

North Shore Track and Field

Sprints and Relays Presentation

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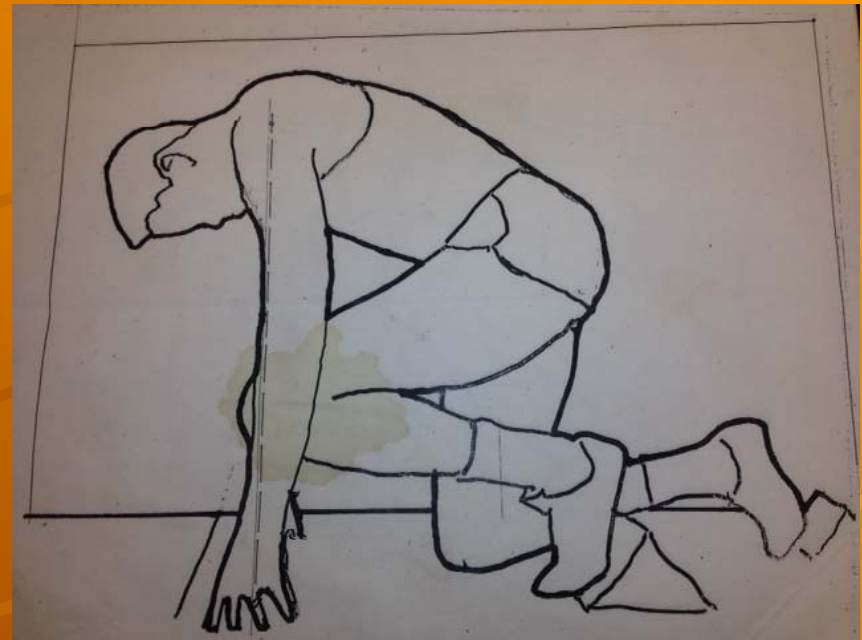
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Block Starts

◆ Coaching points

- Knee on the side of the ball of the foot to slightly in front if more comfortable
- Back thigh should be perpendicular to the ground
- Ball of the foot should be on the block
- Shoulders should be directly over hands
- Front leg should be bent at a 45 degree angle
- Eyes down



Block Starts (Set position)

- ◆ Coaching Points

- On set, front leg should open to a near 90 degree angle ready to explode

- This should bring the hips above the shoulders

- Shoulders should roll forward slightly in front of the start line

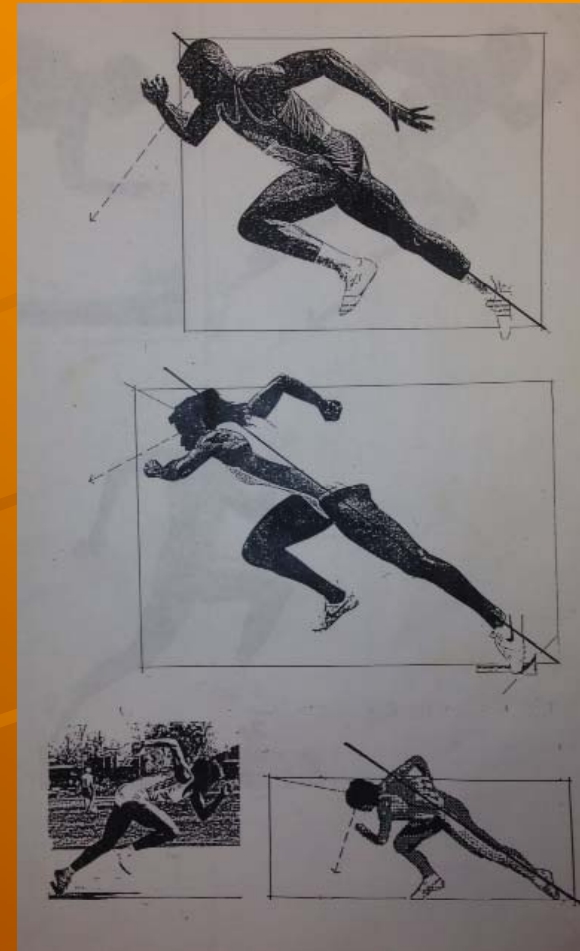
- Eyes should remain down



Block Starts (Take Off)

