



## Training Drills for Starts

<b>Drill</b>	Partner Push Drill	<b>Purpose</b>	Develop arm and leg drive Allow coach to evaluate efficiency of athlete's start
<b>Reps:</b>	8 x 3-4 steps	<b>When to Use</b>	Beginning of Skill work
<b>Teaching Points</b>			
<ol style="list-style-type: none"> <li>1. Take proper set position.</li> <li>2. Coach stands in front of athlete.</li> <li>3. Coach places hands on athlete's shoulders.</li> <li>4. On command, athlete drives explosively into a fully extended position.</li> <li>5. Coach provides resistance and support</li> </ol>			
<b>Points of Emphasis</b>			
Powerful and Explosive knee drive Strong thrusting arm action			

<b>Drill</b>	8 Step Drill	<b>Purpose</b>	Increase strength and power of start Develop explosive movement patterns Develop consistency in foot strike and leg frequency
<b>Reps:</b>	8 x 8 steps	<b>When to Use</b>	Beginning of Skill work
<b>Teaching Points</b>			
<ol style="list-style-type: none"> <li>1. Begin from a start command</li> <li>2. Drive out of blocks taking only 8 steps</li> </ol>			
<b>Points of Emphasis</b>			
Decrease in time over distance Powerful and explosive coordination of arm and leg action			

<b>Drill</b>	Partner Up Start Drill	<b>Purpose</b>	Improve arm strength and coordination Improve reaction time to start command or sound of pistol
<b>Reps:</b>	8 x 5-10 steps	<b>When to Use</b>	Beginning of Skill work
<b>Teaching Points</b>			
<ol style="list-style-type: none"> <li>1. Take regular push up position</li> <li>2. Lower knees to track</li> <li>3. Move power leg forward.</li> <li>4. Move rear foot about 12 inches behind front foot</li> <li>5. On command, execute start.</li> </ol>			
<b>Points of Emphasis</b>			
Quick knee drive - explosiveness			



## **TOP TIPS FOR COACHING BLOCK STARTS (SKILL DEVELOPMENT)**

1. Practice setting the blocks several times. Develop a strategy with your athlete for setting blocks.
2. Front leg pushes back forcefully to provide needed drive out of blocks.
3. Body moves both forward and upward.
4. Do repeat starts for 10, 20 and 30 meters while maintaining good sprinting form.
5. Concentrate on reacting to the sound of start command.
6. Emphasize using arm action to get out of blocks quickly.
7. Emphasize using force against ground or block pedal.
8. Emphasize that the back foot needs to go beyond starting line on first step.
9. Place colored tape two meters in front of start line on which athlete can focus.
10. Emphasize first moving back foot forward and front arm back.
11. Practice moving arms and back foot at sound of pistol or start command.
12. With your athlete's permission, you may need to physically move their feet and arms into the correct position. This should only be as they learn the skill. For competition they must be able to perform a block start independently.
13. To practice drive (athlete's forward leg pushing against block) out of the blocks, have athlete jump into air from set position and jump in the air and land in set position.

## **TOP TIPS FOR BLOCK STARTS AT COMPETITION**

### **Remind your athletes to:**

1. Raise their hand to the official if they are having trouble with setting their blocks.
2. Take time to set the blocks correctly.
3. Back into their blocks.
4. Develop a routine. Practice it. Repeat it at competition.
5. Relax – breathe.