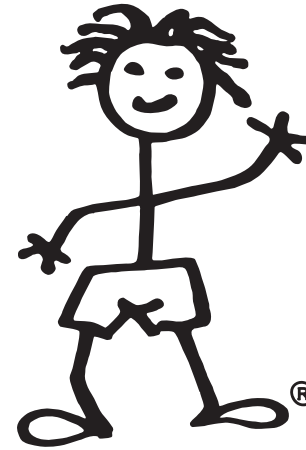
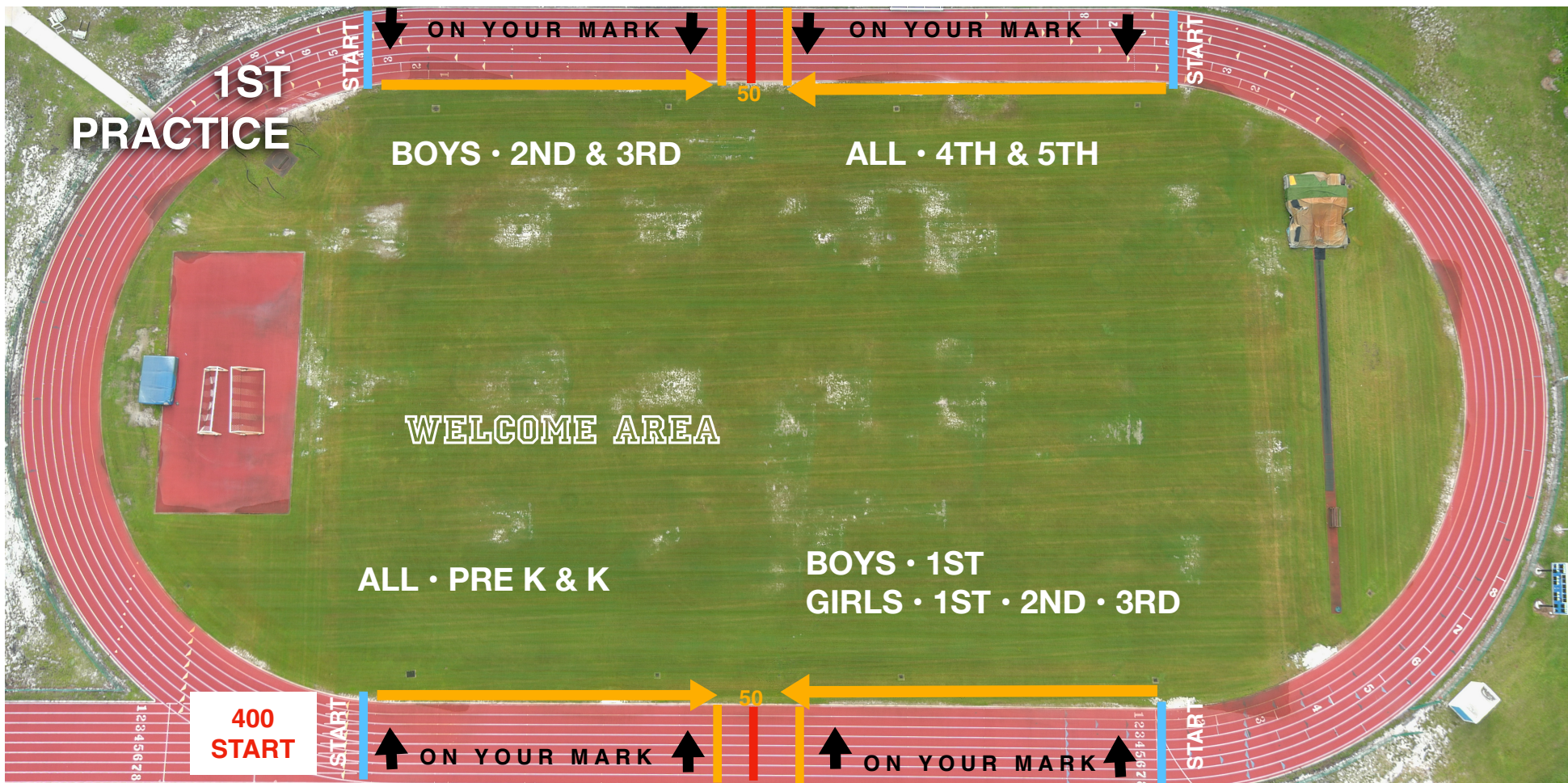