◆ Coaching Points

- Think powerful start not quick start
- Should be no bend in the waste (get triple extended)
- Eyes should still be down but looking slightly in front and underneath themselves
- Be intense!
- The more intensity the more power and explosion that will be generated out the blocks
- Big arms! (Elbow separation)



Acceleration Patterns (Stick Drill)

First 40 meters of 100

◆ Coaching Points

- Push! Be powerful!
- Knee up ,toe up ,heels down
- Ball of the foot must strike directly below the hip
- Be aggressive and don't stop pushing through the pattern
- We start our kids out with just 3 steps then work our way up to 18-22 by seasons end.



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Wicket Drill

Last 60 meters of 100

◆ Coaching Points

-Run Tall! This will allow full range of motion on leg cycle

-Knee up, toe up, strike the ball of the foot into the ground and push

-Focus on the heel coming up through the hamstring and not up to high



Relays

4x100 Relay



4x100 Relay Basics

- ◆ Get the baton safely around the track as fast as possible.
- ◆ Place mark down by taking steps away from exchange zone
- ◆ Because they run turns, the 1st & 3rd legs run in the left (inside) half of the lane, and they receive / hold the baton in the right hand
- ◆ The 2nd & 4th legs run in the right (outside) half of the lane and receive / hold the baton in the left hand



4x100 Relay

◆ Structure:

- ◆ • 1 x (120,140,140,120) relay
- ◆ • Due to the overlap of each leg, actual sprints are significantly longer than stated



Personnel Placement

- Search for the best chemistry
- Find your competitors
- Disciplined and reliable athletes
- Degree of difficulty:
 - 3: 140m, Need to be able to receive and give baton, tougher to judge runner coming down straight away
 - 2: 140m, Need to be able to receive and give baton, a little easier to judge incoming runner off of a curve
 - 4: 120m, Just needs to be able to receive baton with incoming runner coming off the curve
 - 1: 120m, maybe the most reliable? Just needs to be able to give the baton

Personnel Placement

- ◆ 1st Leg: good starter, good turn runner, trouble receiving pass, shorter
- ◆ 2nd Leg: good baton handler, taller, lefty, well-developed speed endurance, faster than 3rd leg (?)
- ◆ 3rd Leg: good baton handler, good turn runner, shorter, well-developed speed endurance, slower than 2nd leg (?)
- ◆ 4th Leg: not necessarily fastest, aggressive, resilient, handles pressure well, has to be a great competitor

4x100 Relay Training

🌟 Things to consider:

- Start off without using a baton to get a proper mesh point between incoming and outgoing runners
- Start practicing early at least twice a week
- Use a consistent training approach (at least 40 meters)
- Make it realistic (100% intensity)
- Always finish every pass! Don't quit in the zone in practice!
Creates bad habits
- Always stress disciplined eyes!
- We run our Varsity, JV and Freshmen against each other in practice with the varsity having the inside lane to help them with keeping their eyes disciplined.

Incoming Runners Responsibility

- Run in with aggression – Try to run past outgoing athlete
- Stay in your half of the lane
- Wait for target to appear. With eyes, find the 3rd knuckles (aim small, miss small)
- Look baton into target and push it through their hand
- Run through and well past the exchange (try to beat them out the zone)



Outgoing Runners Responsibility

- Take off focusing in on your acceleration pattern (push and be powerful)
- Leave on Time – Read the mark consistently from stance. When in doubt, better a little late than too early
- Disciplined eyes! Don't watch the race!
- Try to leave incoming runner
- Stay in your half of the lane half of lane
- Give a steady target. Make it easy on them!
- Close hand when baton is felt. Don't snatch it from them
- Keep pushing on your acceleration pattern after exchange is made
- Don't let the baton slow down in the zone! The ultimate goal for a great exchange!

Troubleshooting

- First check: did outgoing athlete leave on time?
- Second check: did outgoing athlete leave aggressively?
- Third check: did incoming athlete accelerate aggressively?
- Misc check:
 - Did incoming wait on target to pass? Look at target hand? Give top of baton?
 - Did outgoing give proper target? Keep hand still? Snatch?



