



Getting in Shape

Conditioning takes place long before a season starts. What does this mean? It means that you're not going to whip anyone into shape. Instead focus your attention on teaching correct warm-up, stretching, and cool-down habits. It isn't going to help anyone by sending your kids on a 2 mile run.

Begin and end all practices the same.

1. Warm-up
 - a. Start with a light jog. The distance depends on your age group. This should not be so long as to tire anyone out.
 1. Pre-k & kindergarten: 30 – 40 yards
 2. 1st & 2nd: 40 – 50 yards
 3. 3rd & 4th: 50 – 75 yards
 4. 5th & 6th: 75 – 100 yards
 - b. 30 second jogging in place
 - c. 30 second high knee raise jog in place
 - d. 30 second low & slow
 - e. 30 second high & slow
 - f. 30 second high & fast
 - g. 30 second low & fast
 - h. 30 second butt kick
 - i. 30 second kick-out (looks like the Vegas showgirl kicks)
 - j. 30 second hops
1. Stretches
 - a. See attached
2. Series of short sprints with a full min recovery time in between.
 - a. 3 x ½ speed (No racing!)
 - b. 2 x ¾ speed (Still no racing)
 - c. 3 x full speed (Race your hearts out)
3. Practice individual events.
4. Cool-down
 - a. Same as warm-up only skipping letters F & G. Much less intensity. Try to relax while doing cool-down. Use loose wrist technique.

“CREATING SMILES FOR TODAY, ATHLETES FOR TOMORROW AND KNOWLEDGE OF THE GAME FOR A LIFETIME.”

