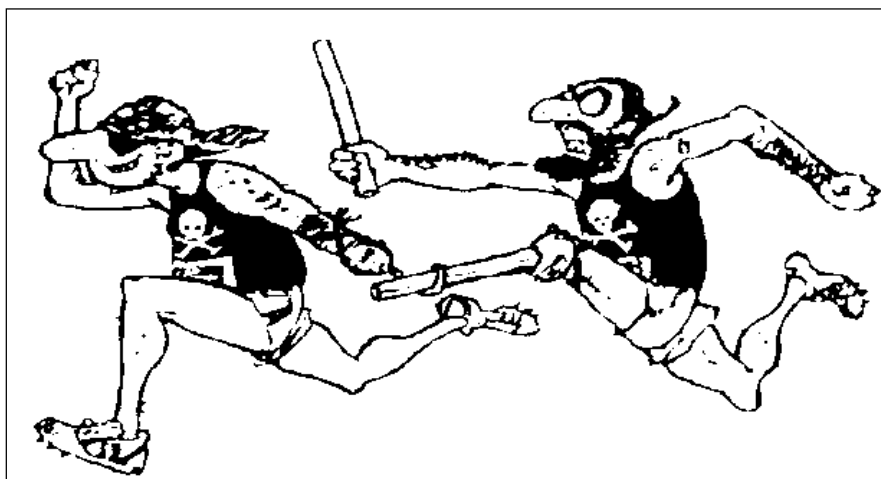


Knowledge
 accumulates
 quickly
 in an **open**
 mind

Learning
 New Skills
 is
FUN

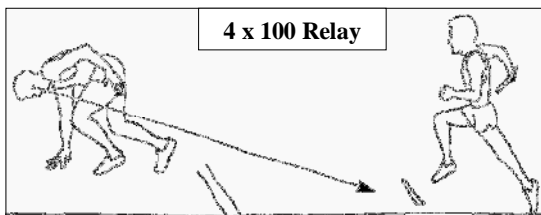
Relays

A Few Ideas



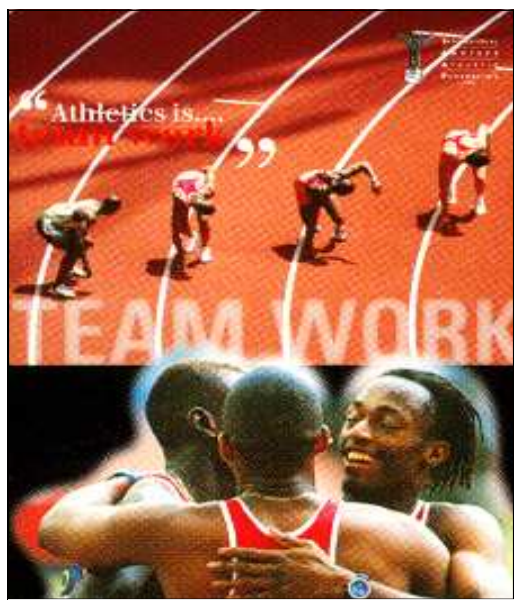
Ideas presented should be adapted to the standard and experience of the athletes,
 and the circumstances in which practice is undertaken

An Eyeful is better than a Mouthful



North West Athletics
 2/72 Hopwood Street, ECHUCA, 3564
 Ph/Fax: 03-54-801-705
 www.nwaswimaths.com

Relays	www.nwaswimaths.com	
4 x 100 Relay: R-L-R-L <table border="1" style="float: right;"> <tr> <td>NWA</td> </tr> </table>		NWA
NWA		
Inside / Outside / Inside / Outside		



Relays
Working Together
 www.nwaswimaths.com

Tags can be awarded to all runners to recognise
 the skills they need to learn and have learnt.

