***Keys to maximizing the drive phase.***

***Jay Miles, Aloha HS***





* Drive phase is a violent occurrence.
	+ Greater forces are needed to overcome resting inertia.
* Form over distance.
	+ A shorter drive phase executed correctly is more valuable than o longer one done in poor position.
	+ The goal for an efficient HS sprinter is about 25m drive phase. But only when the proper form is in place.
* Greater ground contact times
	+ Each step is a long push to full extension.

Notes:

|  |
| --- |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |