



SESSION PLAN

Session Title

PACE

Objectives

To Improve Arm Mechanics in Sprinting

PHASE & ACTIVITY	DIAGRAM	COACHING POINTS																						
<p>1. Warm up: Dynamic Flex</p> <p>Players move around the outside of the area performing from:</p> <p>Skips, wide skips, high skips, carioca, calf walk, hamstring walk, deep lunge walk All the above can be performed forwards and backwards. Intersperse with ball work (ball each), such as toe taps, boxing, rolling etc.</p> <p>2. Arm Mechanics</p> <p>Players sit on floor with legs outstretched and practise arm action demonstrated by coach. Arms should provide sufficient lift to make the butt bounce on the floor!</p> <p>Demonstration 1: Players in pairs (similar speed) race over 10 yards with one runner using the arms whilst the other place them linked behind the back. Switch.</p> <p>Demonstration 2: Have the players jogging on the spot with arms moving slowly. Have them gradually increase the speed of the arms. Observe what happens to the speed of leg movement?</p> <p>3. Ladder Work</p> <p>a) Player runs through the ladder with one foot in each rung. Next player goes when the first player has reached the last rung.</p> <p>b) Player runs through the ladder with both feet being placed in each rung.</p> <p>c) As with b) but now player moves three rungs forward and one back etc.</p> <p>Once players are competent with the pattern then include ballwork and relays. Also include a different movement when moving back towards the start.</p> <p>4. Cool down</p>	<div data-bbox="770 696 1134 891" style="border: 1px solid black; padding: 5px; margin-bottom: 20px;"> <table style="width: 100%; text-align: center;"> <tr><td>X</td><td>X</td><td>X</td><td>X</td></tr> <tr><td>X</td><td>X</td><td>X</td><td>X</td></tr> <tr><td>X</td><td>X</td><td>X</td><td>X</td></tr> </table> </div> <div data-bbox="770 1503 1134 1809" style="margin-bottom: 20px;"> <p style="text-align: center;">←</p> <table border="1" style="width: 100%; text-align: center; border-collapse: collapse;"> <tr> <td style="width: 20px; height: 20px;">●</td> <td style="width: 20px; height: 20px;">●</td> <td style="width: 20px; height: 20px;">●</td> <td style="width: 20px; height: 20px;">●</td> <td style="width: 20px; height: 20px;">●</td> </tr> <tr> <td style="width: 20px; height: 20px;">○</td> <td style="width: 20px; height: 20px;">○</td> <td style="width: 20px; height: 20px;">○</td> <td style="width: 20px; height: 20px;">○</td> <td style="width: 20px; height: 20px;">○</td> </tr> </table> <p style="text-align: center;">←</p> </div>	X	X	X	X	X	X	X	X	X	X	X	X	●	●	●	●	●	○	○	○	○	○	<p>The movements are game related.</p> <p>Ensure fluid movement before the stretch walks</p> <p>Relaxed, fluid movement from the shoulders.</p> <p>Hand moves from hip to side of face in the vertical plane. Elbow flexed at 90 degrees.</p> <p>Arms should not move across the body.</p> <p>Arm lifts with opposite leg e.g. left arm lifts as the right leg lifts</p> <p>Player should look ahead not down thus ensuring correct running posture</p> <p>Keep pumping the arms. Do not worry about hitting the rungs of the ladder</p> <p>Lift legs as you move through the ladder</p>
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