



Technical Assessment: Sprinting

1 Block Start

2 Acceleration

3 Transition

4 Sprinting



Hands placed behind the line in a V-shape

Forward lean of the body with the head down

Body gradually rises with each step until upright

Trunk is upright with the head looking forwards

Hips are higher than the shoulders in the set position

Active foot contacts under the hip

Thighs parallel at touchdown

Thigh is parallel to the ground with the toe up

Front knee at 90 degrees and the rear knee at 120 degrees

Drive of the arms matches the drive of the legs

Chest and head lift to a neutral position

Shoulders relaxed and arms drive opposite to the leg action

Block Start

/3

Acceleration

/3

Transition

/3

Sprinting

/3



Technical Assessment: Long Jump

1 Approach

2 Preparation

3 Takeoff

4 Landing



Forward body lean and a gradual rise with each step

Flat foot contacts of the last two strides

Full extension of the takeoff leg hip, knee, and ankle

Trunk pressed forwards with the arms to the front

Opposite arm and leg action with shoulders relaxed

Last two contacts are carried out quickly

Free knee drives through to parallel with the toe pulled up

Feet contact in front of the knees at landing

Accurate approach that contacts the takeoff board

Leg extended ahead of the body ready for the takeoff

Trunk is upright with an opposite arm and leg action

Knees bend on landing to avoid fallback

Approach

/3

Preparation

/3

Takeoff

/3

Landing

/3



Technical Assessment: Triple Jump

1 Approach

2 Hop Phase

3 Step Phase

4 Jump Phase



Forward body lean and a gradual rise with each step

Free knee drives through to hip height with the toes pulled up

Active pulling action of the takeoff leg

Approach speed is maintained into the jump phase

Opposite arm and leg action with shoulders relaxed

Takeoff leg cycles to the front to land on the same leg

Free knee drives through to hip height with the toes pulled up

Full extension of the takeoff leg hip, knee and ankle

Accurate approach that contacts the takeoff board

Arms balance leg action as a single or double arm swing

Leg extended ahead of the body ready for the jump takeoff

Feet contact the sand in front of the knees at landing

Approach

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Hop Phase

/3

Step Phase

/3

Jump Phase

/3



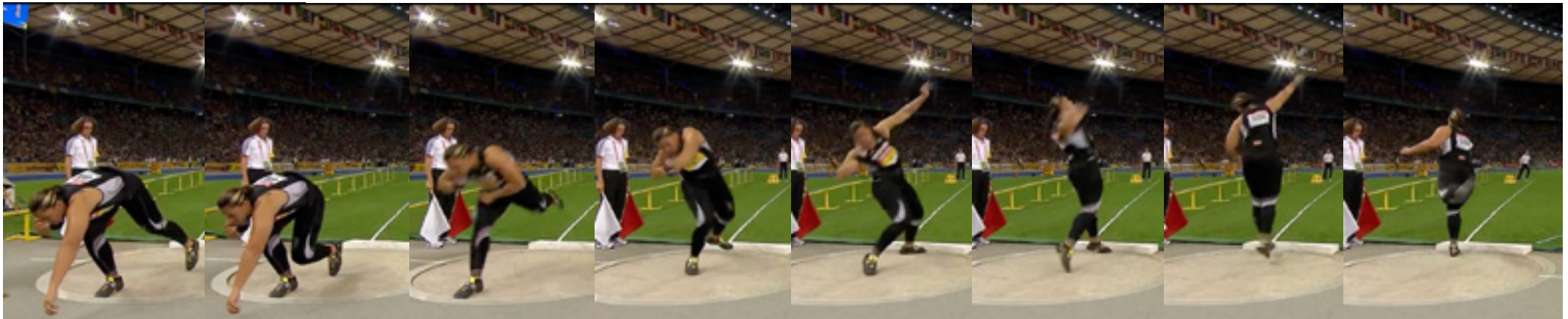
Technical Assessment: Shot Put

1 Preparation

2 Glide

3 Power Position

4 Delivery



Shot is held in the neck by the fingers, not the palm

Glide is initiated through extension of the support leg

Rear foot lands on the ball of the foot under the hips

Both legs produce vertical force until the shot is released

Upper body leans forward over the supporting leg

Non-support leg extends towards the stop-board

Front foot lands slightly behind the rear leg

Full extension of the throwing arm and wrist

Non-support leg is withdrawn under the trunk

Body rises during flight as the trunk moves upwards

Hips and free arm rotate towards the throwing direction

Exchange of the front and rear foot positions

Preparation

/3

Glide

/3

Power Position

/3

Delivery

/3



Technical Assessment: Discus

1 Preparation

2 The Turn

3 Power Position

4 Delivery



Feet slightly wider than shoulders with toes out

Pivot foot rotates outwards until it faces the centre of the circle

Rear foot lands on the ball of the foot at the centre of the circle

Hip and shoulder align with the throw direction

Throwing arm swings back at shoulder height

Free leg swings wide and low before driving upwards

Active turn of the lower body to face the throw direction

Body and legs extend vertically with the chin lifted

Free arm in line with the inside of the pivot leg

Throwing arm held back at shoulder height

Active flat foot contact of the front foot

Throwing arm pulls across the body to release

Preparation /3

The Turn /3

Power Position /3

Delivery /3



Technical Assessment: Hurdles

1 Acceleration

2 Preparation

3 Hurdle Clearance

4 Sprinting



Front knee 90 degrees and back knee 120 degrees in the blocks

Active shortening of the final stride into the hurdle

Lead knee extends across the hurdle and steps down

High hip position and an upright body on landing

8 strides from the sprint start to the first hurdle

Lead leg drives to parallel across the hurdle

Trail leg pulls through to a high knee position

3-stride running pattern between each hurdle

Trunk is upright and hips are high before the first hurdle

Active forward press of the chest and lead arm

Lead arm bends and is pulled around the trail leg

Fast and active steps on the ball of the foot

Acceleration /3

Preparation /3

Hurdle Clearance /3

Sprinting /3



Technical Assessment: High Jump

1 Approach

2 Curve Running

3 Takeoff

4 Bar Clearance



Run is in a straight line perpendicular to the bar

The last four strides are run on a curve, initiated by the outside leg

Last two strides are carried out quickly

Rotate away from the bar after takeoff

Athlete runs upright with long and relaxed strides

Linear speed and technique are maintained

Arms and free knee drive upwards and away from the bar

Arch position by lowering the head and raising the hips

Arm movement is opposite to the leg action

Final approach to the bar at an angle of 30 degrees

Straight line from the foot to shoulder at takeoff

Hip flexes and both knees extend to clear the bar

Approach

/3

Curve Running

/3

Takeoff

/3

Bar Clearance

/3



Technical Assessment: Javelin

1 Approach

2 Cross-Overs

3 Impulse

4 Delivery



Javelin held at the cord by the thumb and first finger

Throwing arm moves backwards at shoulder height

Exaggerated and flat push-off from the front leg

Chest and hips turn to face the direction of the throw

Upright running posture with an even rhythm

Running speed and rhythm is maintained

Rear foot lands on the ball of the foot, facing forwards

Free arm pulled to the chest as the body deviates to the side

Javelin held static at head height with the tip level

Javelin tip remains close to the head throughout

Flat foot contact of the blocking leg ahead of the body

Javelin pulled through above shoulder height

Approach

/3

Cross-Overs

/3

Impulse

/3

Delivery

/3