

front

cut out and place in lanyard



Sports Journalist

Sprints



www.athleticsteachingmadeeasy.com



back

cut out and place in lanyard



Your Task

Sprints

Watch all the athletes running the 100m race. You will report back at the end of the session.

- Who got the fastest time in each race?
- Who got the fastest time overall?
- Who got a Bronze, Silver or Gold Athletics award time.

	Bronze	Silver	Gold
A	18 secs	16 secs	14.7 secs
B	17.5 secs	15 secs	13.4 secs

www.athleticsteachingmadeeasy.com



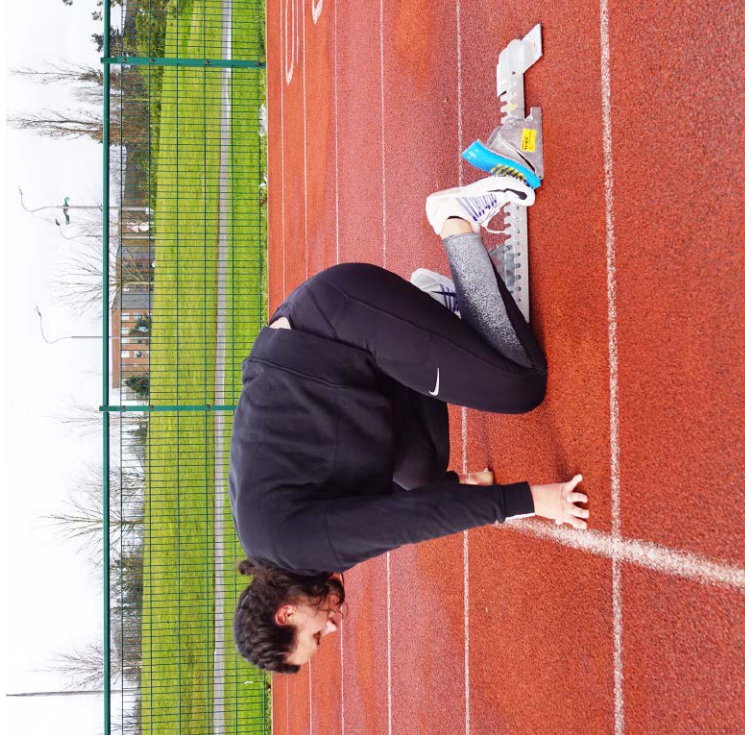
front

cut out and place in lanyard

back



Coach Sprints



www.athleticsteachingmadeeasy.com



Your Task Sprints

Tips to Improve

Watch at least 3 athletes performing a sprint start. Choose a coaching point to help them get a better start.

- Check hands are behind (not on) the start line.
- Check the knee is level with the front foot.
- Lean forward to Get Set.
- Use your arms to drive forwards on GO.

www.athleticsteachingmadeeasy.com



cut out and place in lanyard

front

cut out and place in lanyard

back



Official Sprints



www.athleticsteachingmadeeasy.com



Your Task Sprints

Time keeper

- Using a stopwatch, time one person in each race and compare your time to your teachers time. Are they the same if not, why?

Starter

- Everyone starts back from the start line.
- When the time keepers are ready they will 'wave' to you.

Your Commands

- **ON YOUR MARKS.**
Put your arm in the air so the timekeepers can see it
- When the Athletes are still, **GET SET**
When they are all in position and still,
GO or WHISTLE BLOWN.
- It is very important at this point that you swing your arms down- this helps timekeepers in case they can't hear you say GO.



cut out and place in lanyard



www.athleticsteachingmadeeasy.com