- **Welcome**
 - Welcome • Rules • Weather • Water Breaks • Age Groups
 - All Runners and Parents
- **Coach • Assistant Coach • Team Parent**
 - **Coach**
 - Has electronic whistle, leads a group, keeps track of time per drill
 - **Assist Coach**
 - Help the runners get in heats.
 - Help repeat what 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>



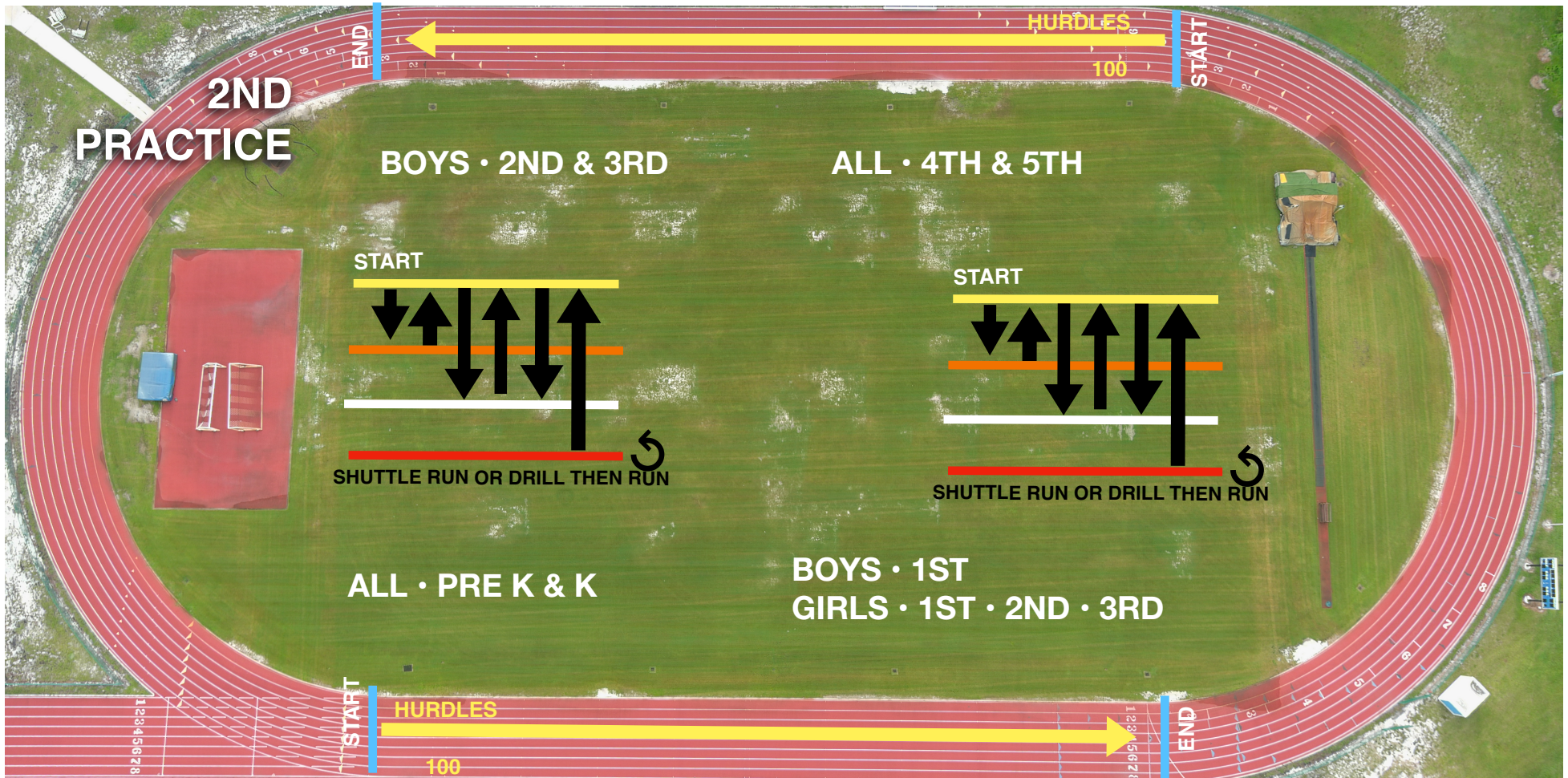
Dreadhead
TRACK COACH



TIME	PRE K & K · BOYS & GIRLS	1ST BOYS 1ST · 2ND · 3RD GIRLS	2ND & 3RD BOYS	4TH & 5TH · BOYS & GIRLS
6:00-6:15	WELCOME & GROUPS	WELCOME & GROUPS	WELCOME & GROUPS	WELCOME & GROUPS
6:15-6:30	ON YOUR MARK	ON YOUR MARK	ON YOUR MARK	ON YOUR MARK
6:30-6:45	50 THEN 100	50 THEN 101	50 THEN 102	50 THEN 103
6:45-7:00	400	400	400	400

1ST PRACTICE

