- **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.
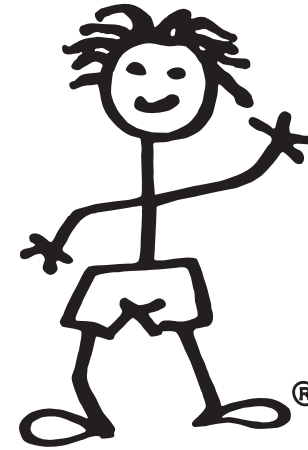   - Demonstrates what coach is asking runners to do.
  - **Team Parent**
    - Help runners sit down at start line.
    - Help runners get ready for coaches instruction.
    - Help runners focus when waiting for their turn to run.
    - Stand at area they will stop running.
    - Help runners stop at appropriate area.
    - Help runners jog not walk back to the start (in the grass).
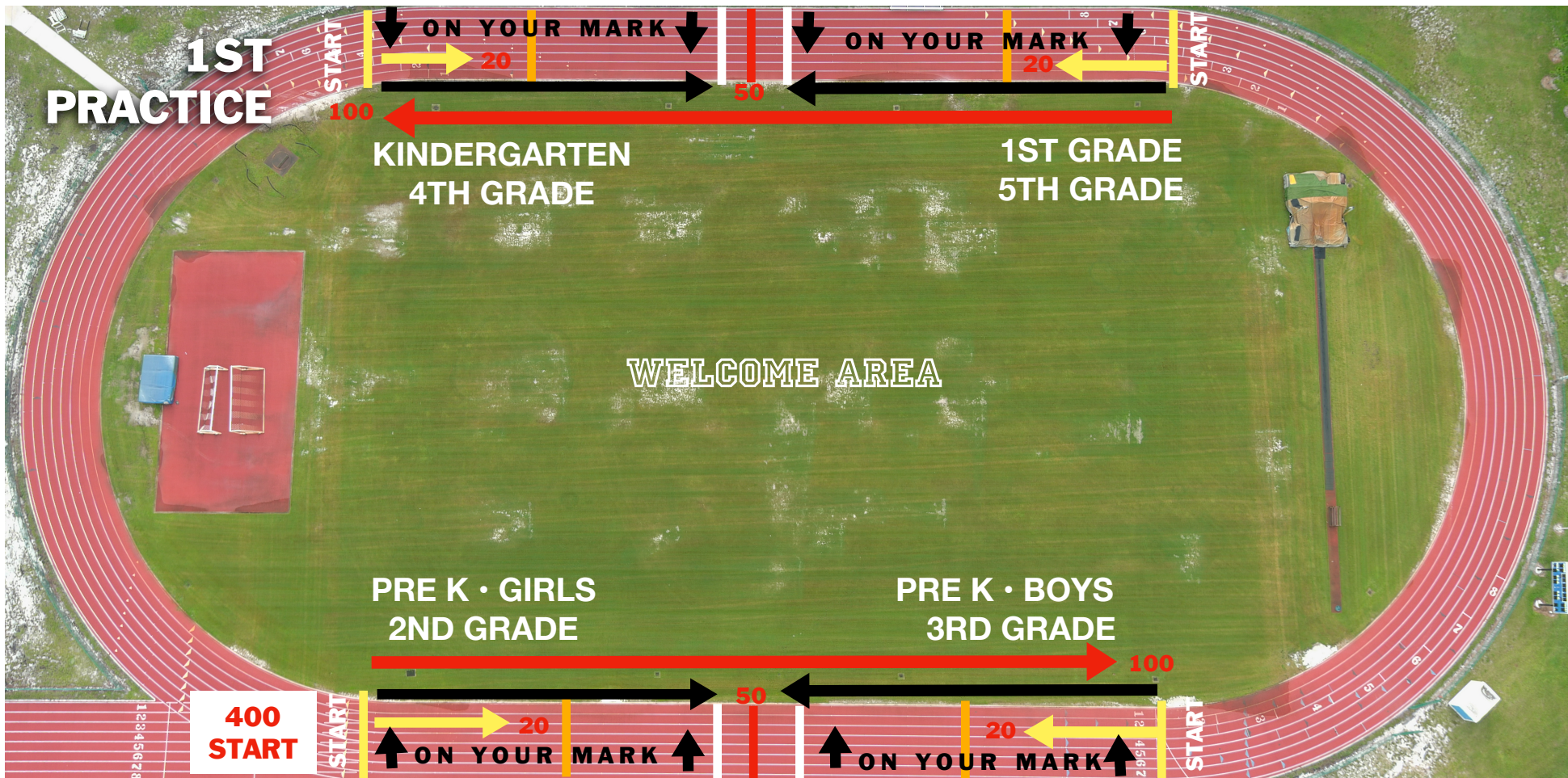   - Help runners sit down in their heats
- **Dreadhead YouTube**
  - Underlined Instructions
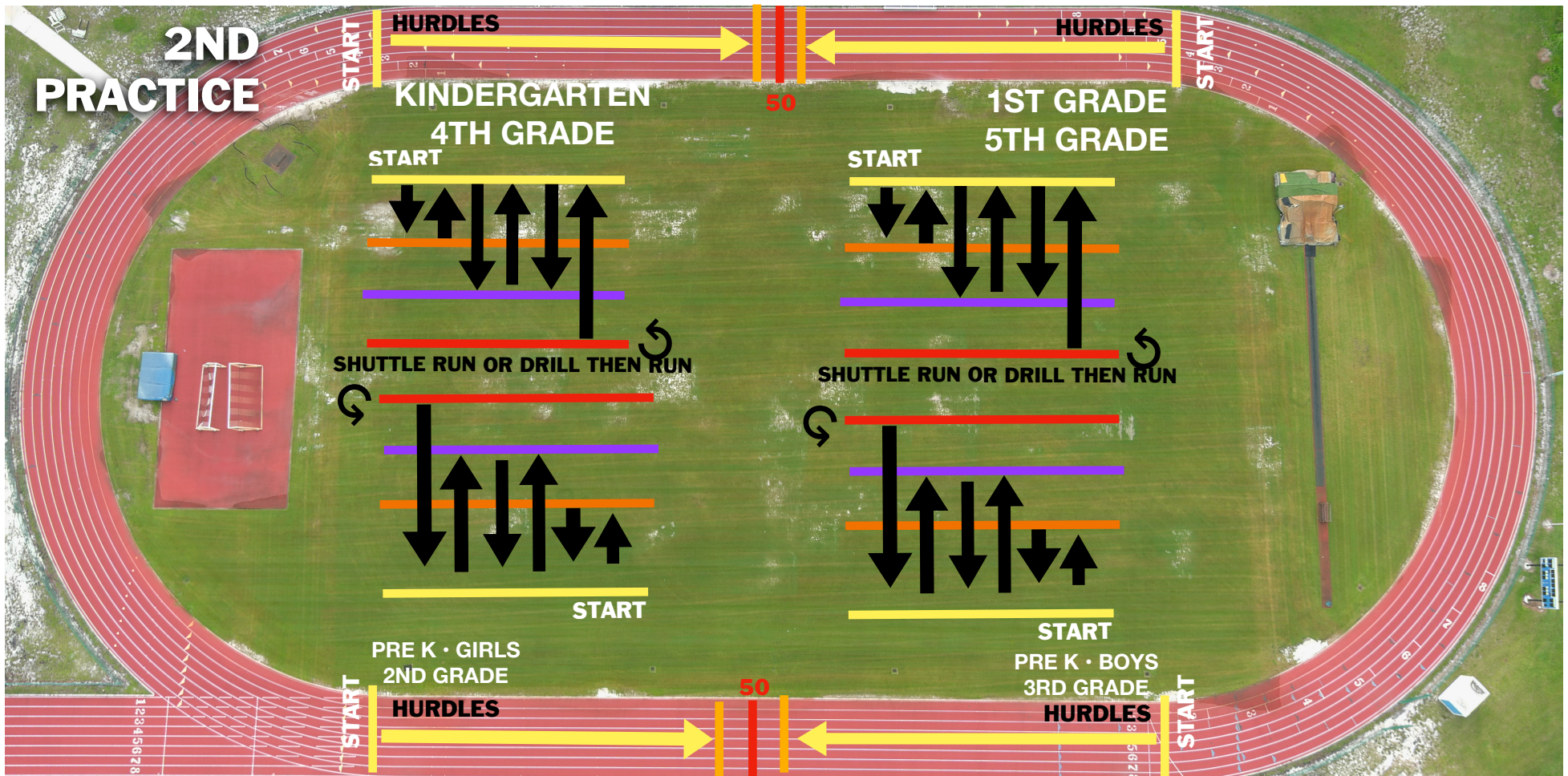   - Any underlined instruction can be viewed on Dreadhead's YouTube link for instructions.
      - https://www.youtube.com/user/dreadheadsport/videos

