



# **Relay Concepts & Coaching Dilemmas**

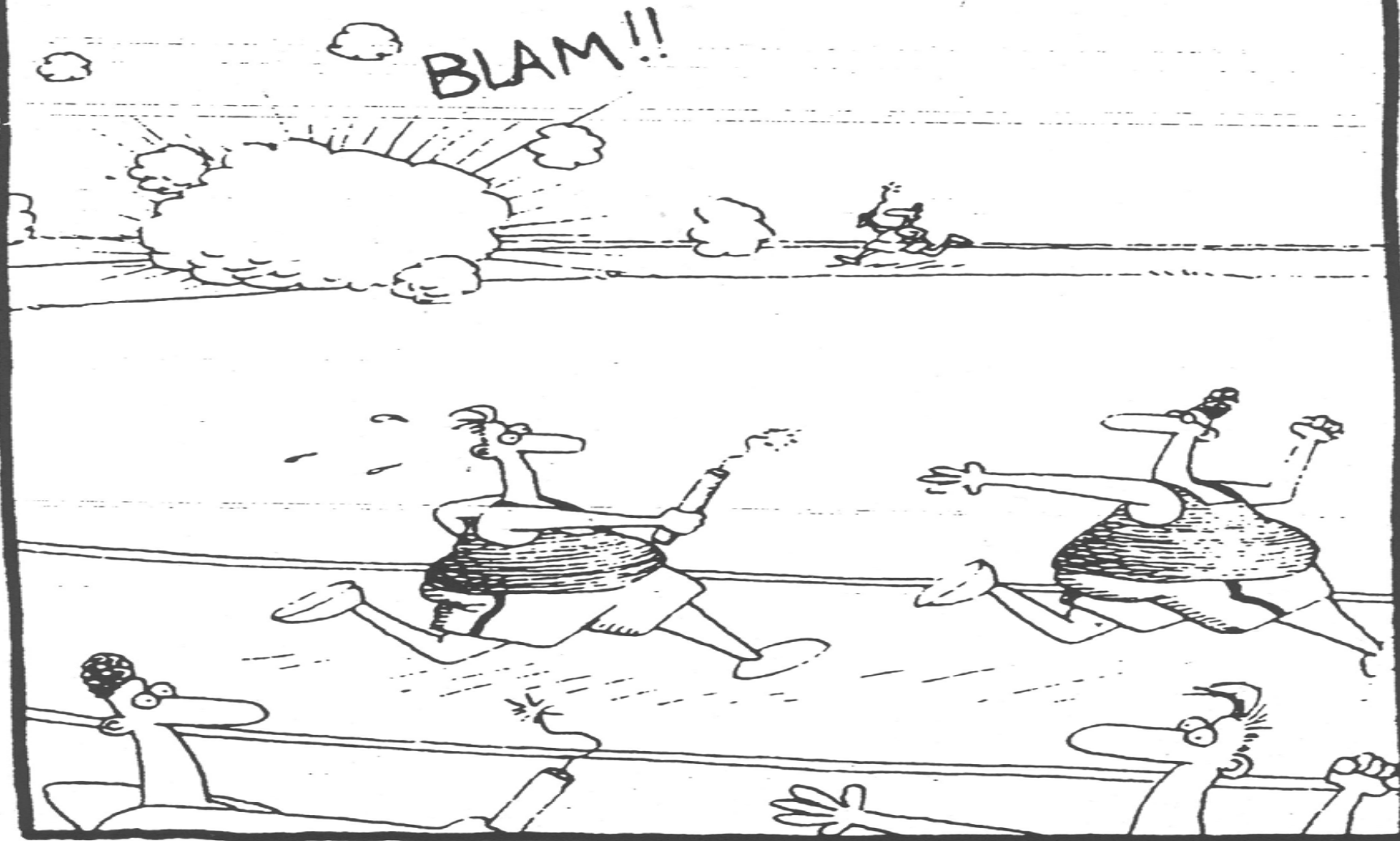
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**Klein Forest / Summer Creek**

**Houston, Texas**

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MOORE



**Dynamite Relays**

**4x1 – 24 Years in a row under 42.0**

**Average = 41.4**

**4x2 – (Added to the state Meet 10 Years Ago)**

**Under 1:26.40 – 4 Years**

**4x4 – 24 out of Last 26 Years 3:20 or Better**

**2001-2007 = 3:14.58 Average**

**1995-2008 = 3:15.78 Average**

# Sprint Relays

- **4 x 1 – 4 x 100 - 400 Relay – Sprint Relay**
- **4 x 2 – 4 x 200 – 800 Relay – ½ Mile Relay**
- **4 x 4 – 4 x 400 – 1600 Relay – Mile Relay**

