

Beginner	Developing			Practising		
White Stage 0	Red Stage 1	Yellow Stage 2	Green Stage 3	Purple Stage 4	Blue Stage 5	Black Stage 6
<b>1. Static Balance, Strong Stable Core &amp; Postural Control - Floor work (Front &amp; Back Support)</b>  <i>It is assumed that, where appropriate, all challenges are completed in both directions and using both hands or feet. All positions should be held for 10-15 seconds.</i>	1a) Hold a mini front support position on hands and knees.	1a) Hold a mini front support position and lift one hand/knee off the floor with eyes closed.	1a) Hold a mini back support position. Place a cone on the stomach with one hand, and remove it with the other (close eyes to increase challenge).	1a) Hold a full back support position, with stomach facing upwards and legs straight.	1a) In a full back support position, transfer a cone on and off the stomach from one side to the other (close eyes to increase challenge).	1a) Hold a front support position with only one foot in contact with the floor. Transfer a cone on and off the back using different hands (close eyes to increase challenge).
	1b) Hold a mini front support position and lift one hand/knee off the floor.	1b) Hold a mini front support position. Place a cone on the back with one hand, and remove it with the other (close eyes to increase challenge).	1b) Hold a full front support position (hands in line, flat back and straight legs).	1b) Hold a full front support position. Place a cone on the back with one hand, and remove it with the other (close eyes to increase challenge).	1b) In a full back support position, transfer a tennis ball on and off the stomach from one side to the other (close eyes to increase challenge).	1b) Hold a full front support position with only one foot in contact with the floor. Transfer a tennis ball on and off the back using different hands (close eyes to increase challenge).
	1c) On hands and knees, reach across the body and point to ceiling with one hand and then the other hand.	1c) Hold a mini back support position with stomach facing upwards and knees bent.	1c) In a full front support position, lift one arm and point to the ceiling. Repeat with the other arm.	1c) In a full front support position, transfer a tennis ball on and off the back using different hands (close eyes to increase challenge).	1c) Starting in a full front support position, lift one arm up and rotate fluently until it returns to the starting position. Continue rotating with fluency.	1c) Hold a full back support position with only one foot in contact with the floor. Transfer a cone on and off the stomach using different hands (close eyes to increase challenge).



# 1 Static Balance & Strong, Stable Core: Floor Work

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## Mini Front Support



### Red Stage Progressions

#### Mini front support position

- a) Hold a mini front support position on hands and knees.
- b) Hold a mini front support position and lift one hand/knee off the floor.
- c) On hands and knees, reach across the body and point to ceiling with one hand and then the other hand.



## Mini Back Support



### Yellow Stage Progressions

#### Mini front support position

- a) Hold a mini front support position and lift one hand/knee off the floor with eyes closed.
- b) Hold a mini front support position. Place a cone on the back with one hand, and remove it with the other (close eyes to increase challenge).

#### Mini back support position

- c) Hold a mini back support position with stomach facing upwards and knees bent.



## Full Front Support



### Green Stage Progressions

#### Mini back support position

- a) Hold a mini back support position. Place a cone on the stomach with one hand, and remove it with the other (close eyes to increase challenge).

#### Full front support position

- b) Hold a full front support position (hands in line, flat back and straight legs).
- c) In a full front support position, lift one arm and point to the ceiling. Repeat with the other arm.





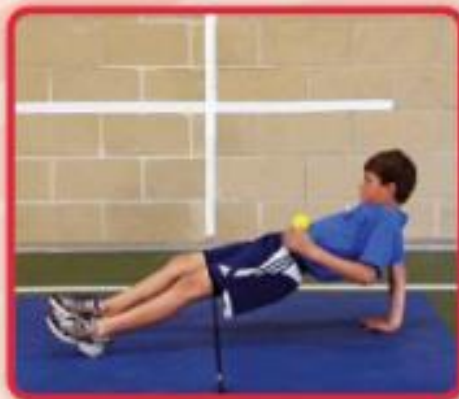
# 1 Static Balance & Strong, Stable Core: Floor Work

