

WALKS

BASICS FOR LITTLE ATHLETICS

Walks are for U/10 athletes and over

U/10 and U/11 – 1100m Walk

U/12 to U/17 – 1500m Walk



BASIC RULES AND TECHNIQUE

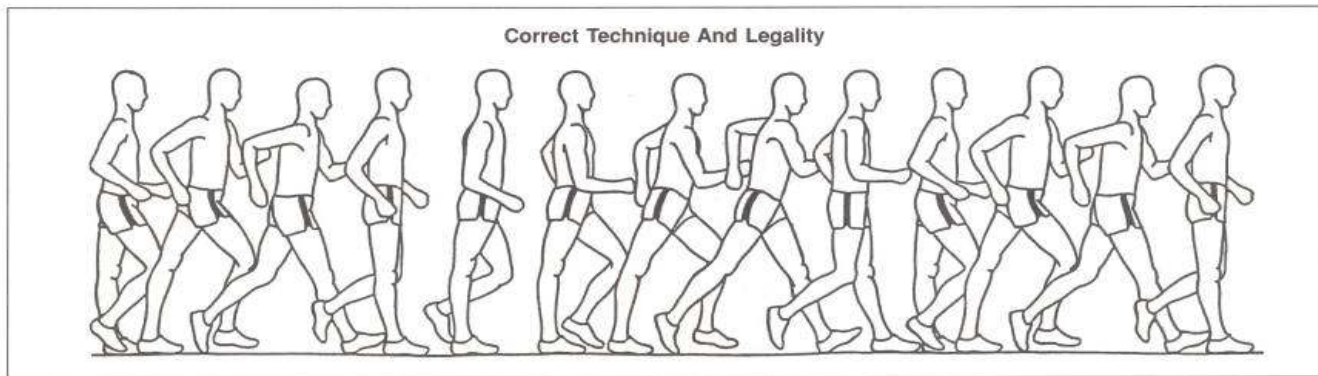
- Contact must always be made with the ground (no loss of contact that is visible by the eye)
- At each step, the foot must make contact with the ground before the previous foot has left the ground
- The leg forward should be straight when it goes under body (not bent at the knee)
- Athletes are disqualified in an event if they are given three warnings
- Warnings are given for losing contact with the ground OR no straightening of the supporting knee



The advancing leg must be straight at the knee joint when the heel contacts the ground.

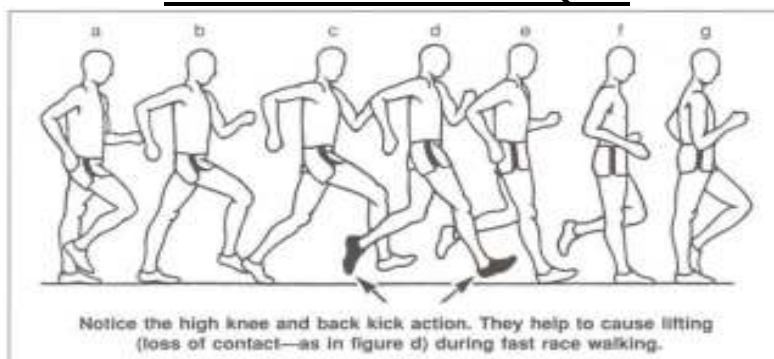
- Try to keep head level and eyes forward
- Arms should stay bent, with arms swinging from the shoulders
- Keep arms close to body and do not cross arms in front of body
- Avoid leaning back
- Avoid over striding
- Avoid deliberate wiggle of hips or bottom. The swing comes from keeping hips low and reaching out with foot to get a nice, longish easy stride.

CORRECT TECHNIQUE

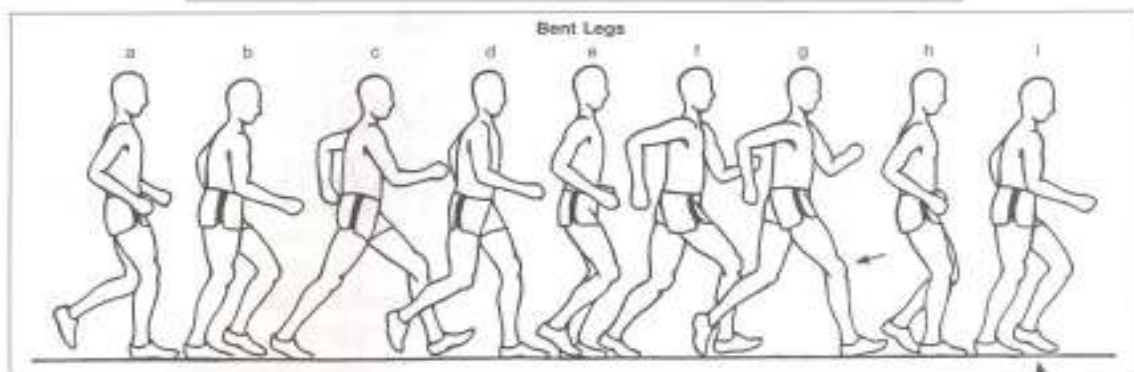


Note the heel-and-toe contact during the widest spread of the stride, and the straight leg as the heel contacts the ground.

INCORRECT TECHNIQUE



Notice the high knee and back kick action. They help to cause lifting (loss of contact—as in figure d) during fast race walking.



The advancing leg must be straightened (not bent at the knee as in figure g) from the moment of first contact with the ground all the way back to at least the vertical upright position (figure i).

IDEAS FOR LITTLE ATHLETIC COACHES TO HELP DEVELOP SKILLS

- Walk while doing arm circles
- Walk with arms out
- Walk along a line
- Race walk shuttle relays
- Practice walking normally, trying to get a bit faster – as speed builds arms usually come up into proper driving position. If athlete starts to run, then slow them down and start again.