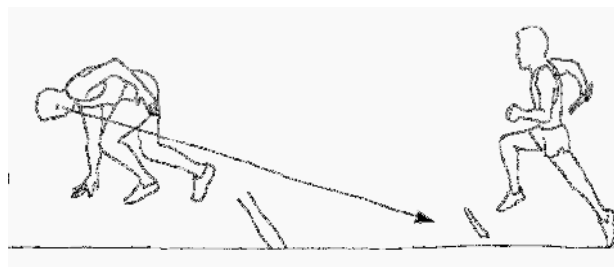
Introducing Relays (1)

Learning
New Skills is
FUN

- 1.1 Video .. Examples.
- 1.2 Upward cf. Downward pass ... discussion / demonstrations
Carrying the baton: **1st. Runner:** *Right Hand* **2nd.** *Left Hand* **3rd.** *Right Hand* **4th.** *Left Hand*
- 1.3 Exchange Drills ... walking / jogging.
- 1.4 Where do I stand in the lane? When do I start running? Am I allowed to run on the line?
Where in my lane, do I run ? (inside or outside of the lane)

Keep it simple

North West Athletics: www.nwaswimaths.com



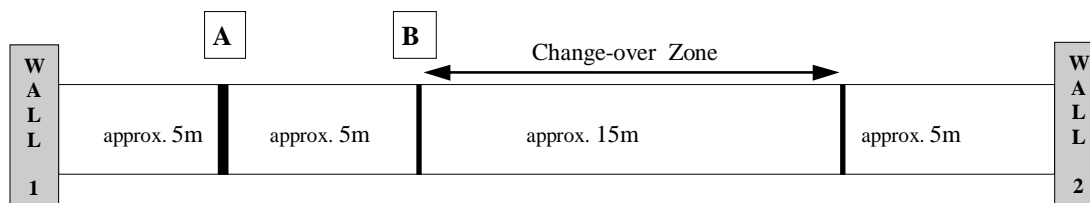
© NWA, 1998

Introducing Sprint Relays (2)

North West Athletics: www.nwaswimaths.com

Learning
New Skills is
FUN

The following practice drill(s) were designed for completion in an indoor, basketball court size stadium (approx. 30-35m); adaptations to many other locations can and should be made ... group activity, with several teams executing at the same time.



Runner 1:

Starts at B, baton in right hand ... sprints to Wall 2 ... touch wall, return, sprinting to Wall 1 ... touch ... return through the change-over zone, passing the baton to Runner 2 ...

Runner 2:

As Runner 1 passes, en route to Wall 1, Runner 2 quickly assumes stance at B ("outside" of the lane) and accelerates when Runner 1 passes the acceleration line (A), receiving the baton in the left hand before the end of change-over zone.

Runner 3:

As Runner 2 passes, en route to Wall 1, Runner 3 quickly assumes stance at B ("inside" of the lane) and accelerates when Runner 2 passes the acceleration line (A), receiving the baton in the right hand before the end of change-over zone.

Runner 4:

As Runner 3 passes, en route to Wall 1, Runner 4 quickly assumes stance at B ("outside" of the lane) and accelerates when Runner 3 passes the acceleration line (A), receiving the baton in the left hand before the end of change-over zone.

	Runner 1	Runner 2	Runner 3	Runner 4
Baton Hand: (starts—receives and carries in ...)	Right	Left	Right	Left
Lane Position: where does the outgoing runner stand?	Inside (Bend)	Outside (Straight)	Inside (Bend)	Outside (Straight)

No runner, at any time, changes the baton to their other hand.

Recommended that each group have 1-2 slow execution relay runs before increasing speed;
also, **all** runners try **all** positions.

After a brief period of demonstration several teams can run through the relay together

Relays are about developing confidence in your team mate(s) .. outgoing runners NEVER look back

North West Athletics: Relays—Keep it Simple

P⁶ ... Only

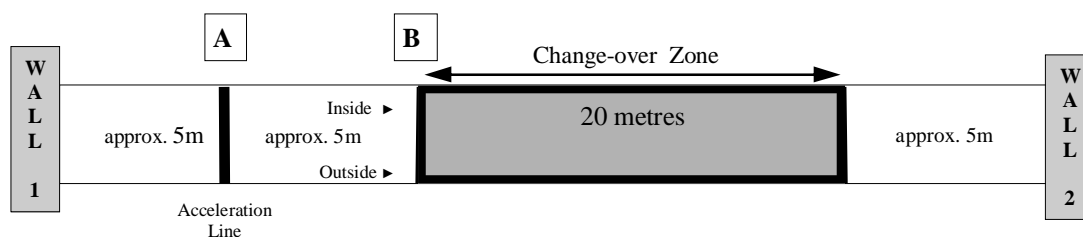
Plenty of Perfect Practice Produces Professional Performance

