

Athletics Foundations:

SPRINTING TECHNIQUE

P

STAND UP TALL

DRIVE YOUR ARMS

LIFT YOUR KNEES

FAST FEET



Athletics Foundations:

HURDLE TECHNIQUE

P



LEAN FORWARDS

REACH THE ARM

LEAD LEG STRAIGHT

PULL THE TRAIL LEG



Athletics Foundations:

LONG JUMP TECHNIQUE

D



TAKEOFF



FLIGHT



LANDING



Athletics Foundations:

TRIPLE JUMP TECHNIQUE

D



HOP



STEP



JUMP



Athletics Foundations:

HIGH JUMP TECHNIQUE

D

DROP SHOULDERS

BEND BACK

RAISE HIPS

LIFT FEET



Athletics Foundations:

SHOT PUT TECHNIQUE

SHOT ON FINGERS

STAND TALL

HIGH ELBOW

TURN YOUR HIPS



Athletics Foundations:

DISCUS TECHNIQUE

P

DISCUS
BEHIND BODY



BODY TALL

FEET WIDE APART

TURN YOUR HIPS



Athletics Foundations:

JAVELIN TECHNIQUE

P



LOOKING UP

ARM STRAIGHT

TURN HIPS

FRONT LEG STRAIGHT

