



Technique Card: Block Start

1 On your marks

2 Set

3 GO!



Front & rear foot
2ft & 3ft from
the line

Foot slightly
behind hip

Hands placed
behind the line
in a V-shape

Both feet
pushed flat
against the
blocks

Front knee at
90°. Rear knee
at 120°.

Hips slightly
higher than
shoulders

Full alignment of
the body

Front shin angle
in line with body

Arm drive
matches the
leg action

Block Start /3

Set Position /3

Acceleration /3

Total /9



Technique Card: Long Jump

The aim of the long jump is to accurately target the takeoff board and to generate height without losing excessive horizontal speed achieved during the long jump approach.

Trunk is upright and head slightly lifted

Arms counterbalance the leg movement

Free knee drives to hip height

Full extension of the takeoff leg

Toe pulled towards the shin (dorsiflexion)



Head looks towards the landing point

Arms are parallel ahead of the body

Trunk pressed slightly forwards

Thighs are parallel ahead of the body

Feet are ahead of the knees before landing



Takeoff /5

Flight /5

Total /10



Technique Cards: Triple Jump

1 Hop

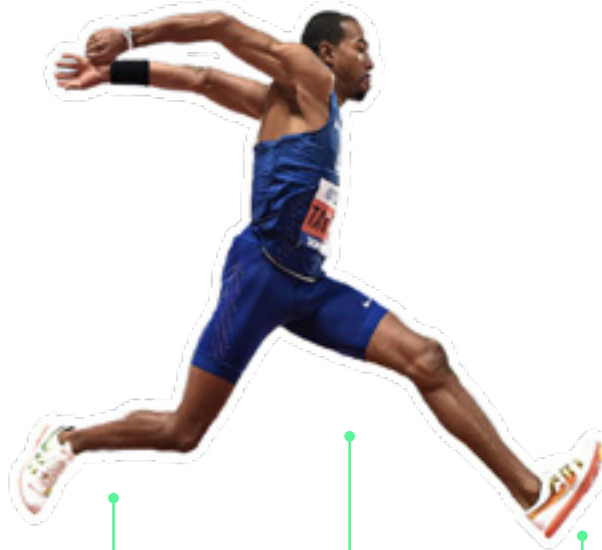


Full extension of the takeoff leg

Body is upright at takeoff

Free knee drives to hip height

2 Step



Full extension of the takeoff leg

Single or double arm swing

Leg extended in front of the body

3 Jump



Trunk pressed forwards

Thighs are parallel in front of the body

Feet ahead of the knees on landing

Hop Phase /3

Step Phase /3

Jump Phase /3

Total /9



Technique Card: Shot Put Delivery

The aim of the shot put delivery is to accelerate the shot through the optimal angle. This is achieved by creating an effective front foot block and lifting the shot from a strong and wide base of support.

Free arm reaches towards the back of the circle

Shot put is positioned over the rear foot

Lean towards the back of the circle

Rear foot is under the trunk

Front foot is slightly behind the rear foot

Power position /5



Free arm pulled into the body

Forearm kept behind the shot put

Hips aligned to the front

Front leg fully extended

Rear foot pushing in the direction of the throw



Delivery /5

Total /10



Technique Cards: Discus Delivery



The aim of the discus throw is to create separation of the upper and lower body and a stable foot positioning in order to accelerate the discus through a long range of motion.

Slight forward lean of the trunk

Wide swing of the free arm

Discus held back behind the trunk

Lean towards the rear by bending the rear leg

Rear foot is on the ball of the foot

Power position /5



Free arm pulls across the body

Free arm pulled into the body to create a block

Hips and shoulders aligned to the front

Both legs extend vertically to a tall position

Feet leave the ground at release

Delivery /5



Total /10



Technique Card: Hurdles Clearance



Effective hurdling technique allows athletes to keep as low as possible across the hurdles and to achieve optimal transition between hurdling and sprinting to maintain running speed



