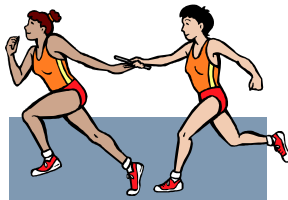


4 x 100 Relay: Personnel Selection and Practice

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- Do or DIE! – Never play it safe.
- Risking a missed pass
- Willing to fail and return
- TEAM
 - Athletes and COACH

Attitude

- No judgment about the others allowed.
- Incoming does his job.
- Outgoing does her job.
- Coach does his job.

Separate Responsibilities

- Leave with aggression – Try to leave the incoming runner
- “Ankle-Ankle-Calf-Calf-Knee...”
- TRUST THE MARKS!! Leave on time – Read consistently from stance. Never guess. One move, not 2 or 3.
- In practice and dual meets, NEVER SLOW DOWN OR STOP.
- Present “still” target
- Do not grab at baton blindly. Close hand when baton strikes heel of hand.
- After reception, continue to accelerate with aggression.

Outgoing Runner

- Run in with aggression.
- Try to run through the outgoing athlete.
 - In Practice and Dual Meets, DON'T SLOW DOWN.
- Respond to target with push pass.
- Look the baton into the target.
- Run through and well beyond the pass.

Incoming runner

- Manages personnel, sets athlete order.
- Teaches exchange mechanics, coordinates practice.
- Sets the "go" marks. (Competition mark derived from aggressive practice)
- Change personnel when needed.
- "The art of coaching is nothing more than organized common sense." -Vern Gambetta

Coach

- Best starter (if possible)
- Aggressive – Set the table!
- Hurdler? – Turn running is rhythmic like hurdling.
- Long Jumper?
- Shorter athlete?

Leg 1

- Fastest or 2nd fastest (usually longest leg run)
- 400 runner.
- Must be able to give and take.
- Confident in marks!!!!!!
- Taller?

2nd Leg

- Mentally strongest
- Hurdler?
- Long Jumper?
- Shorter athlete?
- Must be able to give and take

3rd Leg

- True Carnivore!!
- Fastest or 2nd fastest
- Mentally tough.
- Take a handoff in all situations



Anchor

- 3
- 2
- 4
- 1

Which Leg is Most Important?

- CHEMISTRY AND DEDICATION TO THE TEAM!



More than anything I've Said:

- Stay Tall – You can not sprint bent over.
- Lead with bent elbow back and slightly sideways.
- Extend lower arm and present flat hand with thumb down.
- Keep arm/hand still for a quality target.
- When baton hits hand, close hand and continue sprinting.

How to take a 4x100 handoff:

- When hand is presented, punch upright baton into target with a normal, extended hand. DO NOT WINDMILL THE BATON!
- Let go of baton when outgoing runner closes hand.
- Run through the ENTIRE ZONE; even after handing off

How to Give a 4x100 handoff

- Consistent training approaches –60m
- Coach must watch mark, make judgments and give feedback.
- Finish every pass – no quitting in zone during practice for this is where you get good and solve problems. Explain problems and successes.
- Time baton through zone.

Important considerations:

- TEACHING THE EXCHANGE:
CONTINUATION
- Set up: 60m run in to outgoing sprinter / 20m run out past zone for incoming & outgoing
- Kinovea.com
- Dartfish
- Hudl.com

VIDEO

- Incoming athlete accelerates through and past zone - solo
- Outgoing athlete accelerates through and past zone - solo
- Set "go" mark at 17&5 heel-toe steps. Use adjacent lanes
- Combined acceleration through and past zone (until correct) – without baton

No Baton

- "Push" pass
- Partner Jog and Go x 3
- 50% x 2 -----75% x 2 -----
100% x 3 (NO MORE THAN 3).
- Race through the zone!!!

Introduce baton

- Partner Touch x ?
- Partner Touch and Give
- Partner Give
- Give down the line
- Race (static)

Drills

- Mon – Standing drills; jog and go; 50, 75, 100
 - On Turn (1&2, 3&4)
 - Back Stretch (2&3)
- Tues – Standing drills
- Wed – Similar to Monday*
- Thu – Dual Meet
- Fri – Standing or 50 & 75
- Sat - Invite

Weekly Practice

- EVERY DAY IS RELAY DAY
- EVERY DAY IS ACCELERATION DAY

- Continue YOUR education
- Read articles from differing points of view
- Decide what will work best for your situation and do your best to perfect it.
Don't skin the dog 1,000 different ways.

- Anderson, V. *4x100 Relay Symposium, 2010*
- Hoddle, B. *Best in West Clinic*
- USATF LEVEL II SCHOOL, 1996
- Veney, T. *Junior Elite Sprints Camp, 1995 & 1996*

References