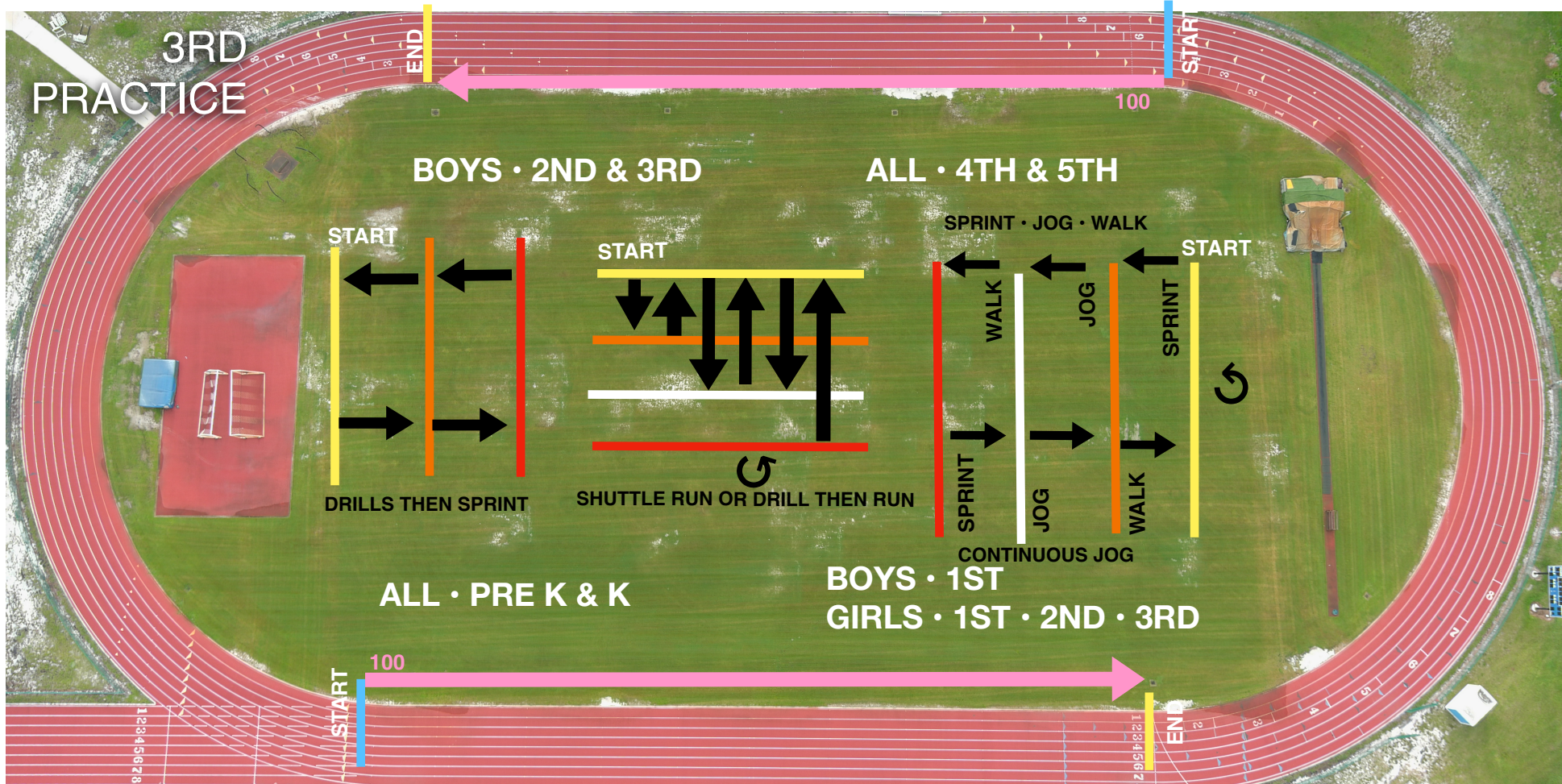
- **Welcome**
 - Welcome • Rules • Weather • Water Breaks • Age Groups
 - All Runners and Parents
- **The Start (Side of Track)**
 - On Your Mark
 - Put one foot behind the line & look down at that foot
 - Back up; then do it again and again and again
 - On Your Mark • Get Set
 - Repeat on your mark
 - 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 & K · BOYS & GIRLS	1ST BOYS 1ST · 2ND · 3RD GIRLS	2ND & 3RD BOYS	4TH & 5TH · BOYS & GIRLS
6:00-6:15	GROUPS & EXAMPLE	GROUPS & EXAMPLE	GROUPS & EXAMPLE	GROUPS & EXAMPLE
6:15-6:30	100 HURDLES	DRILL THEN RUN	100 HURDLES	DRILL THEN RUN
6:30-6:45	DRILL THEN RUN	100 HURDLES	DRILL THEN RUN	100 HURDLES
6:45-7:00	100 THEN 800	100 THEN 800	100 THEN 800	100 THEN 800

