

Athletics Coach Throws Example Mesocycle Term Planning



ATHLETE PROFILE

Name(optional)		Age	11	Gender	F
Training Age	1yr	Developmental Age	12 yrs	Stage of Athlete Development Pathway	Foundation
In employment or school?	School	How many hrs?	FT	Are they taking exams?	No
Number of training sessions / week	1	Any other sports? Days and sport type.	Mon – Swim Sat - Cycle		
Do they have a disability?	No	What are the implications of this on their coaching needs?			

Physical preparation - Fundamental Movement Skills Assessment

	What activity have you used to assess this?	What did you see the athlete do? What can you conclude about this skill?
Agility	Speed Ladder agility runs with alternate legs moving forwards and sideways through the ladder	Can do alternate legs in rungs at speed. Better moving forwards than sideways
Balance	Stork balance test	Left side 4 seconds Right side 10 seconds Left side weaker than right
Coordination	Hop scotch	Can do single leg hopscotch, but not alternate side Need to develop both sides

	What did you see the athlete do? What can you conclude about this skill?
Squat	Heels flat on the floor, knees in line with feet, back straight. Squat ready to progress by overloading with a light weight medicine ball
Lunge	Heels flat on floor, knee moves across midline and back not straight. Needs to be developed by ¼ depth lunge first
Push up (from floor or wall)	Can push off a wall with a straight back and fully extend arms. Can't do this off the floor. Need to progress wall push by introducing a knee push up (half push up)
Rotate	Can rotate on the right foot, but not the left foot. Need to develop multi directional rotation
Brace	Trunk collapses when jumping or throwing. Need to develop trunk strength

Technical Assessment (all event groups to complete)

	Technical Matches	Technical Mismatches
Jumping for height or high jump	Plants foot at take-off J shaped approach	Take off knee low Upright approach Hips low
Jumping for distance or long jump	Plants foot at take-off Lands with bent knees	Take off knee low Hips low
Push throw or shot	Arms come through after leg Weight starts over throwing leg	No triple extension in arms or legs
Pull throw or Javelin	Arms come through after leg Weight starts over throwing leg	Bowls rather than pulls the ball Chest low on release
Starts	Weight over front foot Arms coordinated with legs	
Drive and acceleration		Arms come across midline Drives down more than back
Max velocity running	Lands on forefoot	Arms come across midline Low hips Low knees
Running over obstacles	Brings trail leg to the side	Takes off close to the hurdle Moves up more than forwards
Endurance running	Relaxed shoulders	Arms come across midline Low hips

Technical Assessment for your chosen event group.

Throws	Technical Matches	Technical Mismatches
Hammer- Ball in bag used as early foundation	Swings ball in bag from low to high in swing phase	Arms and feet not coordinated when rotating with ball in bag
Discus – quoit used as foundation	Can swing quoit with palm down	Arms bent Base of support narrow
Club (if applicable)		

Jumps	Technical Matches	Technical Mismatches
Pole Vault		
Triple Jump		

Speed	Technical Matches	Technical Mismatches
Block starts		
Bend running		
Relays		

Endurance	Technical Matches	Technical Mismatches
Race walking		
Steeplechase		
Wheelchair racing (if applicable)		

Physical Preparation (Components of Fitness)

	What activity you have used to assess this?	What did you see the athlete do? What can you conclude about this skill?
Endurance	Timed continuous laps	Can do 2 laps without stopping. Aim to increase by a lap
Speed	Flying sprints over 20 metres x 3	Can do 10 metres before starts to decelerate. Plan to increase to 15 metres
Strength	Body weight squat x 10	Can do 5 body weight squats with heels on floor and back straight and then knees move in
Flexibility	Hamstrings- sit and reach	Hands reach ankles in sit and reach test. Tight hamstrings
Coordination	Hopscotch	Single leg hopscotch only. Progress to bi-lateral

Athletics Coach Mesocycle Template

Stage of Development:		Foundation						
Key Deficiencies from Athlete Profile:								
Fundamental Movements:		Balance weaker on left side						
Technical Run:	Arms cross the midline	Technical Jump:	No knee lift at take off	Technical Throw:	Arms don't fully extend in the push throw			
Physical Prep/ Fundamental Movement:			Can only run for 2 laps without stopping					
Goals	Technical Skills Goal:	Run – Arms drive backwards for 100 metres Jump – Drive knee up at take-off 6 times in a session Throw –Fully extend arms on release 6 times in a session			Physical prep/ Fundamental Movement Goal	Can balance on left leg for 15 seconds Can run 3 laps without stopping		
Weeks	1	2	3	4	5	6	7	8
Fundamental Movement Skills	1	1	1	1	1	1	1	1
Starts / acceleration	1				1			
Max. velocity running		1				1		
Running over obstacles			1				1	
Running for endurance		1		1		1		1
Push throw	1		1		1		1	
Pull throw		1		1		1		1
Rotational throw								
Heave throw								
Jumping for height	1		1		1		1	
Jumping for distance		1		1		1		1
Physical preparation	1	1		1	1	1		1
Other sports	1	1	1	1	1	1	1	1
Training Load L/M/H	M	H	L	M	M	H	L	M

Mesocycle Review

Goal	What I monitored / tested before the mesocycle started	What the athlete can do now	Next steps
Run	Arms cross midline	Arms drive back in a straight line	Work on low hips
Jump	Low knee at take off	Drives knee up to parallel	Lean away from HJ bar
Throw	Arms don't fully extend	Extends elbow, but doesn't flick from fingers	Continue
Fundamental Movement	Balance weaker on left	Can now do stork test for 10 secs on both sides	Coordination
Physical preparation	Run 2 laps without stopping	Can now run 3 laps	Flexibility