Complete Track & Field Clinic 2015 –Sprints Itinerary – Gabe Sanders

Day 1
9:15-9:30 – Clinic Intro – Thomas/Mangiacotti
9:45-10:15 – Warm Up – Sanders
10:15-10:30 –Wall Acceleration/Post/Power Position Drill – Sanders
10:30-12:45 – Group Work – Acceleration Theme (20 min/station + 2~ min transition)* - Track
  1) Cusano - Pushing/Resistance/Initial Acceleration – Hurdle Push Drill / Sleds(110h Start)
  2) Johnson/Reise – Block Set up + Starts (10m) w/wicket @back block + Feedback –, (200m Start Forward)
  3) Tolbert – Flat Accelerations – 10m, 20m, 30m (200m Start Backwards)*Freelap System?*
  4) Sanders – Block Set up + Block Exit – Half Start Drill + single leg ½ start (HJ Area)
  5) Ekstrand – Block Set up +Starts (10m) + Feedback (1500m Start/110h start)
  6) Muse/Smith – Medball Starts OR SLBound→ Accel 10m+10m (Cross Field on grass)
*We may cut the final rotation short by ~5 minutes to facilitate getting back inside for lunch and the NCSA recruiting talk
12:45-1:30 – Lunch
1:00-1:30 – NCSA Recruiting Talk
1:00-1:30 – Classroom session Coaches – Acceleration and Max Velocity Themes – Tolbert and Sanders
1:45-2:15 – Classroom session Athletes – Acceleration and Max Velocity Themes – Tolbert and Sanders
2:30-2:50 – Warm Up
  – Group Work – Max Velocity Theme (20 min/station + transition) – Harvard Soccer Stadium
    1) Reise/Cusano – Wicket Drilling
    2) Tolbert/Ekstrand – Fly Runs w/Freelap – 10-20m Fly w/20m run in *no more than 3 runs
    3) Muse – Discussion of Sprint-Float-Sprint ideas and one sample run 20m-20m-20m
    4) Johnson/Smith – Technique + Drills (Dribble progressions: Ankle, Calf, Knee)

Day 2
9:00-9:45 – Warm Up – Cusano
10:00-12:00 –Group Work – Relay Exchange Work – 4x1 and 4x4 - (25 min/station + 4~5 min transition) - Track
  1) Tolbert/Reise – 4x1 essentials – Exchange starting technique, runner positioning, runner roles, track lay out (High Jump Area)
  2) Sanders/Johnson – 4x1 drilling and exercise examples – Staggered acceleration exchange –
    Standing Start/Down Start; Medball rolling starts (1500m Start area)
  3) Ekstrand/Muse – 4x4 essentials (Middle of back stretch)
  4) Smith/Cusano - 60m/40m incoming/outgoing exchanges (200m Start Area)
12:00-1:00 – Lunch
12:30-1:15 - Classroom session Coaches – Relay Exchanges + Auxiliary Training: Multi Throw+Jumps, Gen Strength *Sanders/Tolbert

1:15-2:00 – Classroom session Athletes – Relay Exchanges + Auxiliary Training: Multi Throw+Jumps, Gen Strength *Sanders/Tolbert
2:15-3:30 – Group Work –Multi-Jump/Multi-Throws (20 min/station + 2~ min transition) – Soccer Field
  1) Johnson – Multi Jump 1 – SLJ, STJ *Don’t need to have kids ‘stick landing’ as there’s no sand
  2) Cusano/Ekstrand – BLF/OHB Progressions (Stationary, w/hops...
3) Tolbert/Smith – Multi Jump 2 - Bounding/Vertical Jump Progression: Skips, RLRL, LLLRRR
4) Reise/Muse – Rotational (Hammer Hip; Lunge exchange; Shoulder Toss) Progressions

3:30-3:45 – General Strength – Cusano/Reise
3:45 – 3:50 – Sprint Group Wrap Up - Sanders
3:50-4:00 – Clinic Wrap Up – Thomas/Mangiacotti

**Day 1 Morning Notes**

**Warm Up Activities**

*Off the bat we will divide the group into 6’s (1’s-2’s-3’s-etc.). This will be their number for the duration of the clinic. This will save time for the rest of the clinic dividing them up for every session. If we want to divide them in half we can go odd’s/even’s, 1-3/4-6, etc. If there are athletes that want to stay group we can work that out by trading off after the fact just making sure groups have relatively the same amount of people.

*During Warm Up activities and drilling Dave, Alethea, Nell, and Matt, I need you to make sure all the stations are set up if we did not get the opportunity before the group gets started this morning. Everyone else will be going around actively coaching, instructing and giving feedback throughout. I will be calling out and demonstrating exercises and lead and everyone else will follow suit.