Dreadhead
TRACK COACH

1ST PRACTICE

ON YOUR MARK 20 50 100

KINDERGARTEN 4TH GRADE

ON YOUR MARK 20 50

1ST GRADE 5TH GRADE

WELCOME AREA

PRE K · GIRLS 2ND GRADE

PRE K · BOYS 3RD GRADE 100

50

400 START

ON YOUR MARK 20 50

ON YOUR MARK 20

TIME	PRE K · GIRLS	PRE K · BOYS	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
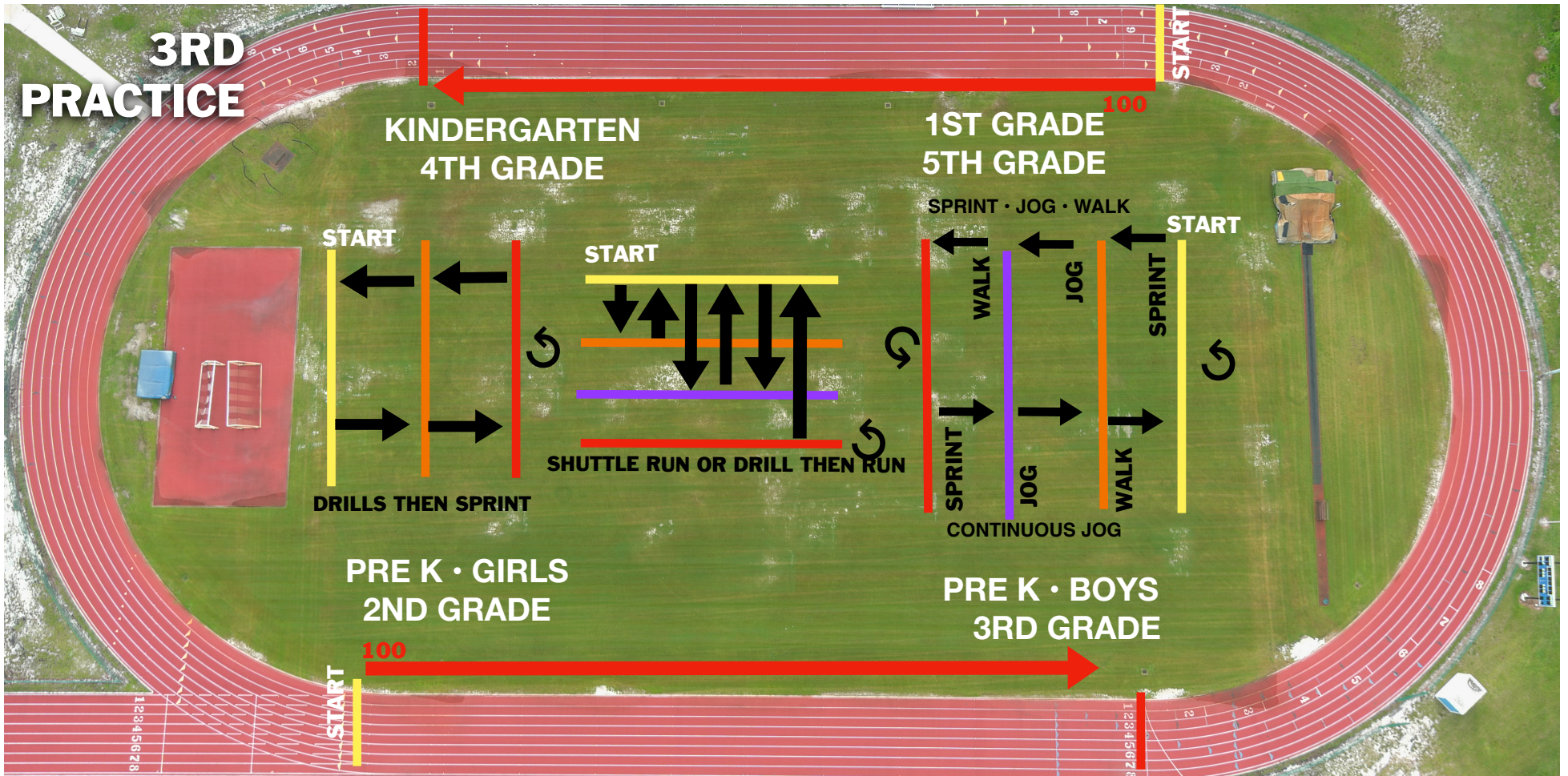 - Runners do not need to stay in a lane

