

The 45 minute P2P Assessment

Safety!

- ☞ Please ensure that safety is at the forefront of your mind.
- ☞ Over time it will become obvious to you who can take part in the three tests.
- ☞ Until then please watch the athletes carefully and ensure you recognise the key areas from the tests and steer them in the right direction.
- ☞ If you feel that an athlete will struggle in one of the tests please do not let them take part.
- ☞ **DO NOT** attempt to coach an event that you are not insured to coach. You are putting yourself at risk. Use the qualified coaches!

60 metres

Key points and what to look out for

 **Weight Transfer**

 **Extension**

 **Arm Movement**
(including Wheelchair)

60 metres

Weight Transfer

- ☞ Weight transfer determines what traction the athlete will have for a standing /block start, running and throwing. Without this they will be unable to perform to a high standard and it will affect their ability to do specific training.
- ☞ Weight transfer happens in everyday activities and is obvious to recognise.
- ☞ If an athlete rocks from side to side more than 15 degrees then the weight transfer and the shift of the centre of gravity will impair their running and show in their performance. If they have excellent leg extension and hip stability then this may compensate for the lack of control in the upper body.
- ☞ Ensure that you look at both aspects and not just the rocking motion.
- ☞ Watch their feet and how they set up the transfer of weight. If their feet turn inwards then they are going to struggle with hip flexion and knee flexion. If their feet turn outwards then this will affect their drive and therefore forward movement will become more difficult.



60 metres

Extension

Hip Flexion



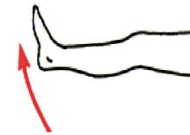
Hip Extension



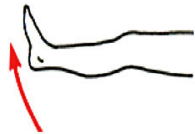
Knee Flexion



Knee Extension



Knee Extension



Ankle Dorsi Flexion



Ankle Plantar Flexion



These are all key elements in a sprinter/jumper's performance. Each key area leads to the other so when you view the athletes try to look at the whole picture as one and not break it down. By breaking it down you will miss one of the six motions.

Look at the flow of their running and their arm movement.

60 metres

Arm Movement

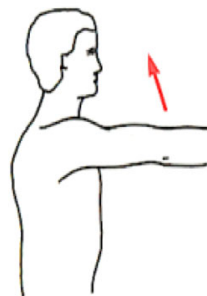
☞ Arm movement works in tandem with leg movement.

Shoulder Extension & Flexion

☞ These movements help with acceleration and stride pattern. The elbows are usually at a constant 90 degrees and drive backwards and not outwards. Driving outwards will cause the body to rock from side to side. If an athlete already rocks due to their disability then by controlling their arm movement it may well help in reducing the rocking.



Extension



Flexion

5 Stride Standing Long Jump

Key points and what to look out for

 **Weight Transfer**

 **Extension**

 **Coordination**

5 Stride Standing Long Jump

Weight Transfer

- ☞ All factors of sprinting are taken in to account. Also in this test it is vital to ensure that the athlete can cope with the impact of **full weight transfer**. On take-off the athlete will transfer all of their weight to one foot. Be mindful of people with fused ankles or CP.
- ☞ Watch for imbalances in their running, but the key points are listed below.

Key points

- ☞ Rocking Motion
- ☞ Plantar Flexion
- ☞ Centre of Gravity
- ☞ Balance

5 Stride Standing Long Jump

Extension

- Each of the six factors from sprinting is taken in to account in all the jumps. One element which is important is plantar flexion. This enables the drive from the plant leg when it hits the board.

Hip Flexion



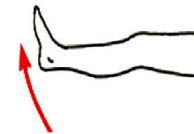
Hip Extension



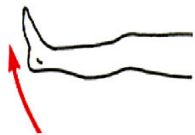
Knee Flexion



Knee Extension



Knee Extension



Ankle Dorsi Flexion



Ankle Plantar Flexion



5 Stride Standing Long Jump

Coordination

Balance and Rhythm

- ☞ To ensure the athlete can maintain a good position for the final stage it's important that they have both components. **Rhythm** will control the strike position on the board and **balance** will control the upper motion of the body. Erratic movement will disrupt key movements and therefore the athlete will not perform to a good standard.

Key points

- ☞ Stride pattern
- ☞ Arm and leg coordination
- ☞ Spatial awareness (location of the board in comparison to their body) Watch for looking at the board!
- ☞ Spatial awareness is important in all aspects of training.



