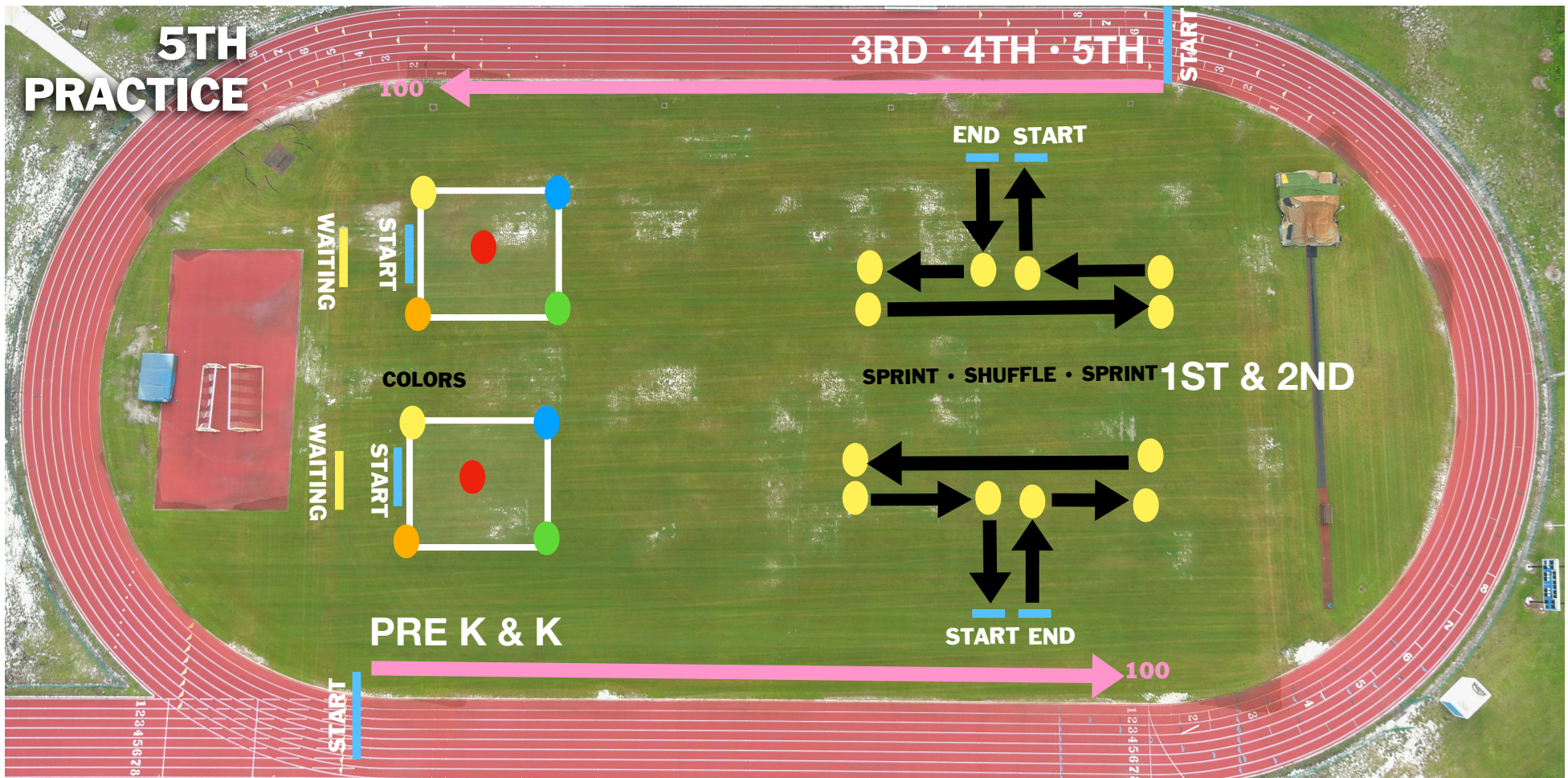


TIME	PRE K & K	1ST & 2ND	3RD • 4TH • 5TH
1:00-1:10	WELCOME • REVIEW • EXPLAIN	WELCOME • REVIEW • EXPLAIN	WELCOME • REVIEW • EXPLAIN
1:10-1:20	HURDLES	RUNNING LONG JUMP	DRILLS THEN SPRINT
1:20-1:30	DRILLS THEN SPRINT	HURDLES	RUNNING LONG JUMP
1:30-1:40	STANDING LONG JUMP	DRILLS THEN SPRINT	HURDLES



# 4TH 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
- **Drill then Sprint**
  - Runners spread out on line
    - Assistant Coach & Team Parents - help spread runners across the line
  - Have runners preform 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.

