

Track and Field Drills and Practice Plans

Making you a better coach, one practice at a time!

Table of Contents

INTRODUCTION: HOW TO USE THIS GUIDE!	5
SPRINT DRILLS.....	6
BURST AND RELAX.....	6
INCREASE ACCELERATION	6
BLOCK START INTERVALS.....	7
SPEED ENDURANCE	7
STICK DRILL.....	8
3 EVENT RUNNING (400M TRAINING)	8
FLYING BEARS (400M)	9
GROUND BOUNDS.....	9
LEAN ACCELERATION	10
INCLINE RUN.....	10
90 KNEE BEND	11
HEEL KICK	11
PRACTICE PLANS – SPRINT #1	12
PRACTICE PLANS – SPRINT #2	13
PRACTICE PLANS – SPRINT #3	14
PRACTICE PLANS – SPRINT #4	15
PRACTICE PLANS – SPRINT #5	16
PRACTICE PLANS – SPRINT #6	17
HURDLE DRILLS	18
A-MARCH.....	18
HURDLER’S JOG.....	18
100M ACCELERATE AND HURDLE DRILL	19
WALL EXERCISE.....	19
HIT THE MARK	20
LEAD LEG DRILL	20
TRAILING LEG DRILL.....	21
HURDLE ADD-ON	21
400M HURDLE CONDITIONING	22
STAIR HOP	22
FIRST HURDLE DRILL	23
GHOST HURDLES.....	23
PRACTICE PLANS – HURDLES #1	24
PRACTICE PLANS – HURDLES #2	25
PRACTICE PLANS – HURDLES #3	26
PRACTICE PLANS – HURDLES #4	27
PRACTICE PLANS – HURDLES #5	28
PRACTICE PLANS – HURDLES #6	29
LONG DISTANCE DRILLS.....	30
KEEP THE PACE.....	30
CROSS COUNTRY RUN	30
SAME TIME DRILL	31
INTERVAL SPRINTS	31
PYRAMIDS	32
UPHILL, DOWNHILL RUNS	32
DISTANCE AND SPRINT	33
HURDLE HOPS.....	33
ENDURANCE SETS.....	34

SPRINT OVER DISTANCE.....	34
TOUCH CONTACT DRILL.....	35
MENTAL FATIGUE DRILL.....	35
PRACTICE PLANS – LONG DISTANCE #1	36
PRACTICE PLANS – LONG DISTANCE #2	37
PRACTICE PLANS – LONG DISTANCE #3	38
PRACTICE PLANS – LONG DISTANCE #4	39
PRACTICE PLANS – LONG DISTANCE #5	40
PRACTICE PLANS – LONG DISTANCE #6	41
DISCUS DRILLS.....	42
BOWLING RELEASE.....	42
STANDING RELEASE DRILL.....	42
PIVOTING DRILL	43
SWEEPING LEG.....	43
SITTING THROW	44
ARM SWING	44
RUBBER RING THROW	45
RISE AND THROW.....	45
PRACTICE PLANS – DISCUS #1	46
PRACTICE PLANS – DISCUS #2.....	47
PRACTICE PLANS – DISCUS #3.....	48
PRACTICE PLANS – DISCUS #4.....	49
SHOT PUT DRILLS	50
STARTING DEPTH DRILL.....	50
LEFT LEG START	50
OBSTACLE RELEASE	51
SEATED THROW.....	51
DISTANCE OBSTACLES	52
STRAPPED ARM THROW	52
REAR OVERHEAD THROWS.....	53
WRIST FLIPS	53
PRACTICE PLANS – SHOT PUT #1.....	54
PRACTICE PLANS – SHOT PUT #2.....	55
PRACTICE PLANS – SHOT PUT #3.....	56
PRACTICE PLANS – SHOT PUT #3.....	57
JAVELIN DRILLS.....	58
OVERHEAD BASKETBALL THROW	58
STANDING JAVELIN THROW	58
5 STEP APPROACH	59
CLOSEST TO THE SCRATCH	59
DRAWBACK REPEAT	60
JAVELIN TWO-STEP	60
JAVELIN STRETCH DRILL.....	61
RHYTHM RUN	61
PRACTICE PLANS – JAVELIN #1	62
PRACTICE PLANS – JAVELIN #2	63
PRACTICE PLANS – JAVELIN #3	64
PRACTICE PLANS – JAVELIN #4	65
POLE VAULT DRILLS	66
ROPE CLIMB.....	66
SWING AND ROTATE.....	66

ROPE SWING.....	67
BACKWARD HANDSTAND.....	67
COACHING PUSH	68
POLE SPRINT DRILL.....	68
STANDING PLANT DRILL	69
DRAG AND HOOK DRILL.....	69
PRACTICE PLANS – POLE VAULT #1	70
PRACTICE PLANS – POLE VAULT #2	71
PRACTICE PLANS – POLE VAULT #3	72
PRACTICE PLANS – POLE VAULT #4	73
HIGH JUMP DRILLS	74
CURVE DRILL.....	74
J APPROACH	74
ARM JUMPS.....	75
HEAD THE BALL DRILL.....	75
KNEE THE BALL DRILL.....	76
STANDING HIGH JUMP.....	76
SPRINGBOARD JUMPS.....	77
3 OR 6 STRIDE JUMPS.....	77
PRACTICE PLANS – HIGH JUMP #1	78
PRACTICE PLANS – HIGH JUMP #2.....	79
PRACTICE PLANS – HIGH JUMP #3.....	80
PRACTICE PLANS – HIGH JUMP #4.....	81
LONG JUMP DRILLS	82
RHYTHM HIGH KNEES	82
HEEL POPS	82
IN-FLIGHT CYCLE.....	83
HIGH / LOW POP OFFS.....	83
SITTING ARM CYCLE	84
EXTENSION LANDING.....	84
SINGLE LEG HOPS	85
CLOSEST TO SCRATCH	85
PRACTICE PLANS – LONG JUMP #1	86
PRACTICE PLANS – LONG JUMP #2	87
PRACTICE PLANS – LONG JUMP #3	88
PRACTICE PLANS – LONG JUMP #4	89
TRIPLE JUMP DRILLS	90
ONE STRIDE HURDLE HOPS.....	90
APPROACH AND THRUST.....	90
MULTIPLE CONE HOPS	91
REBOUND HEAD DRILL	91
CONE HOP AND BOUND	92
REBOUND JUMP DRILL	92
MULTIPLE TRIPLE JUMPS.....	93
POSTURE HOPS.....	93
PRACTICE PLANS – TRIPLE JUMP #1	94
PRACTICE PLANS – TRIPLE JUMP #2	95
PRACTICE PLANS – TRIPLE JUMP #3	96
PRACTICE PLANS – TRIPLE JUMP #4	97

Introduction: How to Use this Guide!

Track and Field is a multi-disciplinary sport that requires a great deal of specialized training and coaching. Specific drills are important to help with the various techniques and the intricate elements of each event.

We have come up with 10 different chapters that cater to 10 individual areas of track and field. They are:

- Sprint
- Long Distance
- Hurdles
- Discus
- Javelin
- Shot Put
- Pole Vault
- High Jump
- Long Jump
- Triple Jump

We have drills that are specific to these areas, and then we have designed the practice plans to go with each of these sets of drills. So, instead trying to coach everyone on the team with one practice plan, each coach or discipline can have their very own practice plan that is going to help them reach their potential.

Now, each coach can focus on their own discipline and get the most out of the athletes in their program. With a comprehensive list of drills that provides a great training environment for skill development, the specialized practice plans pinpoint the skills that make your athletes better.

Feel free to plug in different drills into the practice plans we've provided, in order to work on the areas where your athletes need the most improvement.

Best of Luck!

Sprint Drills

Burst and Relax

Learning speed with relaxation is critical in allowing sprinters to reach top speed.

What you need – You can set this drill up for 20 meter intervals (early season), or 30 meter intervals, and you can mark these distances off for runners, to enable easy identification.

How this drill works – This is a basic sprint and rest exercise. At the start of the season, to build a conditioning foundation, you should run this drill at 20 meter intervals. It would look something like this:

20 meters full speed and acceleration + 20 meters of easy running (good form) + 20 meters of hard sprint = 60 meters total drill length.

Later in the season, you can run the same drill with the intervals at 30m. This means that you would sprint for 30, easy run for 30 and then sprint again for 30.

Relaxation is important when running, and this drill promotes the relaxation by allowing an easy run in the middle of the sprint. Tight and tense muscles are not as pliant as loose and relaxed muscles, and therefore do not allow a sprinter to reach their top potential speed.

Result – Building a foundation for the relaxed runner.

Increase acceleration

Sprinters need to condition themselves to accelerate all of the way down the track – especially in the 100m

What you need – Depending on which event the runner is training for, you need to mark off every 50m (for the 100m sprint) and 150m for the 200m training.

How this drill works – Training for the 100m event, this drill is run with the runner knowing they must increase their acceleration at the 50m mark. At first, coaches should only time the last 50m of this drill. Emphasize to the runner that they must accelerate AFTER the 50m mark.

The 200m sprinter is timed once they reach the 150m mark. This forces the runner to increase their acceleration throughout the run and ultimately once they reach the 150m mark.

Increasing acceleration is essential for successful sprinters. As you move forward with this drill, increase the timing interval to 60, 70 and eventually 90m – teaching the runner to continue with their acceleration.

Result – Your runners will continue increasing acceleration down the track, rather than losing steam near the end.

Block start intervals

Exploding from a block start and increasing acceleration is essential for sprinters.

What you need – A set of starting block for each sprinter, or alternate according to number of starting blocks.

How this drill works – This is a standard drill that helps sprinters achieve two things: proper angle out of the blocks, and then accelerating through the first interval.

At first, you can set this drill up for 10m – then 30, then 60. With the runner in the blocks, coaches can use a starter pistol or a spoken command to start the runner. The runner will keep the low lean right from the start and then continue driving through the first 10m.

Prevent runners from rising to run straight up and down when they start. They lose all acceleration if they do this. Work on this drill to combine good starts with body lean and acceleration. In between the 30 and 60m intervals, the runner should then be in a nearly upright position.

Result – Better starts from your sprinters and improved angle for acceleration.

Speed Endurance

Being able to maintain top speed through the full sprint is essential.

What you need – Just a free track for this drill.

How this drill works – This is a circuit drill that helps sprinters build their speed endurance. This means that they will be able to maintain their speed through the full sprint, rather than losing top speed near the end of the drill.

Start off early in the season with a 2 x 80, 2 x 100, and then 2 x 150m set. Do this at about 75% of full speed. Make sure the runner is relaxed. Increase these to 3x at midseason, eliminating the lower end 80m run. At this point they can run between 80 and 90% of full speed.

Result - Working at this at least 2 times per week will help your runners develop their overall speed.

Stick Drill

Increasing the number of strides and reducing the contact with the ground will help improve the overall speed – once combined with power.

What you need – Depending on the number of runners you are training, you are going to need several sticks that are about 4 inches wide and 18 inches long.

How this drill works – Coaches will lay out the sticks about 4 feet apart for youths (increase to 5 feet between sticks for older runners) over about 20 meters.

From a standing start (and about a 5m rolling start), the sprinter has to run over the sticks and not touch any of them. This should be done three to five times per week for a month of training. Then, coaches should increase the distance between the sticks by about 6 inches at a time.

The focus should not be on trying to stride long enough to leap over the sticks, but rather to increase the numbers of strides in between the sticks. The stride length will naturally increase with this drill when the distance between the sticks increases. The sprinter should not ever have to reach out with their stride in order to cross over the sticks.

Result – This drill will help the sprinters learn to increase stride number and length, while decreasing time-sapping ground contact.

3 event running (400m training)

The 400m runner learns the strategy of running with this drill

What you need – A clear track for the 400m runners.

