

SMDLAC - WEEKLY SCHEDULES SEASON 2018-19 v1.1

SCHEDULE A		U/6		U/7		U/8		U/9		U/10		U/11		U/12		U/13		U/14+													
TIME		BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS & GIRLS													
8.45-9.00 AM	WARM UP	ALL AGE GROUPS DO A 15 MINUTE WARM UP																													
9.00-9.30 AM	SESSION 1	70m		HJ scissors mat		100/Jav. (vortex)		70		70		100		L Jump (mat)		shot (2kg)		100		Discus (500g)		LONG		100		TRIPLE		shot (3kg)		HIGH	
9.30-10.00 AM	SESSION 2	shot put skills		70m		70		Shot Put (1.5kg)		Discus (500g)		70/Jav. (vortex)		100		L Jump (mat)		HIGH		100		HIGH		shot (2kg)		100		TRIPLE		100	
10.00-10.30AM	SESSION 3	HJ scissors mat		shot put skills		Discus (500g)		100		100		L Jump (mat)		shot (2kg)		100		LONG		shot (2kg)		100		HIGH		HIGH		100		LONG	
10.30-11.00AM	SESSION 4					Shot Put (1.5kg)		L Jump (mat)		1500m		1500m		1500m		1500m		1500m		1500m		1500m		1500m		1500m OR Discus					

SCHEDULE B		U/6		U/7		U/8		U/9		U/10		U/11		U/12		U/13		U/14+													
TIME		BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS & GIRLS													
8.45-9.00 AM	WARM UP	ALL AGE GROUPS DO A 15 MINUTE WARM UP																													
9.00-9.30 AM	SESSION 1	OT 6		OT 2		60mH		60mH		60mH		60mH		60mH		60mH		Discus (500g)		high		shot (2kg)		HIGH		shot (3kg)		LONG		TRIPLE	
9.30-10.00 AM	SESSION 2	OT 2		OT 5		HJ scissors mat		L Jump (mat)		L Jump (mat)		shot (2kg)		Discus (500g)		shot (2kg)		60mH		60mH		80mH		80mH		80mH		80mH		80H/90H/100H	
10.00-10.30AM	SESSION 3	OT 5		OT6		400		HJ scissors mat		400		Discus (500g)		shot (2kg)		TRIPLE		high		400		400		LONG		400		400		400	
10.30-11.00AM	SESSION 4					L Jump (mat)		400		HJ scissor mat		400		400		400		400		long		HIGH		400		U13+ Javelin					

SCHEDULE C		U/6		U/7		U/8		U/9		U/10		U/11		U/12		U/13		U/14+													
TIME		BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS & GIRLS													
8.45-9.00 AM	WARM UP	ALL AGE GROUPS DO A 15 MINUTE WARM UP. Optional U13/14 200m & U15 &16 300m hurdles																													
9.00-9.30 AM	SESSION 1	OT 3		OT 2		200		Javelin (vortex)		shot (2kg)		200		HJ scissor mat		Discus (500g)		200		HIGH		TRIPLE		200		LONG		LONG		SHOT	
9.30-10.00 AM	SESSION 2	OT 1 - 70m		OT 3		Shot Put (1.5kg)		200		Javelin (vortex)		shot (2kg)		200		HJ scissor mat		TRIPLE		200		DISCUS (750g)		TRIPLE		200		HIGH		200	
10.00-10.30AM	SESSION 3	OT 2		OT 1 - 70m		L Jump (mat)		Shot Put (1.5kg)		200		Hj scissor mat		TRIPLE		200		shot (2kg)		TRIPLE		200		DISCUS (750g)		HIGH		200		HIGH	
10.30-11.00AM	SESSION 4					HJ scissors mat		Discus (500g)		800m		800m		800m		800m		800m		800m		800m		800m		800m					

FLEXIBLE ON TRACK PROGRAM FOR U/6 AND U/7 - NOT MEASURING OR TAKING TIMES - FINISHES AT 10.30am																		
ROTATE THROUGH THESE	OT 1	BACK STRAIGHT - INSIDE MAIN STADIUM - Running Skills																
	OT 2	LONG JUMP PIT OUTSIDE - Jumping Skills																
	OT 3	MIDDLE SHOT PUT RING OUTSIDE - throwing Skills																
	OT 4	HIGH JUMP MAT ON GRASS INSIDE - Vertical jumping Skills																
	OT 5	WARM UP TRACK OUTSIDE - Running/Relay skills																
	OT 6	WARM UP TRACK OUTSIDE - Mini hurdles																