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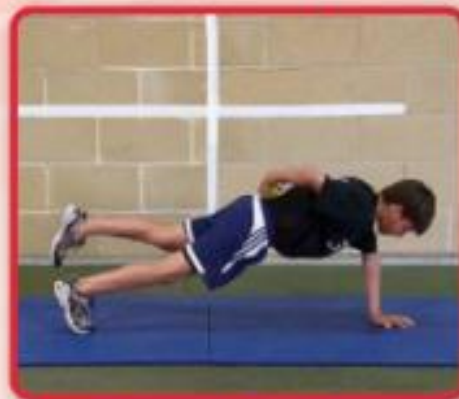
Full Front Support



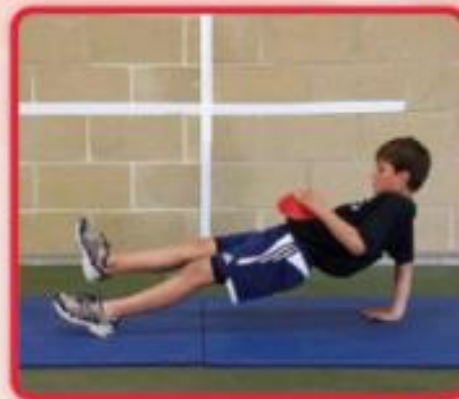
Full Back Support



Full Front Support



Full Back Support



## Purple Stage Progressions

### Hold a full back support position

- a) with stomach facing upwards and legs straight.

### Hold a full front support position

- b) Place a cone on the back with one hand, and remove it with the other (close eyes to increase challenge).
- c) In a full front support position, transfer a tennis ball on and off the back using different hands (close eyes to increase challenge).

## Blue Stage Progressions

### In a full back support position

- a) Transfer a cone on and off the stomach from one side to the other (close eyes to increase challenge).
- b) Transfer a tennis ball on and off the stomach from one side to the other (close eyes to increase challenge).

### Hold a full front support position

- c) Starting in a full front support position, lift one arm up and rotate fluently until it returns to the starting position. Continue rotating with fluency.

## Black Stage Progressions

### Hold a full front support position

- a) Hold a full front support position with one foot in contact with the floor. Transfer a cone on and off the back using different hands (close eyes to increase challenge).
- b) With only one foot in contact with the floor. Transfer a tennis ball on and off the back using different hands (close eyes to increase challenge).

### Hold a full back support position

- c) Hold a full back support position with only one foot in contact with the floor. Transfer a cone on and off the stomach using different hands (close eyes to increase challenge).

## 2. Static Balance, Strong Stable Core & Postural Control - Seated Balance

*It is assumed that all challenges  
are completed, where  
appropriate, in both directions  
and with both hands.*

2a) Balance for 10 seconds with 1 foot and 1 hand touching the floor.	2a) Balance with eyes closed for 10 seconds with no hands or feet touching the floor.	2a) Balance with eyes closed for 10 seconds with no hands and no feet touching the floor, while receiving a small force.	2a) Hold a dish shape for 5 seconds (use uneven surface to increase challenge).	2a) Hold a V shape (v-sit) for 10 seconds (use uneven surface to increase challenge).	2a) Balance on an uneven surface for 10 seconds, while receiving a small force.
2b) Balance for 10 seconds with 1 foot or 1 hand touching the floor.	2b) With both hands and feet off the floor and knees bent, pick up a cone from one side, swap hands and place it on the other side.	2b) Pick up a cone from one side, bring it across the body and place it down on the other side with the same hand.	2b) As Yellow 2b, but with cones at an arm's length away.	2b) With both hands and feet off the floor and knees bent, retrieve cones from in front, to both sides and from behind.	2b) As Black 2a, but with eyes closed and receiving a small force.
2c) Balance for 10 seconds with no hands or feet touching the floor with knees bent.	2c) Balance for 10 seconds with no hands or feet touching the floor while receiving a small force.	2c) As Green 2b, but with eyes closed.	2c) Complete the same task as Purple 2b, without swapping hands in the middle.	2c) As Blue 2b but with eyes closed.	2c) Rotate 360° in both directions (without putting feet or hands down) on the floor and then on a bench.



## 2 Static Balance & Strong, Stable Core: Seated Balance

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### Seated Balance



### With Eyes Closed



### Receiving a Force



### Moving an Object



#### Red Stage Progressions

##### Seated balance

- a) Balance for 10 seconds with 1 foot and 1 hand touching the floor.
- b) Balance for 10 seconds with 1 foot or 1 hand touching the floor.
- c) Balance for 10 seconds with no hands or feet touching the floor with knees bent.



