



FAST



*Fundamental Athletics
Skills Training*



Your guide to running FAST

Welcome to FAST!

FAST is a Fundamental Athletics Skills Training session designed to be run for a one-hour duration utilising games and skill development activities to teach the basic, fundamental movement patterns of the events experienced in a Little Athletics competition. It will be an eight (8) week program that teaches these skills and has modified "competitions" throughout the program.

Each FAST session will have at least one warm-up activity, one running activity, one jumping activity, and one throwing activity. An "other" activity may be added to the program depending on the numbers in attendance. Each of these activities is 10–15 minutes in duration so that the athletes will experience a lot of skill development in a short amount of time.



Compiled by:

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Activities

Week	1	2	3	4
Warm Up	Partner Tag	Remote Control + Whistle Command		
Running	Get Away	60m Run		
Jumping	Jump the River	Long Jump		
Throwing	Shot Put Bowls	Shot Put		
Other	Running Over Obstacles	Hurdles		
Week	5	6	7	8
Warm Up				
Running				
Jumping				
Throwing				
Other				

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