

- **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.

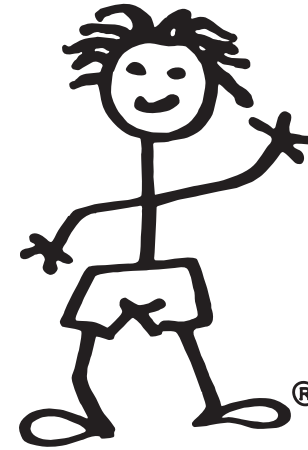
- **Team Parent**

- 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 · 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

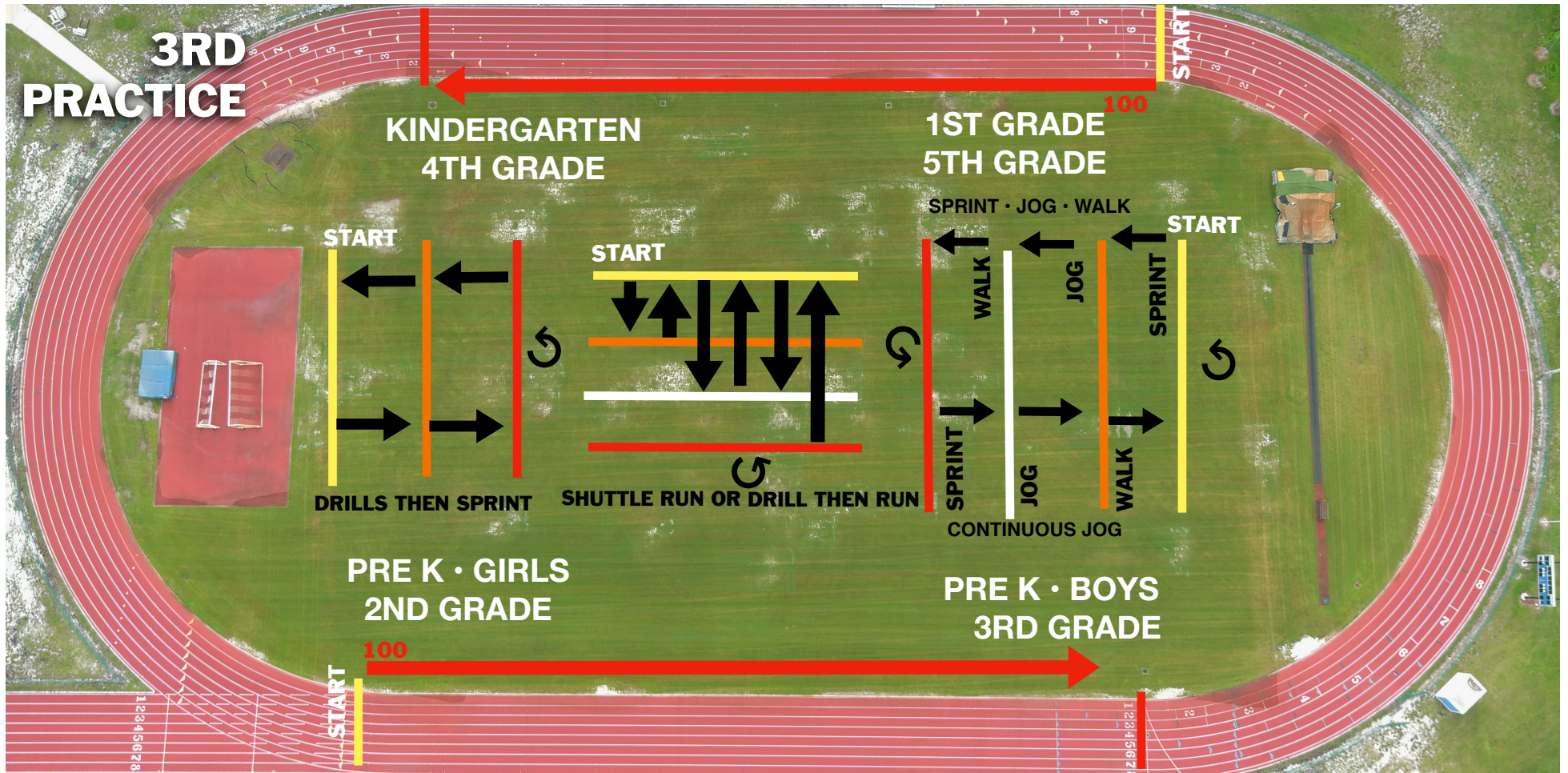


TIME	PRE K · GIRLS	PRE K · BOYS	KINDERGARTEN	1ST GRADE
5:30-5:40	WELCOME & DEMONSTRATION	WELCOME & DEMONSTRATION	WELCOME & DEMONSTRATION	WELCOME & DEMONSTRATION
5:40-5:55	HURDLES (50)	HURDLES (50)	HURDLES (50)	HURDLES (50)
5:55-6:10	SHUTTLE RUN	SHUTTLE RUN	SHUTTLE RUN	SHUTTLE RUN
6:10-6:25	400	400	400	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



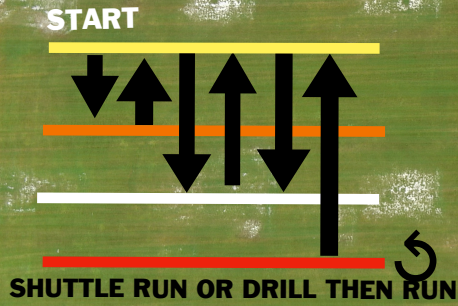
TIME	PRE K · GIRLS	PRE K · BOYS	KINDERGARTEN	1ST GRADE