2ND PRACTICE

HURDLES   START   **HURDLES**   START

50

KINDERGARTEN 4TH GRADE

START

SHUTTLE RUN OR DRILL THEN RUN

1ST GRADE 5TH GRADE

START

SHUTTLE RUN OR DRILL THEN RUN

START

PRE K · GIRLS 2ND GRADE

START

PRE K · BOYS 3RD GRADE

HURDLES   **50**   **HURDLES**

TIME	PRE K · GIRLS	PRE K · BOYS	KINDERGARTEN	1ST GRADE
5:30-5:40	WELCOME & DEMONSTRATION	WELCOME & DEMONSTRATION	WELCOME & DEMONSTRATION	WELCOME & DEMONSTRATION
5:40-5:55	HURDLES (50)	HURDLES (50)	HURDLES (50)	HURDLES (50)
5:55-6:10	SHUTTLE RUN	SHUTTLE RUN	SHUTTLE RUN	SHUTTLE RUN
6:10-6:25	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

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

- **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.

3RD PRACTICE

KINDERGARTEN 4TH GRADE

START

DRILLS THEN SPRINT

START

SHUTTLE RUN OR DRILL THEN RUN

PRE K · GIRLS 2ND GRADE

100

START

100

1ST GRADE 5TH GRADE

SPRINT · JOG · WALK

WALK

JOG

SPRINT

START

SPRINT

JOG

WALK

CONTINUOUS JOG

PRE K · BOYS 3RD GRADE

100

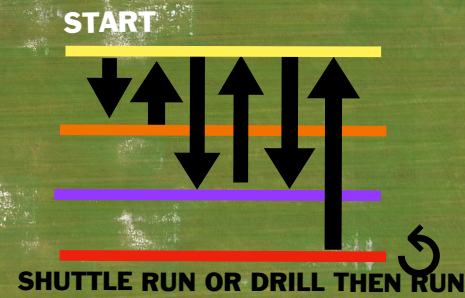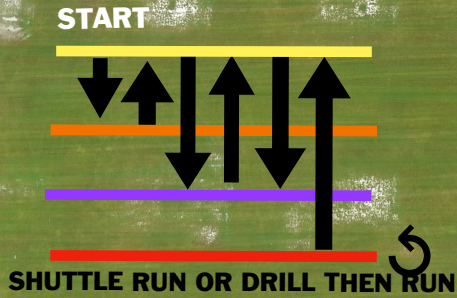| TIME	PRE K · GIRLS	PRE K · BOYS	KINDERGARTEN	1ST GRADE
5:30-5:40	WELCOME	WELCOME	WELCOME	WELCOME
5:40-5:55	100	DRILL THEN SPRINT	SHUTTLE RUN	SPRINT · JOG · WALK
5:55-6:10	CONTINUOUS JOG	100	DRILL THEN SPRINT	SHUTTLE RUN
6:10-6:25	SHUTTLE RUN	CONTINUOUS JOG	100	DRILL THEN SPRINT
6:25-6:30	DRILL THEN 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

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 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.
- **Shuttle Run**
        - (4) Moving drill going forward & moving drill going back. Repeat.
  - 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.

