

Coaching 101

Sprints & Hurdles

Scott Todnem

Scullen Middle School
Naperville Track Club
Naperville, Illinois



Coaching Background

- Scullen Track & Field
 - Feeder to Neuqua Valley H.S. & Waubonsie Valley H.S.
 - 7th and 8th Grade Teams, Boys and Girls Programs
 - ~150 Athletes Total
 - 5 Coaches
 - Split coaching duties: manage team & specialty events (throws, jumps, distance, sprinters/hurdlers)
- Cross Country
- Winter Running Club

<http://blackboard.ipsd.org>

Coaching Background

- Naperville Track Club
 - Fall Cross Country
 - Summer Track & Field
 - Summer Camps with ~150 athletes, grades 3-12
 - 4-5 coaches from high school/middle school
 - 5+ college aged “coaches” (alumni, area athletes)
 - 2 summer sessions offered:
 - Learn the Events of Track & Field
 - Train for the Events of Track & Field

<http://napervilltrackclub.net>

Season Set-Up

- Info Handouts
 - Posted by locker rooms for pick up
 - Practice dates/times
 - Other practice info
 - Meet info/Meet dates
 - “Things To Do” List
- Promo Flyers
- School Announcements/Email Announcements
- Email List Serve included in handouts
- Website for paperwork
- Paperwork Collection?



Typical Practice

- Warm-up as a large group
 - 800 meters, on a normal day
- Static stretching as grade level teams
 - Build team unity
- Team talks
 - Announcements
 - Meet results/Upcoming meets
- Dynamic stretching as grade level teams
 - AKA "Footwork Drills"
- Workout
 - Large group
 - Level teams
 - Break out into specialties



Dynamic Stretching

- Dynamic stretching as grade level teams (AKA footwork drills)
 - High Knees (not exaggerated)
 - Butt Kicks (knee in front)
 - Skip for Height (opposite arm action)
 - Skip for Distance (without over-striding)
 - Straight-Leg Strides (AKA Paytons)
 - Carioca (grapevine... high knee in front for hip flexor action)
 - Accelerations (walk into it... increase speed into full sprint by ~50m)
- Other Dynamic stretches

■ Leg Swings (front & side)	■ "A" High Knee Drill	■ Builds
■ Hip Circles (forward & back)	■ "B" High Knee Claws	■ Blasts
■ Roll Back Hurdlers	■ Walk on Toes	■ Fall Out Sprints
■ Log Roll Hurdlers	■ Walk on Heels	■ Broad Jump Sprints

Hurdler Drills

■ Form work:

- Hurdle Walking
- Stationary Trail Legs
- Stationary Lead Legs
- Trail Leg Drill
- Lead Leg Drill
- Trail + Lead Leg Combo
- 1 Step Trail Leg Drill



■ Speed work:

- First Hurdle Sprints
- 3 Step Trail Legs
- 3 Step Lead Legs
- 3 Step Over 2H
- 3 Step Over 3H
- Partner Races
- Starting Blocks

Hurdler Warm-Ups

Hurdler Warm-Up #1

- Leg Swings
- Lead Legs
- Hip Circles
- Hurdle Stretches
- Walking (3H x 5)
- Trail Leg Drill (3H x 5)
- Blasts over 1st Hurdle (5x)

Hurdler Warm-Up #2

- Leg Swings
- Lead Legs
- Hip Circles
- Hurdle Stretches
- Walking (3H x 5)
- 1 Step Trail Leg Drill (3H x 5)
- Builds to 2nd Hurdle (5x)

“Number Workouts”

<u>ONES</u>	<u>TWOS</u>	<u>THREES</u>	<u>FOURS</u>	<u>FIVES</u>
1 x 800m 1 x 400m 1 x 200m 1 x 100m 1 x 200m 1 x 400m 1 x 800m	2 x 50m 2 x 100m 2 x 200m 2 x 400m 2 x 800m	Continuous 100 meter run... 1/3 of which is each of the following: HIGH KNEE/ BUTT KICK/ HIGH SKIP then LUNGE/ BACK PEDDLE/ STRAIGHT-LEGS then BUILD/ GLIDE/ BLAST. Down and back for each “THIRD.”	4x100 4x50 4x20 4x50 4x100	5 x 100m 5 x 50m 5 x 20m 5 x 10m (starts)

Starting Blocks



- Get in blocks right away
- All sprinters, hurdlers, & relay runners need to use blocks
- Use towards the end of practice or within workouts
- Starting line = fixed line on ground/track or use a rope for consistent hand placement
- Always have another athlete standing on back of blocks
- Starts can be done alone, as partner races, or as group races
- Starts alone w/out command or as groups on coach's call
- Starts to ~10, 20, or 50 meters
- Work in blocks during time trials for athlete comfort at meets

Starting Blocks

- Block placement:
 - Front of blocks set 1 shoe length back from starting line
 - Front foot ~1 ½ shoe lengths from line
 - Back foot ~2 ½ shoe lengths from line
 - Feet on blocks with tiptoes on or near ground
- On "MARK" command, take time to get feet in first with back knee on ground
- Hands wide, weight on fingers and thumbs, up to line w/out touching it
- Shoulders move forward over line
- Eyes down
- Listen for starter
- Raise up on "SET" command so that hips are at or slightly above head level
- Eyes stay down, body remains motionless until gun
- Don't anticipate, but don't sit back– should feel like a coiled spring
- Drive out on sound of gun– head down, knees up, arms exaggerated, toes digging
- Work first 10+ meters before getting into full sprint with eyes ahead

Typical Practice

- Specialty work can include any number of the following activities:

Sprinters	Hurdlers	Jumpers	Throwers	Distance
"# Workout" Distance Intervals Fartleks Starts Relays Time trials	(Sprinter workouts) Form work/ Hurdler drills Starts 3/5 hurdles Full flight Time trials	(Sprinter workouts) Plyometrics Approaches Full jumps	Footwork Strength work Plyometrics Technique Full throws	"# Workout" Over distance Tempo run Intervals Fartleks Strides Time trials

- Specialties use about half of total practice time.
- Specialty coaches report top athletes to team coaches for invitational, district, & conference meets.

Typical Week

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<p><u>Sprinters:</u> "TWOS" Partner races Starting blocks</p> <p><u>Hurdlers:</u> WU #1 Starts to 1H Starts to 3H Starting blocks</p>	<p><u>Sprinters:</u> "THREES" 20m starts out of blocks for time</p> <p><u>Hurdlers:</u> WU #2 5 hurdles out of blocks for time</p>	<p><u>Sprinters / Hurdlers:</u> BIG WORKOUT done in teams...</p> <p><u>Intervals:</u> 2x800 4x400 2x800 (last 800 used as a cool down)</p>	<p><u>Sprinters:</u> "FOURS" Sharks & Minnows</p> <p><u>Hurdlers:</u> WU #1 100 hurdles for time (10H x 10 with jog back to start) Starting block work</p>	<p>MEET</p> <p>Footwork drills and hurdle drills used as part of warm-ups at the track.</p> 

Recommendations

- Prepare
- Be approachable
- Advertise & Announce— get info to your athletes and parents
- "Stick to your guns" but also know when to be flexible with workouts & athletes
- Coach what it *is* & what it *isn't*
- Set school traditions, keep school records, celebrate personal records
- Have fun with workouts and athletes
 - Running games
 - Team talks, giving feedback
 - Named workouts
 - Remember when?
- Be in contact with other coaches



EMAIL: scott_todnem@ipsd.org