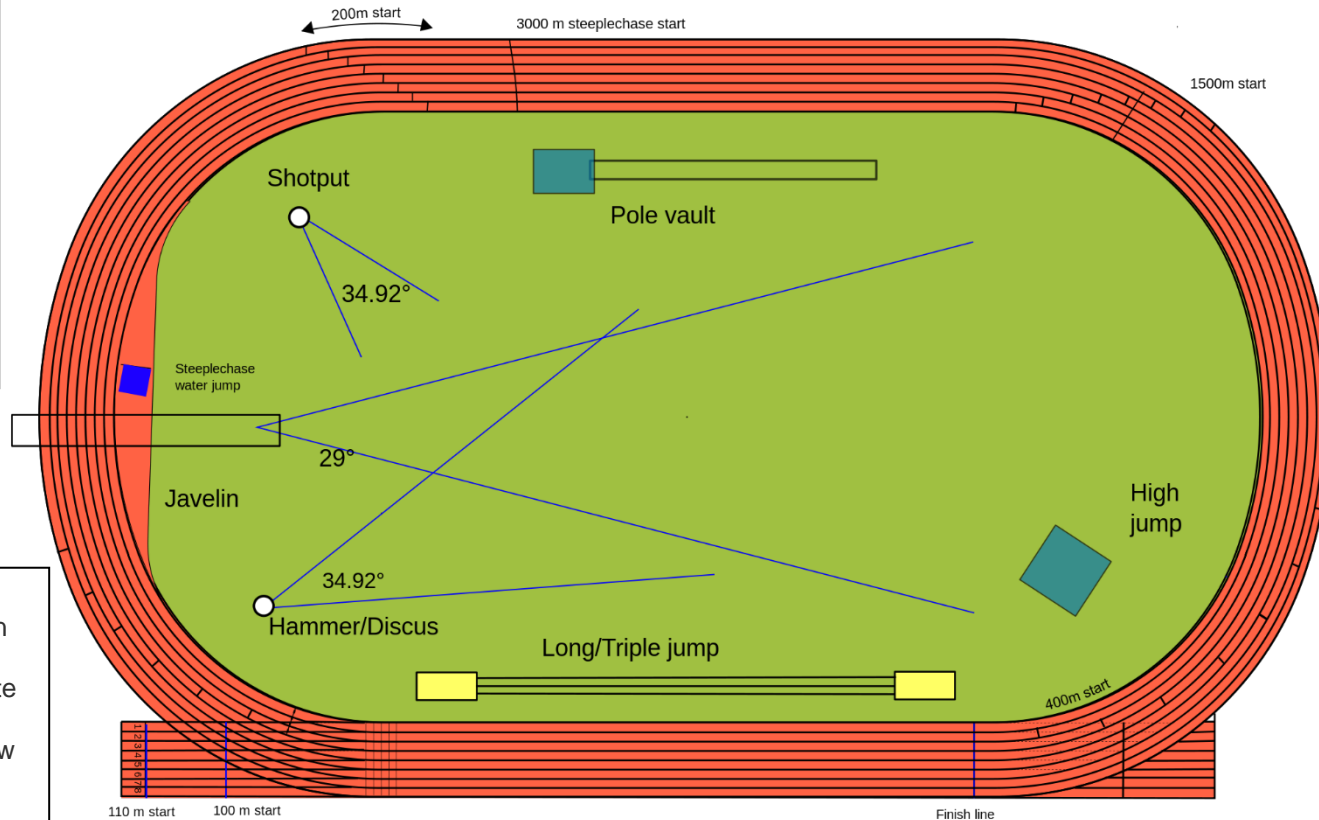


Athletics



Shot put

Preparation: Grip shot with fingers, no palms. Stand at back of throwing circle. Place shot between shoulder and jaw bone.

Glide technique: weight on front leg, hop back, back leg plants at the front of circle, hips rotate towards front of circle.

Release: arm extends directly outward, push the shot put not throw.

Javelin

Start: athlete stands with javelin held around head height facing the direction of the throw. Athlete build from a jog to a run

Run-up: athlete will start to draw the javelin back behind them

Crossover: athlete starts to move sideways, javelin is drawn back fully by the throwing arm facing throwing area.

Release: opposite leg pointing towards infield, hips rotate to be square on with field. Javelin is thrown at around 30-45 degree angle.

Sprinting

Knees: forwards and high = more power

Arms: loosely held at right angles, driving back elbow as far as possible.

Feet: quick feet, making contact with your toes.

Long Jump

The Approach: gradual acceleration. The last step should be out in front of the athlete's body.

The Take-off: body should be in a tall upright position, arms should swing upwards. Keep looking ahead, not down at the board.

The Landing: 2 techniques: hitch-kick and hang. The hitch-kick = a cycling action of the arms and legs. The hang: an extended body position with arms above the head and legs hanging down. The athlete should bend their knees to soften the impact, and bring their arms forward to stop them from falling backward.

Long distance running

Head: keep it up to allow for good breathing

Breathing: in through nose out through mouth, find a rhythm.

Pace: keep a continuous pace to avoid getting too tired.

High jump

The approach: J approach: athlete running in a straight line before curving their run into the jump. The last step should also be flat footed.

Take-off: short take-off time is important. Known as a push-through (hip)-and-pull action (legs up).

Bar rotation: Fosbury Flop: back facing bar, arch back, athlete landing on their upper back.