

MIDDLE DISTANCE

BASICS FOR LITTLE ATHLETICS

<i>300m</i>	-	<i>U/6</i>
<i>500m</i>	-	<i>U/7</i>
<i>700m</i>	-	<i>U/8</i>
<i>800m</i>	-	<i>U/9 to U/17</i>
<i>1500m</i>	-	<i>U/11 to U/17</i>



BASIC RULES

- Generally 300m and 400m are run in lanes. Athletes must stay in their lanes till the end of the race
- 800m is usually started in lanes and athletes then merge together at about the 700m mark and continue running on the inside of the track
- 300, 500m, 700m and 1500m is started on a curve and athletes can move straight to the inside of the track when it is safe
- Sometimes 800m may be started on a curve and athletes can move straight to the inside of the track as with the 1500m
- Athletes cannot interfere with other athletes
- In races that are run in lanes the starting cue is “On Your Marks”, “Set”, “Bang” – but in races started on a curve the starting cue is “On Your Marks”, “Bang”. There is no ‘set’

COACHING CUES

- Eyes looking straight ahead
- Swing arms from the shoulder, but keep shoulders relaxed
- Keep hips and abdomen facing the front
- Arms bent about 90 degrees
- Knee lift does not need to be as high as a sprint race
- Run past the finish line (do not stop on it or before it)
- Avoid running too fast at the start of a long run if inexperienced

IDEAS FOR LITTLE ATHLETIC COACHES TO HELP DEVELOP SKILLS

- Short sprints over 20 to 30m
- Shuttle relays or box relays
- Standing starts over 10m
- Running on the curve
- Exaggerate running tall and then running low so athletes can feel the difference
- Concentrate on just one thing at a time