How this drill works – At the start of the season, this drill can be run at 300 to start. Then, when combined with strength and endurance training, this drill can be run at 450m.

The object of the drill is to help the runner understand the different facets of a race. To start, in the first 50m, the runner should sprint as hard as they can coming out of the blocks (or from a standing start). For the next 150m, the runner should settle into a fluid and strong stride – but maintain relaxation. For the final 100m, the runner should be running as hard as they can again.

For the 450m version, you can alter the training intervals to go as follows: sprint for 100m; strong fluid stride for 200m, then sprint for last 100m.

Result – This drill helps the 400m runner learn and understand the different elements of their race. Although considered a sprint, it does have enough time to break the race down into parts.

Flying Bears (400m)

This is a series of sprints and jogs that helps to maintain speed development during the season.

What you need – A clear track for runners – mark off the track at 50m intervals visible enough for runners to see while running.

How this drill works – This drill starts with the runners running at 75% for the first 100m, then jogging for 50m, then sprinting for another 100m, then jogging for 50m, then sprinting for a final 100m finish at 100%.

The key with this drill is to make sure that the same sprinting fundamentals are kept with each 100m run, including:

- Acceleration
- Stride length
- Stride frequency

During the 50m jogs, the runner needs to maintain a relaxed posture with a consistent stride. It is not meant for the runner to 'take some time off' while they are running. They still need to try and maintain good running technique, and to maintain their focus during the rest of the run.

Result – These types of drill help a runner in several ways. They build endurance for the 400m runner and they also keep the runner focused on their technique throughout the entire race. This is crucial for 400m runners as they have a race that straddles the border between a sprint and a longer distance run.

Ground Bounds

Building explosion through plyometric exercises is excellent for sprint runners

What you need – An open area for runner to bound across the field

How this drill works – The runner should begin in the starting position (with or without blocks), then they should burst half-speed out of the block without lifting their upper body.

Instead of running, the player should bound. This involves leaping – and emphasizing each of the elements of the bound, in order to train all of the

muscles in the leg and the core to explode. The runner should leap forward using the momentum of their lead leg, and then explode off their toes to finish the leap.

Result – Improved explosion coming from the end of each stride is going to help the overall sprint

Lean Acceleration

Runners need to understand this principle: The greater the lean, the greater the acceleration

What you need – Clear track, and if you want to you can set up a tape across the lanes of the track for runners to make sure they are leaning under.

How this drill works – When a runner bursts from the blocks, they need to keep their body angled forward – but they must keep their body down. This drill is designed to make sure that a runner keeps the lean and continues to accelerate.

Once the runner bursts from the blocks, the shoulders need to be kept low while the legs drive forward and the arms drive the body forward. The tape can be set up at different intervals to help train the runner to stay as low, and incrementally raise their body to an upright position.

Result – The runner is going to build their acceleration by learning the correct technique.

Incline run

Resistance training of this sort builds stride strength and power for sprints

What you need – This drill is best run if you have a minimum of 100m stretch of incline at about 20 to 30 degrees. It can be altered to build stride strength by pulling a 5 or 10 lb weight behind the runner (harness required).

How this drill works – This drill should be run regularly at the start of the season and less during mid-season. Building the strength at the start of the season and then maintaining that strength while building speed is the key.

The runner need not run this drill at full speed. Instead, it is more important that the sprinter work on their form. Training the muscles to react in the proper sprint fashion is more valuable than generating speed in this drill. Half speed is all the sprinter needs for training. Run it once, the rest for 30 seconds and repeat. Rest and repeat again.

Result – Training of this kind increases stride power.

90 Knee Bend

Proper form is important to maximize speed and power in the sprinter's stride.

What you need – This drill can be run anywhere on the track, or even on grass, and should be run over a 50 to 60m area.

How this drill works – In an effort to improve stride length and the consistency of the stride, this drill works on bringing the knees up towards the chest (in exaggerated form) to 90 degrees (so the thigh is parallel with the ground) as the runner is striding half speed down the track or grass.

Running half speed the sprinter works their way down the track focusing on the proper form of their stride over the course of 50m. Once they reach the 50m mark, the runner can stop, and turn back the other way, once again exaggerating their stride in a walking fashion for 10m. Then they can walk back to the start again and repeat the drill.

Result – By training at half speed, the body learns to adapt to the proper form. The knee drive is important in developing stride length and power.

Heel kick

This is another form-improving drill that is quite common for warm ups and for early season track conditioning.

What you need – The sprinters should have a clear track or grass area of about 50 to 60m in length.

How this drill works – The runner begins this drill at half speed, focusing on getting the heels back near the buttocks with each exaggerated stride. Speed is not important in this drill – form and execution of the heel kick is what the sprinter should focus on.

The sprinter needs to focus on creating a rhythmic motion – not one that is wild and unpredictable. Energy that is expended during a sprint needs to be focused – and this drill helps the runner work on form and rhythm during their sprint.

Half speed strides with the heels coming back should go for 50m. The runner should rest and repeat... rest and repeat.

Result – The sprinter will build rhythm in his or her stride making the energy expended in the stride efficient and effective.

Practice Plans – Sprint #1

Time	Drill	Pg.	Coaching Tips
:00 to :15	Warm up: half speed lap of track, deep, long stretches to warm up the joints	-	Runners must be fully warmed up before they start their drills
:16 to :30	Increase Accel	4	Acceleration through the last portion of the race
:31 to :40	Water break	-	-
:41 to 1:00	Heel kick	9	Get the heels back to the buttocks
1:01 to 1:15	Speed endurance	5	Work at building increased speed
1:16 to 1:25	Water break	-	-
1:26 to 1:45	Ground bounds	7	Explosion through the bound
1:46	Cool down	-	Make sure the body is adequately cooled

Practice Plans – Sprint #2

Time	Drill	Pg.	Coaching Tips
:00 to :15	Warm up: half speed lap of track, deep, long stretches to warm up the joints	-	Runners must be fully warmed up before they start their drills
:16 to :30	Heel kick	9	Get the heels back to the buttocks
:31 to :40	Water break	-	-
:41 to 1:00	Incline run	8	High knees and driving up the hill
1:01 to 1:15	Flying Bears	7	Maintain good posture and steady, rhythmic stride
1:16 to 1:25	Water break	-	-
1:26 to 1:45	Ground bounds	7	Explosion through the bound
1:46	Cool down	-	Make sure the body is adequately cooled

Practice Plans – Sprint #3

Time	Drill	Pg.	Coaching Tips
:00 to :15	Warm up: half speed lap of track, deep, long stretches to warm up the joints	-	Runners must be fully warmed up before they start their drills
:16 to :30	Incline run	8	High knees and driving up the hill
:31 to :40	Water break	-	-
:41 to 1:00	3 Event Drill	6	This is a great conditioning drill for all sprinters
1:01 to 1:15	Lean Acceleration	8	Keep the head under the tape
1:16 to 1:25	Water break	-	-
1:26 to 1:45	Increase Accel	4	Acceleration through the last portion of the race
1:46	Cool down	-	Make sure the body is adequately cooled

Practice Plans – Sprint #4

Time	Drill	Pg.	Coaching Tips
:00 to :15	Warm up: half speed lap of track, deep, long stretches to warm up the joints	-	Runners must be fully warmed up before they start their drills
:16 to :30	Block start	5	Watch for flaws in the starting blocks
:31 to :40	Water break	-	-
:41 to 1:00	Stick Drill	6	Do not touch sticks and use to build stride development
1:01 to 1:15	3 Event Drill	6	This is a great conditioning drill for all sprinters
1:16 to 1:25	Water break	-	-
1:26 to 1:45	90 knee bend	9	Exaggerated the knee bends to parallel thigh
1:46	Cool down	-	Make sure the body is adequately cooled

Practice Plans – Sprint #5

Time	Drill	Pg.	Coaching Tips
:00 to :15	Warm up: half speed lap of track, deep, long stretches to warm up the joints	-	Runners must be fully warmed up before they start their drills
:16 to :30	Increase Accel	4	Acceleration through the last portion of the race
:31 to :40	Water break	-	-
:41 to 1:00	Stick Drill	6	Do not touch sticks and use to build stride development
1:01 to 1:15	Flying Bears	7	Maintain good posture and steady, rhythmic stride
1:16 to 1:25	Water break	-	-
1:26 to 1:45	Burst and relax	4	Quick burst, recovery and then burst again
1:46	Cool down	-	Make sure the body is adequately cooled

Practice Plans – Sprint #6

Time	Drill	Pg.	Coaching Tips
:00 to :15	Warm up: half speed lap of track, deep, long stretches to warm up the joints	-	Runners must be fully warmed up before they start their drills
:16 to :30	Heel kick	9	Get the heels back to the buttocks
:31 to :40	Water break	-	-
:41 to 1:00	Speed endurance	5	Work at building increased speed
1:01 to 1:15	Block start	5	Watch for flaws in the starting blocks
1:16 to 1:25	Water break	-	-
1:26 to 1:45	90 knee bend	9	Exaggerated the knee bends to parallel thigh
1:46	Cool down	-	Make sure the body is adequately cooled

Hurdle Drills

A-March

Hurdlers need to make sure they have good rhythm with their lead leg over the hurdle.

What you need – Set up 4 or 5 hurdles that are about 6 feet apart. Adjust the height to reflect the age of the runner.

How this drill works – Instead of running over these hurdles, sprinters will walk over the top of the hurdles with special emphasis on the knee lift, toe extension and then heel over action that goes with climbing over the hurdles.

This is done at a walk to make sure the runner's hurdling technique is perfected, before working between the hurdles while running. The emphasis should be on exaggerating each movement as the hurdler crosses over the hurdle. The exaggeration is what helps build the proper form when a sprinter is running at full speed.

Result – Steady improvement to the technique used by the hurdler.

Hurdler's Jog

This is a form drill that helps the hurdler perfect their technique, while still getting the practice going over the hurdle.

What you need – Set up 4 or 5 hurdles to start, each about 6 feet apart. You can shorten the distance between hurdles as the runner becomes more comfortable with their technique.

How this drill works – This drill allows the sprinter to go over the hurdles, but it is faster than the A-March, and slower than half speed. Once again, the focus is on the technique of the hurdler.

With the sprinter jogging, they need to run over the hurdles. With the slower action, the runner can focus on driving their knee high over the hurdle with the lead leg, and getting full extension with the trailing leg as they bring it over the hurdle.

Runner should focus on rhythmic pumping of the arms and keeping their shoulders and hips squarely pointed at the hurdles.

Result – Improvement on the hurdler's technique.

100m Accelerate and hurdle drill

Teaching the runner good conditioning and being able to finish a race in the last 30m is important for their overall success.

What you need – Have a 100m stretch of track available for runners. In the last 30m of the stretch set up the hurdles in typical race fashion. Mark off the 60m point – for the runner's to begin acceleration.

How this drill works – This is a hurdler's conditioning and acceleration drill. Often times, runners will lose focus, acceleration, and their technique goes out the window near the end of a race.

With this drill, the runner will start from blocks, and run at between $\frac{1}{2}$ and $\frac{3}{4}$ speed until they get to the 60m mark – at which time the runner will accelerate to full speed and work on their form over the hurdles for the last 40 to 50m.

Coaches should watch closely the changes in the technique that might be apparent over the last half of the race – if your runner is dogged by knocked over hurdles.

Result – The runner will not only build their conditioning and technique for the last half of the race, they will also work on increasing acceleration for the end of the sprint.

Wall Exercise

Another form drill that helps build the muscle memory of the trailing hurdle leg.

What you need – A wall to lean against, with a flat surface around it. You can also add in a hurdle in order to give the sprinter an idea of how high they are going to have to bring their leg.

How this drill works – Set up the hurdle on the trailing leg side, but the runner will not actually go over the hurdle. It is just a guide for the leg at this point. Leaning against the wall with the hand and arm opposite the trailing leg used to hold the runner up, the runner extends the trailing leg out, as though they were leaping over the hurdle.

