



21

COACHING & TRAINING PLAN 2022-2023

PRE CHRISTMAS:

Structured training sessions to commence at 4.30pm with three separate groups/offerings:

GROUP 1: On Track from 4.30-5.30pm for u6-u8 athletes (parental help would be much appreciated).

GROUP 2: Fundamental game based activities for their warmup from 4.30-5.00 and from 5.00-5.30 they chose their event of focus for the session. Suggested age group: u9-u10 & parental help is encouraged.

GROUP 3: Event specific session (with both specific and general movements as part of their warmup) with two event rotations from 4.30-5.00 and then 5.00-5.30. Suggested age group: u11+

Event schedule:

DATE:	4.30 -5.00pm			5.00-5.30pm			
5/10	Group Warmup			Shot Put	LJ + TJ	Running	
12/10	Discus	High Jump	Walks	Javelin	LJ + TJ	Sprints	
19/10	Javelin	Hurdles	Sprints	Shot Put	High Jump	Distance	
26/10	Shot Put	LJ + TJ	Walks	Discus	Hurdles	Sprints	
2/11	Discus	High Jump	Sprints	Javelin	LJ + TJ	Distance	Bonus event
9/11	RELAYS & MULTI'S			RELAYS & MULTI'S			
16/11	RELAYS	LJ + TJ	Shot Put	RELAYS		Bonus event	Bonus event
23/11	Discus	High Jump	Distance	Javelin	LJ + TJ	Sprints	Bonus event
30/11	Javelin	Hurdles	Sprints	Shot Put	High Jump	Running	Bonus event
7/12	Shot Put	LJ + TJ	Sprints	Discus	Hurdles	Distance	Bonus event
14/12	Discus	High Jump	Distance	Javelin	LJ + TJ	Sprints	Bonus event

POST CHRISTMAS: TBC**11th January – 8th March**

GROUP 1: Will continue to build their fundamental skills and learn more event specific techniques from 4.30-5.30pm.

GROUP 2 & GROUP 3: Specific event sessions, general development & EMR preparation – u9+ with the below event schedule (Bonus Event = an additional event focus upon request where possible)

DATE:	4.30 -5.00pm				5.00-5.30pm			
11/1	Shot Put	LJ + TJ	Sprints	Bonus event	Discus	Hurdles	Distance	Bonus event
18/1	Discus	High Jump	Distance	Bonus event	Javelin	LJ + TJ	Sprints	Bonus event
25/1	Javelin	Hurdles	Sprints	Bonus event	Shot Put	High Jump	Running	Bonus event
1/2	Shot Put	LJ + TJ	Running	Bonus event	Discus	Hurdles	Sprints	Bonus event
8/2	Discus	High Jump	Sprints	Bonus event	Javelin	LJ + TJ	Distance	Bonus event
15/2	Javelin	Hurdles	Distance	Bonus event	Shot Put	High Jump	Sprints	Bonus event
22/2	Shot Put	LJ + TJ	Sprints	Bonus event	Discus	Hurdles	Running	Bonus event
1/3	Discus	High Jump	Running	Bonus event	Javelin	LJ + TJ	Sprints	Bonus event
8/3	Bonus Events - for State Champs prep				Bonus Events - for State Champs prep			

Our team of coaches for this season are:

- Matthew Seddon & Lincoln Mah - who will lead GROUP 1 each week
- David Thomson - who will lead GROUP 2 and cover jumping events
- Kathryn Brooks - who will cover all throwing events
- Maddy McBrien - who will support all jumping and throwing events
- Ami Holah - who will cover Hurdles and support all events
- Phil Borg - who will support all running events
- Steve Cain - who will coach and oversee all events

At Box Hill Little Aths Club, we appreciate each athlete is on their own journey and the importance of a supportive environment to continually challenge and encourage them. Some may be apprehensive, some fully embracing the social atmosphere, whilst others might be very eager to improve themselves, their skills and their performances.

Our Wednesday night training program has been designed to reflect best practice and age appropriate development opportunities, whilst also catering for the more experienced athletes who require more specific coaching and technical support. If you have any feedback on any particular session or would like additional coaching support, please communicate directly with our head coach Steve Cain

(multuspc@gmail.com or 0407 230 748)