

Little Athletics Chelsea – Coaching Day Program

	9:00 AM	9:15 AM	9:30 AM - 9:50 AM	9:55 AM - 10:15 AM	10:20 AM - 10:40 AM	10:45 AM - 11:05 AM	11:10 AM - 11:30 AM	
Under 6 and 7's	Warm Up	Assemble in Groups	On Track - SP/DISC	Running	Long Jump 1 + 2 + 5 + 6			
Under 8's			Running	Turbo Javelin 2	High Jump Scissor 1 + 2			
Under 9's			Discus 1 + 2	Long Jump 1 + 2	Running	High Jump Scissor 1 + 2	Turbo Javelin 1 + 2	
Under 10's			Long Jump 1 + 2	Shot Put 1 + 2 + 3	Turbo Javelin 2	Running	High Jump Scissor 1 + 2	
Under 11 and 12's			BOYS: High Jump 2	BOYS: Triple Jump 3 + 4	Javelin 1	Shot Put 1 + 2 + 3	Running	
			GIRLS: Triple Jump 3 + 4	GIRLS: High Jump 2				
Under 13 to 16's			BOYS: High Jump 1	BOYS: Javelin 1	BOYS: Discus 1 + 2	BOYS: Triple Jump 3 + 4	(CHOICE) Shot Put 1 + 2	
			GIRLS: Javelin 1	GIRLS: High Jump 1	GIRLS: Triple Jump 3 + 4	GIRLS: Discus 1 + 2	(CHOICE) Running	