Still leaning, the runner will round the knee over the hurdle with enough height to make sure they can get the entire thing over the hurdle. They should go through the entire process right to getting the trailing leg back on the ground over the hurdle.

Result – This exercise builds muscle memory in the trailing leg so the hurdler knows it is going to get over the hurdle and not slow them down.

Hit the mark

Having a standard takeoff and landing point for the hurdler helps them to keep their form throughout a race

What you need – The coach will mark off the distance from the hurdle that the runner should take off and land from. Place 4 hurdles along the track at the regular race interval (8.5 metres).

How this drill works – The sprinter will start this drill either from a standing start or from the blocks and they will approach the first hurdle. The idea of having the marks is to create a mental image of where the runner should be taking off from in order to continue the maximum speed and acceleration, while clearing the hurdle.

If a runner misses the mark, they stop the drill and go back to the beginning. The goal is to hit all of the marks on a consistent basis without hitting the hurdles. Once the runner becomes proficient with 4 hurdles, you can add one hurdle at a time to build consistency down the entire track.

Result – Eventually this is going to build a mental image for the racer to follow for the entire race.

Lead leg drill

While the hurdles will be set up, the runner will not actually be going over the hurdles; they will be practicing their technique over the hurdles right next to them.

What you need – You can set up an entire length of hurdles in order for the runner to practice with, but ideally they can work with 4 or 5 hurdles placed at regular race intervals.

How this drill works – The runner will start just next to the first hurdle on the side of the hurdle that is opposite their leading leg. If you lead with your right leg, you will be on the left side of the hurdle to start.

The drill starts with the runner lifting their lead leg with the proper form (high knee, extension and then land), without the trailing leg, and then running to the next hurdle and doing the same thing. This drill is for the lead leg only – in order to work on the proper form for this leg.

Result – Focus on the lead leg and the best technique in getting it over the hurdles.

Trailing leg drill

This drill is similar to the last one, only the runner will work on their trailing leg only.

What you need - You can set up an entire length of hurdles in order for the runner to practice with, but ideally they can work with 4 or 5 hurdles placed at regular race intervals.

How this drill works – This drill works in the opposite fashion that the lead leg drill works. Start on the opposite side of your trailing leg. If the trailer is the right side, then runners should be on the left side of the hurdle.

The drill starts with the runner extending his or her trailing leg behind without the lead leg starting, rounding over the hurdle and then running to the next hurdle and doing the same thing. This drill is for the trailing leg only – in order to work on the proper form for this leg.

Result – This is a great muscle memory drill for the trailing leg to get over the hurdles

Hurdle Add-on

This is a progression drill, to help runner focus on their form right through a series of hurdles

What you need – Start this drill with 5 hurdles set up at regular race intervals, and at the proper height for the runner.

How this drill works – From the starting blocks, the runner will burst out on their own time and hurdle the first 5 hurdles at full speed, focusing on their form through the first 5.

If there is a mistake in form, or a hurdle goes down, the sprinter keeps going with only 5 hurdles. If they can successfully scale all 5 hurdles with regularity, then they can add two hurdles. This will likely happen as a progression over the course of several practices.

Once the sprinter reaches the end (110m), then they will start back at 5 hurdles and rebuild their way back to the full race.

Result – This is a simple repetition drill that helps hurdlers focus on their form while they are making it down the track. Eventually, the hurdle will become second nature to the runner.

400m Hurdle conditioning

This is a great early season drill to start building the endurance of muscles and to help the runner focus on form when they are tired.

What you need – You will need the full track to do this drill, with a hurdle set up at each 100m interval. You can run athletes at intervals to get several going at a time.

How this drill works – This is just straight conditioning with an emphasis on keeping the form of the hurdle when tired.

The runner will start from a standing position and run at about $\frac{3}{4}$ speed. At each 100m interval the runner must use their proper hurdling form at the hurdle and leap over it while continuing their run. The same is repeated for the next 100m, and so on, until they get to the 4th hurdle, when they can stop.

If a runner knocks down a hurdle, or they ignore form in order to just get over the hurdle, then they must run the drill again, up to that point. (Provide 5 to 7 minutes rest in between).

Result – Endurance is going to be built, and the form will improve at the end of races because of the focus on form when tired.

Stair Hop

Proper push off is important for hurdlers to maintain momentum when they are clearing hurdles.

What you need – A set of 10 stairs for the runner to work on.

How this drill works – The runner will start at the bottom of a set of stairs, and they will hop on one leg up all 10 stairs. They should walk down the stairs with both legs and then do the exercise again with the other leg.

This drill is not about speed, but about preparing the body to push off and getting the most push they can by thrusting their body forward. The push off will help to build the muscles in the leg that work the push off. This helps the runner with power when they go to leap the hurdles.

Result – The increase in push off power allows the runner to continue to maintain his or her momentum when they approach a hurdle, because the push is strong and does not limit their ability to continue forward.

First hurdle drill

The first hurdle is a mental as well as physical hurdle for the runner.

What you need – Set up the starting blocks as done for the beginning of the race. Only one hurdle is needed for this drill.

How this drill works – The first hurdle can be a challenge for some runners as they are still in a full lean as they gain acceleration. That's why this drill is important to work on throughout the season.

As the runner explodes from the blocks, you do not want them dropping acceleration by standing straight up and down to meet the first hurdle. Instead, they need to work on keeping their acceleration lean while hurdling the first hurdle.

The runner will burst out of the starting blocks and sprint to the first hurdle – maintaining their lean while hurdling the first hurdle. That the drill in a nutshell. Work on the drill until the form is acceptable.

Result – Runners will not lose built up acceleration by the time they reach the first hurdle.

Ghost hurdles

This is a good mental exercise for the hurdler

What you need – Set up the hurdles as you would for a typical race, however, only set up the middle two lanes with hurdles. Runner will run on either side of the hurdles.

How this drill works – Runners will use blocks to start, running this race as though it were the real thing. The only difference between this drill and the real thing is the hurdles.

The sprinter will run **beside** the hurdles that are set up, but still hurdling them as though the hurdles were in front of them. This drill is purely aimed at allowing the runner to focus on running the race, rather than making sure they get over the hurdles.

Coaches should watch the race for potential misses, and to make sure the runner maintains form, even though they are not going over the real hurdle.

Result – Runners will be able to work on race fundamentals: acceleration throughout the run, good stride rhythm, and they must work on form for their jumps, without worrying about the hurdle.

Practice Plans – Hurdles #1

Time	Drill	Pg.	Coaching Tips
:00 to :15	Warm up: high knees; long deep stretches and warm up lap	-	Injuries happen when athletes aren't warmed up
:16 to :30	100m accel	17	Final 30m finish with acceleration
:31 to :40	Water break	-	-
:41 to 1:00	Stair hop	20	Work on power push off in leg
1:01 to 1:15	Hurdle Add on	19	Start with 5 hurdles and only accept perfect form
1:16 to 1:25	Water break	-	-
1:26 to 1:45	Ghost hurdles	21	A couple of repetitions, coaches should watch for hurdle form
1:46	Cool down	-	Stretches, and slow jogs for the cool down

Practice Plans – Hurdles #2

Time	Drill	Pg.	Coaching Tips
:00 to :15	Warm up: high knees; long deep stretches and warm up lap	-	Injuries happen when athletes aren't warmed up
:16 to :30	Stair hop	20	Work on power push off in leg
:31 to :40	Water break	-	-
:41 to 1:00	Wall exercise	17	Work on muscle memory for trailing leg
1:01 to 1:15	Hurdler's Jog	16	Rhythmic arm pumping and square shoulders
1:16 to 1:25	Water break	-	-
1:26 to 1:45	Ghost hurdles	21	A couple of repetitions, coaches should watch for hurdle form
1:46	Cool down	-	Stretches, and slow jogs for the cool down

Practice Plans – Hurdles #3

Time	Drill	Pg.	Coaching Tips
:00 to :15	Warm up: high knees; long deep stretches and warm up lap	-	Injuries happen when athletes aren't warmed up
:16 to :30	400m hurdle conditioning	20	Even stride and good pace
:31 to :40	Water break	-	-
:41 to 1:00	Wall exercise	17	Work on muscle memory for trailing leg
1:01 to 1:15	Hurdler's Jog	16	Rhythmic arm pumping and square shoulders
1:16 to 1:25	Water break	-	-
1:26 to 1:45	First hurdle	21	Good drill when fatigued
1:46	Cool down	-	Stretches, and slow jogs for the cool down

Practice Plans – Hurdles #4

Time	Drill	Pg.	Coaching Tips
:00 to :15	Warm up: high knees; long deep stretches and warm up lap	-	Injuries happen when athletes aren't warmed up
:16 to :30	A-March	16	Walk over the hurdle with very high knee and kick
:31 to :40	Water break	-	-
:41 to 1:00	Hit the mark	18	Takeoff and landing point should be hit
1:01 to 1:15	Hurdle Add on	19	Start with 5 hurdles and only accept perfect form
1:16 to 1:25	Water break	-	-
1:26 to 1:45	100m accel	17	Final 30m finish with acceleration
1:46	Cool down	-	Stretches, and slow jogs for the cool down

Practice Plans – Hurdles #5

Time	Drill	Pg.	Coaching Tips
:00 to :15	Warm up: high knees; long deep stretches and warm up lap	-	Injuries happen when athletes aren't warmed up
:16 to :30	Stair hop	20	Work on power push off in leg
:31 to :40	Water break	-	-
:41 to 1:00	Lead leg	18	Proper form: high knees, toe leading and kick out to reach ground
1:01 to 1:15	Trailing leg	19	Rear leg extension, round over the knee
1:16 to 1:25	Water break	-	-
1:26 to 1:45	Hurdle Add on	19	Start with 5 hurdles and only accept perfect form
1:46	Cool down	-	Stretches, and slow jogs for the cool down

Practice Plans – Hurdles #6

Time	Drill	Pg.	Coaching Tips
:00 to :15	Warm up: high knees; long deep stretches and warm up lap	-	Injuries happen when athletes aren't warmed up
:16 to :30	First hurdle	21	This sets up an entire race – make it good
:31 to :40	Water break	-	-
:41 to 1:00	A-March	16	Walk over the hurdle with very high knee and kick
1:01 to 1:15	400m hurdle conditioning	20	Even stride and good pace
1:16 to 1:25	Water break	-	-
1:26 to 1:45	100m accel	17	Final 30m finish with acceleration
1:46	Cool down	-	Stretches, and slow jogs for the cool down

Long Distance Drills

Keep the pace

Maintaining an even pace over various intervals is important for the distance runner.

What you need – Place cones at 50m or 100m intervals around the entire track.

How this drill works – Intervals are important to the distance runner because it helps them to make sure they are keeping pace with the rest of the field. This drill builds on the runner's ability to make the intervals in a certain amount of time.

The drill starts with the coach blowing a whistle to start. All of the runners participating will head to the next cones. The coach will set an interval time for the runners to meet. To start the season, you may want these intervals lower than normal – say 15 seconds for 50m.

The coach will blow the whistle at the 15 second mark, and the runners should have already arrived, or be arriving at the 50m mark at that time. Rest for 3 minutes between each 400m, and then run again. Repeat 3 times.

Result – This can be used to build runners to meet a certain interval time for their respective event.

Cross Country Run

The elements of true cross-country running can come in handy for the long distance track athlete

What you need – Coaches need to set up a 30 to 45 minute course that has varied terrain. Coaches should also mark off which areas are sprint areas, jog areas, walking and rhythmic stride areas.

How this drill works – This most difficult part of this drill will probably be for coaches – coming up with a great course that challenges the runners. The idea in creating different areas and various terrains is the different elements of long distance running are covered: endurance, sprint, and strength.

Runners need only follow the route, meeting certain intervals for each section.

