

TRACK & FIELD
WARHAWKS

ARROWHEAD



For PowerPoint's and more notes go to www.arrowheadschoools.org/activities/boys_track.cfm

2010 Clinic Sprint Notes

**SPRINT RELAY EXCHANGES
AND
SPEED DEVELOPMENT
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BLOCK STARTS

Setting the Blocks

1. Determine the “power leg”
2. Place heel on back of starting line away from finish
3. Set blocks down in front of toe
4. Set front pedal for “power leg”

Place heel at front of block set up pedal in front of toe

5. Back foot placement
 - Bunched
 - Take one half step back from first pedal
 - Medium
 - Take one full step back from first pedal
 - Elongated
 - Take about a step and a half back from first pedal
6. Hands should be placed along the starting line about shoulder width apart

Set position

1. Bring hips up just past shoulders
2. Arms should be parallel with vertical plane of starting line
3. Spine should be in a neutral position with the head looking out about 1 meter

in front of the starting blocks.

4. Heels should rock back against pedals
5. Pressure should be applied by both feet against pedals and by hands
6. Runner should focus on first move not gun.

-(eg. Split the hands)

7. Draw in breath to be exhaled gradually at gun

Coming out (<http://www.youtube.com/watch?v=W1slz7EMt8U&feature=related>)

1. Both legs should push off blocks simultaneously
2. Arms should “split” with the “power” side arm coming out over the head first followed by the opposite side.

-both arms should be bent at about 90°

3. Back leg should come straight off block 3 to 5 cm off ground
4. Athlete should drive out taking short “powerful” steps for at least 30 to 35 meters.
5. Stride length and frequency should increase with each successive step

Sprint Relay Exchanges

- Sprint Relays
 - 400M Relay
 - 800M Relay
 - 1600M Relay
 - Technical aspects
 - Various requirement for individual legs
 - Psychological aspects ?

Getting Started

Key Points

Rule #1-

- The team that gets the BATON around the fastest wins

Rule # 2-

- You won't get to use the 4 sprinters you want to use

Rule # 3-

- Someone will screw up. . . Make sure they are ready

400 METER RELAY

- 400M Relay
 - Traditionally
 - 1st leg and Anchor Fastest
 - Special Requirements
 - Refer to Rule #1
 - Block Skills
 - Running the Curve
 - Ability to work with handoff partner
 - Nerves (can your fastest kid take the pressure of anchoring)
 - Weak link

400M Relay

- Passing the baton
 - Closed exchange
 - Incoming runner
 - When to call stick
 - Aim for elbow then palm
 - Shoot arm straight forward
 - Outgoing Runner
 - Snatch vs layout
 - Check off point?
 - Hip check
- Practice
 - Checking for speed
 - Make this part of your speed training
 - VIDEO!!!!

800 METER RELAY

- 800M Relay
 - Traditionally
 - Treated like 400M Relay
 - Special Considerations
 - Block Skills
 - Wind
 - Indoor Vs Outdoor

- Consistency with the stick
- Weak link (less room to play)

1600M RELAY

- 1600M Relay
 - Promote the cult to the 4x4
 - It's an honor not a punishment
 - Traditionally
 - 1st leg and Anchor Fastest
 - Special Considerations
 - Indoor Vs Outdoor
 - Competition
 - Do you have a kid who would rather die than lose? If yes he or she is your anchor!
 - Preparing for #3

1600M Relay

- Passing the Baton
 - Open Exchange
 - Holding the Baton
 - Incoming Runner
 - Candle Stick
 - Out Going Runner
 - Three Step and Turn
 - Teach 2nd tangent at the break
 - Indoor

w	Monday	Tuesday	Wednesday
1	Intensive Tempo (AP)	Speed (S)	Extensive Tempo
2	Intensive Tempo (AP)	Speed (S)	Extensive Tempo
3	Intensive Tempo (AP)	Speed (S)	Extensive Tempo
4	Intensive Tempo (LAC)	Speed (S)/ Speed (AASE)	Speed Endurance (GSSE)
5	Intensive Tempo (LAC)	Speed (S)/ Speed (AASE)	Speed Endurance (GSSE)
6	Intensive Tempo (LAC)	Speed (S)/ Speed (AASE)	Speed Endurance (GSSE)
7	Intensive Tempo (LAC)	Speed (S)/ Speed Endurance (SE)	Pre-Meet
8	Intensive Tempo (LAC)	Speed (S)/ Speed Endurance (SE)	Pre-Meet
9	Intensive Tempo (LAC)	Speed (S)/ Speed Endurance (SE)	Pre-Meet

SET UP FOR FIRST AND SECOND RUNNERS

KEY POINTS

- KNOW THE ZONE**
- ACCELERATION ZONE?**
- STAGGERED IN LANE**
- 1ST RUNNER MUST USE LEFT**
- 2ND RUNNER MUST USE RIGHT**

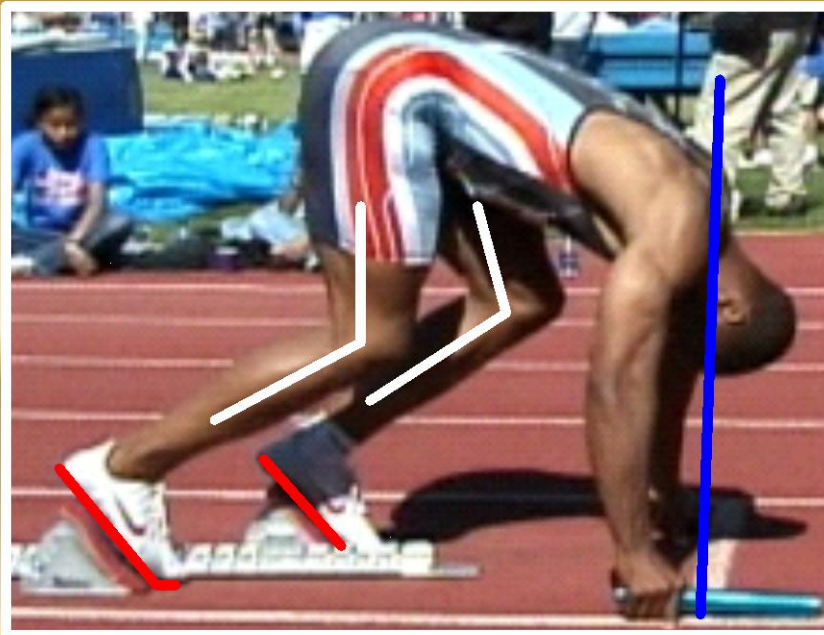
Right Side Left Hand →

17 to 25 Steps

Left Side Right Hand →

400 M Relay

John Drummond



4X100

START

Herriot- AHS