

## [Track & Field Resources](#)

Welcome to your coaching resource guide for track & field! This document is designed to support your development as a coach by providing easy access to resources like videos and other tools that break down key skills and techniques of the sport. The links and materials included here will help you teach the game with confidence, clarity, and consistency.

SKILL	VIDEO LINK
Baton Passing	<a href="#">Baton Passing Technique</a>
Sprinting	<a href="#">Sprinting Lesson w/ Teaching Points</a> <a href="#">How to Start (Standing, Crouching)</a>
Jumping	<a href="#">Jumping Techniques</a>
Hurdles	<a href="#">How to Teach Hurdles</a>

### **Other Resources:**

[Speed Track Drills](#)

[Hurdles Activity](#)