Result – Not only is this drill going to condition the long distance runner, but it is also going to build endurance, strength, and help them work on a good rhythmic stride.

Same Time Drill

This is an endurance drill for long distance athletes, but it also helps them build quick sprint skill

What you need – The coach will need to mark off different distances: 40m, 50m and 60m. Runners will only run one distance at a time.

How this drill works – The coach will set a specific time, say 15 seconds, to reach the 40m interval. Then the runners will walk back, and then they have to run 50m in 15 seconds. Walk back and then they must run 60m.

This sets the drill up to be run at longer intervals if the coach desires. The next step would be to decrease the amount of time the runner is given in order to meet those interval times.

Result – The runner will build the stride rhythm and work on meeting intervals in certain amounts of time.

Interval Sprints

This is a great drill to help build endurance in the long distance running.

What you need – Mark off intervals of 50m and 50m, 75m and 75m, then 100 and 100.

How this drill works – The first time runners go to do this drill, they run at half speed for 50m, then walk for 50m, then half speed for 75m and then walk for 75m, then half speed for 100m and walk for 100m. Rest for 5 minutes.

The second time the drill is run, the athletes should do the same thing at $\frac{3}{4}$ speed. Then the runners should rest for another 2 or 3 minutes and then do it again. The final time they run this drill, it should be done at a sprint.

This can eventually build up the runners to higher intervals. You can run this drill at 100m, 150m, and then 200 meters, but instead of sprinting, you can focus your runners on rhythmic strides and making sure their stride is even and regular.

Results – This drill will build stamina for the runner and it will also help to work on good stride development. And, finally, it will work on overall endurance for the long distance runner.

Pyramids

This is a good drill to once again build endurance for the long distance runner.

What you need – Coaches can mark off the following intervals: 100 meters, 150 meters, and then 200 meters.

How this drill works – This the pyramid approach to the endurance running. The runner will start off running for 100m, and then they rest for 10 seconds. Then they start running again, for 150m, and then a 15 second rest. Then the runner does the last 200m and then rests for 20 seconds.

At this point (the top of the pyramid), the runner runs again for 200m, but then only rests for 15 seconds, then runs 150m. Then the runner rests for 10 seconds and runs the final 100m.

You can repeat this drill twice – with a 4 to 5 minute rest in between.

Result – These kinds of drill work on the endurance of the long distance runner.

Uphill, downhill runs

This is good for building strength and endurance for the long distance runner.

What you need – You need to find a hill that has a slight incline, but is about 150 to 200m. The incline should be about 20 degrees, but any hill with a decent incline is going to work.

How this drill works – This is a great early season drill to start building conditioning and strength. The uphill run will get the blood flowing. The runner will start by running half speed up the hill, and then at the end of the specified distance (150 or 200m) they rest for 30 seconds. Then they turn around and run down the hill.

Then, the runner begins again and this time runs up the hill at full speed. Then they rest for 30 seconds and run down the hill. Rest for 5 minutes and then start at half speed again. Then the runners do it at full speed once more to complete the drill.

Result – This is a great strength building drill, but it also builds excellent endurance to begin the season.

Distance and sprint

It is important to be able to accelerate slightly and gain an advantage at the end of a long distance race.

What you need – You will need an open track for the runner to run a distance – depending on what event they are working on.

How this drill works – This drill is meant to help the runner learn to keep just a little boost in reserve for the final 50 to 75 meters. So, this acts as an endurance drill for the runner to work on their respective event.

Once the runner reaches the final 50 to 100m (depending on the length of the race), they need to increase their acceleration for that final stretch. It is important for the runner to finish the race strong, and not lag behind.

Coaches should chart the final 50 or 100m time of their distance runners over the course of the season using this drill. A steady decrease in the final distance times will indicate that their runner is building the capacity to give a last ditch burst to the finish line.

Note: Runners should not be holding too much in reserve to the point it detrimentally affects their overall event time. They should be running at their regular pace, and then kick it into another gear.

Repeat - With repeated work, they will train themselves to develop that end burst.

Hurdle hops

This drill works on burst for each stride when running long distance

What you need – Set up 5 or 6 hurdles that are about 10 feet apart.

How this drill works – The runner will stand in front of the hurdles, and on two feet, with the feet together the runner will jump over the hurdle and land on two feet.

The runner will continue in succession to go through all five of the hurdles that are set up.

Result – The hurdle hops train the muscles to burst, which is important in stride strength and overall running power.

Endurance sets

The idea for distance runners is to build up the endurance to keep them running at peak performance for longer distances.

What you need – You need an open track for the runners to do this drill.

How this drill works – This drill can be split into three different groups based on the distance that the runners are going to run at a meet. For example, if the runners are going to be doing 800m or 1500m, they can run endurance sets of 400m. If their event is 1500m or 3,000m, then they can do the sets at 800m. For runners doing 5,000m or 10,000 (rare), they can do 1500m sets.

For 400m or 800m, the runners should do 5 runs. They should rest for 3 or 4 minutes in between each run. Runners should go at $\frac{3}{4}$ speed. For 800m sets, the runners should do 3 runs, with a 5-minute rest in between. If you do longer runs, (1500m), then do only two sets with a 7 minute rest in between.

Result – The result is the same as a lot of the long distance drills: it works on building endurance so the athlete can give their best throughout the entire race.

Sprint over distance

This is a good drill to help a runner work to their distance by running just a little over the distance.

What you need – Open track for runners to work on their distance – plus a little more.

How this drill works – Conditioning to hit another gear once a race is in the final stages is important. Your runners need to understand that they need 40% of their energy left over to finish the last 25% of the race.

In this drill, the runners will run 100m over their distance. For the 800m, runners will run 900m, 1500m runners will run 1600m, 3,000m runners will run 3,100m, and so on. The catch is that once the runner finishes their event distance, they must sprint for 100m at full speed.

The runner should run the event distance at $\frac{3}{4}$ speed for practice, and then full sprint for the last 100m.

Result – This drill builds the runner for the final stretch of the race, but it also helps the runner learn to adapt to situations where they are going to have to adjust their race tactics from slow pace to full sprint.

Touch Contact Drill

This drill is a great teaching drill that helps runners to react to different situations in a long distance race.

What you need – This drill can be run as a group of runners, but you can run it with partners running through their event.

How this drill works – Either in the groups, or in the partners the racers will run an event length race. Pair up or group runners that are going to be running the same length of race. Some runners may run this drill more than once to simulate true race tactics.

Designate one runner as the leader and the other(s) as the trailer(s). The leader should change up their race tactics as they run the event – and the other runners are to try to keep within a ‘touching’ distance. That is a rule of thumb when racing long distance – try to keep at a point where you can reach out and touch the lead runner.

Result – Your runners will learn to keep up with the rest of the pack and keep within striking distance.

Mental fatigue drill

Mental fatigue plays an important role in determining the success of a person’s long distance race

What you need – Coaches need to set up a long distance run for all of their long distance runners, and then a short course for them to run at the end. Intervals of 50m will work well for this drill.

How this drill works – This drill is meant to work runners when they are fatigued. Mental fatigue takes place in many races, and runners need to work at breaking through the mental fatigue.

For this drill, the group of runners will have to run over a long distance – probably around 1,600m. This run should be at a good pace in order to build fatigue in the runner. Once the long distance run is done, then the runners can rest for 3 minutes.

After three minutes, the runners must run the **Interval Sprints** drill.

Results – The runners will develop the ability to work through fatigue after they have run this drill throughout the season.

Practice Plans – Long Distance #1

Time	Drill	Pg.	Coaching Tips
:00 to :15	Warm up: long stretches of lower and upper body	-	Good stretching is important so joints don't seize up
:16 to :30	Cross country	28	Vary the course on occasion
:31 to :40	Water break	-	-
:41 to 1:00	Keep the pace	28	Runners must make it to interval in pre-set time
1:01 to 1:15	Interval sprints	29	Increase the speed for each set
1:16 to 1:25	Water break	-	-
1:26 to 1:45	Touch contact	33	Runner should keep within generous arms length of pace runner
1:46	Cool down	-	Stretch body and walk two laps

Practice Plans – Long Distance #2

Time	Drill	Pg.	Coaching Tips
:00 to :15	Warm up: long stretches of lower and upper body	-	Good stretching is important so joints don't seize up
:16 to :30	Keep the pace	28	Runners must make it to interval in pre-set time
:31 to :40	Water break	-	-
:41 to 1:00	Same time drill	29	Emphasize reaching distances at same time – change the speed!
1:01 to 1:15	Hurdle hops	31	Runners should learn to use the burst to propel forward
1:16 to 1:25	Water break	-	-
1:26 to 1:45	Interval sprints	29	Increase the speed for each set
1:46	Cool down	-	Stretch body and walk two laps

Practice Plans – Long Distance #3

Time	Drill	Pg.	Coaching Tips
:00 to :15	Warm up: long stretches of lower and upper body	-	Good stretching is important so joints don't seize up
:16 to :30	Pyramids	30	Run to the top of the pyramid and then back down
:31 to :40	Water break	-	-
:41 to 1:00	Hurdle hops	31	Runners should learn to use the burst to propel forward
1:01 to 1:15	Sprint over distance	32	As soon as event distance is reached, the runner sprints another 100m
1:16 to 1:25	Water break	-	-
1:26 to 1:45	Mental fatigue drill	33	Make the runners meet the distance and then run the sprints
1:46	Cool down	-	Stretch body and walk two laps

Practice Plans – Long Distance #4

Time	Drill	Pg.	Coaching Tips
:00 to :15	Warm up: long stretches of lower and upper body	-	Good stretching is important so joints don't seize up
:16 to :30	Cross country	28	Vary the course on occasion
:31 to :40	Water break	-	-
:41 to 1:00	Distance and sprint	31	Runner must increase acceleration with 50 or 100m left in the race
1:01 to 1:15	Endurance sets	32	Choose based on event
1:16 to 1:25	Water break	-	-
1:26 to 1:45	Touch contact	33	Runner should keep within generous arms length of pace runner
1:46	Cool down	-	Stretch body and walk two laps

Practice Plans – Long Distance #5

Time	Drill	Pg.	Coaching Tips
:00 to :15	Warm up: long stretches of lower and upper body	-	Good stretching is important so joints don't seize up
:16 to :30	Same time drill	29	Emphasize reaching distances at same time – change the speed!
:31 to :40	Water break	-	-
:41 to 1:00	Sprint over distance	32	As soon as event distance is reached, the runner sprints another 100m
1:01 to 1:15	Uphill / Downhill	30	A great set up for the fatigue drill
1:16 to 1:25	Water break	-	-
1:26 to 1:45	Mental fatigue drill	33	Make the runners meet the distance and then run the sprints
1:46	Cool down	-	Stretch body and walk two laps

Practice Plans – Long Distance #6

Time	Drill	Pg.	Coaching Tips
:00 to :15	Warm up: long stretches of lower and upper body	-	Good stretching is important so joints don't seize up
:16 to :30	Endurance sets	32	Choose based on event
:31 to :40	Water break	-	-
:41 to 1:00	Touch contact	33	Runner should keep within generous arms length of pace runner
1:01 to 1:15	Pyramids	30	Run to the top of the pyramid and then back down
1:16 to 1:25	Water break	-	-
1:26 to 1:45	Cross country	28	Vary the course on occasion
1:46	Cool down	-	Stretch body and walk two laps

Discus Drills

Bowling release

The proper grip and release is important to make sure that the discus comes out of the hand the right way

What you need – Each discus thrower needs a discus, and an open area. Throwers do not need to be in the circle in order to execute this drill.

How this drill works – With the proper grip, the thrower will use a three-step approach to a line and then 'bowl' the discus ahead of them. The best throws will roll the furthest on their edge. This indicates a good release.

The release should come off the index finger – which gives the final push and puts the rotation on the discus. The thumb should be on top of the discus, close to the index finger, not stretched out to the back of the discus.

