



On Track for U6 @ Lanyon Little Athletics

OnTrack is an Athletics Skills Program

Its about:

- ▶ active participation
- ▶ having fun
- ▶ learning and improving
- ▶ being excited

FUN

Learn with your Child

The On Track program is designed so that you can learn with your child. Parents, grandparents, aunties, uncles, siblings etc. are encouraged to get involved with the program and share the experience.

It is not all about competition, although there will be competitions.

The aim is to

- ▶ reduce waiting times to compete (over 90% of the time spent at Little Athletics is spent waiting to compete)
- ▶ provide more practice opportunities
- ▶ model adult athletics competition to our young athletes



How it works

On Track has 5 Levels - simple to complex
Each Level is made up of a number of skills
Each Skill is made up of a number of components

The Program is flexible modelled on weekly session plans.

Lots Of Goes

Level 1 Age 6 and under

- ▶ They are the centre of their life
- ▶ They respond well to drill and practice activities
- ▶ Their attention span is short
- ▶ They may want to be the first all the time and may not be good at sharing
- ▶ Their fine manipulative skills may not be good



Using On Track sessions we can

- ▶ Change activities regularly
- ▶ Use simple equipment
- ▶ Work in pairs or teams
- ▶ Focus on whole body movements rather than fine tuning

On Track for 6 and under athletes will be used to develop skills in:

- ▶ Hopping - as a pathway to the Triple Jump
- ▶ Horizontal Jumping - as a pathway to Long Jump
- ▶ Leaping - as a pathway to High Jump and Hurdles
- ▶ Passing and Receiving Objects - as a pathway to Relays
- ▶ Projection or Throwing - as a pathway to Javelin, Discus and Shot Putt
- ▶ Running - as a pathway to Sprint and Distance Running

How will it work?

On Track sessions will be part of the normal rotation for U6 athletes
On Track sessions will replace throwing and jumping events in the normal rotation.

Athletes who have mastered the basic skills will also be taught in the On Track sessions the fundamentals of throwing the shot put and discus so that they can attend carnivals.

Each skill is practised and assessed.

Athletes will be recognised and rewarded for achieving skills. This recognition will contribute to team and individual awards during and at the end of the season.

Parents will assist with sessions.

Parents will get to know what skills are being learnt and help with practice both on Saturday mornings and during the week.

On Track sessions will also be provided at club training on Wednesday afternoons.

For further information contact Lanyon Little Athletics Head Coach, John Feint on 6292 3331 or 0417 286 943

coaches@lla.org.au

feintfamily@tpg.com.au