#### Yellow Stage Progressions

##### Seated balance

- a) Balance with eyes closed for 10 seconds with no hands or feet touching the floor.
- b) With both hands and feet off the floor and knees bent, pick up a cone from one side, swap hands and place it on the other side.
- c) Balance for 10 seconds with no hands or feet touching the floor, while receiving a small force.



#### Green Stage Progressions

##### Seated balance

- a) Balance with eyes closed for 10 seconds with no hands and no feet touching the floor, while receiving a small force.
- b) Pick up a cone from one side, bring it across the body and place it down on the other side with the same hand.
- c) As Green B above, but with eyes closed.



## 2 Static Balance & Strong, Stable Core: Seated Balance

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Hold a 'Dish' Shape



Hold a 'V' Shape



Uneven Surface



Rotate 360°



### Purple Stage Progressions

#### Seated balance

- a) Hold a dish shape for 5 seconds (use uneven surface to increase challenge).
- b) As Yellow 2b, but with cones at an arm's length away.
- c) Complete the same task as Purple 2b, without swapping hands in the middle (the arm crosses the mid line of the body).



### Blue Stage Progressions

#### Seated balance

- a) Hold a V shape (v-sit) for 10 seconds (use uneven surface to increase challenge).
- b) With both hands and feet off the floor and knees bent, retrieve cones from in front, to both sides and from behind.
- c) As Blue 2b above but with eyes closed.



### Black Stage Progressions

#### Seated balance

- a) Balance on an uneven surface for 10 seconds, while receiving a small force.
- b) As Black 2a, but with eyes closed and receiving a small force.
- c) Rotate 360° in both directions (without putting feet or hands down) on the floor and then on a bench.





### 3. Static Balance & Postural Control - Single and double leg Standing

*It is assumed that all challenges are completed on both legs. Athletes should always maintain a good core positioning for each challenge.*

3a) Stand still with one foot on the floor for 5 seconds without losing balance.

3b) Stand still with one foot on the floor for 10 seconds without losing balance.

3c) Stand still with one foot on the floor for 20 seconds without losing balance.

3d). Double leg squat with arms out in front for balance. Angle of the knee is no more than 135°.

3a) Stand still with one foot on the floor for 30 seconds without losing balance.

3b) Stand on one foot and do 5 mini-squats, so the angle is no more than 135° at the knee.

3c) Stand on one foot and do a 10 mini-squats, so the angle is no more than 135° at the knee.

3d) Double leg squat with arms out in front for balance. Angle of the knee should be 90°.

3a) Stand still with one foot on the floor and eyes closed for 10 seconds, without losing balance.

3b) Stand on one foot and do 5 mini-squats, so the angle is no more than 90° at the knee.

3c) On an uneven surface, stand still on one foot for 10 seconds without losing balance.

3d) Double leg deep squat with arms out in front for balance.

3a) Stand on one foot and do 10 ankle extensions, lifting the heel off the floor and slowly putting it down.

3b) Stand on one foot and do 5 squats (90°) into ankle extensions.

3c) Stand on one foot and do 5 squats (90°) with eyes closed without losing balance.

3d) Stand still on uneven surface - for 20 then 30 secs.

3a) Stand on one foot and complete 10 ankle extensions with eyes closed without losing balance.

3b) Stand still on one foot, on an uneven surface, for 10 seconds with eyes closed without losing balance.

3c) On an uneven surface, stand on one foot and do 5 squats without losing balance.

3d) Double leg squat with hands behind head. Angle of the knee should be 90°.

3a) Stand on one foot and complete 10 squats into ankle extensions, with eyes closed, without losing balance.

3b) Stand on one foot and complete 10 ankle extensions on an uneven surface.

3c) On an uneven surface, stand on one foot and complete 10 squats into ankle extensions.

3d) Double leg deep squat with hands behind head.