2ND PRACTICE

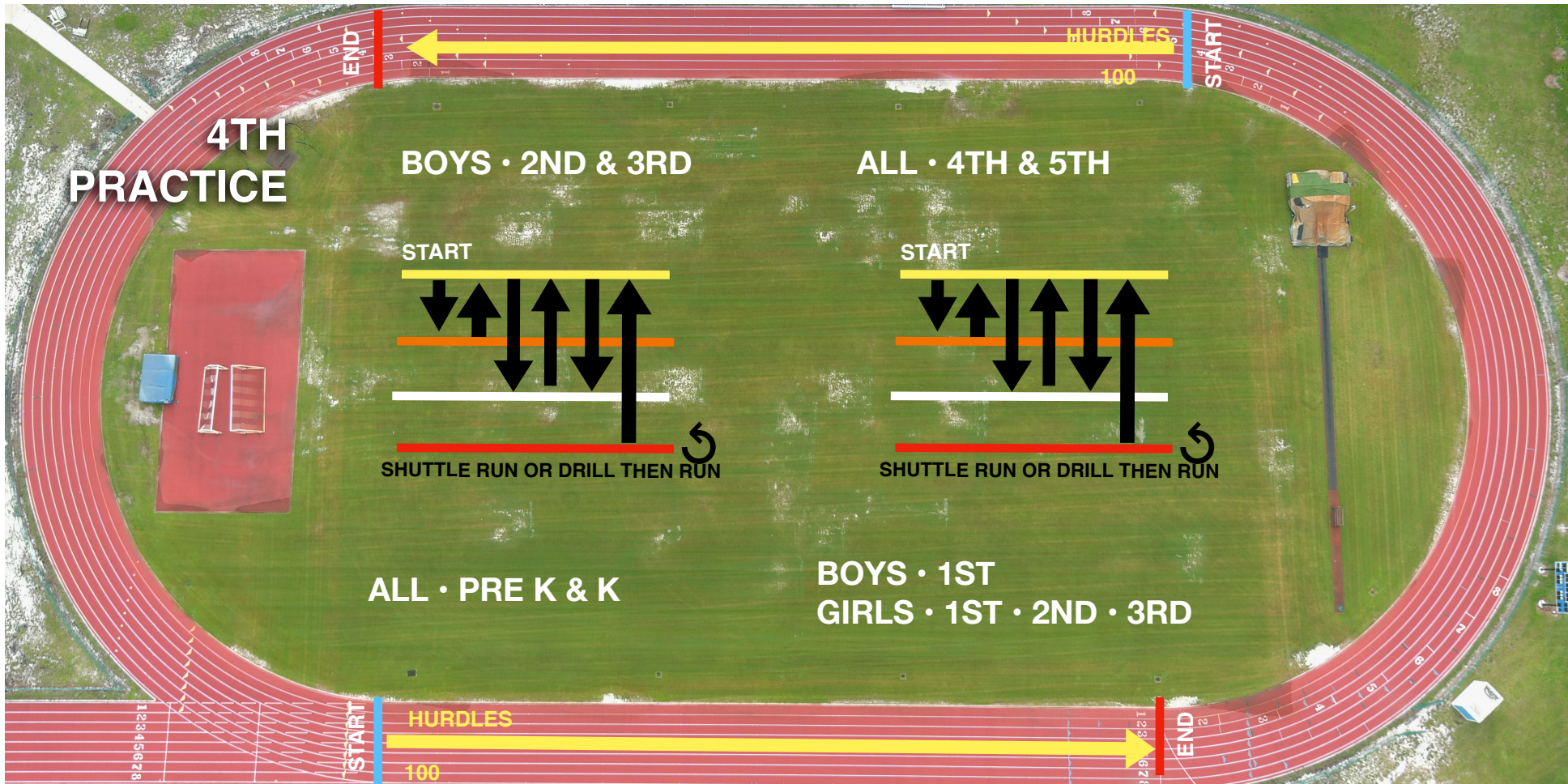
- **Welcome**
 - Welcome • Age Groups • Hurdle Demonstration
 - All Runners and Parents
- **Hurdles**
 - Line runners up to start
 - Sprinting over hurdles
 - Do not stop if they hit a hurdle
 - Jog back
 - Sit down
- **Shuttle Run**
 - Runner line up on line. Spread arms length apart from each other
 - 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.



