



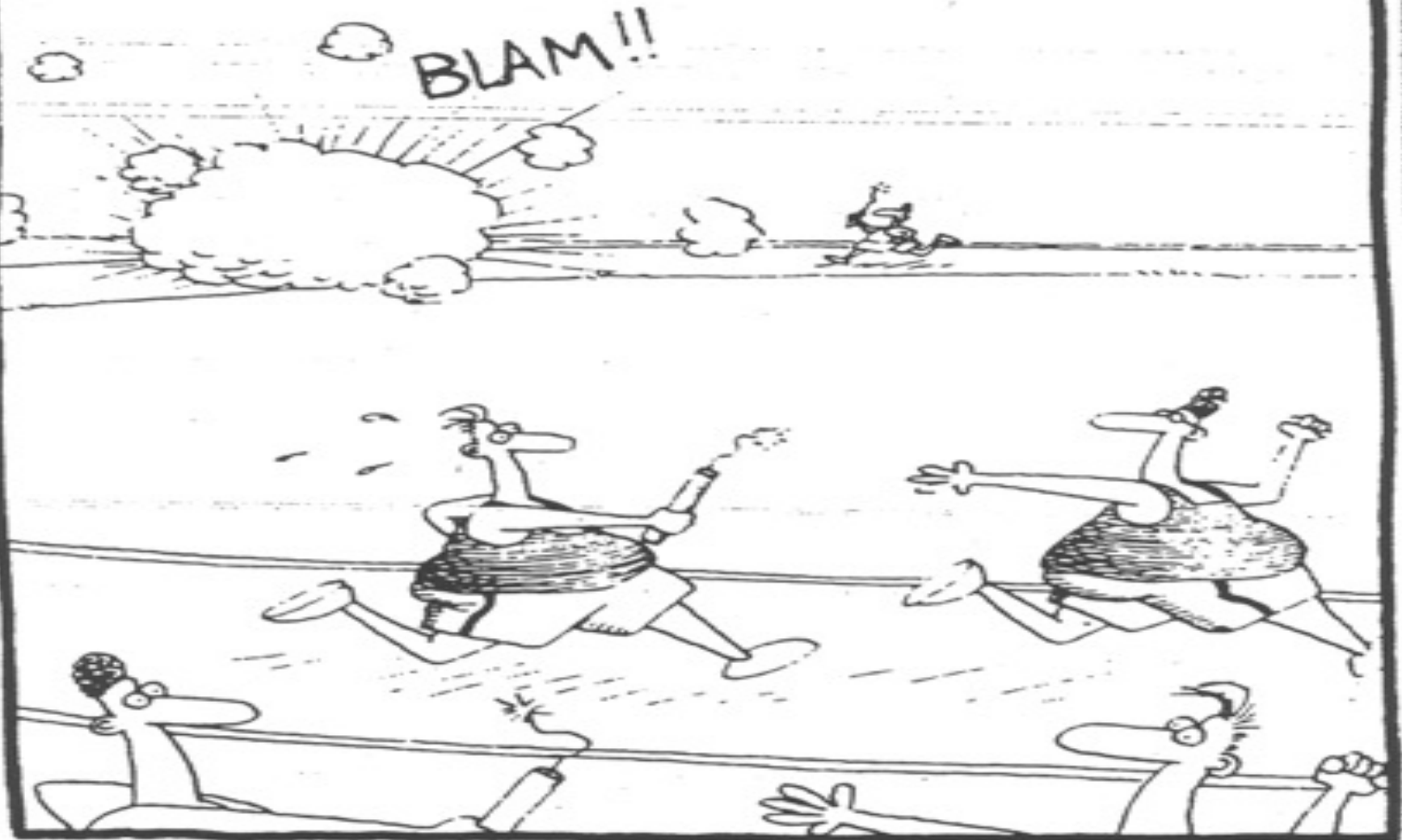
Relay Concepts & Coaching Dilemmas

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Moore

BLAM!!



Dynamite Relays

4x1 – 24 Years in a row under 42.0

Average = 41.4

4x2 – (Added to the state Meet 14 Years Ago)

Under 1:26.40 – 7 Times

Best of 1:24.08 (Broke existing NFHS Record)

4x4 – 26 out of Last 30 Years 3:20 or Better

2001-2007 = 3:14.58 Average

1995-2008 = 3:15.78 Average

4 Best Former Athletes = 2:58.6 (45.90, 44.6r, 44.6r, 43.5r)

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



****Keep Baton Vertical, but Reality is
Baton Goes From Vertical Towards 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

Dual Accelerations

Dual Accelerations

Max Velocity

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

15-16 Foot Lengths for Boys & 13-15 for Girls

2/3 of 4x100

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. 3 Step

2. Drew's Drop

3. Torch

3 Step



Drew's Drop



Torch w/ Gator Carry





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 ?????

2nd Leg = 2 Strides before Lane Inside Start Mark

3rd & 4th Leg = 2 Strides Before 10th HH mark??





4 x 400

E. Alignment

Inside

Window

Block Out

Feet on Side of Triangle



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 1st 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

Relay Booklet

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?
- How do they handle the baton?
- Are they better in lead or behind?
- Can they use left/right hand?
- Can they run out of blocks?
- 200M Runner to lead off?
- Consistency
- Competitiveness
- Experience:
(everything else being equal)
- Use of alternates:
Develop depth
Train alternate in several spots

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 st Leg	=	11.14	Actual Time = 40.56
2 nd Leg	=	10.61	
3 rd Leg	=	11.24	Difference = 2.82
4 th Leg	=	<u>10.39</u>	
		43.38	Great Passing??

2nd Exchange of Nation's Leading 40.56 Relay



What could have been?



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