

10.20am: Finish	Standing starts from different positions: 8 mins: Have athletes accelerate for 15m, from a lying, kneeling or standing start.	
	Athletes	Coaches
9.00am-10.20am:	Athletic Skill based Drills- 12 years & up 1: Group warm-up with skipping variations. 2: Stretching activities 3: Mini hurdle drills 4: Acceleration runs over 10m, 15m & 20metres 5: Sets of Build-up runs over 40m 6: 3 Point starts over 20m, 30m & 40 metres. 7: Group warm-down activities	10am -11am Jumps
10.30am-11am	Relay Baton change protocols 7 -14year-olds. 1: Show the athletes the way of standing to receive the baton. 2: Practice running out from this position. 3: Practice hand position when running out. 4: Explain the standing position at zone 1, zone 2 and zone 3. 5: Explain the baton passing process. 6: Practise baton exchange in pairs, if possible.	
11am-11.30am	Hurdle training 10-14-year olds. 2 Groups: Beginner hurdlers 10-12 year olds Intermediate hurdlers 12-14 year olds	
11.30am-12pm	Triple Jump 10-14-year olds 1 Group: Introduction to Triple Jump	11am-12pm Health and Safety
11am-12pm	Track: Sprints/Middle distance 10-14-year olds 1 Group: Technical drills and skills for track	
2pm – 5pm	Pre-season Open Senior Meet #1	