4TH PRACTICE

KINDERGARTEN 4TH GRADE

1ST GRADE 5TH GRADE

START

SHUTTLE RUN OR DRILL THEN RUN

SHUTTLE RUN OR DRILL THEN RUN

PRE K · GIRLS 2ND GRADE

PRE K · BOYS 3RD GRADE

START

HURDLES

TIME	3 YEARS	PRE K	KINDERGARTEN	1ST GRADE
5:30-5:40	WELCOME & DEMONSTRATION	WELCOME & DEMONSTRATION	WELCOME & DEMONSTRATION	WELCOME & DEMONSTRATION
5:40-5:55	SHUTTLE RUN	SHUTTLE RUN	HURDLES (100)	HURDLES (100)
5:55-6:10	HURDLES (100)	HURDLES (100)	STANDING JUMP	STANDING JUMP
6:10-6:25	STANDING JUMP	STANDING JUMP	SHUTTLE RUN	SHUTTLE RUN
6:25-6:30	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

4TH PRACTICE

- **Welcome**
  - o Welcome • Age Groups • Hurdle Demonstration
  - o All Runners and Parents
- **Hurdles**
  - o Line runners up to start
  - o Sprinting over hurdles
  - o Do not stop if they hit a hurdle
  - o Jog back
  - o Sit down

- **Shuttle Run**
  - o Runner line up on line. Spread ams length apart from each other
  - o 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
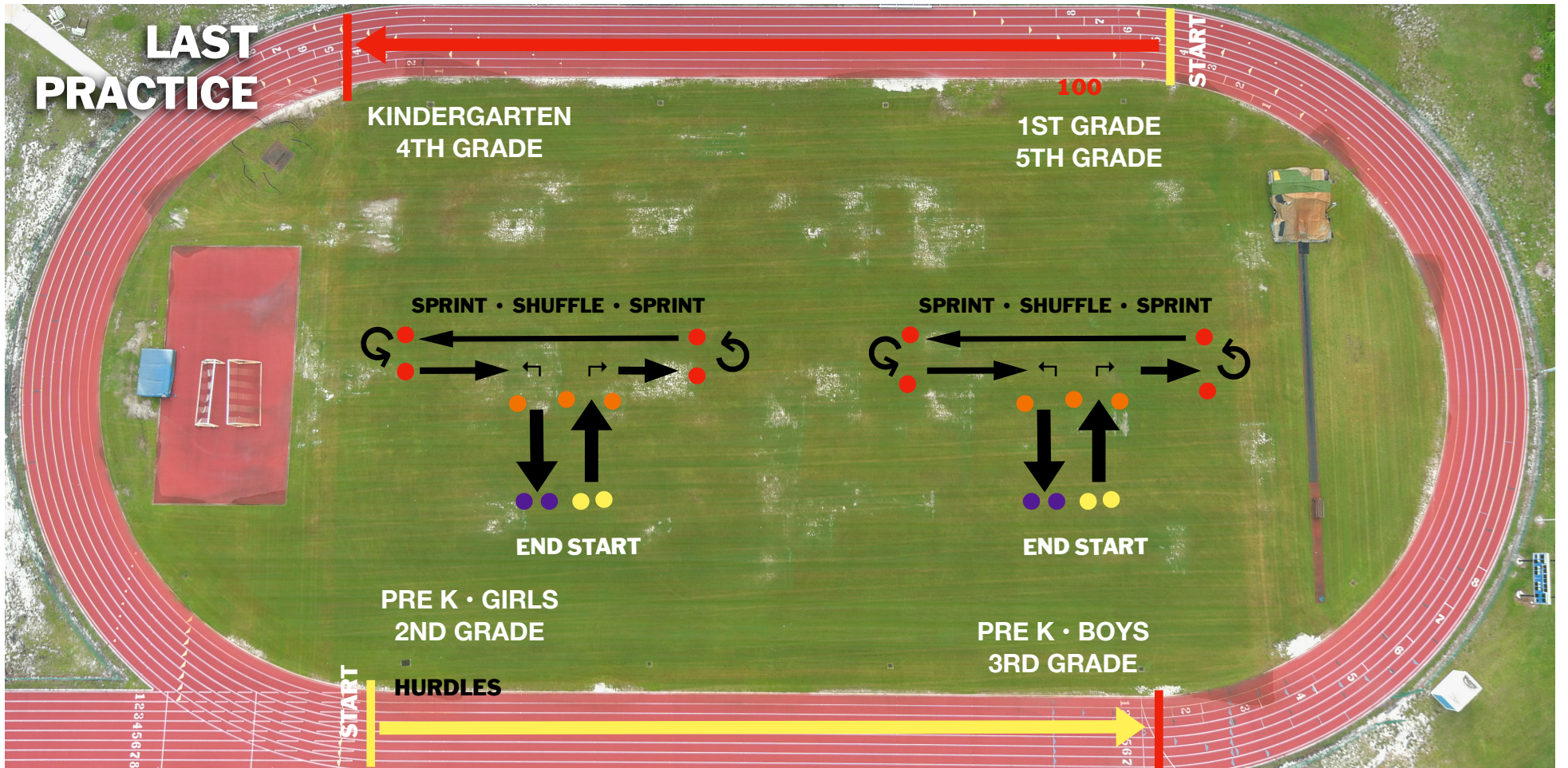   - ▪ Change the set of cones runner go to and how many times.

