Track and Field
Coaching Techniques

Scott Wells
Riverside Christian
wellss@riversidechristian.net
Who Am I?

- Wenatchee Valley College-Decathlon
- University of Washington-400 hurdles
- Head Coach Davis HS: 1986-2000
- Head Coach Riverside: 2000-Present
- 34 state champions
- 13 consecutive team trophies
Some of the challenges.....

- 18 different events
- Many different body types
- Many different levels of conditioning
- Different experience levels
- Facility needs
- Equipment needs
- Staffing challenges
Event Areas

- Sprinters-100, 200, 400
- Hurdlers-100/110, 300
- Jumpers-Long, High, Triple, Vault
- Throwers-Shot, Discus, Javelin
- Distance-800, 1600, 3200
- Relays-4 x 100, 4 x 200, 4 x 400
Training Groups

- Sprints/Hurdles
- Jumps
- Throws
- Distance
Total Program Training

- Flexibility-Dynamic/Static
- Strength/Power
- Cardio Conditioning
- Running Mechanics
- Overall Balance
- Physical Health
- Mental Health
- Rest
- Educate Your Athletes
Sprints

- Starts
- Race Phases
- Running Mechanics
  - Arm action
  - Posture
  - Ground Contact
  - Stride Length
- Running style
- Finishing
Hurdles

- Short hurdles/long hurdles
- Differences between Women/Men
- Starts
- Steps to first hurdle
- Steps between hurdles
- Hurdle technique
Relays

- Personnel
- Handoff techniques

4 x 100
4 x 200
4 x 400
Distance Running

- Training
- Pace
- Strategies
- Mechanics
- Style
- Health
Horizontal Jumps

- Steps
- Flight Techniques
- Runway Techniques
- Take off
- Phases (Triple Jump)
- Landing Techniques
High Jump

- Approach
- Rhythm
- Take off
- In the air technique
- Psychology of the event
Pole Vault

- Safety
- Equipment
- Weight of vaulter
- Certification of coach
Throws

- Equipment
- Throwing Styles:
  - Shot-Rotation/Glide/Power
  - Discus-Spin/Power
  - Javelin-Grip
  - Approach
Basic 12-Week Plan

March:
General/Specific/Pre-competitive
Base building

April:
Competitive Phase
Learning to compete

May:
Competitive
Peaking Phase
March
Pre-Season

- Steady runs
- Testing/Evaluating/Goal setting
- Hills
- Fartlek training
- Plyometrics
- Tons of instruction in event areas
- Heavy work load
- Circuit training
April
Competitive Season

- Shorter distances
- More speed
- Lots of technique at race pace
- Heavy meet load
- Quantity not quality
- Train through meets**

**Choose the meets where performance really matters and focus on those
May
Peaking/Preparing

- Speed work
- Quality not quantity
  Shorter/Faster/Intensity
- Detailed event work
- Psychological prep
  Scenario discussions
  Goal progress
  Competing vs Participating
Healthy Athletes

- Stretching-Static, Dynamic
- Massage
- Ice
- Meds
- Swimming
- Stationary bikes
- Rest

Be patient with recovery
Organization is Key

- Team Meetings
- Communication:
  - Parents
  - Athletes
  - Teachers
  - Administration
- Email
- Printed information
Team Handbook

- Schedule
- Guidelines
- Class Records
- School records
- Motivation
- Letter standards
- State standards
- Results
- Pictures
- Nutrition

- Top-ten lists
- Calendar
- State placers/champions
- Coaches
- Directions
- Injury prevention/treatment
- Contact information
- College information
Random Do’s

- Understand why most kids participate...the social aspect
- Monitor grades/communicate with teachers
- Pay attention to nutrition
- Listen to their injuries
- Surround yourself with great coaches
- Delegate to your staff—allow them to coach
- Make it fun
- Love the kids without reservation
- Be a good example of everything you are teaching
- Consider hosting an invitational
- Place a football coach on your staff
- Emphasize relays
- Make your end-of-season awards function a big deal
- Be enthusiastic
- Expect to be successful!
Random **Do’s (cont’d)**

- Learn to utilize Athletic.net
- Make a big deal about class and school records
- Have a few “popsicle” days
- Have a team shirt each year. Let the kids help design it.
- Purchase Hy-Tek’s Meet Manager
- Learn (and teach) the rules of the sport
- Emphasize sportsmanship
- Consider starting a summer youth program
Random Don’ts

- Give up on any athlete
- Let parents dictate your decisions
- Compromise your standards for a great athlete
- Underestimate your influence with the team
- Expect to please everyone
- Be afraid to alter your workout plans
- Neglect your own family
Hosting A Meet

- Brings credibility to your program
- Provides an opportunity for teams and athletes
- Great way to get parents and community involved in your program
- Source of pride for your athletes and school
- Source of income:
  - Entry fees, concessions, T-shirts, sponsors
The Most Important Team

Your Family
Great Resources

- **Track and Field Coach’s Survival Guide**
  Edward L. Wallace

- **Flip Books**
  www.pocketvideos.com

- **Videos/Clips**
  www.youtube.com

- **DVD’s**
  www.championshipproductions.com