Result – The bowling release works well to help throwers learn the proper elements of release.

Standing release drill

Working the upper body and making the release point a priority makes up half of the good discus throw.

What you need – Each thrower should have a discus, and they should have a clear area to make the throws.

How this drill works – With the proper grip, the thrower will go through an adjusted motion, starting with the discus brought back and up, the body slightly coiled at the waist.

This is not a full discus motion drill. Instead it works on the release just starting from the upper body. While you get the power from the hips and legs, you get the proper flight and trajectory from the upper body.

From the starting position, the thrower will turn their hips forward toward their target area and release the discus, working on the 'outside edge up' toss.

Result – Repeated work with this drill is going to help the thrower build memory and perfect the release technique.

Pivoting Drill

Learning to pivot quickly and under control is a tremendous tool for the discus thrower

What you need – For each discus thrower needs an area large enough for them to spin around and potentially lose control without hurting anyone around them. No discuses are required for this drill to begin. Each thrower should have a line that is approximately shoulder width in length to put their feet on.

How this drill works – This drill works on pivoting, but does it without the discus to start. Each thrower will stand with their feet shoulder width apart on a line that has been drawn or taped on the floor to start the drill.

When the coach blows a whistle (or says go), the thrower should use one foot to pivot, and they need to pivot around in a full circle three times as quickly as possible. It might be easier at first to do this on a slick surface, but throwers should work up to doing it in the discus circle.

The key to this drill is control – and building up speed. Control first, speed second.

Result – The pivot is an important element of building momentum during the throw, and control during the spin is essential. This drill works on improving both.

Sweeping leg

Driving the right leg (sweeping leg) forward helps generate great power on the throw.

What you need – Throwers can do this drill with or without a discus

How this drill works – Start in the ready position, with feet more than shoulder width apart for this drill. The discus should be up and the waist should be coiled.

Take three windups and on the third windup, bring the discus back and then bring it around as if you were going to throw. Once you feel like you can move the right leg freely, this is when you lift it up, extend it back and then use it to sweep around, leading with the knee.

Do not throw the discus, and your thrower should land on the right foot after it was used to build momentum.

Result – This drill helps teach the thrower to use the momentum from their right leg for power on the throw.

Sitting Throw

The trunk rotation is an essential part of the throw, and this drill works on the technique, and to build strength in the core.

What you need – Each thrower should have enough room to sit down with their legs in front of them with the discus lifted to the side.

How this drill works – The thrower should sit with their legs in front of them, spread in a 'V'. The discus should be in the throwing hand and the thrower should reach as far as they can behind them, using their trunk to turn back as far as possible, and then their arm and shoulder.

At first, this drill should be run slowly, in order to work on the proper rotation and delivery. You want the hips to square up, then the waist and trunk, the shoulders and then bring the arm around. Each of these motions should be exaggerated until they are perfected. Then you can increase the speed of this drill.

Result – This drill will work on good technique and it will also help to build muscle memory and strength for the trunk rotation.

Arm swing

Muscle memory and strength are key to making sure you get the best throw with the discus

What you need – Each thrower should have a discus to do this drill, and enough room to swing their arm in a normal motion.

How this drill works – This is strictly a repetitive drill that helps the thrower get used to the discus and to the motion they are going to use to throw discus.

This is a simple drill that can be used as a warm up, or an early season drill to get throwers into the swing of things with their throwing motion. It allows the thrower to work on their form.

The throwing arm should be extended out to the side, parallel to the ground. Then, it should be moved forward and backward in a smooth motion in order to mimic the throwing motion. Do not release the discus during this drill.

Result – Working on this drill will build strength and muscle memory for the arm and the motion it must take when it throws the discus.

Rubber ring throw

Working on the entire motion without the discus is important because it allows the thrower to worry about technique rather than the actual throw.

What you need – A rubber ring that is roughly the same size as the discus, but considerably lighter.

How this drill works – This is a full motion drill for the thrower. Only now, they will be using the ring, rather than the real discus.

To start this drill, the thrower will stand at the back of the throwing circle, facing backward. The windup will be complete and everything will go ahead as if it were a regular discus throw – but without the discus.

By using the lighter ring, the thrower is allowed to focus on the pivot, the leg sweep, the hip, trunk and shoulder rotation, and the eventual arm swing. Coaches should watch as the thrower focuses on each of these areas during this drill, and make adjustments where necessary.

Result – Emphasis on the technical aspects of the throw will help the thrower develop better mechanics.

Rise and throw

This drill emphasizes the upward thrust and uncoiling of the body just before throwing the discus.

What you need – Each thrower should have a discus in order to complete this drill.

How this drill works – The uncoiling of the body to create the force and power of the discus throw.

To start, the thrower will begin in the position just prior to throwing the discus. The knees will be slightly bent and turned back. The hips will be turned away from the target, the trunk will be rotated, and will the shoulders, and the arm will reach back as far as it can.

This drill is done in at half speed first, in order to work on the thrust. The thrower should uncoil the body one step at a time: feet, knees, thighs, hips, trunk, shoulder and then the arm moving forward. As this happens, the body should be rising to the delivery position.

Result – As the thrower works with this drill, he or she will understand the thrust and upward drive needed to make a great throw.

Practice Plans – Discus #1

Time	Drill	Pg.	Coaching Tips
:00 to :15	Warm up: shoulders, wrists midsection and light lower body	-	Limber the arms and shoulder to prevent injury
:16 to :30	Bowling release	40	Off the index finger and good roll on edge
:31 to :40	Water break	-	-
:41 to 1:00	Standing release	40	Proper release point and trajectory
1:01 to 1:15	Rise and throw	43	Practice the upward thrust
1:16 to 1:25	Water break	-	-
1:26 to 1:45	Full Throwing Practice		
1:46	Cool down	-	End jog and ease out the upper body joints

Practice Plans – Discus #2

Time	Drill	Pg.	Coaching Tips
:00 to :15	Warm up: shoulders, wrists midsection and light lower body	-	Limber the arms and shoulder to prevent injury
:16 to :30	Sitting throw	42	Good to build strength in core and work on upper body movement
:31 to :40	Water break	-	-
:41 to 1:00	Pivoting drill	41	Control is the key to discus pivots
1:01 to 1:15	Sweeping leg	41	Lift, extend and sweeping with the knee leading
1:16 to 1:25	Water break	-	-
1:26 to 1:45	Rubber ring throw	43	Work on form without discus – full throw
1:46	Cool down	-	End jog and ease out the upper body joints

Practice Plans – Discus #3

Time	Drill	Pg.	Coaching Tips
:00 to :15	Warm up: shoulders, wrists midsection and light lower body	-	Limber the arms and shoulder to prevent injury
:16 to :30	Bowling release	40	Off the index finger and good roll on edge
:31 to :40	Water break	-	-
:41 to 1:00	Sweeping leg	41	Lift, extend and sweeping with the knee leading
1:01 to 1:15	Arm swing	42	Smooth motion front and back with discus held up
1:16 to 1:25	Water break	-	-
1:26 to 1:45	Rubber ring throw	43	Work on form without discus – full throw
1:46	Cool down	-	End jog and ease out the upper body joints

Practice Plans – Discus #4

Time	Drill	Pg.	Coaching Tips
:00 to :15	Warm up: shoulders, wrists midsection and light lower body	-	Limber the arms and shoulder to prevent injury
:16 to :30	Sitting throw	42	Good to build strength in core and work on upper body movement
:31 to :40	Water break	-	-
:41 to 1:00	Pivoting drill	41	Control is the key to discus pivots
1:01 to 1:15	Rise and throw	43	Practice the upward thrust
1:16 to 1:25	Water break	-	-
1:26 to 1:45	Full Throwing Practice		
1:46	Cool down	-	End jog and ease out the upper body joints

Shot Put Drills

Starting Depth Drill

Getting the right depth to start the shot put is important as it builds the right foundation to get a good push off.

What you need – You can do this drill with a shot put, and any open area for the thrower

How this drill works – This is an excellent early season drill to run, as it gets the players back into the rhythm and technique of throwing the shot.

The thrower will stand on a flat surface, in a position similar to what they would be doing at the back of the circle. The right foot will be flat, and the left foot will be behind it to the left slightly and only the toe is touching. Bend at the hip with the right (if this is the throwing side) hand holding the shot put in the proper position near the jaw. The left arm dangles loosely, nearly touching the ground if the thrower can lean that far. The lower the lean, the better. If the athlete can touch the ground this is optimal.

There is a slight bend at the knees to go along with the hip bend. Coaches should watch their athletes for proper technique.

Result – The foundation for any throw determines the end success.

Left leg start

A good left leg balance and then tuck is essential to begin the throw

What you need – This can be run with or without the shot put

How this drill works – The thrower will lean slightly to start, with their left arm dangling. With the weight on

Obstacle release

Getting the right trajectory for the shot put is essential in getting the most distance out of a throw.

What you need – You will need to set up an obstacle (two poles with a stick across) that is set to the height that is optimum for the height of the athlete.

How this drill works – The angle of trajectory of the shot put after release has a great deal to do with the overall length of the throw. If you are throwing at a lower trajectory, the shot will not travel as far as it should.

An ideal trajectory is probably around 40 to 45 degrees from the release point. Set the obstacle up so the thrower must heave the shot, just clearing this pre-determined height.

This is also a good repetition drill for both power and proper thrust and release techniques.

Result – With repetition during the season, and when trajectory becomes a problem, this drill is going to remind the thrower where they need to be for the best throw.

Seated Throw

Building power and using it with the proper arm and shoulder motion is essential for good throws.

What you need – A stable chair that can support the weight of the athlete, the shot put, and the motion to throw the shot put from the chair.

How this drill works – The thrower should hold the shot as they normally would just prior to the release. The bottom should be firmly planted on the chair during this drill, and the legs should be spread far enough to hold the body stable during the drill.

The elbow should be kept high during the delivery. Co

Distance obstacles

Challenging the thrower to try and reach a certain distance is a good way to help them put all of the tools together to make the best throws

What you need – Instead of putting up an obstacle for height, now the thrower needs to meet a distance obstacle. Set up a distance obstacle that is not beyond what the thrower can reach, but far enough that they are challenged to meet that distance.

How this drill works – When you set the obstacle out, set it at a point you know the thrower can reach, but make it near their personal best. Or, you can use this drill as a progression for the thrower. Start it at a certain point, and then every week or two during the season, you will move the obstacle further away.

As long as they continue surpassing the obstacles, coaches can continue moving the obstacle further away.

Result – This is going to help your throwers build towards a goal, or continue challenging themselves to get the shot put past the obstacle.

Strapped arm throw

Understanding the importance of the entire motion and thrust from the rest of the body will help the overall success of your athletes throws.

What you need – A bandage or other (comfortable) strapping should be wrapped

Rear overhead throws

This is a fantastic power building drill, but it will also help the thrower with his or her balance and overall conditioning.

What you need – Each thrower should have a shot put in order to execute this drill.

How this drill works – Conditioning is important for any field event, and shot put is no different. This drill works on the conditioning and the strength of shot putters.

The thrower will grasp the shot put with both hands, and the legs will be spread about shoulder width apart. They will slowly lift the shot put with the arms in front of them, while dropping the body into a squat position. While continuing to get down to a full squat the shot put is once again brought back down between the legs.

The shot put should be the furthest back on the down swing when the thrower is in the deepest part of the crouch. At this point, the thrower then thrusts up and back, swinging the arms (with the shot), up over the head and releasing it into the air over the head.

Result – Many throwers find this drill quite enjoyable and it can be used as a warm up, or whenever you need a good conditioning drill.

