

Sprint Basics:

Keys to Effective & Efficient Sprint Practices

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Objectives

- Leave you with ideas for organizing what you already do.
- Provide structures for planning & incorporating all the aspects we must teach & train in sprint events.
- Provide useful drills for implementing with a large group and athletes with a wide range of knowledge/ability
- **What we will cover...**
 - Organizing training groups
 - Structuring practice
 - Organizing daily routines
 - Instructing technical elements to large groups

The Realities We Deal With

- Other Spring Sports: 5 MSHSAA Boys, 4 MSHSAA Girls
 - + school club team, outside club teams
- Boys & Girls Sprints/Jumps/Hurdle
 - 40-50 athletes
 - 15 varsity athletes
 - 12 state qualifiers
 - 5 State Champs/ All-State
- Sprints/Jumps/Hurdle responsible for 11 of 19 events
- Number of coaches available
- Weather
- Facilities & Equipment
- TIME!!!!

START HERE:

What do we want the athlete to do at a meet?

- Be versatile- most important
 - Have range: run up or down
- Need kids to be multi-eventers (high work capacity)
 - Open races, relays, field events
- May need time to develop into a specific event
Must run before you can jump...or hurdle

So, all we gotta do is teach kids to:

- PROPERLY Warm up
- PROPERLY Cool down
- Proper sprint mechanics
- Increase flexibility
- Increase strength
- Increase power
- Increase self confidence
- Accelerate
- Set blocks
- accelerate from blocks
- take a blind exchange (Left hand)
- give a blind exchange (Left hand)
- take a blind exchange (Right hand)
- give a blind exchange (Right hand)
- share the lane on an exchange
- Take off at the right time for an exchange for a 4x1
- Take off at the right time for an exchange for a 4x2
- take a open exchange
- give an open exchange

- LJ/TJ/HJ approach
- Take off mechanics
- Flight mechanics
- Trail legs
- Lead legs
- Lead arm
- Trail arm
- Take off mechanics
- Alternate over the hurdles

Don't forget,
our #1
responsibility:

**Make
them
fast!!!**

CONSIDERATIONS FOR TRAINING GROUPS

Question 1: What do I want THIS kid to be able to do in a meet? *Consider the individual's abilities & skill set*

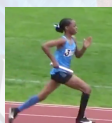
Question 2: What are the demands of the event(s)? Or the commonalities? *Energy System focus: That's where you train*

Question 3: What is the athlete's TRAINING AGE? And where are they coming to me from?

- RIT- Ready for Instruction Today
- Not tied to grade level or actual age
- Develop the skills & base they need for growth

CREATING TRAINING GROUPS

- **Baylor: Main varsity group**
 - Training centered on 400m (create the most versatility)
 - High training age required (pre-season foundation)
 - Sometimes modify for a younger athlete so they can still train with the group
- **Aggies: Varsity short sprinters**
 - Training from a 100m/200m focus
 - High training age (pre-season foundation)
 - Fundamentally sound, focus on advanced technical elements
- **TEXAS: Newbies, JV**
 - #1 factor is young training age (no pre-season foundation)
 - Mostly modified training plan from Baylor- these kids need quick gains (emphasis placed on Anaerobic (Glycolytic) training)
 - Easiest area to make substantial & impactful gains



TRAINING GROUPS

- **TEXAS: Newbies, JV**
 - Tiered workouts: GOLD, SILVER workouts for those who can handle more (physically and or mentally) coach discretion
- **Additional Groups depending on the team make up:**
 - **FLORIDA: Hurdles**
 - **GEORGIA: Jumps**
- **Moving Groups:**
 - Ability to perform more or less volume
 - Event specificity (how will they best help this year)
 - Injury
- **Other Grouping Ideas**
 - Countries, based on strong traditions
 - Famous Athletes, based on success in events

DAILY ROUTINES: Considerations

- General to specific *with everything in the routine*
 - Low lunge ----- A/B Skip
- Slow to Fast *with everything in the routine*
 - (build up, acceleration, sprint)
- Abide by the energy system focus of the day
 - Speed Workout: (87-95%)
 - Strength Workout: (75-85%)
 - Recovery Day: low intensity & low volume
- Energy system focus will determine:
 - Warm up, supplemental drills, workout, supplemental work, strength training

INSTRUCTING TECHNICAL ELEMENTS

- Early season lessons- Recovery Days (March- 1st week of April)
 - Week 1: Sprints/Jumps/Hurdles introduction
 - Week 2: Block starts
 - Week 3: Exchanges
 - Week 4: Meet etiquette
- Asst. Coaches & Captains present (*shared language)
- Technical instruction on recovery day (typically Wed. & Fri.)
 - 3x20min stations: 1. Block Starts (coach), 2. Exchanges (coach), 3. Foam rolling & band work
 - Early season when all together, experienced kids help instruct & lead
 - Keep things basic and only 2-3 cues (RIT, what do they *really* need to know?)
 - Once into Competition Phase (April-May) blocks & exchanges incorporated into workouts