Standing Throws

Key points and what to look out for

-  **Rotation**
-  **Arm Movement**
-  **Back Movement**

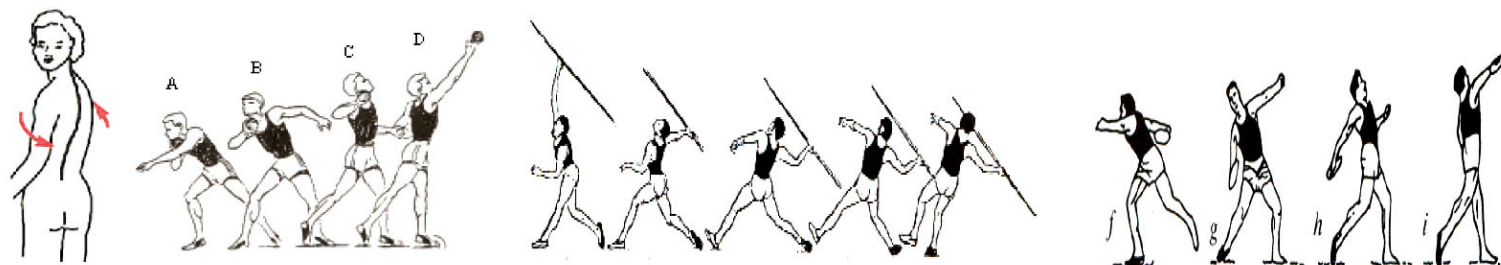
Standing Throws

Rotation

↪ The range of movement will give a clear indication whether or not the athlete will be able to throw. **Power** comes from rotating the upper body whilst maintaining stability in the hip area.

Key points

- ↪ Upper Rotation
- ↪ Hip Stability
- ↪ Weight Transfer



↪ **Shot, Javelin and Discus** are similar events. **The Club Throw** relies on back and arm movement.

↪ If the athlete can maintain hip stability and rotate the upper body around by at least 75° then they are capable of doing all throws.

Standing Throws

Arm Movement

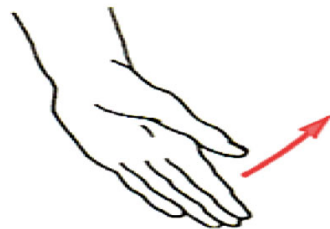
- ☞ Arm extension is important in all four throws so ensure that the athletes can extend their arm to at least 170° .
- ☞ Simple test movements will indicate if they can control the implement. This is vital and the most important element. A lack of control leads to injury.
- ☞ Leg and arm coordination is vital and you must take in to account full weight transfer as it occurs in all three events. If looking at a seated thrower ensure you take into account their hip movement.

JAVELIN



Supination (palm up)

SHOT



Abduction

DISCUS

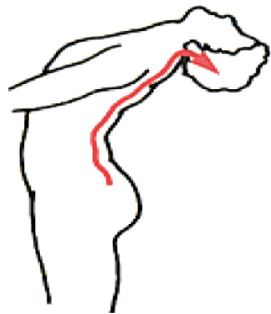


Adduction

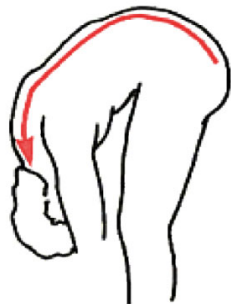
Standing Throws

Back Movement

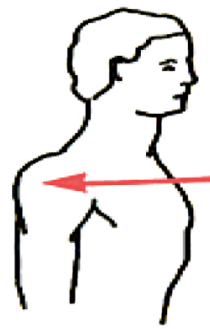
- ☞ Whilst watching the throws watch for spinal movement. Simple movements such as **extension** and **flexion** will give you an indication on whether or not the athlete will be able to complete drills and perform to a high standard.
- ☞ Shoulder **adduction** will also aid in Shot, Javelin and Discus. It pushes the chest forward and helps to create the 'C' power position. More often than not, rolled shoulder causes a lot of problems in throwers and restricts their movement patterns in the final stage of the throw.



Extension



Flexion



Adduction

Important information

- **Please ensure that you understand all of the above**
- The three key factors for each test will give you an indication as to whether the athletes are able to cope with the strain of training.
- Even though they have a disability they will still need to do specific training and if they cannot perform basics they will not be able to go through this process.
- It is important that the athletes we signpost to a club can also be coached.

For further information

- Please contact your England Athletics Disability Support Officer
- North: Shelley Quarin
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- Midlands & South West: Job King
jking@englandathletics.org 07841 504311
- South: Helen Pearce / Job King (temporary)
hpearce@englandathletics.org 07968 498705
- A Playground to Podium 'Frequently Asked Questions' document and other information is available on our website: **www.englandathletics.org/disability**

Goodbye...