Wrist flips

Getting used to the proper extension and release is the final touch to put on the shot put throw

Practice Plans – Shot Put #1

Time	Drill	Pg.	Coaching Tips
:00 to :15	Warm up: shoulders, wrists, forearms and midsection	-	Shoulder warmth is key to avoiding injury
:16 to :30	Seated throw	49	Work on upper body movement and upward thrust
:31 to :40	Water break	-	-
:41 to 1:00	Starting depth drill	48	Good depth help improve the overall force achieved on the throw
1:01 to 1:15	Distance obstacle	50	Challenge drill to meet distance target
1:16 to 1:25	Water break	-	-
1:26 to 1:45	Full throwing practice		
1:46	Cool down	-	Upper body stretch and slow, short jog working the shoulders

Practice Plans – Shot Put #2

Time	Drill	Pg.	Coaching Tips
:00 to :15	Warm up: shoulders, wrists, forearms and midsection	-	Shoulder warmth is key to avoiding injury
:16 to :30	Wrist flips	51	Good warm up and shows shot put release of finger tips
:31 to :40	Water break	-	-
:41 to 1:00	Obstacle release	49	Work on proper trajectory
1:01 to 1:15	Rear overhead throws	51	Good conditioning drill
1:16 to 1:25	Water break	-	-
1:26 to 1:45	Strapped arm throw	50	Helps thrower learn thrust
1:46	Cool down	-	Upper body stretch and slow, short jog working the shoulders

Practice Plans – Shot Put #3

Time	Drill	Pg.	Coaching Tips
:00 to :15	Warm up: shoulders, wrists, forearms and midsection	-	Shoulder warmth is key to avoiding injury
:16 to :30	Wrist flips	51	Good warm up and shows shot put release of finger tips
:31 to :40	Water break	-	-
:41 to 1:00	Rear overhead throws	51	Good conditioning drill
1:01 to 1:15	Left leg start	48	Good balance when left leg extended
1:16 to 1:25	Water break	-	-
1:26 to 1:45	Distance obstacle	50	Challenge drill to meet distance target
1:46	Cool down	-	Upper body stretch and slow, short jog working the shoulders

Practice Plans – Shot Put #3

Javelin Drills

Practice Plans – Javelin #4

Time	Drill	Pg.	Coaching Tips
:00 to :15	Warm up: shoulders, elbows and midsection	-	Warm ups must stretch shoulders because of the extension
:16 to :30	Overhead basketball drill	56	Gets shoulders ready for holding back javelin
:31 to :40	Water break	-	-
:41 to 1:00	Standing javelin	56	Good form without the approach
1:01 to 1:15	Drawback repeat	58	Watch for proper form on each drawback
1:16 to 1:25	Water break	-	-
1:26 to 1:45	Full throwing practice		
1:46	Cool down	-	Shoulder rolls and light jog along with stretching

Pole Vault Drills

Rope climb

This is a good upper body strength builder, it is also simulates the upward pull used when you vault

What you need – A gymnasium with a rope that the athlete can use to climb. Make sure all safety precautions are taken (mats, etc).

How this drill works – The pull used in this situation is very similar to the pull that is used when a jumper gives that last pull at the top of the jump, helping them scale the bar.

Inside the gymnasium, the jumper will reach above his or her head comfortably, and then pull themselves up. They need to continue pulling themselves up until they can swiftly reach the roof of the gym.

This might take some time for pole vaulters that are a little weaker. Still, it is a good strength builder.

Result – Upper body strength is built and the vaulters are working on the motion that lifts them over the bar.

Swing and Rotate

The last 5 steps before planting the pole in the box are essential for jump success.

What you need – Enough area to hold the pole and take a 5 stride approach to the vaulting box. Pit should be clear for the jumper.

How this drill works – This drill will work on the timing and the rhythm for the jumper. It starts with the vaulter on the runway, holding the pole, a little lower than normal so the jump is shrunk down a little bit.

With the final 5 steps, the jumper approaches the box, plants the pole in the box, and then the legs are swung up and around to the right side of the pole. The body should rotate a half turn so that the eyes are looking straight back at the runway. Jumper should not let go of the pole.

Result – This is a great drill to help jumpers that are struggling with their timing.

Rope Swing

This is the second part of the rope climb that the jumper can do to simulate the body swing needed to lift the body over the bar.

What you need – Once again you will need a gymnasium with a climbing rope, and it is a good idea to include the pit at the end of the swing in case the swinger needs to drop into the pit.

How this drill works – This drill will simulate the action that will occur when the jumper needs to hurtle the body up and over the bar. Starting with the hands grasping the rope above the head, the jumper will begin this drill about 5 or 6 strides away from the pit.

On the approach, the jumper will swing their lower body forward and lift the legs while arching the back – dropping the head and chest back (but still holding on to the rope). Once at the height of their jump (and over the pit) the jumper can snap their feet back towards the floor, or they can just drop to the pit.

Result – This drill simulates the motion used once a vaulter reaches the apex of his or her jump.

Backward Handstand

The motion that is required to drive the body upward from the pole is simulate in this drill.

What you need – Aside from the jumper and a mat, you might want to include two spotters so the jumper can reach a vertical position without losing balance.

How this drill works – The final push is what gets the jumper over the bar and it is simulated in this drill. The jumper will start in a seated position on the mat, with the legs extended in front. The hands should be up near the ears, with the palms facing forward.

The jumper rolls back on his or her shoulders and the legs are extended upward and they push up into a handstand (with the aid of spotters) so the arms are locked at the elbow. You can have the jumpers repeat this drill two or three times before resting. They should do another set to complete this drill.

Result – This drill will build strength in the upper body, and it will also get the jumper in the mindset of making the final push over the bar.

Coaching Push

Confidence in the ability to jump higher is achieved in this drill with the coaches assistance.

What you need – The coach will definitely need to be on hand for this drill, and a regular pole vault set up will be used.

How this drill works – This drill just starts as a normal practice pole vault, only it has a catch... or rather a push. Confidence is important for the vaulter, especially if they want to reach higher and be more aggressive.

This is a full speed approach, and the vaulter will stick the pole into the box, and the coach will come in behind the vaulter. Once the pole is planted and the jumper leans back, the vaulter will get a firm push on the back from the coach.

This will help the jumper with their confidence and aggressiveness as the push allows them to go higher and challenge their personal bests.

Result – The push will increase the momentum and allow the jumper to reach greater heights.

Pole sprint drill

Holding the pole in a comfortable position is the first element of a successful pole vault

What you need – If you have a smaller pole (or a pole stub) this is easier for the vaulter to use during this drill. You can use a longer pole later.

How this drill works – This drill is important for the vaulter to get a feeling for carrying the pole during various part of the approach.

Run the vaulter through several sprint training drills, such as bounding, high knees, etc., so the vaulter can find a comfortable grip and have confidence in their approach with the pole.

Coaches should be watching for proper approach technique: chest square to the box, tall strides, knee lift and then the lowering of the pole in order to hit the box squarely.

Result – Comfort when carrying the pole is crucial, or the jumper will not have the confidence necessary to complete the jump they want.

Standing Plant Drill

A good plant is the beginning of a great jump

What you need – You can do this drill either with a full length pole, or you can do it with a pole stub.

How this drill works – This is a pure technique drill for the jumpers. It is done from the standing point just before the box. The jumper should be holding the pole in the running position to start.

Then the pole is raised to shoulder height to begin the approach to the box, then the pole is lifted to begin the plant. Both arms will then extend and the pole is angled toward the box. Coaches need to watch the technique, and make sure the point of the pole does not hit the box until both of the arms are extended.

Start off this drill in slow motion, and exaggerate the motions to perfect the technique. Then work up to full speed.

Result – This drill works on improving the plant technique so the jumper can begin the jump execution properly.

Drag and Hook Drill

Keeping the legs extended through the takeoff helps to build the momentum to swing the body up to the bar.

What you need – You will need a regular set up for the vault, and you will need two people on either side of the pit holding a rope across the jumping area. The rope should be held at a point where the vaulter can hook their foot with the leg extended.

How this drill works – Keeping an extended leg is crucial in the technique of the jumper, as flexion in the leg will prevent a good explosion up and through the swing over the bar.

The vaulter will approach the box, plant, and then lift the body and try to hook the foot on the rope with an extended leg. They should not try to clear the bar with this drill. If the rope is not hooked, then the leg was not extended enough. The rope should be release to not impede the pole as it goes over.

Result – Proper leg extension aids in the swing up to get the body in an inverted position for the final push off before the jumper lifts their legs over the bar. If the legs are flexed, the jumper cannot swing the body upward to complete the jump.

Practice Plans – Pole Vault #1

Time	Drill	Pg.	Coaching Tips
:00 to :15	Warm up: jogs, upper body and lower body stretch	-	Limber athletes fly higher
:16 to :30	Rope climb	64	Good for learning the pulling motion
:31 to :40	Water break	-	-
:41 to 1:00	Standing plant drill	67	Good form for pole plant
1:01 to 1:15	Backward handstand	65	Simulates the final upward push
1:16 to 1:25	Water break	-	-
1:26 to 1:45	Drag and hook	67	Full leg extension to make hook
1:46	Cool down	-	Good jog and general stretch

Practice Plans – Pole Vault #2

Time	Drill	Pg.	Coaching Tips
:00 to :15	Warm up: jogs, upper body and lower body stretch	-	Limber athletes fly higher
:16 to :30	Drag and hook	67	Full leg extension to make hook
:31 to :40	Water break	-	-
:41 to 1:00	Rope swing	65	Simulates the kick out to get over the bar
1:01 to 1:15	Coaching push	66	Gives confidence to the jumper
1:16 to 1:25	Water break	-	-
1:26 to 1:45	Full jump practice		
1:46	Cool down	-	Good jog and general stretch

Practice Plans – Pole Vault #3

Time	Drill	Pg.	Coaching Tips
:00 to :15	Warm up: jogs, upper body and lower body stretch	-	Limber athletes fly higher
:16 to :30	Rope climb	64	Good for learning the pulling motion
:31 to :40	Water break	-	-
:41 to 1:00	Backward handstand	65	Simulates the final upward push
1:01 to 1:15	Rope swing	65	Simulates the kick out to get over the bar
1:16 to 1:25	Water break	-	-
1:26 to 1:45	Drag and hook	67	Full leg extension to make hook
1:46	Cool down	-	Good jog and general stretch

Practice Plans – Pole Vault #4

Time	Drill	Pg.	Coaching Tips
:00 to :15	Warm up: jogs, upper body and lower body stretch	-	Limber athletes fly higher
:16 to :30	Standing plant drill	67	Good form for pole plant
:31 to :40	Water break	-	-
:41 to 1:00	Swing and rotate	64	Final 5 steps done at half speed to get vaulting motion
1:01 to 1:15	Coaching push	66	Gives confidence to the jumper
1:16 to 1:25	Water break	-	-
1:26 to 1:45	Full jump practice		Be aggressive
1:46	Cool down	-	Good jog and general stretch

High Jump Drills

Curve drill

The proper lean into curves is important for balance and control in the high jump event.

What you need – All you need for this drill is enough area for the jumper to run about 30 yards long and about 10 yards wide. You can set up cones

How this drill works – The jumper will start out at a jog for the first few strides, and then once they reach the first cone, they will lean around the corner and then straighten up to prepare to reach the next corner.

Around each corner, the jumper should be controlled and they should have an even and controlled body lean. There should be acceleration for the first part of the turn, and then a deceleration for the second half of the turn, in order to regain upright control.

Result – The body leans for the high jump corner must be controlled, or the runner will not begin their jump in control. Being out of control is energy wasted – and not able to be included in the jump.

J Approach

A proper and consistent 'J' is the most effective way for a jumper to reach the optimum point for takeoff.

What you need – The coach should tape a 'J' in the approach area for the jumper to follow. Watch the jumper for a few jumps without the tape to see where their approach seems to be working the best – before you tape.

How this drill works – Building consistent rhythm and approach is the best way to have consistently good jumps. The more repetition in this regard, the better off the jumper will be.