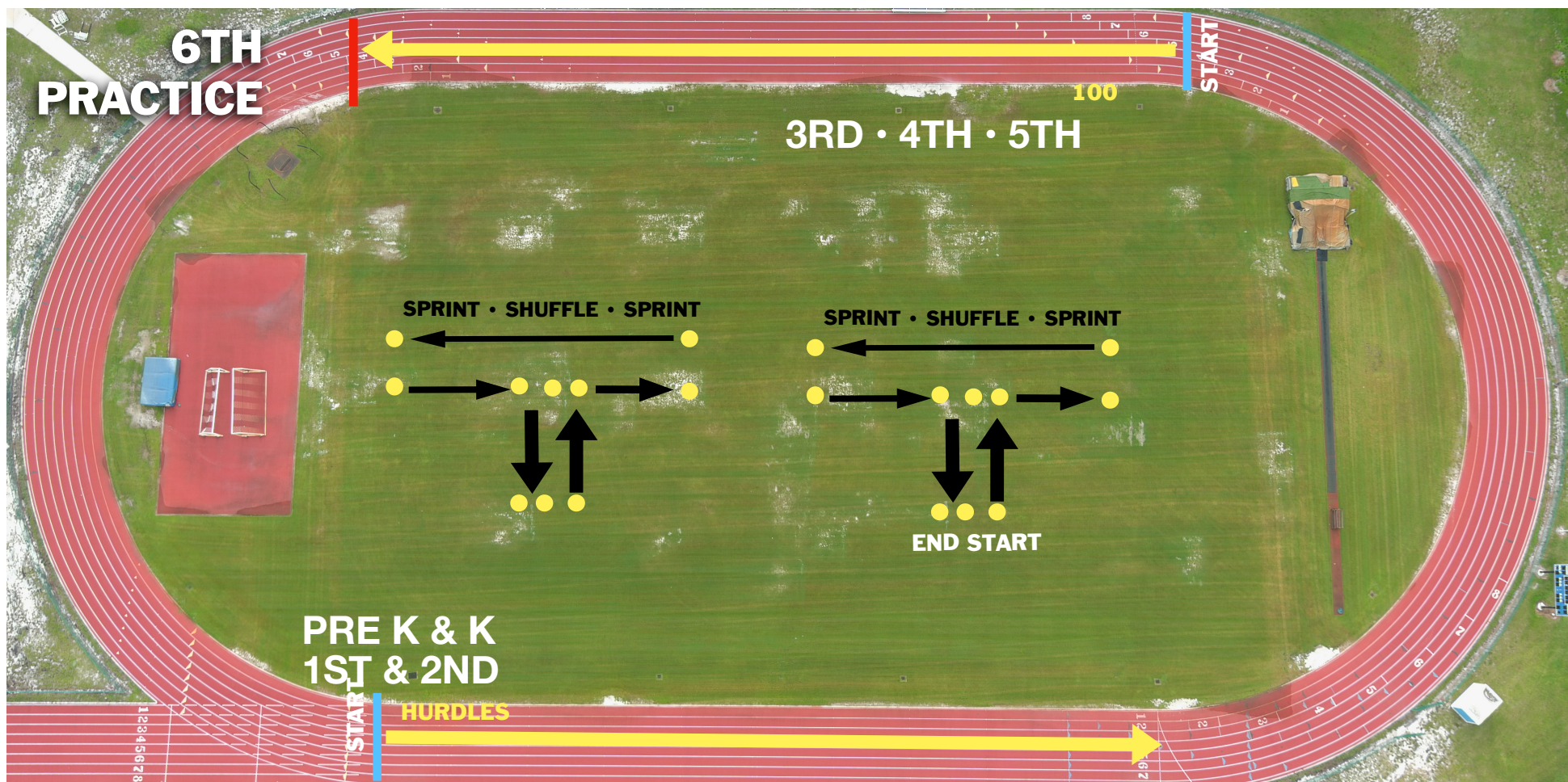


TIME	PRE K & K	1ST & 2ND	3RD · 4TH · 5TH
1:00-1:10	WELCOME · REVIEW · EXPLAIN	WELCOME · REVIEW · EXPLAIN	WELCOME · REVIEW · EXPLAIN
1:10-1:20	100	SPRINT · SHUFFLE · SPRINT	100
1:20-1:30	SPRINT · SHUFFLE · SPRINT	COLORS	COLORS
1:30-1:40	COLORS	100	SPRINT · SHUFFLE · SPRINT



# 5TH PRACTICE

- **Welcome**
  - Welcome • Age Groups • Demonstration
  - All Runners and Parents
- **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.



TIME	PRE K & K	1ST & 2ND	3RD · 4TH · 5TH
1:00-1:10	WELCOME · REVIEW · EXPLAIN	WELCOME · REVIEW · EXPLAIN	WELCOME · REVIEW · EXPLAIN
1:10-1:20	SPRINT · SHUFFLE · SPRINT	HURDLES · 100	HURDLES · 100
1:20-1:30	HURDLES · 100	SPRINT · SHUFFLE · SPRINT	RUNNING LONG JUMP
1:30-1:40	STANDING JUMP	RUNNING LONG JUMP	SPRINT · SHUFFLE · SPRINT



# 6TH 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
- **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.