Lots of Relays

© North West Athletics: www.nwaswimaths.com

Learning New Skills is FUN

The following practice drill was designed for completion in an indoor, basketball court size stadium (approx. 30-35m); adaptations to many other locations can and should be made ... group activity, with several teams executing at the same time.



When the activity is performed outdoors, the segments from Wall 1 to A, and, end of changeover to Wall 2 may be increased to 10 or 15m.

Runner 1:

Starts at B, baton in **right** hand ... sprints to Wall 2 ... touch wall, return, sprinting to Wall 1 ... touch ... return through the change-over zone, passing the baton to Runner 2 ...

Runner 2:

As **Runner 1** passes, en route to Wall 1, **Runner 2** quickly assumes stance at B ("outside" of the lane) and accelerates when Runner 1 passes the acceleration line (A), receiving the baton in the **left** hand before the end of change-over zone.

Runner 3:

As **Runner 2** passes, en route to Wall 1, **Runner 3** quickly assumes stance at B ("inside" of the lane) and accelerates when Runner 2 passes the acceleration line (A), receiving the baton in the **right** hand before the end of change-over zone.

Runner 4:

As **Runner 3** passes, en route to Wall 1, **Runner 4** quickly assumes stance at B ("outside" of the lane) and accelerates when Runner 3 passes the acceleration line (A), receiving the baton in the **left** hand before the end of change-over zone.

Baton Hand (Start-Receive, Carry and Deliver):

Lane Position: where does the outgoing runner stand?

	Runner 1	Runner 2	Runner 3	Runner 4
Baton Hand	Right	Left	Right	Left
Lane Position	Inside (Bend)	Outside (Straight)	Inside (Bend)	Outside (Straight)

No runner, at any time, changes the baton to their other hand

Recommended that each group have 1-2 slow execution relay runs before increasing speed; also, all runners try all positions.

Relays are about developing confidence in your team mate(s) .. outgoing runners **NEVER** look back

SHORT COURSE SPRINT RELAYS

Knowledge accumulates quickly (but only) in an open mind

© NWA 1998

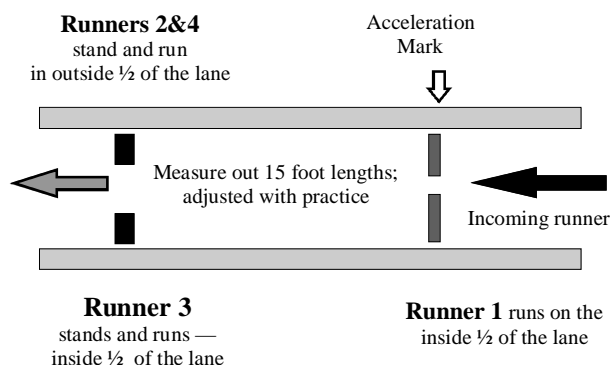
A significant amount of practice should take place on a short course, to:

- Practice relay exchanges at speed (without excessively over-tiring the athletes).
- To practice running in different relay positions: young athletes (in particular) should (must) develop the capacity to run in all relay positions.
- Start (Runner 1):** at 200m; **Runner 2** at 160m; **Runner 3** at 100m; **Runner 4** at 50m.
Runners 2, 3, 4 measure out a distance forward to their standing location, e.g. 15 foot lengths (initially)
- Runner 1:** runs around inside section of the lane, baton in right hand;
- Runner 2:** stands in the outside section of the lane ... receives baton in left hand;
- Runner 3:** stands in the inside section of the lane ... receives baton in right hand;
- Runner 4:** stands in the outside section of the lane ... receives baton in left hand ... run to the finish.

AIM: Perfect execution
in practice.99% Right is
100% WrongAIM: the receiving runner runs (sprints) and
never looks back.