5TH PRACTICE

KINDERGARTEN 4TH GRADE — 100

1ST GRADE 5TH GRADE

START — SHUTTLE RUN OR DRILL THEN RUN

SPRINT · JOG · WALK — WALK · JOG · SPRINT — CONTINUOUS JOG — START

WAITING — START — COLORS

SPRINT · SHUFFLE · SPRINT

WAITING — START

PRE K · GIRLS 2ND GRADE

END START

PRE K · BOYS 3RD GRADE

100

START 800 1 MILE

TIME	PRE K · GIRLS	PRE K · BOYS	KINDERGARTEN	1ST GRADE
5:30-5:40	WELCOME	WELCOME	WELCOME	WELCOME
5:40-5:55	SHUTTLE WITH DRILLS	100	SPRINT · JOG · WALK	100
5:55-6:10	CONTINUOUS JOG	SHUTTLE WITH DRILLS	100	COLORS
6:10-6:25	100	CONTINUOUS JOG	SHUTTLE WITH DRILLS	SPRINT · SHUFFLE · SPRINT
6:25-6:30	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	1600	1600	1600	1600

5TH 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 anther. 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 anther. 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

LAST PRACTICE

KINDERGARTEN
4TH GRADE

1ST GRADE
5TH GRADE

100

START

SPRINT · SHUFFLE · SPRINT

SPRINT · SHUFFLE · SPRINT

END START

END START

PRE K · GIRLS
2ND GRADE

PRE K · BOYS
3RD GRADE

HURDLES

START

TIME	PRE K · GIRLS	PRE K · BOYS	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

LAST PRACTICE

- **Welcome**
  - o Welcome • Age Groups • Hurdle Demonstration
  - o All Runners and Parents
- **Hurdles**
  - o Line runners up to start
  - o Sprinting over hurdles
  - o Do not stop if they hit a hurdle
  - o Jog back
  - o Sit down

- **Shuttle Run**
  - o Runner line up on line. Spread ams length apart from each other
  - o 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.