TIME	PRE K & K · BOYS & GIRLS	1ST BOYS 1ST · 2ND · 3RD GIRLS	2ND & 3RD BOYS	4TH & 5TH · BOYS & GIRLS
6:00-6:15	GROUPS & EXAMPLE	GROUPS & EXAMPLE	GROUPS & EXAMPLE	GROUPS & EXAMPLE
6:15-6:30	DRILLS THEN SPRINT	SPRINT · JOG · WALK	SHUTTLE RUN	100
6:30-6:45	SHUTTLE RUN	100	SPRINT · JOG · WALK	DRILLS THEN SPRINT
6:45-7:00	100	SHUTTLE RUN	DRILLS THEN SPRINT	SPRINT · JOG · WALK

3RD PRACTICE

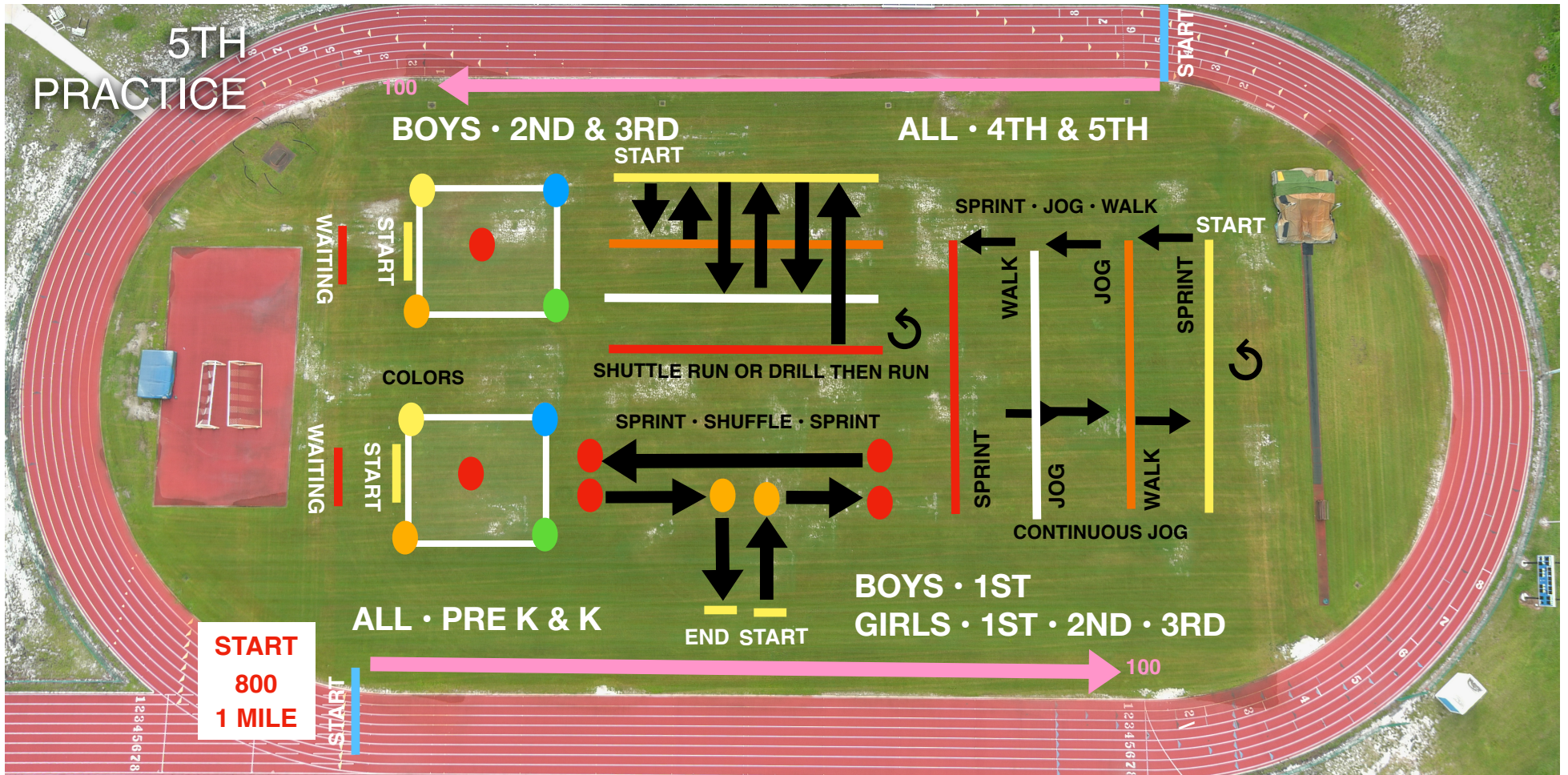
- **Welcome**
 - Welcome • Age Groups • Demonstration
 - All Runners and Parents
- **Drill then Sprint**
 - Runners spread out on line
 - Assistant Coach & Team Parents - help spread runners across the line
 - Have runners perform a **Drill** 3x or 5x or 8x
 - To see Drills. Scroll half way down Spring 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 · BOYS & GIRLS	1ST BOYS 1ST · 2ND · 3RD GIRLS	2ND & 3RD BOYS	4TH & 5TH · BOYS & GIRLS
6:00-6:15	GROUPS & EXAMPLE	GROUPS & EXAMPLE	GROUPS & EXAMPLE	GROUPS & EXAMPLE
6:15-6:30	100 HURDLES	DRILL THEN RUN	100 HURDLES	DRILL THEN RUN
6:30-6:45	DRILL THEN RUN	100 HURDLES	DRILL THEN RUN	100 HURDLES
6:45-7:00	100 THEN 800	100 THEN 800	100 THEN 800	100 THEN 800

