

Training Curriculum

Ryde Little Athletics Training Level 1
Skills: Motor and Athletic - Fundamentals
U6-U8 Years

Emphasis: Competition games – training and skill learning

- Ryde Little Athletics Training Level 1 is designed to develop children's athletic skills from an early age using fun and play based activities to develop fitness, agility, balance, coordination, techniques and abilities.

Ryde Little Athletics Training Level 2
Skills: Event Specific Skills - Foundation
U9-U12 Years

Emphasis: General fun competition

- The Next Step after Ryde Little Athletics Training Level 1 and at this stage in the athlete's development we aim to teach the fundamental elements involved in developing run, jump, and throw skills.
- This includes Technique, Fitness and Stretching.

Ryde Little Athletics Training Level 3
Skills: Group Technical Model – Event Development
U13-U15 Years

Emphasis General fun competition

- The Next Step after Ryde Little Athletics Training Level 2 includes further development of event specific skills associated with Sprints, Endurance, Jumping or Throwing.

Ryde Little Athletics Training Level 4
Skills: Event Specific
U16-17 Years

Emphasis: Varied Competition

- The Next Step after Ryde Little Athletics Training Level 3 includes developing the athletic specific event skills associated with one event or group of events.