# 3 Static Balance & Postural Control: Single & Double Leg

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## Single Leg Balance



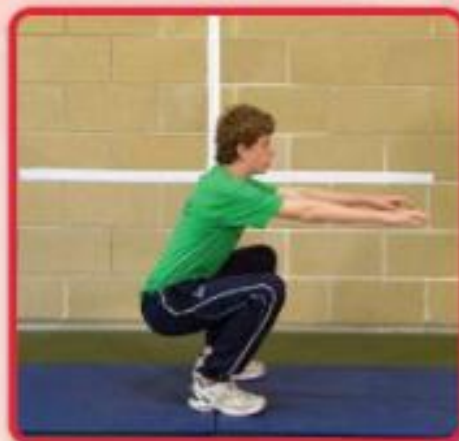
## Half Squat (90°)



## Single Leg Squat



## Deep Squat



### Red Stage Progressions



#### Single leg balance

- a) Stand still with one foot on the floor for 5 seconds without losing balance.
- b) Stand still with one foot on the floor for 10 seconds without losing balance.
- c) Stand still with one foot on the floor for 20 seconds without losing balance.

#### Double leg squat

- d) Double leg squat with arms out in front for balance. Angle of the knee should be no more than 135°.

### Yellow Stage Progressions



#### Single leg balance

- a) Stand still with one foot on the floor for 30 seconds without losing balance.

#### Single leg mini squats

- b) Stand on one foot and do 5 mini-squats, so the angle is no more than 135° at the knee.
- c) Stand on one foot and do a 10 mini-squats, so the angle is no more than 135° at the knee.

#### Double leg squat

- d) Double leg squat with arms out in front for balance. Angle of the knee should be 90°.

### Green Stage Progressions



#### Single leg balance

- a) Stand still with one foot on the floor and eyes closed for 10 seconds, without losing balance.
- b) On an uneven surface, stand still on one foot for 10 seconds without losing balance.

#### Single leg mini squats

- c) Stand on one foot and do 5 mini-squats, so the angle is no more than 90° at the knee.

#### Double leg squat

- d) Double leg deep squat with arms out in front for balance.



# 3 Static Balance & Postural Control: Single & Double Leg

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## Single Leg Squat



## Ankle Extension



## Uneven Surface



## Deep Squat



### Purple Stage Progressions

#### Single leg balance

- a) Stand still on uneven surface - for 20 then 30 secs.

#### Single leg ankle extensions

- b) Stand on one foot and do 10 ankle extensions, lifting the heel off the floor and slowly putting it down.

#### Single leg mini squats

- c) Stand on one foot and do 5 squats (90°) into ankle extensions.
- d) Stand on one foot and do 5 squats (90°) with eyes closed without losing balance.

### Blue Stage Progressions

#### Single leg balance

- a) Stand still on one foot, on an uneven surface, for 10 seconds with eyes closed without losing balance.

#### Single leg ankle exts & mini squats

- b) Stand on one foot and complete 10 ankle extensions, with eyes closed, without losing balance.
- c) On an uneven surface, stand on one foot and do 5 squats without losing balance.

#### Double leg squat

- d) Double leg squat with hands behind head. Angle of the knee should be 90°.

### Black Stage Progressions

#### Single leg ankle extensions & mini squats

- a) Stand on one foot and complete 10 squats into ankle extensions, with eyes closed, without losing balance.
- b) Stand on one foot and complete 10 ankle extensions on an uneven surface.
- c) On an uneven surface, stand on one foot and complete 10 squats into ankle extensions.

#### Double leg squat

- d) Double leg deep squat with hands behind head.

#### 4. Developing Strong Stable Base of Support

On line with weight on balls of feet only then low beam

*It is assumed that all challenges are completed, where appropriate, in both a side to side and front to back stance.*

4a) Stand on a line with feet shoulder width apart, in a side to side stance, with weight on the balls of the feet and hold balance for 10 secs.	4a) Stand on a low beam with feet shoulder width apart, in a side to side stance, with weight on the balls of the feet and hold balance for 10 secs.	4a) Stand on a line, and then a low beam, and maintain balance while receiving a small force from various angles.	4a) Stand on a line, and then a low beam, maintain balance, catch a ball at chest height and throw it back to a partner.	4a) Stand on a line, and then a low beam, maintain balance and catch a ball at knee height and above the head.	4a) Stand on a line and then a low beam, maintain balance, and throw and catch a tennis ball across the body using both right and left hands.
4b) Stand on a line with feet shoulder width apart, in a front to back stance, with weight on the balls of the feet and hold balance for 10 secs.	4b) Stand on a low beam with feet shoulder width apart, in a front to back stance with weight on the balls of the feet and hold balance for 10 secs.	4b) Stand on a line, and then a low beam, maintain balance and pick up alternate feet 5 times.	4b) Stand on a line, and then a low beam, maintain balance, lift alternate knees and touch knee to opposite elbow 5 times.	4b) As Blue 4a, with more distal feeds (away from the body) and introducing a smaller ball.	4b) Stand on a line, and then a low beam, maintain balance and throw and catch two balls alternately, catching across the body using both right and left hands.
4c) As Red 4a and 4b, but with eyes closed.	4c) As Yellow 4a and 4b, but with eyes closed.	4c) Stand on a line, and then a low beam, maintain balance and raise alternate knees 5 times.	4c) Strike ball back with racket to feeder.	4c) Stand on a line, and then a low beam, maintain balance, and throw and catch two balls alternately, using both right and left hands.	4c) Stand on a line, and then a low beam, maintain balance and volley a large ball back to a partner with both right and left feet.
			4d) As Purple 4c with cross body (contra - lateral) strike.		