5:30-5:40	WELCOME	WELCOME	WELCOME	WELCOME
5:40-5:55	100	DRILL THEN SPRINT	SHUTTLE RUN	SPRINT · JOG · WALK
5:55-6:10	CONTINUOUS JOG	100	DRILL THEN SPRINT	SHUTTLE RUN
6:10-6:25	SHUTTLE RUN	CONTINUOUS JOG	100	DRILL THEN SPRINT
6:25-6:30	DRILL THEN SPRINT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

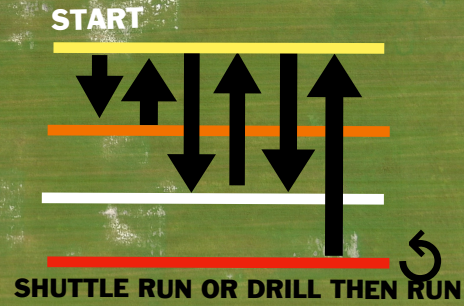
- **Welcome**
 - Welcome • Age Groups • Demonstration
 - All Runners and Parents
- **Drill then Sprint**
 - Runners spread out on line
 - Assistant Coach & Team Parents - help spread runners across the line
 - Have runners perform a **Drill** 3x or 5x or 8x
 - To see Drills. Scroll half way down Spring 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.

