

2023 SOAA Track Practice Plan

12:00-12:15 Athlete/volunteer sign-in, team warm-ups

12:15-12:30

Station: Field	Station: Track	Station: Strength	Track lanes 7&8,
Terrapins	Tigers	Seahawks	Goats

12:30-12:45

Station: Field	Station: Track	Station: Strength	Track lanes 7&8,
Seahawks	Terrapins	Tigers	Goats

12:45-1:00

Station: Field	Station: Track	Station: Strength	Any station
Tigers	Seahawks	Terrapins	Goats

1:00-1:15 Relays all. Athletes stay in their stopping position so we can run several relays!

Terrapins: field, track, strength

Seahawks: strength, field, track

Tigers: track, strength, field

Goats: track (lanes 7 & 8), any station

Volunteer assignments:

- Station experts: stay at station for all rotations; suggestions below.
- Group guides: stay with assigned group while rotating through stations, make sure athletes stay in group
- Warm-ups: lead group in 10 minute warm-up
- Statistician: follow-up/record times/entries for all athletes
- Relay coordinator: assign athletes/distribute stickers to prepare for relays at end of practice. 8 total lanes, 4 legs each, e.g., "8-2" means lane 8, second leg (see diagram). Can add "A, B, C" designation if more than 32 athletes, e.g., 8-2-A would be the first phase of relays.
- Timekeeper: ensure groups rotate per schedule

Station 1: Strength Training

Break into 2 groups if possible, plyos and exercises (equipment).

Plyo lunges: start out with one leg in front of the other while squatting. Your back should be straight and your eyes focused straight ahead. One knee in front with

opposite knee pointing straight down. Jump up with a burst and switch the leg that you land on. Ultimately, you will always remain in the same position, but you'll just be switching sides upon landing. Raise your arms high in the air.

Plyo skips: Stand up straight, skip up in the air and raise one knee high out in front of you, all while raising your opposite arm at your side at the same time. Always switch sides, back and forth. Really get a good burst.

Standing broad jumps: With these, as soon as you land, you should be right back into your next jump. In other words, you want quick jumps all the way.

Quick broad jumps: With your feet in place, make giant broad jumps and land in place. Really try to bend your knees and get good propulsion.

Cross under lateral bounds: Facing the side, you should jump across using one foot to jump and the other foot to land. Use one foot only at a time. But the other foot can land after the initial jump.

Quick lateral bounds: This is the same as before, only much faster. There should be constant stepping in your shuffle.

Single step vertical jumps: here you are essentially taking one single step and then leaping high into the air and then landing in place. When you land, keep a staggered positioning with your knees slightly bent.

Forward side-to-side, 2-foot bounds: These are basically zigzags while jumping and landing in place. There will be no stepping here, jump jumps on a zigzag. Keep those knees bent and maintain a low positioning like when playing defense in basketball. Look to leap as far as you can go.

Backward side-to-side, 2-foot bounds: This exercise is essentially the same as before, but this time face the baseline and jump backwards on zigzag (side to side)
Speed skaters: in a similar form to a speed skater, you will be jumping here using just one foot on a zigzag and then landing with the opposite foot. Meanwhile, your other foot will trail behind and remain in the air like a speed skater would do.

Station 2: Field Events.

Mini-javelin - men and women's weight, practice running/stepping (count steps), getting arc, accuracy within lane, can use hula hoop for accuracy and arc training.

Softball/tennis throw - practice running/stepping (count steps), dominant hand, getting arc, accuracy within lane, can use hula hoop for accuracy and arc training.

Running long jump - count steps, propel arms

Standing long jump- When an athlete is preparing to execute the standing long jump, the athlete's feet must be fixed in a parallel position. The jumper may rock the toes and heels off the surface, but the feet cannot be lifted completely off the surface before the jump. The athlete rocks the arms back and forth and bends at the knees and hips to set up the appropriate rhythm and body position for a

good jump. To begin the jump, the athlete swings both arms forcefully forward in unison, and blocks—or stops—them slightly higher than the shoulders, with a slight yet firm bend at the elbow. Both feet must leave the ground at the same time so that a full extension of the ankles, knees, and hips—also called triple extension—must be achieved in order to use all potential energy from these joints.

Just as the athlete is about to land, the feet should be as far in front of the body as possible without causing the athlete to lose balance and take a backward step after landing. To get the feet to move forward, the arms whip back to the hips.

This helps kick the feet out in front. On landing, the athlete should try to absorb the impact by bending at the knees and hips.

Shot-put - proper technique for safety, stepping.

Station 3: Running, lanes 1-6 (staying in lanes!)

Sprints - 25, 50, 100 & 200 meters, practice intervals, "Indian run," practice proper start (hold shoulders while athletes pushes against, etc.), baton hand-off (looking, hand position, grasp).

Mid-distance - intervals: 100/200 jog/walk, increase time to peak then add walk time (e.g., job 100, walk 1 minute, job 2 x 100 walk 1 minute, run 100, walk 1 minute),

Goats, during first two station rotations, on the track, lanes 7&8.

Intervals, endurance, passing baton