You will need:

- Witches hats and/or tape to mark acceleration points and points where each runner stands.
- Relay baton;
- Starting Gun, whistle, clapper.



- Acceleration Marker:** as the incoming runner passes the acceleration marker, the outgoing runner turns and sprints an agreed number of strides, then (or on command) offers the hand (**stable**, good target), into which the baton is decisively placed ... it is the incoming runner's role to maintain speed and deliver the baton; it is the outgoing runner's role to react, on cue, accelerate to maximum speed and offer a **stable** target for delivery of the baton. (Outgoing runner reacts to the visual cue of team mate passing marker.)
- Keep in mind:** The **incoming runner** is tired, and senses their role is coming to an end .. the runner must focus on maintaining speed until **after** the baton is delivered. The **outgoing runner** is nervous, excited, and fresh, and must accelerate fast and have confidence in their team mate .. the outgoing runner **must** offer a stable target for baton delivery.
- Plan carefully the order of runners** .. the last runner often runs the shortest distance with the baton. There are many issues better discussed elsewhere in deciding relay order, but clearly all runners should be capable of performing on all legs of the relay (and practice strategies should reflect this).
- So, **lot's of short course runs** at various speeds .. in priority order:
 - Establish and develop team confidence;
 - Establish team versatility;
 - Establish and develop specialist roles.
- Verbal Cues:** Teach reaction to what they can see, before introducing verbal cue(s) to assist in the change-over. (Simple Team Exchange Drills; must not be under-valued .. include in warm-ups)
 - AS** incoming runner passes the acceleration line .. outgoing runner turns and sprints:
 - Outgoing runner sprints a set number of strides, **then** extends hand back (**without** looking back);
 - Outgoing runner sprints .. incoming runner gives a decisive command ("**Hand**") when ready to exchange .. outgoing runner offers a **stable target**.
 - Call team together after each run .. Evaluation (Coach / Athlete); adjustment of paces.
Coach: *what can be seen*; Athlete's reactions: *how did it feel?* Video feedback.

North West Athletics
www.nwaswimaths.com

4 x 400 Relay Changes

Set up markers for a Loop relay (see: Introducing Sprint Relays 2)

4 x 400 Relay Change: Visual; R ► L; baton up
Outgoing runner provides a "widely spaced thumb and forefinger target"**Note:** 4 x 400 Relay Change Clinic details**Repeated** short course 4 x 400 relay changes to establish team confidence

Carefully and repeatedly study DVD Relay Change examples .. Start with slow changes; progressively increase speed

Obstacle / Continuous Relay

© NWA, 1998

6 Hoops: quick stepping

Designated position for out-going runner .. e.g. 15 foot lengths from start of change-over area (chalk/

3 Hurdles: 20cm, or, height variations (e.g. over (20) / under (76) /over (20)

Cone

5m

Relay Team

5m 5m 5m

Cone

20 Metres

20 Metres

20 Metres

Relay requires two (2) lane widths .. in one lane the relay team members wait (seated); runners participate in the second lane.

Start .. Runner 1 sprints, quick stepping through the hoops, around the cone – returning, again quickstepping, - runs through the change-over area, on over (or over/under/over) the three hurdles, around the cone, back over (or past) the hurdles, into the change-over area, and delivers the baton.

After the runner has passed through the change-over area for the first time, the **next runner** moves to a designated starting position in the change-over area, and gets ready to receive the baton – after the change-over, (which must be in the change-over zone) – the runner who has delivered the baton retires to the back of the relay team line.

The distance and nature of the obstacles / challenges can be varied according to the group.

The Relay procedure should be practiced before the Introduction to Athletics Students Day, as teams will be comprised of students from different schools ... a practice run/jog through shall precede any full pace trials, but students will feel more comfortable if they know what is to occur. Remember ... once they have done it once, they will be experts.

- ◆ Plan your own obstacles .. try to devise challenges that help equalise team performances.