Find a good starting point for the approach, and then tape the 'J' approach that best suits the jumper. Most approaches will be very similar, unless a jumper has a particular angle they like to stride in from.

The jumper should attempt to follow the outside edge of the 'J', and lean at the ankles instead of the waist when they follow the curve.

Result – Repeated work results in a more consistent jump – simply because their approach is the same.

Arm jumps

Using the arms to pump forward and then jump is important to build maximum height in the jump.

What you need – The jumper needs very little area in order to execute this drill, because it is done from a stationary position.

How this drill works – In developing arm swing and its relation to the jump, the jumper starts off in a stationary position. The arms are swung as though the jumper is running towards the bar. The arm swing should be rhythmic with the lifting of the feet while running in place.

As the jumper counts the strides they are going to use for their approach, when they get to the planting point, they stop on the heels and then swing both arms hard upward – creating a lift. The momentum from the arm swing can help gain valuable inches in the high jump.

Result – Developing arm swing as an integral part of the jump is going to squeeze the most out of the jumper's height.

Head the ball drill

This drill works on all elements of the high jump, focusing on creating a lift to reach the hanging ball on a string.

What you need – You will set up the normal high jump apparatus, and you will also need to set up the pole vault apparatus outside the high jump bars. In the middle of the pole vault bar, there is a ball tied to a string. The ball should hang far enough down that it is at the perfect height to hit with the head when jumping properly.

How this drill works – This drill requires good focus, and it forces the jumper to reach high enough to contact the ball with his or her head.

With a proper approach, the jumper reaches the takeoff point and pushes off using the strength in the legs and the lift from a big arm swing upward. With enough lift, the jumper should be able to reach the ball with his or her head and complete the jump as normal.

Result – This drill forces a jumper to challenge themselves to reach higher and push harder in order to reach the ball.

Knee the ball drill

This drill works on all elements of the high jump, focusing on creating a lift to reach the hanging ball on a string.

What you need – You will set up the normal high jump apparatus, and you will also need to set up the pole vault apparatus outside the high jump bars. In the middle of the pole vault bar, there is a ball tied to a string. The ball should hang far enough down that it is at the perfect height to hit with the head when jumping properly.

How this drill works – This drill requires good focus, and it forces the jumper to reach high enough to contact the ball with his or her inside knee. This is different from the head drill in that the initial part of the jump requires the head to get over – while this part requires the lift from the mid-section and control to get the legs over.

With a proper approach, the jumper reaches the takeoff point and pushes off using the strength in the legs and the lift from a big arm swing upward. With enough lift, the jumper should be able to get over the bar and reach his or her knee to make contact with the ball.

Result – This drill forces a jumper to challenge themselves to reach higher and push harder in order to reach the ball with their knee. It also requires some body control to get over the bar, and to lift the knee to make contact.

Standing high jump

Good layout position for the high jump is important to get the entire body over cleanly.

What you need – A stable box, able to withstand the pressure of a jump. The box is about 2 feet away from the bar, and the bar is at a height that allows the jumper to clear it with relative ease.

How this drill works – From a standing position, the jumper will stand with his or her back to the bar. With a two foot takeoff, the jumper leaps back (with arm swing) and extends the body over the bar. The upper body leads over the bar with the knees bent slightly and spread apart to near shoulder width.

The head should be turned to the side to watch the body clear the bar, and it should finish with the thighs lifting the rest of the legs, knees, and then feet over the bar.

Result – Coaches can watch to make sure the technique on the bar is perfected and kinks are ironed out.

Springboard jumps

Building confidence and helping to learn the timing of higher jumps is going to increase the success of jumpers.

What you need – Place a springboard or a ramp at the point where a jumper will make their normal takeoff.

How this drill works – Stretching the jumps as high as possible, with the aid of a springboard will help the jumper develop the necessary timing to know when to swing the body up and over the bar.

The jumper will continue with his or her standard approach, and once they get to the takeoff point, the jumper will hit the springboard and use the same jump technique as they would normally use. The aid of the springboard simulates higher jumps. This allows the jumper to build confidence and aggression, and learn the timing to succeed at higher jumps.

Result – Timing the body to get over the bar on higher jumps is important. This drill works on that.

3 or 6 stride jumps

This drill allows the jumper to get more jump repetition, working on the jump technique, rather than the approach.

What you need – Enough area for the jumpers to have a 3 or 6 stride approach, and then jump into a pit. You may need to lower the height of the bar to accommodate for a lack of speed and momentum.

How this drill works – Increased jump repetition is going to help the jumpers with their jump technique. This is breaking it down to an element of the jump, rather than working on the jump from the approach right through to the landing.

The 3 stride jump gives the jumper the chance to work on the final lean into the plant, and then making the jump. It focuses the jumper on the last few steps and the technique for the jump.

The increased repetition with the shorter approach is good for jumpers during the season.

Result – Repetition and muscle memory drills are essential to help the jumper perfect technique at this juncture of the jump.

Practice Plans – High Jump #1

Time	Drill	Pg.	Coaching Tips
:00 to :15	Warm up: jogs, upper body and lower body stretch	-	Limber athletes fly higher
:16 to :30	Curve drill	72	Lean from the ankles, not from the hips
:31 to :40	Water break	-	-
:41 to 1:00	Head the ball	73	Upward thrust so head hits the ball
1:01 to 1:15	Springboard jump	75	Reach as high as you can
1:16 to 1:25	Water break	-	-
1:26 to 1:45	Full jump practice		
1:46	Cool down	-	Good jog and general stretch

Practice Plans – High Jump #2

Time	Drill	Pg.	Coaching Tips
:00 to :15	Warm up: jogs, upper body and lower body stretch	-	Limber athletes fly higher
:16 to :30	J approach	72	Work on perfecting the J for each jumper
:31 to :40	Water break	-	-
:41 to 1:00	Knee to ball	74	Like the header, but jumper must get midsection over for knee to hit
1:01 to 1:15	3 or 6 stride jump	75	Increases jumps, but lower the height
1:16 to 1:25	Water break	-	-
1:26 to 1:45	Standing high jump	74	Need the arm thrust to reach height or they'll hit the bar
1:46	Cool down	-	Good jog and general stretch

Practice Plans – High Jump #3

Time	Drill	Pg.	Coaching Tips
:00 to :15	Warm up: jogs, upper body and lower body stretch	-	Limber athletes fly higher
:16 to :30	J approach	72	Work on perfecting the J for each jumper
:31 to :40	Water break	-	-
:41 to 1:00	3 or 6 stride jump	75	Increases jumps, but lower the height
1:01 to 1:15	Knee to ball	74	Like the header, but jumper must get midsection over for knee to hit
1:16 to 1:25	Water break	-	-
1:26 to 1:45	Full jump practice		
1:46	Cool down	-	Good jog and general stretch

Practice Plans – High Jump #4

Time	Drill	Pg.	Coaching Tips
:00 to :15	Warm up: jogs, upper body and lower body stretch	-	Limber athletes fly higher
:16 to :30	Arm jumps	73	Use the arms to propel the jumper higher
:31 to :40	Water break	-	-
:41 to 1:00	Standing high jump	74	Need the arm thrust to reach height or they'll hit the bar
1:01 to 1:15	Springboard jump	75	Reach as high as you can
1:16 to 1:25	Water break	-	-
1:26 to 1:45	Full jump practice		Be aggressive like springboard
1:46	Cool down	-	Good jog and general stretch

Long Jump Drills

Rhythm high knees

Getting a rhythm in the stride as the jumper gains speed on the approach is essential to maintain good control.

What you need – An approach area for the jumper to work on this drill right up to the scratchboard.

How this drill works – During the approach, the stride starts off with higher knees and a slower rhythm. As the runner counts their strides (planning their acceleration towards the scratchboard), the pace of the rhythm increases.

The jumper will have a pre-determined number of steps in their approach, as they have counted the typical number of strides it takes for them to reach the takeoff point. As they reach each acceleration point, the rhythm increases in pace.

Result – This drill simulates the increased pace and the exaggerated high knees of the takeoff approach.

Heel pops

The heel pop is the final step before takeoff and leads into the cycling during the jump in the air.

What you need – Enough room to execute this jump with a 4-3-2-1 heel-pop count prior to jumping.

How this drill works – Most jumpers will abide by the 4-3-2-1 heel-pop approach in their final strides before takeoff. This works on those final steps prior to the actual jump.

The jumper will begin the approach taking the first step with the lift leg. Each time the lead leg hits the ground, the jumper will count down (4-3-2-1), once the jumper reaches 1, then the next step taken will be the takeoff foot.

When the takeoff foot hit the ground, it will be heel first and then a rock forward while the lift leg begins the jump. The rock forward to the toe is the push off point when the lift leg is up. This is the 'pop'. The foot pops forward as the last contact before gliding through the air.

Result – Aside from technique repetition, the heel pops are also a great ankle and foot strengthener for the jumper.

In-flight cycle

The cycling is the running in the air that jumpers do to squeeze out the last few inches of a jump – and to teach the aspect of ‘running out’ of the landing.

What you need – All you really need is the sandpit in order to complete this long jump drill.

How this drill works – Running out of a landing is the technique taught to jumpers that helps them gain the most out of the last few seconds of their jump. Most jumpers have seen the Olympic athletes and their continued strides through the air.

In this drill, there will be a short running approach, and then a takeoff. After the takeoff the jumper needs to continue cycling or running through the air. This includes the entire body – as though they were trying to continue sprinting through the air.

This should continue as they land, and then can run out of the landing.

Result – This is a great technique drill that will reinforce the cycling and the running out of the landing.

High / low pop offs

Most of your jumping athletes are going to find this drill quite enjoyable as they soar through the air to a lower ‘pit’

What you need – You will need a raised area, such as a stage in a gymnasium, and then a foam pit on the ground below them.

How this drill works – This pop off drill allows the jumper to get more time to perfect their airborne technique.

From the stage, the jumper will have a 4 step approach as they reach the edge of the stage, they will execute a pop-off similar to the heel pops drill earlier. The jumper has more time to work on the cycling and the run out of their landing by doing this drill.

Coaches should watch the airborne technique of the jumper in order to fix any problems they may see.

Result – The repetition allows the jumper to continue building strong in-air technique for their long jumping.

Sitting Arm Cycle

This drill helps the jumper to work on the cycling aspect of the arms during the long jump

What you need – Your jumpers will need a sturdy box, bench, or chair that allows for the free movement of the arms.

How this drill works – Arm motion cannot be forgotten with climbing through the air with the cycling. The arms work in conjunction with the legs to help propel the jumper forward.

With the jumper sitting upright on the bench, they will simulate the final steps of the takeoff and then reach up (for momentum) and then grasping the air forward in order to cycle. The arms should continue for one and a half to two turns to simulate the entire jump.

Then the landing position should follow with both arms behind the back.

Result – By working on the arm cycle, you improve a component of the cycling through the actual jump.

Extension landing

The final extension helps to squeeze out a few inches at the end of the jump

What you need – You should work on this drill with a stage (as in a gymnasium) and a large pit for the jumper to land in on the floor below.

How this drill works – This drill will simulate the forward extension of the legs in the final moment of the long jump. Using the stage and jumping into the pit it is going to be enjoyable for your jumpers.

With a two or three stride approach, at the edge of the stage the jumper takes off using the proper technique, however they tuck their legs up to the point where the heels nearly meet the behind. The jumper will continue through the air in this fashion until the height of the jump.

At this point, the jumper will extend the arms behind them and the legs straight out in front of them. The behind and the legs should hit the pit at the same time.

Result – This is going to help your jumpers stretch out the final parts of the jump and gain valuable inches in competition.

Single leg hops

Single leg hops are a great way for long jumpers to build strength in their legs, and also work on the lift technique of the jump.

What you need – The athlete can work on this drill on their own, with an open area. Coaches can mark off 20 or 30 meters for the athletes to work in. The jumper starts off standing on the left leg with the right ankle in the hand and pulled close to the buttocks.