Station 1: Block Starts

- 6 lanes w/ blocks, 3 kids per lane @ the 100m/110m start line, chute area
- Group sets their blocks and gets 2-3 starts on their own
- W/ commands: 2 starts per group, rotate x2 (6 total)

Setting the blocks

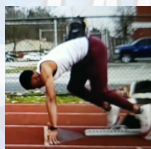
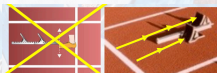
- Establish a front leg: Push Test, name in sand test, lay-up
- Setting up the pedals: Don't worry about the top of the set
- Heel @ start line, 2 (shoes) to front pedal, 3 (shoes) to back pedal

Coach check points for "Mark" Position:

- Hands (thumb under shoulder, arch hands)
- Knee clearance, about 1" behind line when down
- Feet on pedals to push

Coach check points for "Set" Position:

- Eyes down on start line or back foot
- Hips above the head
- ***Front knee @ 90, back knee @ 120-130



Coaching Points for GUN!- Initial Explosion

- Mindset: Heavyweight fight: Ali vs Tyson: apply a force: Throw big punches

1. Separate the hands

- "Show the starter your arm pit."
- "Get the hands as far from each other as possible"
- Don't care about exact 90 degree angles, but want bend for stretch reaction

2. Throw big punches w/ knees

- knee to chest & "Sweep the feet low"



1. Separate the hands
What we want

2. Throw big punches w/ knees
vs What we get



Station 2: BLIND EXCHANGES

What We Want in a Race from INCOMING Runner

- Baton is upright, not pointed down
- Baton moves forward, not down
- Punch straight ahead

What We Want in a Race from OUTGOING Runner

- High:** chest level
- Flat:** palm facing incoming runner w/ thumb down
- Consistent hand placement



Station 2: BLIND EXCHANGES (Wall Drill)

• Wall Drill:

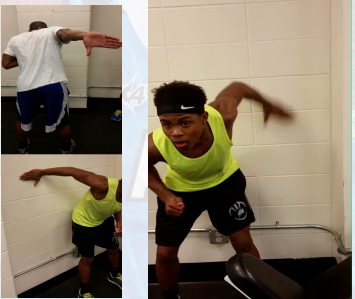
Outgoing runner

- Work on consistent hand placement:
- High= chest level
- Flat= thumb down, palm to runner

• lined up on a wall

• call “stick” hand smacks the wall

• Alternate hands



Station 2: BLIND EXCHANGES (Stationary Drill)

- Warm up the hands & eyes
- Practice: Always before exchanges
 - Switch order & hands
 - All the Time!!!
- Meets: After spiking up (order)

Runners line up offset to match up hands

No set order

Change order & hands

Stationary Series:

- 2x Stick-Stick-Stick-Take
- 2x Stick-Stick-Take
- 2x Stick-Take
- 2x Take
- 3x All Take

COACHING CUES

• Incoming runners:

- Eyes on target/elbow
- Wait for hand & punch straight

• Outgoing runner:

- Hand High & Flat

Stationary Drills "Stick- Stick- Stick-Take"



Stationary Drills "All Take"



Additional Considerations for Exchanges (mid-season)

- Incorporate exchanges into the workload of the day/week
- Don't fly through exchanges on a "tech" or recovery day
 - 4x1s on speed days, 4x2s on tempo days, 4x4s as build ups and or on low intensity day
- Rep 1-2 & 3-4 at the same time (V, JV, boys, girls)
- Stationary exchanges often as possible
- Always work in the alternates
- Attention to detail, demand it!
- Must be focused at ALL times (limit # of reps)
- Always make the exchange!

When to work exchanges...

Ex: COMPETITIVE PHASE (Week 8 of the season)

MON	TUE	WED	THUR	FRI	SAT	SUN
SPECIAL END. 1	EXTENSIVE TEMPO	ACTIVE REC.	SPEED ENDURANCE	ACTIVE REC.	MEET	ACT. REC.
-4x4's w/ build ups	-8x30m wicket -4x2s (x4)	Stationary 4x1s, 4x2s -Run through 4x4's	4x1 (x3) as accel. Work (4x30m)	Stationary 4x1, 4x2 x's -Run through 4x4		-15min easy jog -15min static stretch routine
WORKOUT 2x450m@ 87% 13min (r) 3x200m@ CBP 2 min (r) 1x300m@85%	WORKOUT 6x200m@ CBP 1:30-2 min (r)	-extended hurdle mob.	WORKOUT 4x220m@ 90% 7min (r)	-Form starts		

Closing Thoughts

The Art of Coaching the Sprints: Put your stamp on what you do.

- Do everything with a purpose! Pair skills and technical elements w/ workout focus
- Plan the work in advance: Schedule time early season for teaching basics
- Help your athletes to become students of their craft (makes adjustments easier & saves time)
- Give your athletes constant feed back during drills & workouts
- Give motor response cue's during intervals, drills that translate to competition
- Know your athletes (training age) when determining training groups
- Be prepared to make adjustment to your sessions on the fly: **Risk vs. Reward**

Thank you!

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