North West Athletics
www.nwaswimaths.com

The range of relay configurations is limited only by imagination

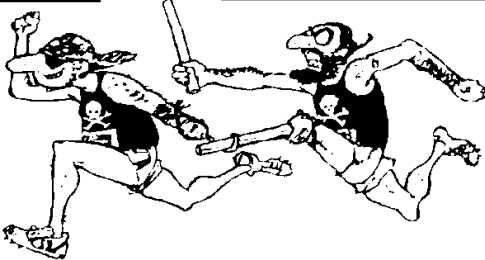
.. but ..

Keep it Simple - Keep it Achievable



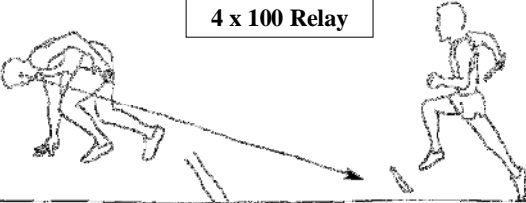
Some of the support / reward / skill tags that can be given to youngsters to reinforce skills and reward endeavour

Relays www.nwaswimaths.com

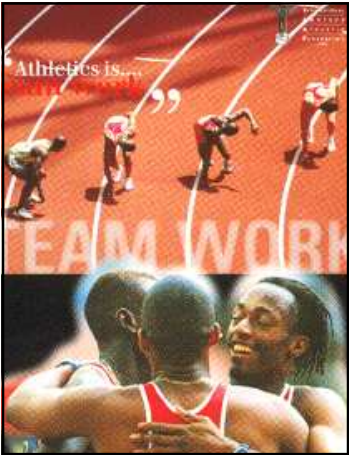


4 x 100 Relay: R – L – R – L NWA
 Inside / Outside / Inside / Outside

4 x 100 Relay




North West Athletics
 2/72 Hopwood Street, ECHUCA, 3564
 03-54-801-705 nwa@inet.net.au
 www.nwaswimaths.com




Relays = Teamwork
Working Together
 www.nwaswimaths.com




4x400 Relay
 or
Medley Relay
New Skills
 Only
 Plenty of Perfect
 Practice Produces
 Professional
 Performance
 www.nwaswimaths.com



4 x 400 Relay
 or
Medley Relay
New Skills
 Only
 Plenty of Perfect
 Practice Produces
 Professional
 Performance
 www.nwaswimaths.com



North West Athletics
 www.nwaswimaths.com




4 x 400 Relay Change-Over
An eyeful is better than a mouthful
 www.nwaswimaths.com



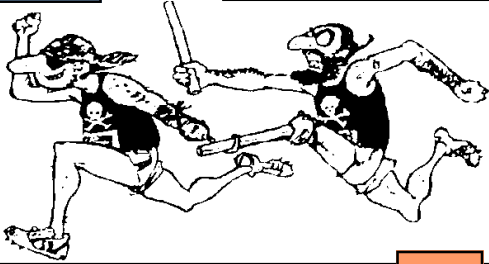
Relays
Teamwork
 is
Working
Together
 www.nwaswimaths.com



Relays
Practice
Believe
Perform
 Working as a team
 requires
 mutual trust
 www.nwaswimaths.com