4TH PRACTICE

**KINDERGARTEN
4TH GRADE**



**1ST GRADE
5TH GRADE**



**PRE K · GIRLS
2ND GRADE**

**PRE K · BOYS
3RD GRADE**



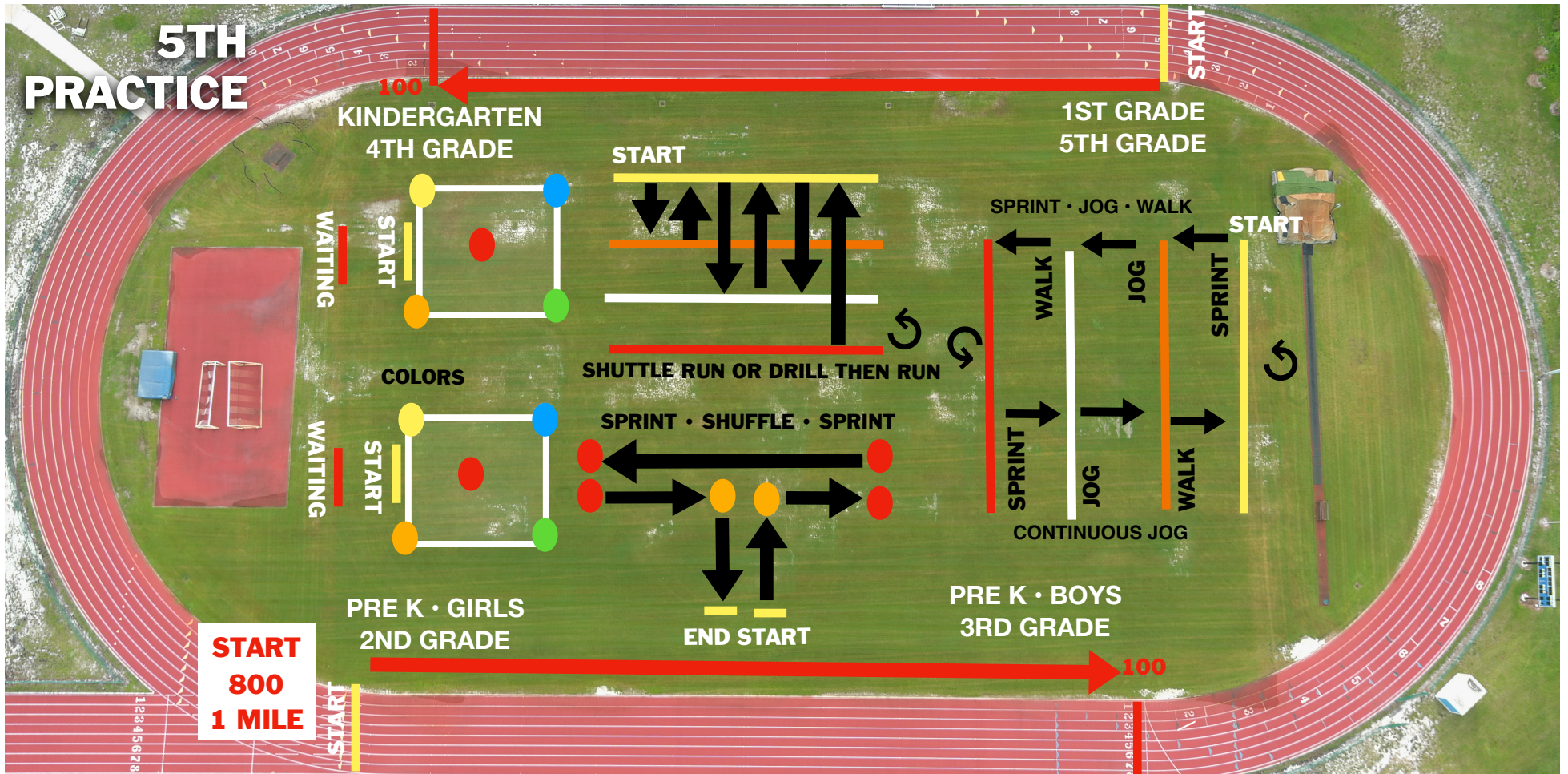
TIME	3 YEARS	PRE K	KINDERGARTEN	1ST GRADE
5:30-5:40	WELCOME & DEMONSTRATION	WELCOME & DEMONSTRATION	WELCOME & DEMONSTRATION	WELCOME & DEMONSTRATION
5:40-5:55	SHUTTLE RUN	SHUTTLE RUN	HURDLES (100)	HURDLES (100)
5:55-6:10	HURDLES (100)	HURDLES (100)	STANDING JUMP	STANDING JUMP
6:10-6:25	STANDING JUMP	STANDING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

