

Adapted equipment in athletics

Adapted equipment in athletics, can be defined as any equipment which is used to assist an athlete complete a physical task, or to master an element of an athletic skill or movement. It thereby supports the development of the athlete to achieve the session plan goal, work towards achieving longer term goals and athletic skill mastery.

Examples of this could be:

- **Throwing**
Using a tennis ball or bean bag to practice keeping the elbow high in a pull throw. The long-term aim being to throw a javelin correctly with the elbow high. The benefit of using tennis balls or bean bags in this example is that it allows more practice opportunities than using a javelin and that the weight of the javelin may prevent the athlete learning the movement correctly initially.
- **Jumping**
Using SAQ hurdles to practice the scissor jump keeping the hips high, with the long-term aim being to do a Fosbury flop with hips high. The benefit of using SAQ hurdles is that the session can be safely organised so that more than one athlete can practice taking off and landing at a time. In addition, it may be that the physical strength of the developing athlete, plus the height of high jump bed, prevent the athlete keeping their hips high as they try to get their feet safely on the high jump bed.
- **Running**
Using mini hurdles to practice driving more forwards than upwards when running over obstacles, with the long-term aim being to drive at the hurdle. The benefit of using mini hurdles is that the size / height of the competition hurdles may be a barrier, initially, to the athlete practising the movement correctly.