For other tags, contact NWA

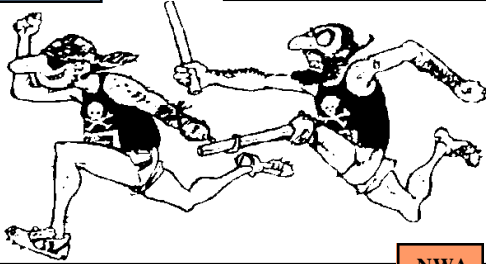
Relays www.nwaswimaths.com



4 x 100 Relay: R-L-R-L
Inside / Outside / Inside / Outside

NWA

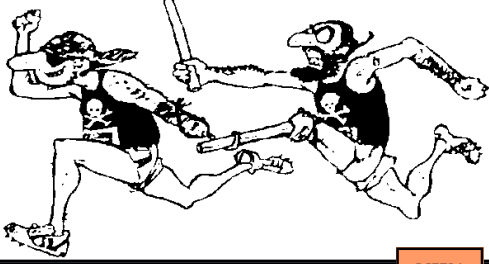
Relays www.nwaswimaths.com



4 x 100 Relay: R-L-R-L
Inside / Outside / Inside / Outside

NWA

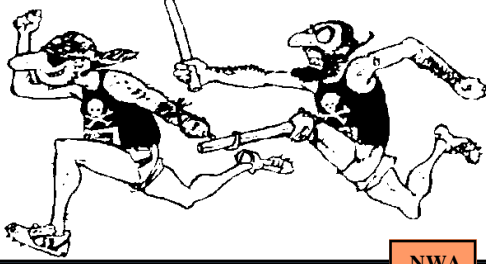
Relays www.nwaswimaths.com



4 x 100 Relay: R-L-R-L
Inside / Outside / Inside / Outside

NWA

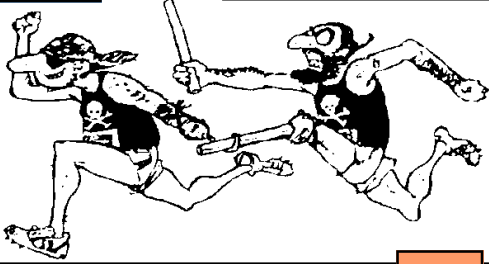
Relays www.nwaswimaths.com



4 x 100 Relay: R-L-R-L
Inside / Outside / Inside / Outside

NWA

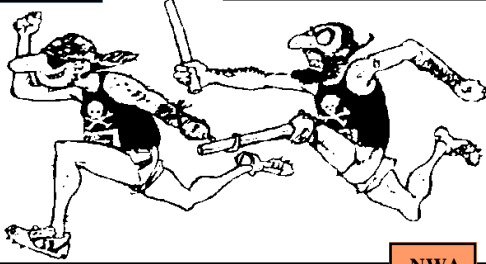
Relays www.nwaswimaths.com



4 x 100 Relay: R-L-R-L
Inside / Outside / Inside / Outside

NWA

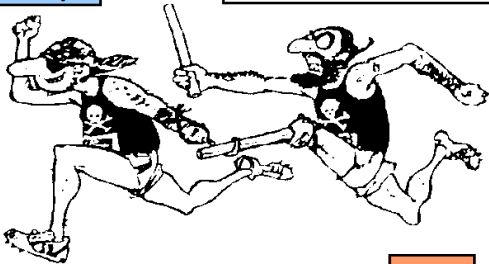
Relays www.nwaswimaths.com



4 x 100 Relay: R-L-R-L
Inside / Outside / Inside / Outside

NWA

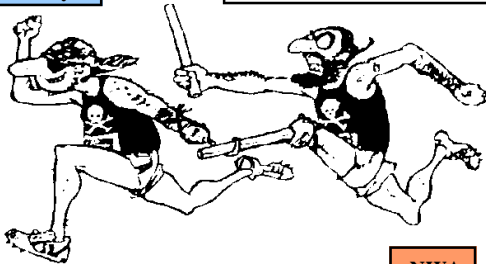
Relays www.nwaswimaths.com



4 x 100 Relay: R-L-R-L
Inside / Outside / Inside / Outside

NWA

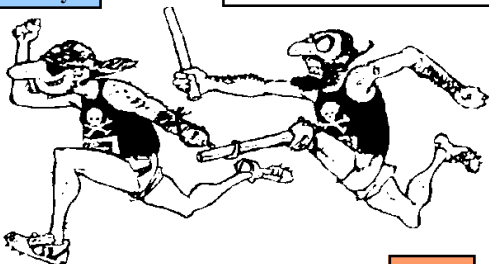
Relays www.nwaswimaths.com



4 x 100 Relay: R-L-R-L
Inside / Outside / Inside / Outside

NWA

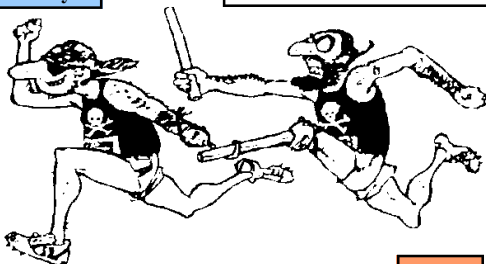
Relays www.nwaswimaths.com



4 x 100 Relay: R-L-R-L