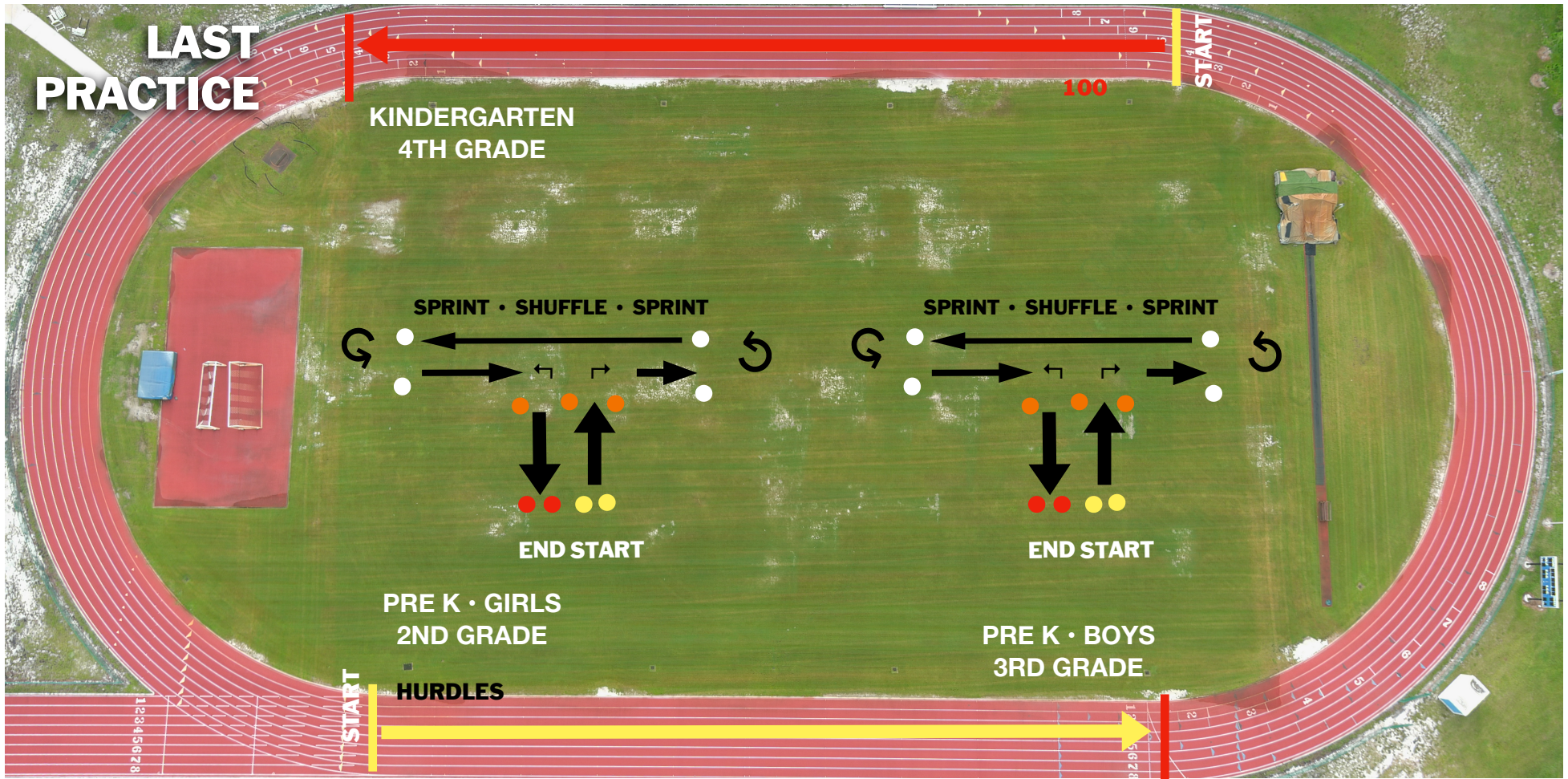
5TH PRACTICE



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
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

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 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	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**
 - 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.