**Warm Up Routine – Divide group in half, split up straight away**

<table>
<thead>
<tr>
<th><strong>Mobility Run</strong></th>
<th><strong>Dynamic Flexibility</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Fwd Run- 50m</td>
<td>Prison Squats*8</td>
</tr>
<tr>
<td>Bckwd Run</td>
<td>Lateral Lunge*6 each way</td>
</tr>
<tr>
<td>Weave Run</td>
<td>Reverse Lunge*6 each way</td>
</tr>
<tr>
<td>Side Shuffle (R )</td>
<td>30m-50m Stride</td>
</tr>
<tr>
<td>Side Shuffle (L)</td>
<td>Spiderman Walks*8</td>
</tr>
<tr>
<td>Arm Circle Run</td>
<td>Walking Heel Sweeps*8</td>
</tr>
<tr>
<td>Skip Lunge</td>
<td>Inchworms*6</td>
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<tr>
<td></td>
<td>30m-50m Stride</td>
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<tr>
<td></td>
<td>Supine Single Knee Tuck*8</td>
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<td></td>
<td>Fence Series*10</td>
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<tr>
<td></td>
<td>.. Leg Swings (F/B/S)</td>
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<tr>
<td></td>
<td>30m-50m Stride</td>
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</tbody>
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**Wall Drill**

*Divide group in half

*Introduce idea of hip posture and alignment (posterior pelvic tilt-good versus anterior pelvic tilt-bad)

*Have athletes place hands at hips, stick butt out – bad posture

*Have athletes rotate hips up and forward using hands as guide (opposite what they felt with bad posture)

*Bring athletes to wall, lean at 45 degrees with good posture/alignment though whole body

*Bring leg up, hold

*Switch once, 3 times, 5, etc.

**Stations**

*I will call out each coach’s station #. Kids will follow you and station timing will begin.

*I will call out 2 min warning before the start of each transition
Day 1 Afternoon Notes
Warm Up Activities
*During the afternoon talks we will all go into the soccer stadium and make sure everything is situated for all our respective station areas so now all coaches will be available to assist with warm up coaching.  
*We will line up kids on end line in 6 rows of their respective numbers that were assigned to them in the morning

Warm Up Routine

Dynamic Flexibility
Prison Squats*8  
Lunge w/OH Reach*8  
Eagles (F/B)*8  
30m-50m Stride  
Single Knee Tucks*8  
Spiderman Walks*8  
Roll back to modified hurdler*8  
30m-50m Stride  
Single Leg Squat*6  
Fence Series*10  
..Leg Swings (F/B/S)

Stations
*I will call out each coach’s station #. Kids will follow you and station timing will begin.  
*I will call out 2 min warning before the start of each transition  
*As you can see with the addition of the speakers the scheduling will be very tight for stations and there is a possibility we will not get through all six stations.

Day 2 Morning Notes
Warm Up Activities
*Same as Day 1 but Dave and I will switch roles. Also Muse and Johnson will switch as well.

Warm Up Routine

Acceleration Warm Up
400m Jog/Walk with shoulder circles, arms across the body, diagonal pattern jogging

Joint Mobility (10x)
Ankle, Knee, Hip, Trunk & Head Circles

Warm Up & Movement Exercises
[2x20m] Forward Skip, Backward Skip, Side Slide, Backward Run
[8x] Squats, Forward Lunge, Backward Lunge, Superman, Push Up

Dynamic Mobility
[8x] Supine Single Leg Raise, Eagles, Scorpions, Inverted Splits & Scissors, Hurdle Seat Exchange, Lateral & Linear Leg Swings
2x10m Acceleration
2x20m Acceleration

*Added Variables*
1. Wall Drill Review (1count, 2count, 3count)
2. Bullet Belt 3 Step Pushes
3. Hurdle Push

**Stations**
*I will call out each coach’s station #. Kids will follow you and station timing will begin.*
*I will call out 2 min warning before the start of each transition*

**Day 2 Afternoon Notes**

**Warm Up Activities**
*During the afternoon talks we will all go into the soccer stadium and make sure everything is situated for all our respective station areas so now all coaches will be available to assist with warm up coaching.*
*We will line up kids on end line in 6 rows of their respective numbers that were assigned to them in the morning*

**Warm Up Routine**

**Mobility Run B**
Fwd Run- 50m
Bckwd Run
Arm Cross Run
Fwd Skip w. arm swings
Carioca (R )
Carioca (L)
Crossover jog

**Stations**
*I will call out each coach’s station #. Kids will follow you and station timing will begin.*
*I will call out 2 min warning before the start of each transition*
*As you can see with the addition of the speakers the scheduling will be very tight for stations and there is a possibility we will not get through all six stations.*

**Break**

**General Strength Work**
*Dave and JJ will primarily be taking the lead on this activity*
*Start out with general explanation for general strength work, purpose, timing, ideas, etc.*
*All coaches need to be on hand for instruction and feedback*
*See last page for listing of potential exercises*

**Anti-Shin Splint/Lower Leg Strength Work**
If time allows
If less than 20 min left in clinic I will lead them through static stretching routine as cool down

- barefoot walk
- Alternate 50m ‘bouncy walk’, 50m regular walk
- Standing on one leg, barefoot: Write alphabet with each ankle. (Close eyes for added difficulty)
- Ball of feet – toes in (‘calf raise’ by pushing up off of big toe)
- Ball of feet – toes out (‘calf raise’ by pushing up off of big toe)
- Inside of foot (‘calf raise’ by pushing up off of big toe)
- Outside of foot (‘calf raise’ by pushing up off of pinky toe)
- Heel walks (focus on pulling toes up toward shin for entire set)

OR

**Static Flexibility**
- Single Knee to chest (L-R)
- Knee Over (L-R)
- Leg Over (L-R)
- Lunge OH (L-R)
- Modified Hurdler (L-R)
- Heel Sit
- Seated Straddle (M-L-R)
- Butterfly
- Figure 4/Spinal Twist
- Gastroc/Soleus
  (Straight/Bent)

**General Strength Series**