Inside / Outside / Inside / Outside

NWA

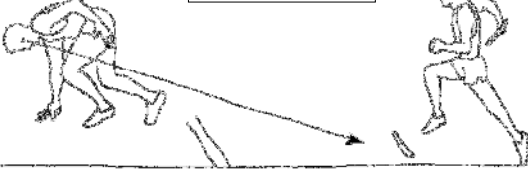
Relays www.nwaswimaths.com



4 x 100 Relay: R-L-R-L
Inside / Outside / Inside / Outside

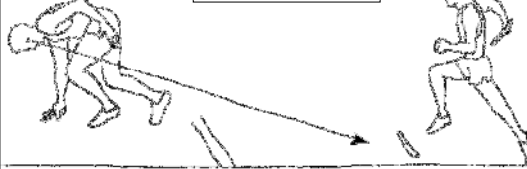
NWA

4 x 100 Relay



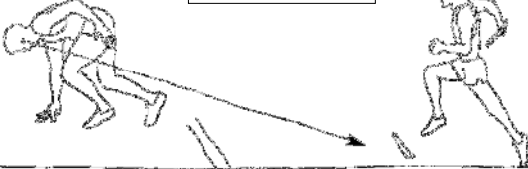
North West Athletics
2/72 Hopwood Street, ECHUCA, 3564
03-54-801-705 nwa@iinet.net.au
www.nwaswimaths.com

4 x 100 Relay



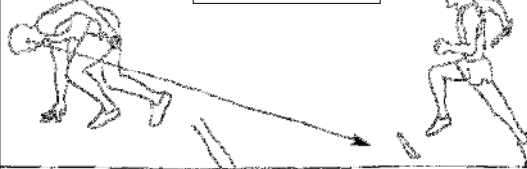
North West Athletics
2/72 Hopwood Street, ECHUCA, 3564
03-54-801-705 nwa@iinet.net.au
www.nwaswimaths.com

4 x 100 Relay



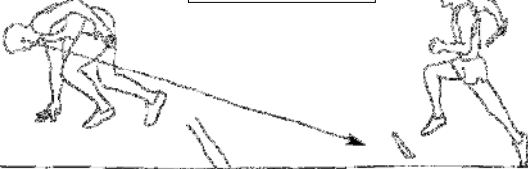
North West Athletics
2/72 Hopwood Street, ECHUCA, 3564
03-54-801-705 nwa@iinet.net.au
www.nwaswimaths.com

4 x 100 Relay



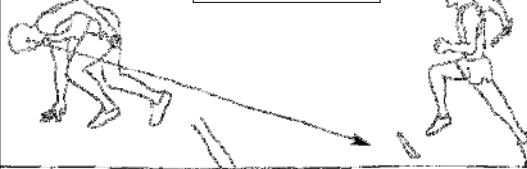
North West Athletics
2/72 Hopwood Street, ECHUCA, 3564
03-54-801-705 nwa@iinet.net.au
www.nwaswimaths.com

4 x 100 Relay



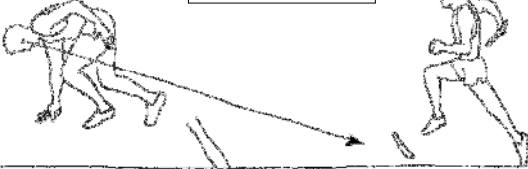
North West Athletics
2/72 Hopwood Street, ECHUCA, 3564
03-54-801-705 nwa@iinet.net.au
www.nwaswimaths.com

4 x 100 Relay



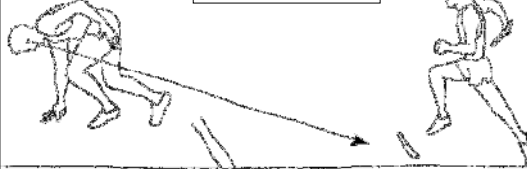
North West Athletics
2/72 Hopwood Street, ECHUCA, 3564
03-54-801-705 nwa@iinet.net.au
www.nwaswimaths.com

