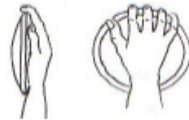


Athletics Knowledge Bank

Keywords

Whip	Accuracy
Explosive	Drive
Stance	Balance
Control	Transfer of Weight
Speed	Take Off
Agility	Flight

Can you think of anymore?



Discuss – Grip + Action:
 - 'Swing' arm from a high to low position
 - Release shot at 45 degrees



SPRINTS

High Jump – Fosbury Flop Technique:

- Curve run up
- Take off with nearest leg to the bar (1 footed)
- Use arms to drive the jump upwards
- Push hips forward to arch back on take off.



Javelin - GRIP



Javelin – Action:

- Transfer weight from back foot to front foot.
- 'Pull' arm through past face
- Maintain direction of the javelin tip
- Release javelin at 45 degrees



THROWS

Shot Putt – Grip + Action:

- Transfer weight from back foot to front foot.
- 'Push' ball away from neck
- Rotate hips to push 'belt buckle' to the direction of throw
- Release shot at 45 degrees

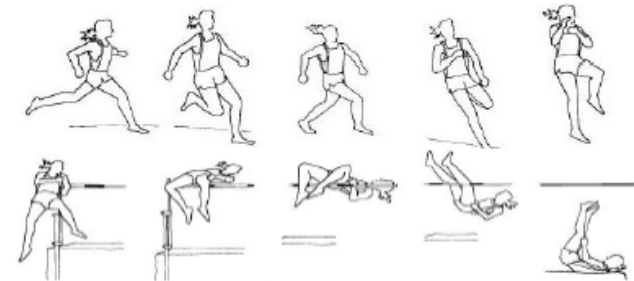
Coaching Points

- Drive knees high out of the blocks
- Use arms to drive each stride
- Rise body up slowly
- Keep torso still isolating knees and arms only.



Coaching Points

- Crouch on one knee, with your fingers just behind the line.
- Raise your hips to a level just above your shoulders.
- On the B of the Bang, breathe out hard and pump those arms and legs.
- Keeping your body low in your opening



JUMPS



Long/Triple Jump

- Speed on run up
- Take off 1 footed as close to board as possible
- Use arms to generate 'hang time'
- Use momentum to fall forward on landing in the pit



Striking & Fielding Knowledge Bank



High Catch

- Cup Hands
- Keep eye on Ball
- Cushion ball on impact



Body Catch

- Cup Hands
- Aim to catch with base of fingers
- Bring ball into body.



Long Barrier

- Body behind the ball
- Hands low to the ground to 'safely' pick up the ball

FIELDING

THROWING



Throwing Coaching Points

- Stand sideways to the target. The throwing arm is taken back behind the head.
- Throwing arm swings forward keeping the elbow at least level with top of throwing shoulder.
- Release the ball with both feet on the ground and the chest facing the target.
- Swing the throwing arm through so that both arms end up behind the opposite hip. Keep the head and eyes facing the target.



Keywords

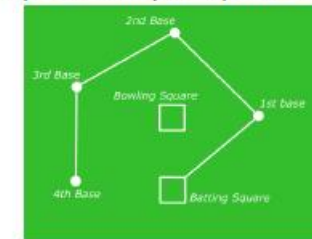
Pitch	Posts
Balance	Obstruction
Control	Balance
Bases	Strike
Fielder	Bowl
Coordination	No Ball

Can you think of anymore?



BATTING

Can you set up a Rounders pitch?
In groups of 5 can you replicate the pitch



above and practice batting, bowling and fielding? Bowl each player 5 balls each.

- 1) STAND SIDEWAY ON
- 2) NON STANDING FOOT FORWARD
- 3) BAT UP – HEAD HEIGHT
- 4) FOLLOW THROUGH ON CONTACT
- 5) MAKE SURE YOU RUN AROUND GATE – NOT THROUGH!

