



#DevonVirtualGames

Sportshall Athletics competition

SGO top tips

20 x 5m Shuttle run

1. Always run in a straight line, otherwise you are running extra distance.
2. The faster you move your arms, the faster your legs go.
3. When you turn, act like a spring and drive off the foot which you touched the line with.

Standing Long Jump

1. Bend both your knees, as close to 90 degrees as possible, acting like a spring.
2. Swing your arms from as far back as you can and throw them forward as you jump to pull yourself forward.
3. Always fall forward! Never backwards, otherwise it will be shorter than it could be (always measure from the furthest point made).

Vertical Jump

1. Standing sideways, stand as close as you can to the wall to ensure you don't lose height in the jump.
2. Like the SLJ, swing your arms as far back as you can and throw them up as you jump to pull yourself up.
3. Bend both your knees, as close to 90 degrees as possible, acting like a spring.

Chest Push

1. Stand with one foot behind the other, this allows the transfer of weight from the back to the front.
2. Hold the ball with your hands at the back of the ball with thumbs pointing down to ensure the best pushing action.
3. Go from slow to fast pushing the ball at an angle ensuring the ball doesn't go straight down or up.

Javelin throw (shuttlecock)

1. Stand with one foot behind the other, this allows the transfer of weight from the back to the front.
2. Starting low, move the shuttlecock from low to high at an angle to ensure the shuttlecock doesn't go straight up or down.
3. Find whatever way is comfortable to hold the shuttlecock, it isn't the usual throwing instrument.

Speed Bounce

1. Imagine you're being held up by a piece of string being as tall as possible "hovering" over the wedge.
2. Whilst hovering, twist your hips to land two footed over the wedge.
3. Land as close to the wedge as you can, if you jump to far away, you'll be using too much time up in the air rather than getting more "reps" in.

Target throw

1. Stand with one foot behind the other with the front foot lining up with the targets. The front foot should be opposite to the arm you are throwing with.
2. Throwing underarm will make it so much easier to control the throw.
3. From the back, keep your arm straight to make sure it aims in the right direction.