



WELSH ATHLETICS
ATHLETAU CYMRU

*LISTEN
ENGAGE
REPRESENT*

Youth Development Conference 2021

Speed Event Group



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LEARNING OBJECTIVES:

- **Returning to track specific training:**

Areas to consider before returning and risks to look out for

- **How to get a great start:**

EXploring various starting positions/progressions & when to introduce blocks



RETURN TO TRACK TRAINING - CONSIDERATIONS PRIOR TO STARTING

What training has the athlete been able to do - Frequency/Intensity

Surfaces the athlete has had access to

Footwear

Isolated training

Excitement of returning



AT THE TRACK...

- Introduce 1 change at a time:
 - i. Track exposure
 - ii. Spikes
 - iii. Intensity
 - iv. Frequency
 - v. Volume
 - vi. Competitive situations

** Make each “track” session count**
Donkey work can be done elsewhere
(Lockdown has taught us this)



LOOK-LISTEN-ASK



- Low Limb Soreness
Tightness:
Achilles/Calves/Shins/
Feet
- Extra Fatigue
- Interactions/Isolating



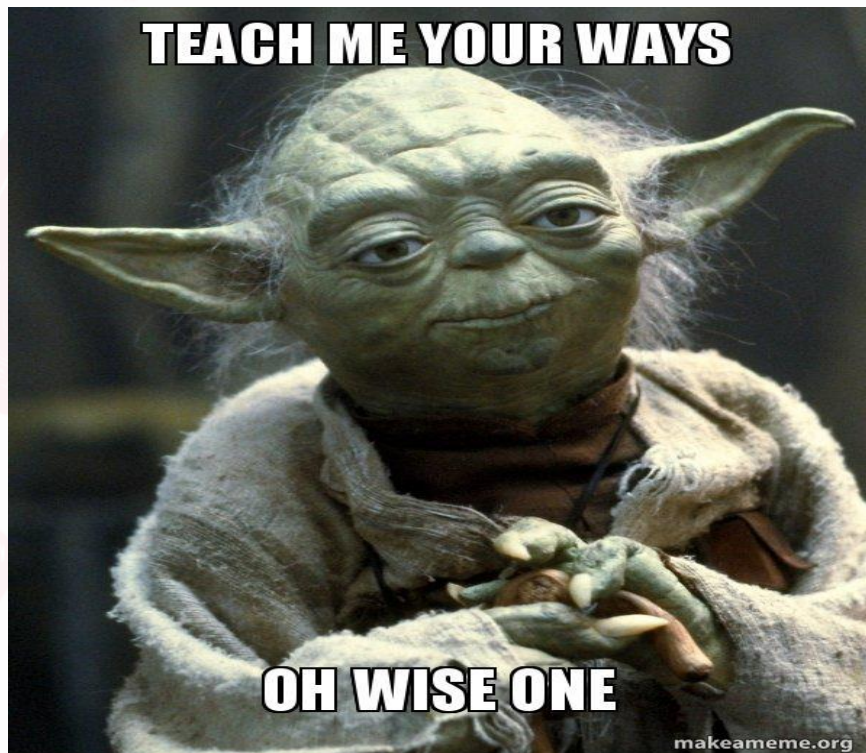


**5 VARIANT START POSITIONS &
PROGRESSIONS**



TIME TO COACH...

- 1. Drop in**
- 2. Roll over**
- 3. Tri-pod**
- 4. 4 point**
- 5. Block start**



#1 DROP IN



#2 ROLL OVER



#3 TRI POD



#4 FOUR POINT



#5 BLOCK START



BENEFITS OF VARIABLE START POSITIONS

- Transfer of bodyweight
- Feeling the body fall
- Forward projection
- Improved coordination (start of either foot)
- Learn how to apply force
- Relay skill development
- Helps work acceleration all year



**** When a youth athlete can perform the first 4 starting progressions, they then have the toolkit to learn how to effectively use blocks!!****



Q+A SESSION

Any further questions please email:

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