# 4 Developing Base of Support: On a line, then low beam

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## Front to Back – Line



## Side to Side – Beam



## Receiving a Force



## Feet Pick Up



### Red Stage Progressions

#### Balance on a line

- a) Stand on a line with feet shoulder width apart, in a side to side stance, with weight on the balls of the feet and hold balance for 10 secs.
- b) Stand on a line with feet shoulder width apart, in a front to back stance, with weight on the balls of the feet and hold balance for 10 secs.
- c) As A and B above, but with eyes closed.



### Yellow Stage Progressions

#### Balance on a low beam

- a) Stand on a low beam with feet shoulder width apart, in a side to side stance, with weight on the balls of the feet and hold balance for 10 secs.
- b) Stand on a low beam with feet shoulder width apart, in a front to back stance with weight on the balls of the feet and hold balance for 10 secs.
- c) As A and B above, but with eyes closed.



### Green Stage Progressions

#### Balance on a line & low beam

Standing on a line, and then a low beam:

- a) maintain balance while receiving a small force from various angles.
- b) maintain balance and pick up alternate feet 5 times.
- c) maintain balance and raise alternate knees 5 times.



When undertaking any bench challenge, coaches should ensure that the bench is in safe working order and wherever possible use spotters to stabilise the bench. REMEMBER SAFETY FIRST.



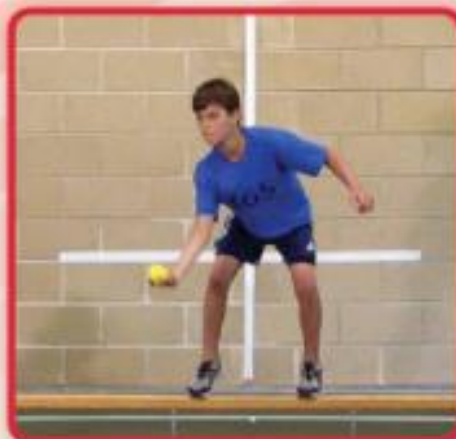
# 4 Developing Base of Support: On a line, then low beam

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## Pass & Receive a Large Ball



## Pass & Receive a Small Ball



## Kick Ball



### Purple Stage Progressions

#### Balance on a line & low beam

Standing on a line, and then a low beam:

- a) maintain balance, catch a ball at chest height and throw it back to a partner.
- b) maintain balance, lift alternate knees and touch knee to opposite elbow 5 times.
- c) strike ball back with racket to feeder.
- d) As Purple 4c with cross body (contra-lateral) strike.

### Blue Stage Progressions

#### Balance on a line & low beam

- a) Stand on a line, and then a low beam, maintain balance and catch a ball at knee height and above the head.
- b) As Blue 4a (above), with more distal feeds (away from the body) and introducing a smaller ball.
- c) Stand on a line, and then a low beam, maintain balance, and throw and catch two balls alternately, using both right and left hands.

### Black Stage Progressions

#### Balance on a line & low beam

Standing on a line, and then a low beam:

- a) maintain balance, and throw and catch a tennis ball across the body using both right and left hands.
- b) maintain balance and throw and catch two balls alternately, catching across the body using both right and left hands.
- c) maintain balance and volley a large ball back to a partner with both right and left feet.

When undertaking any bench challenge, coaches should ensure that the bench is in safe working order and wherever possible use spotters to stabilise the bench. REMEMBER SAFETY FIRST.



# End of Section 1

Static Balance and Strong, Stable Core