# **4 x 100**

**1. Batons & Starting**

**2. Method of Exchange**

**a. R-L-R-L**

**b. R-R-R-R ?????? Worth It?**

**c. Runner's Position**

**In/Out**

**Feet – 3 or 4 point or Standing**

**Body**

# **4 x 100**

## **4. Checkmarks – Line vs. Box**

**Athlete's Choice?**

## **5. Markers**

**a. Tape**

**b. Tennis Balls**

**c. Poly Spots/Gym Markers**

**d. Bath Mat**

**Remove all Tape & Marks From Lane**

# 4 x 100

## Baton Exchange -

a. Command ???

b. Hand Placement – No Table



## c. Aim Point





## d. Wait for Target & Push Top



# \*\*\*Baton Goes From Vertical to 45 Degrees



**e. No Command**

**4-5 cycles**

**Mark in Zone ?**

**Safety Mark ?**

**4 x 100**

**Drills –**

**1. Stationary**

**2. On Track**

**Full Speed ?**

**Distance**

**Fatigue**

**4 x 200**

**Blind or Visual**

**Method of Exchange**

**1. R-L Switch**

**2. R-L-R-L**

**3. R-R-R-R**

**Runner's Position**

**4 x 200**

**Checkmarks**

**2/3**

**3 Cycles**

**Zone Marks**

**Move Up in Zone**

# **Runner's Responsibilities (Must Be Separated)**

## **Incoming**

**Run Past/Run Over**  
**Don't slow**  
**Command Early (If Used)**  
**Key Elbow**  
**Look for Palm**  
**Wait for Target & Push Top**  
**Stay in Their Half**  
**Give Top 1/3 (Bottom 1/3)**  
**Make Sure It's Taken**

## **Outgoing**

**Full Speed – Run Away**  
**Stay in Their Half**  
**Heel Back**  
**Don't Look**  
**Don't Search**  
**Take Baton**  
**Adjust Speed at Safety Mark**  
**Don't Switch – Carl Lewis**  
**Adjust Baton Early -**  
**Twist-Hip-Chest-Gator?**

# **Additional Thoughts on Blind Exchanges**

**1.Bonzai Attitude – “Willing To Lose”**

**2.Coach Must Be There at All Times**

**3.Coach Must Find & Set Mark**

**4.Watch From Afar**

**5.All Choices Based on Weaknesses**

**6.Most Reliable To Receive From Thoroughbred**



# 4 x 400

## A. Baton Exchanges

1. Torch

2. 3 Step

3. Drew's Drop

**3 Step**

**Drew's**

**Drop**



**4 x 400**

## **B. Methods of Exchange**

**1. R-L Switch**

**2. R-L-R-L**

**4 x 400**

**C. Method Of Carry**

**Regular**

**Gator**

**D. Checkmarks ?????**

**3<sup>rd</sup> & 4<sup>th</sup> Leg =(10<sup>th</sup> HH mark)**

**4 x 400**

**E. Alignment**

**Inside**

**Window**

**Block Out**



# Penn Relays

## 4 x 400



Trackshark.com  
COLLEGE TRACK & FIELD



# Runner's Responsibilities

## Incoming

- Run to Window
- Run Thru Zone
- Present When Palm Appears
- Hit The Hand The 1<sup>st</sup> Time
- Make Sure They Take It
- After Pass, Complete Stop  
Look Before Moving  
(Unless in Lane 1)

## Outgoing

- Create Window
- Pull Runner Thru Zone
- Take Baton – “Choke it”
- Adjust After 3, if needed
- Switch Hands, When Clear  
(Anchor ???)
- Use first 5 to 6 seconds

# **Coaching Points**

**Walk Track Before Meet**

**Warm-Up in the Lane They Will Be Using**

**EMPHASIZE TEAM**

**NEVER ASSUME an athlete knows even the simplest rules**

**DON'T CHASE**

**DON'T WASTE YOUR BEST ATHLETE**

**Get The Big Picture = Watch From a Distance**

# Personnel & Strategy

-Is Curve running important?

-Consistency

-How do they handle the baton?

-Competitiveness

-Are they better in lead or behind?

-Experience:  
(everything else being equal)

-Can they use left/right hand?

-Use of alternates:  
Develop depth  
Train alternate in several spots

-Can they run out of blocks?

# **4 x 100 Potential**

**Add up your 4 runners 100 Meter Times  
& Compare to Relay Time**

**Great Passing = > than 2.5 sec Difference**

**Very Good = 2.3 to 2.5 Difference**

**Good 1.8 to 2.3 Difference**

**Less than 1.7 = Work Still Needed**

# Klein Forest 2007

## 400 Meter Relay

**1<sup>st</sup> Leg = 11.14 Actual Time = 40.56**

**2<sup>nd</sup> Leg = 10.61**

**3<sup>rd</sup> Leg = 11.24 Difference = 2.82**

**4<sup>th</sup> Leg = 10.39**

**43.38**

**Great Passing??**

# 2<sup>nd</sup> Exchange of Nation's Leading 40.56 Relay



**What could Have Been?**



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