

Talent Selection and Training for the 4x100 & 4x400 Relays

Tony Veney
USATF Level I-II-III
trakcoach08@gmail.com

Relay Problems


- **Outgoing Mistakes**
 - Leaves too soon
 - Leaves too late
- Cuts off the incoming sprinter
 - Looks back
- Sees the wrong marks
 - Receives too soon
- Poor set up positions
- Poor zone arm swing

Relay Problems


- ▶ **Incoming Mistakes**
 - ▶ Slows down
- ▶ Runs on the wrong side of the lane
 - ▶ Calls too soon
 - ▶ Delivers too soon
- ▶ Poor zone arm swing

Relay Responsibilities

- ▶ Incoming
- ▶ Pass'em




Relays



Relay Responsibilities

- ▶ Outgoing
- Leave'em



Relays

► Safety in Relay Racing

- Quality exchange work is taxing and must be closely monitored – don't waste reps
- Schedule your relay running carefully and not as an after thought
- Don't let easy passing days turn into all-out marathons

Talent Demands

- Everybody must pass and give
- Hurdlers are great relay runners
- Jumpers can make a contribution
- Athletes with poor individual success can be great relay runners
- Relays can be used to take the heat off your "Big Ballers"

Skills for the Relays

- Starting with the Baton
 - Dependable starters (hurdlers!!!!)
 - Good turn runners
 - Gripping the baton
- Body weight in the set position

“Clang – Clang – Clang”

▶ Who's at Fault?

Legs 2-3&4

- ▶ Setting up your zone
- ▶ How much tape can you use
- ▶ Where do you put the tape (start with 20)
- ▶ Body position
- ▶ Anticipate the incoming runner
- ▶ See their feet
- ▶ Second exchange is more critical
- ▶ Don't switch hands

Hand Off

- ▶ Over hand
- ▶ Under Hand
- ▶ Push

4x400, 4x200, SMR (long&short)

- ▶ Visual passes should always be 100% visual
- ▶ Never turn your back on the incoming runner
- ▶ Face the curb for the exchange
- ▶ Give the outgoing runner a target – the outgoing runner is responsible for the pass
- ▶ Make the pass at or just beyond the start line
- ▶ The “Hisslop Slip”

Personnel Selection

▶4x100

- ▶ Lead off – best starter
- ▶ 2nd leg – “Big Baller”
- ▶ 3rd leg – Hurdler – hides the “donkey”
- ▶ 4th leg – Head Hunter

Personnel Selection

▶4x400

- ▶ Lead off leg – shorter sprinters – 300 hurdlers – good lane runners
- ▶ 2nd leg – good lane runner – 200/300H type
- ▶ 3rd leg – Best or #2 400 – “scalded dog” – 800 kid
- ▶ 4th leg – strong chaser – front runner – patient – 800 or your #1

Relay Practice

- No horsing around
- **Run through the zones for both sprinters**
- Zone runs of 2.0–2.4 (B) and 2.4–2.8 (G)
- Get big reps at each session
- A good session requires no more running
- Run some contact stuff for the longer relays
- 4x350 long relay practice
- “Texas Relay”

Race Day

- Walk the track to check the zones
- Football vs Soccer tracks
- Triangles – Boxes – Lines
- Wet track and the “Veney Flex Defense”

Race Day Responsibilities

- Lead off – 2 to 3 batons in their bag
- 2nd leg – tape and zone markers
- 3rd leg – leads the walk through
- Anchor – reports “all clear” or DQ
- If your gear is on the track, each leg picks up the outgoing runners stuff

Relay Perks

- ▶ Relay bags, sweats, speed suits are a great incentive plan.

There Can Be Only One!

- ▶ Well, maybe two!