Active forward press of the chest

Lead arm pulls around the trail leg

Lead leg extends across the hurdle

Lead leg actively pulled down

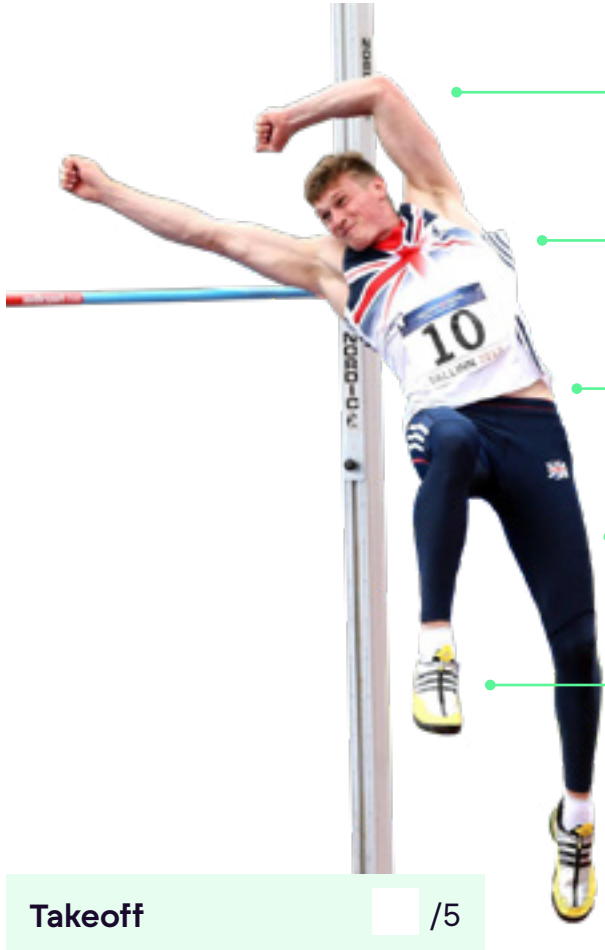
Trail leg rotates outwards

Total /5



Technique Card: High Jump

The aim of the high jump is to use the approach and takeoff to create vertical speed and rotation away from the bar in order to adopt an arch position to successfully negotiate the bar



Free arm drives along the bar

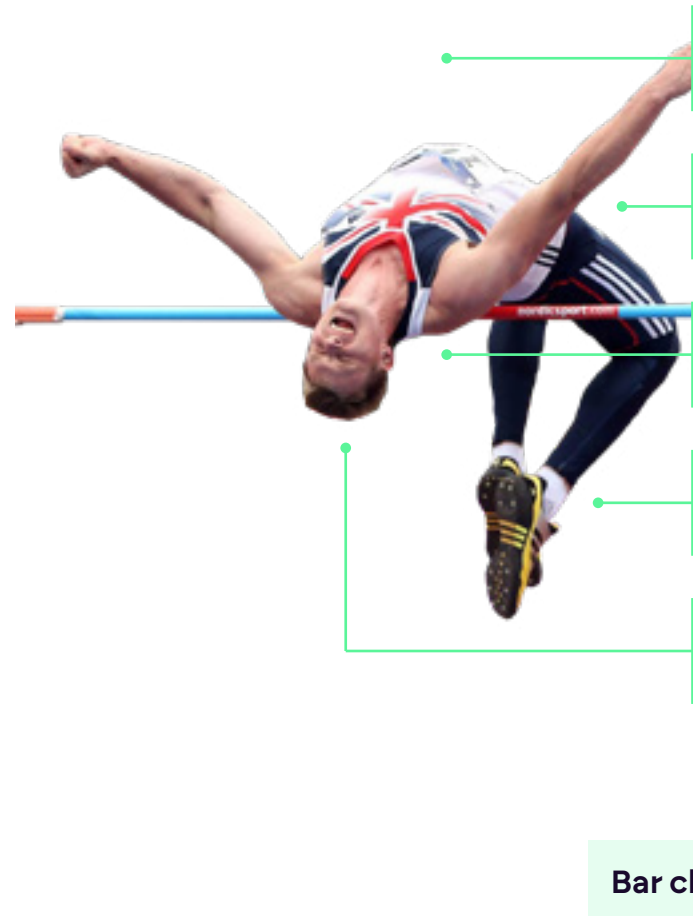
Body is upright at takeoff

Free knee drives away from the bar

Full extension of the takeoff leg

Toe is pulled towards the shin

Takeoff /5



High point of the arch is directly above the bar

Left and right hip are level as they clear the bar

Shoulders are level as they clear the bar

Free knee drops to align with the takeoff leg

Head is lowered to create an arch

Bar clearance /5

Total /10



Technique Cards: Javelin Delivery

The aim of the javelin delivery is to create a block with the front foot in order to transfer speed from the cross-over approach into the throw and to deliver the javelin at high speed through an angle of 40 degrees.

Chest and head are lifted

Javelin held by the thumb and first finger

Javelin points in the direction of the throw

Hips are open and ready to turn to the front

Rear foot is on the ball of the foot

Javelin released below 45 degrees

Upper body deviates to one side

Free arm pulled into the body

Front leg blocks with a straight leg

Flat foot contact of the blocking leg

Total /10