Relays

4x200 Relay



Personnel Placement

- ◆ Selections of athletes- Strong sprinters-ones that can maintain their speed longer
- Selection of who should run each leg:
- First leg-reliable starter, may have trouble receiving baton
- Second Leg- Fastest or second fastest, stagger breaker
- Third Leg-the shortest leg, the one that doesn't finish as strong.
- Fourth Leg- Fastest or second fastest-but a good finisher-does not give up- a good competitor.

4x200 Relay Basics

- ✦ Get the baton safely around the track as fast as possible.
- ✦ We get our marks by taking steps back into the zone from the small triangle then triggering off the small triangle
- ✦ The 1st & 3rd legs run in the left (inside) half of the lane, and they receive / hold the baton in the right hand/ Can be vice versa
- ✦ The 2nd & 4th legs run in the right (outside) half of the lane and receive / hold the baton in the left hand/ Can be vice versa

Incoming and Outgoing Runners

- The same rules apply for the 4x200 as the 4x100 though at the beginning of the year outgoing runners need to be aware of the speed of the incoming runner as most will die down coming into the zone.
- A non-visual exchange will be used with the same techniques discussed as the 4x100



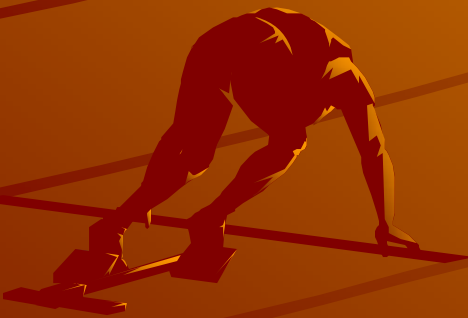
4x200 Meter Training

🌟 Things to consider:

- Start off without using a baton to get a proper mesh point between incoming and outgoing runners
- Start practicing early at least twice a week
- Use a consistent training approach (at least 40 meters)
- Make it realistic (Try to simulate it how its going to be after the incoming runner has run his full 200 especially at the beginning of the year)
- Always finish every pass! Don't quit in the zone in practice!
Creates bad habits
- Always stress disciplined eyes!
- We run our Varsity, JV and Freshmen against each other in practice with the varsity having the inside lane to help them with keeping their eyes disciplined and get a feel for how fast their incoming runner will be coming into the zone.

Relays

4x400 Relay



Personnel Placement

First Leg- a runner that will get you the lead, or in the thick of competition. Make them use starting blocks. Stick in the right hand. The lead off runner will run in their assigned lane for a lap.

Second Leg- a good competitor, someone who will give your team his or her best. The second runner will run one turn in their assigned lane.

Third Leg- this leg could be your fastest runner. Their job is to get you the lead back or stretch out your lead. This exchange is a California exchange, so they need to know how to handle being pushed/bumped.

Fourth Leg- your best competitor, one who will not give up. One who will fight to the end.

4x400 Relay Marks

- Our second leg will use the 4x4 exchange zone triangle in their inside lane as a trigger mark. If they are in lane 1, they will use the last 300 hurdle mark before the finish line as their mark.
- Our third and fourth leg will use the last 300 hurdle mark before the finish line as their mark as well.



4x400 Relay Exchanges

- Practice so each runner will get the stick at the assigned place (on or near the finish line)
- First/third leg runs longer than second/fourth.
- The exchange is a visual exchange.
- Out-going runner forces the in-coming runner to drive into the exchange.
- The outgoing runner will drive out 3 hard steps then turn their shoulders while their hips stay forward then lift his left hand above his shoulder to receive the baton.
- As outgoing runner receives the baton they should switch it from their left hand to right hand to maintain a left to right pass for all exchanges

4x400 Relay Training

Things to consider:

Make it realistic (Try to simulate it how its going to be after the incoming runner has run their full 400 especially at the beginning of the year)

Practice a physical California exchange with the 3rd and 4th legs twice a week.

Coach your second leg to take a good angle on the break and don't be too sharp on it. Gain Ground on the break!

