

Sprint Relays and Starts

4X100
4X200
BLOCKS

4X100

Putting together the “right” team

- A. Put your athletes in the right spots.
- B. Reliability is a key
- C. Must prepare 5-6 kids for the team.

Where to put your kids?

- 1st position- “The Starter” –must be mentally tough and reliable, quick out of the blocks, (110 Hurdler) runs the curve.
- 2nd position-“The Straight-line runner”- must give and receive (#2 100m runner)
- 3rd position- “The Athlete”-toughest job, make or break, run the curve, give and receive. (200m, jumper)

Where to put your kids?

- 4th position- “The Anchor” –Competitor, hates to lose. Speed. Easiest spot to replace. Least reliable (injuries, grades)
- Always practice with the alternates, make them feel a part of the team.

Teaching Aspects

- Philosophy- all right to left vs. alternating.
- Incoming runner (inside of lane), outgoing runner (outside of lane)
- Hand position, hand-off at an angle, fit in palm between fingers and thumb.
- Feet must face forward, no cross-over step.
- 20 steps from acceleration zone, for mark

Teaching aspects

- Down position vs. upright, arm drive.
- Must anticipate, be consistent!!!
- Hand-off-keep running form, no windmill!
- Verbal command "Reach, go , stick"
- Other option, 4th pump hand goes back.
- Practice often, practice fresh towards end of season. Practice in lane 1 and 8 too!

4X100 Drills

- Hand slap, eyes front, inside-outside, "Stick" all in one motion.
- Indian run- 4-6 runners, 800M, anchor sets baton on ground.
- ½ Speed exchange, indoor hallway.
- Full speed timed exchange. Time every exchange from mark to end of exchange zone, 4.0,3.8,3.6—always get baton thru.

4X200

- Positions- know your team, who competes, front runners and chasers.
- 6 members on team.
- Best two runners first and last.
- Semi-blind hand off vs. blind.
- Most difficult to simulate for practice
- Time runners their final 40m for simulation

4x200 teaching points

- 15 steps
- Run through the exchange!!!!
- Options 1. Sprint for 3 arm pumps then reach. 2. Sprint to exchange zone then level speed, with reach. 3. Go for it, similar to 4x1.
- Change starting point depending on option. Move up or back in accel. zone.

Starts and Blocks

- Block set-up
- Determine lead leg
- Lead knee on line, mark toe, mark other toe to establish set up.
- Toes on ground, don't set blocks too high
- Equal foot pressure, back in blocks
- Hips higher than head, front leg 120
- Back leg 90 degrees

Starting principles

- Power phase, get up and run, don't pop up
- First step in front of start line, not too far
- Driving action of legs, drive with both legs, jumping out of the blocks.
- Arm action- Lead arm drive forward with force
- Trail elbow of arm drives back then thru.

Block and Starting Drills

- Reaction time, work on mental imagery, don't anticipate (hand slap drill)
- Harness drill (stand behind, while in blocks)
- Pressure on shoulders, for arm action and burst
- Video tape athletes during power phase

Competitive drills

- Indoor 40m block times
- Outdoor eliminator (Start with 8, work down to 6 then 4, 2 , winner) 20m, 30m, 40m.