

# EAA Track and Field Youth Clinics



To help prepare for what to expect at the clinics, here are some guiding principles below.

- **Each clinic should focus on 2-4 skills that will be taught** to the athletes and the coach.
- **You generally should plan to spend 20-25 minutes at each station.**
- The clinics provide what we feel is best for these young aspiring athletes, factoring in varying levels of age, athleticism and ability.

## Hurdles

- **Lead leg** – Against the fence drill (same as high school). Stress the importance of knee up first and arms in running position.
- **Trail leg** – Against the fence drill (same as high school). Reinforce toe up and heel tight to their body. Finish with the foot coming forward in natural running position.
- **Steps in between** – Based on the comfort level and height/speed of the athletes, you should inform them of the importance of rhythm. 5 steps for beginners, 4 steps for intermediate and three step for more accomplished, taller and/or faster athletes
- **Arm mechanics:** The importance of the arms helping maintain balance while they are going over the hurdle.

## High Jump (We will only have the bungee up for at least the first two clinics)

- **J approach:** Set up cones and talk about the importance of having your outside foot be at a 45-degree angle at the takeoff spot. We will have an X at each side of the takeoff to make this easy. Feel free and talk about when you start your turn, building speed, short steps at the end, etc. based on the athlete's comfort level.
- **Drive inside knee:** I see this every year where athletes do not drive their knee up and go right into the bar. Talk about after they gain momentum with their J approach, driving their inside knee drive to their outside shoulder helps give them the height they need to get over the bar.

**The first pit** will cover J approach and knee drive. After completing that rotation, they then move to the second pit for the jump technique and putting it all together.

- **Jump technique:** Have the group stand with their back to the pit and practice the roll-out technique, then jumping into a rollout. Get them comfortable with arching their back and kicking their feet back.
- **Putting it all together:** Now they should know how to approach, plant their foot and properly jump into the pit...let them have some time practicing their run throughs!

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## Shot Put

- **Key principles include:** Palm out/thumb down, aim over the rainbow, chin/knee/toe position
- **Other reminders:** Overview of rules so they don't scratch during the meets, not "throwing" the shot put to prevent injury

## Long Jump

- **Approach:** Have them run their steps back from the takeoff board. We recommend 9-11 steps. Inform coaches that this can be done at the meets in advance of the event taking place to help them hit their mark.
- **Take-off:** Have them practice taking off into the pit from only a few steps back. This helps reinforcing planting with one foot and landing with two feet. You can back them up from there, eventually to their spots they hopefully marked.
  - Arms should extend high in the air like they are grabbing monkey bars or a trapeze bar.
- **Landing:** Couple options here. Land like a frog or a sit and reach position often sticks best. Talk about how arms should be forward like they are trying to grab the sand in front of their feet.