How this drill works – Jumpers should focus on the technique of each hop, rather than just hopping to the end of the 30m as fast as they can. The jumps should not be simple hops, but rather jumps that spring forward.

The jumper should slightly drop their hips and spring upward with the leg and with the free arm. They need to spring upward and jump as far as they can in this drill. Keep jumping for 20 to 30m, then rest for 30 seconds and go on the other leg. Rest, and repeat the entire drill.

Result – Muscle memory to execute a strong jump will be worked on extensively in this drill, along with the technique for gaining lift.

Closest to scratch

This is a chance for the jumpers to have a little healthy competition to see who gets closest to the takeoff line.

What you need – You can gather all of the jumpers for this drill so they can compete against each other.

How this drill works – Getting close to the takeoff line without crossing the line is an element of long jump that requires close attention to a consistent approach. This drill tests the approach skills of the jumpers, and their ability to get close to the scratch line, without going over.

The runners will use their standard approach and stride at full speed. This gives the jumper a feel for being in a competition, only the competition is to see who is closest to the takeoff line, rather than the length of the jump.

Result – The approach is very important for the long jumper, and can mean the difference between winning and losing. A good, consistent approach that gets the runner as close to the takeoff line as possible will result in valuable inches gained in flight.

Practice Plans – Long Jump #1

Time	Drill	Pg.	Coaching Tips
:00 to :15	Warm up: jogs, upper body and lower body stretch	-	Limber athletes fly higher
:16 to :30	Heel pops	80	Good to build lift on jump
:31 to :40	Water break	-	-
:41 to 1:00	High low pop offs	81	Work on in-flight technique
1:01 to 1:15	Single leg hops	83	Builds strength, but make them good jumps not just little hops
1:16 to 1:25	Water break	-	-
1:26 to 1:45	Closest to scratch	83	Hit the takeoff board as close as possible
1:46	Cool down	-	Good jog and general stretch

Practice Plans – Long Jump #2

Time	Drill	Pg.	Coaching Tips
:00 to :15	Warm up: jogs, upper body and lower body stretch	-	Limber athletes fly higher
:16 to :30	Single leg hops	83	Builds strength, but make them good jumps not just little hops
:31 to :40	Water break	-	-
:41 to 1:00	Rhythm high knees	80	This helps build rhythm for the approach
1:01 to 1:15	Extension landing	82	Pull the body forward while in the air
1:16 to 1:25	Water break	-	-
1:26 to 1:45	In-flight cycle	81	Run through the air
1:46	Cool down	-	Good jog and general stretch

Practice Plans – Long Jump #3

Time	Drill	Pg.	Coaching Tips
:00 to :15	Warm up: jogs, upper body and lower body stretch	-	Limber athletes fly higher
:16 to :30	High low pop offs	81	Work on in-flight technique
:31 to :40	Water break	-	-
:41 to 1:00	Extension landing	82	Pull the body forward while in the air
1:01 to 1:15	Closest to scratch	83	Hit the takeoff board as close as possible
1:16 to 1:25	Water break	-	-
1:26 to 1:45	Full jump practice		
1:46	Cool down	-	Good jog and general stretch

Practice Plans – Long Jump #4

Time	Drill	Pg.	Coaching Tips
:00 to :15	Warm up: jogs, upper body and lower body stretch	-	Limber athletes fly higher
:16 to :30	Heel pops	80	Good to build lift on jump
:31 to :40	Water break	-	-
:41 to 1:00	Sitting arm cycle	82	Work on the arms, and then do it in-flight
1:01 to 1:15	In-flight cycle	81	Run through the air
1:16 to 1:25	Water break	-	-
1:26 to 1:45	Full jump practice		
1:46	Cool down	-	Good jog and general stretch

Triple Jump Drills

One stride hurdle hops

This is a good drill to help your jumpers learn the explosion required on their final jump

What you need – Borrow 6 hurdles from the hurdle team, and line them up about 4 feet apart. The hurdles should be maybe 30 inches high.

How this drill works – The jumper should stand about 1 stride away to start this drill. Then, the jumper will take one stride forward, bring both feet together while beginning a crouch. The arms should be drawn back behind, and the knees should be bent at near 90 degrees.

From here, the arms are thrown forward and the jumper leaps off both feet over the hurdle. Then one stride forward and complete the same thing. Go over all 6 hurdles. The jumper should walk back, and repeat, increasing the tempo slightly. Walk back again, and then do it once more to see if they can keep a steady, fluid pace over all 6 hurdles.

Result – This drill is going to help your jumpers learn to explode over the hurdle and then take one step to explode over the hurdle. Good for the final jump.

Approach and thrust

This drill works specifically on the approach for the triple jump, but the jumper will not takeoff.

What you need – A clear approach area for the jumpers to work on the proper approach for their jump

How this drill works – A consistent approach leads to consistent jumps –both in long jump and triple jump. Time should be spent perfecting the approach so the runner is comfortable and consistent. They will know exactly where they should begin their first step.

Coaches should work with the jumpers to come up with an ideal and comfortable approach, and then once the jumper is comfortable, they should go through the three jumps, but then at the end it is just a firm thrust upward and not a full jump.

Result – The work on the approach is going to pay off in a more confident and consistent jumper.

Multiple cone hops

The cones hops will help coordinate the arm action and the high knee action required during the hopping phase of the jump

What you need – You will need several pylons over a course of about 20 yards.

How this drill works – The cones are set up at certain distances dependent upon the speed coaches want to run the drill at. To start off, the drill should be run slower in order to work on the proper technique.

Starting a couple of strides away, the jumper will jog towards the first cone and then take off on the hop leg. The jumper will land on the hop leg and then swing the free leg around the cones and hop over the next cone.

It is important with each hop that the arms start behind the jumper and then lift forward to help with the upward momentum of the hop.

Result – Coordination of the arms and the hop leg will be an essential element in creating a good first hop.

Rebound head drill

The second step of the triple jump comes off the initial hop, and the jumper must rebound quickly and get as much height and distance as possible.

What you need – A 24" box sturdy enough for a person to jump off of, and a pole vault apparatus with a ball suspended from the middle.

How this drill works – The second jump is important, and being able to take off properly from the rebound of the first hop is crucial to set up the final leap. It needs to be done in the same fashion as the actual triple jump would be done.

From the box, the jumper will take off on one foot, with the other foot slightly behind them, and the arms behind the back, ready to spring forward on the next jump. Once the first jump is landed, the arms swing forward, the free leg swings forward and the body reaches upward toward the ball that is suspended from the pole vault bar.

Once the jumper easily reaches the ball, the rope can be shortened.

Result – Power is increased, and the proper form for leaping up after the initial hop is perfected.

Cone hop and bound

This puts the first two phases of the triple jump together before the final phase is reached.

What you need – You will need one pylon set up right after the takeoff board and enough room on the approach to have a 5 to 10 stride approach.

How this drill works – Putting the first two parts of the triple jump together is the next step in helping your jumper get the most out of their technique.

Starting several strides away, the jumper strides at half speed toward the takeoff board. The first element of this drill is the initial hop over the cone. High knees action is needed for good lift over the cone, while the arms are back preparing for the next action.

The hop lands on the right foot, one step is taken and then the right leg begins the bound into the waiting sand pit – as if the third step were happening out of the pit (which it does not).

Result – The drill works on combining the first two elements of the triple jump before adding the third component.

Rebound jump drill

The jump drill is going to help the final step of the triple jump – simulating the final bound to the jump

What you need – A box that is 24” high, sturdy enough to handle a jumper’s leap.

How this drill works – Starting at the top of the box, the jumper will have their arms back, preparing as though they were about to bound forward. The bound takes place and the jumper lands on the right foot and immediately springs up, lifting the arms for momentum.

At the apex of the jump, the jumper will reach up, swing the legs forward and then bring the arms down and behind for the landing.

Result – This works on the transition between the second bound and the final jump. Making this a fluid motion from start to finish keeps the overall momentum going for the best possible jump.

Multiple Triple Jumps

This is a repetition drill that builds rhythm for the steps of the triple jump

What you need – An open area for the runner to work on continuous triple jumps.

How this drill works – Starting with 2 to 4 strides, the jumper then goes into the repeat triple jumps. They will work on the pattern: **L-L-R-L-L-R-L-L (left and right)**, but instead of landing on two feet for the final jump, the jumper will land on the hop leg and begin it again.

This does not need to be full out jumping power for this drill. This drill is intended to help the jumper understand the pattern. The pattern needs to be ingrained in the jumper's mind so they do not fall out of the pattern during the actual competition jump.

Result – Inexperienced jumpers can have some trouble remembering the triple jump step pattern. Work on this drill and the jumpers will have it implanted in their minds – and hard to forget.

Posture hops

An upright posture is extremely important in maintaining control when executing the triple jump.

What you need – Enough open area for the jumper to work on continuous hops.

How this drill works – The jumper will execute the hop over and over again, working on maintaining the proper claw back (arms behind the back), high knee lift, and the upright posture.

Coaches should use this drill to pick out control problems in the initial jump: leaning bodies, no knee lift, and a lack of arm movement on the hop.

An upright posture is important to maintaining good control trying to get to the next phase of the triple jump.

Result – This is a basic drill that works on the fundamentals of the first hop in the triple jump.

Practice Plans – Triple Jump #1

Time	Drill	Pg.	Coaching Tips
:00 to :15	Warm up: jogs, upper body and lower body stretch	-	Limber athletes fly higher
:16 to :30	Multiple Triple jumps	91	This is a repetitive drill that works on the triple jump footwork
:31 to :40	Water break	-	-
:41 to 1:00	Approach and thrust	88	Work on timing of the elements, but do not takeoff
1:01 to 1:15	Rebound head drill	89	Maximum thrust through the rebound off the hop
1:16 to 1:25	Water break	-	-
1:26 to 1:45	Multi-cone hops	89	Proper form on each hop
1:46	Cool down	-	Good jog and general stretch

Practice Plans – Triple Jump #2

Time	Drill	Pg.	Coaching Tips
:00 to :15	Warm up: jogs, upper body and lower body stretch	-	Limber athletes fly higher
:16 to :30	One stride hurdle hops	88	Explosion for final jump
:31 to :40	Water break	-	-
:41 to 1:00	Cone hop and bound	90	Puts two steps together
1:01 to 1:15	Posture hops	91	Straight up and down, knee thrust up and shoulders square
1:16 to 1:25	Water break	-	-
1:26 to 1:45	Full jump practice		
1:46	Cool down	-	Good jog and general stretch

Practice Plans – Triple Jump #3

Time	Drill	Pg.	Coaching Tips
:00 to :15	Warm up: jogs, upper body and lower body stretch	-	Limber athletes fly higher
:16 to :30	Multiple Triple jumps	91	This is a repetitive drill that works on the triple jump footwork
:31 to :40	Water break	-	-
:41 to 1:00	Rebound head drill	89	Maximum thrust through the rebound off the hop
1:01 to 1:15	Posture hops	91	Straight up and down, knee thrust up and shoulders square
1:16 to 1:25	Water break	-	-
1:26 to 1:45	Multi-cone hops	89	Proper form on each hop
1:46	Cool down	-	Good jog and general stretch

Practice Plans – Triple Jump #4

Time	Drill	Pg.	Coaching Tips
:00 to :15	Warm up: jogs, upper body and lower body stretch	-	Limber athletes fly higher
:16 to :30	Approach and thrust	88	Work on timing of the elements, but do not takeoff
:31 to :40	Water break	-	-
:41 to 1:00	Multi-cone hops	89	Proper form on each hop
1:01 to 1:15	One stride hurdle hops	88	Explosion for final jump
1:16 to 1:25	Water break	-	-
1:26 to 1:45	Full jump practice		
1:46	Cool down	-	Good jog and general stretch