4TH PRACTICE

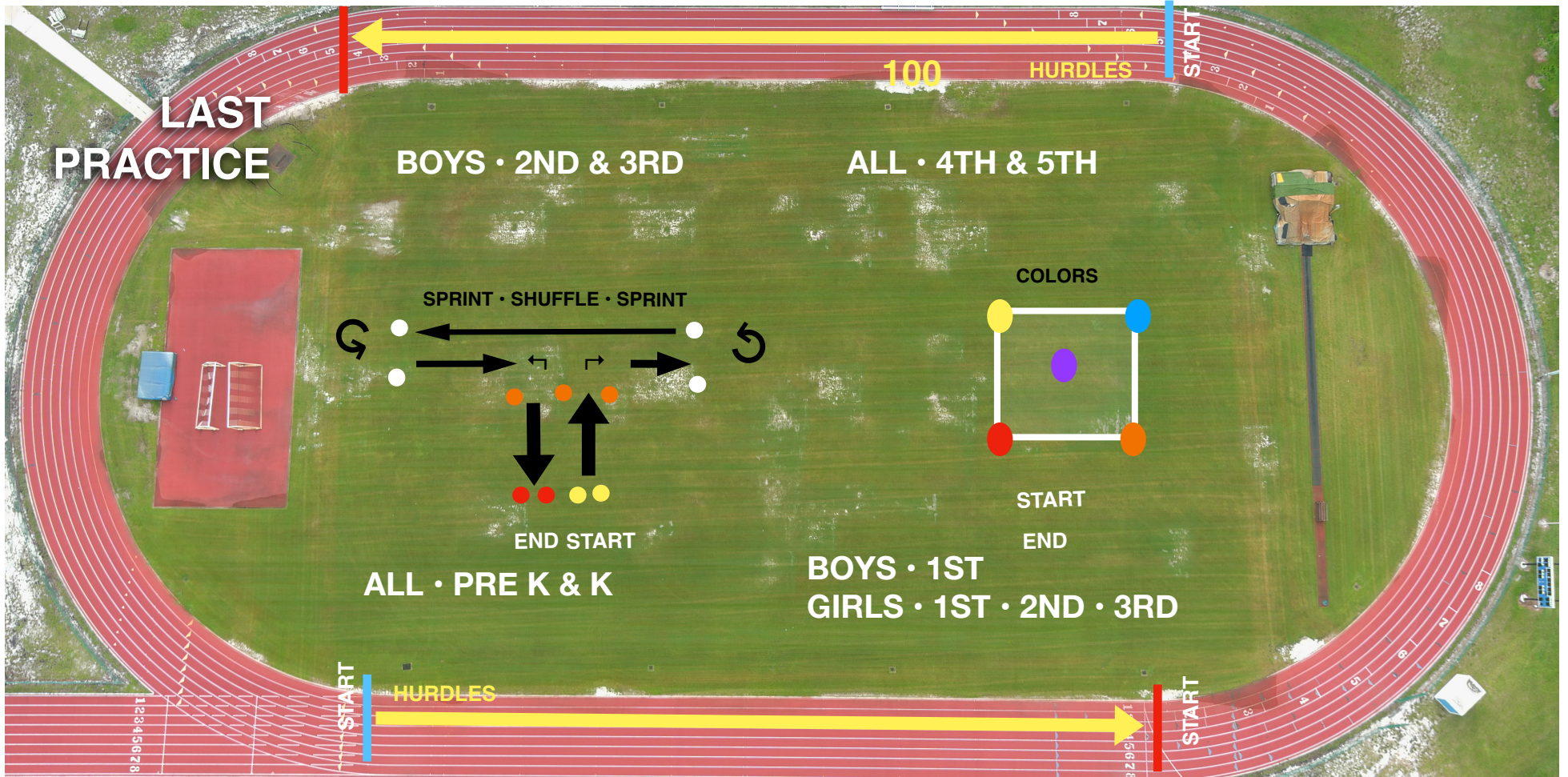
- **Welcome**
 - Welcome • Age Groups • Hurdle Demonstration
 - All Runners and Parents
- **Hurdles**
 - Line runners up to start
 - Sprinting over hurdles
 - Do not stop if they hit a hurdle
 - Jog back
 - Sit down
- **Shuttle Run**
 - Runner line up on line. Spread arms length apart from each other
 - 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.



TIME	PRE K & K · BOYS & GIRLS	1ST BOYS 1ST · 2ND · 3RD GIRLS	2ND & 3RD BOYS	4TH & 5TH · BOYS & GIRLS
6:00-6:15	COLORS	SHUTTLE RUN	SPRINT · SHUFFLE · SPRINT	SPRINT · JOG · WALK
6:15-6:30	SPRINT · SHUFFLE · SPRINT	COLORS	SHUTTLE RUN	SPRINT · SHUFFLE · SPRINT
6:30-6:45	SHUTTLE RUN	SPRINT · SHUFFLE · SPRINT	COLORS	COLORS
6:45-7:00	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 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 & K · BOYS & GIRLS	1ST BOYS 1ST · 2ND · 3RD GIRLS	2ND & 3RD BOYS	4TH & 5TH · BOYS & GIRLS
6:00-6:15	HURDLES	HURDLES	SPRINT · SHUFFLE · SPRINT	COLORS
6:15-6:30	COLORS	COLORS	HURDLES	SPRINT · SHUFFLE · SPRINT
6:30-6:45	SPRINT · SHUFFLE · SPRINT	SPRINT · SHUFFLE · SPRINT	COLORS	HURDLES
6:45-7:00	1600	1600	1600	1600

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.