



Elementary School Coaches Track and Field Clinic

DATE and TIME: Saturday 1/23/18 – 4 PM – 6 PM @ Bearden HS

Clinic Schedule

Classroom

4:00 - 4:10 PM – Sign in / Materials Handout – Introduction

4:10 – 4:40 PM – Managing your program – how to identify athletes for event groups

4:40 – 4:50 PM – Sprints (100/200 /400)

4:50 – 5:00 PM – Distance (800 / 1600)

Learn by Doing (Bearden Track)

5:00 – 5:15 PM – Sack Race/Tug O' War (Reiterate ID'ing athletes and rules, practice tips)

5:15 – 5:30 PM – Long Jump (Basic Rules, how to practice with or without pit)

5:30 – 6:00 PM – Relays (Basic Rules, how to practice with or without track, tips to get around)