4 x 100 Relay



North West Athletics
2/72 Hopwood Street, ECHUCA, 3564
03-54-801-705 nwa@iinet.net.au
www.nwaswimaths.com

4 x 100 Relay



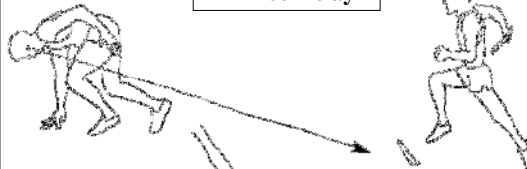
North West Athletics
2/72 Hopwood Street, ECHUCA, 3564
03-54-801-705 nwa@iinet.net.au
www.nwaswimaths.com

4 x 100 Relay



North West Athletics
2/72 Hopwood Street, ECHUCA, 3564
03-54-801-705 nwa@iinet.net.au
www.nwaswimaths.com

4 x 100 Relay



North West Athletics
2/72 Hopwood Street, ECHUCA, 3564
03-54-801-705 nwa@iinet.net.au
www.nwaswimaths.com



Relays
Teamwork
 is
Working
Together

www.nwaswimaths.com



Relays
Practice
Believe
Perform

Working as a team
 requires
 mutual trust

www.nwaswimaths.com



Relays
Teamwork
 is
Working
Together

www.nwaswimaths.com



Relays
Practice
Believe
Perform

Working as a team
 requires
 mutual trust

www.nwaswimaths.com



Relays
Teamwork
 is
Working
Together

www.nwaswimaths.com



Relays
Practice
Believe
Perform

Working as a team
 requires
 mutual trust

www.nwaswimaths.com



Relays
Teamwork
 is
Working
Together

www.nwaswimaths.com



Relays
Practice
Believe
Perform

Working as a team
 requires
 mutual trust

www.nwaswimaths.com



Relays
Teamwork
 is
Working
Together

www.nwaswimaths.com



Relays
Practice
Believe
Perform

Working as a team
 requires
 mutual trust

www.nwaswimaths.com



Relays
Teamwork
 is
Working
Together

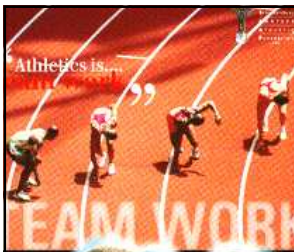
www.nwaswimaths.com



Relays
Practice
Believe
Perform

Working as a team
 requires
 mutual trust

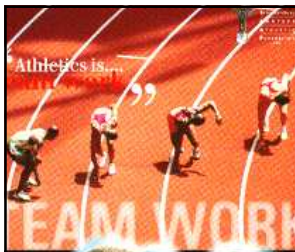
www.nwaswimaths.com



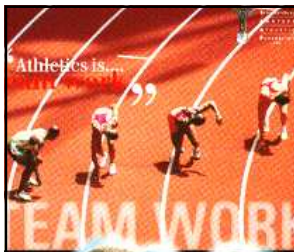
Relays = Teamwork
Working Together
www.nwaswimaths.com



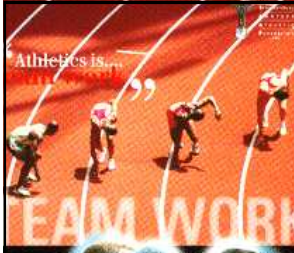
Relays = Teamwork
Working Together
www.nwaswimaths.com



Relays = Teamwork
Working Together
www.nwaswimaths.com



Relays = Teamwork
Working Together
www.nwaswimaths.com



Relays = Teamwork
Working Together
www.nwaswimaths.com



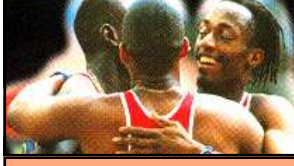
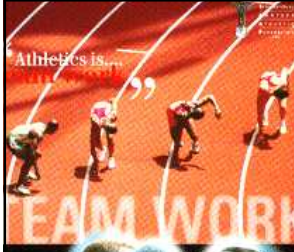
Relays = Teamwork
Working Together
www.nwaswimaths.com



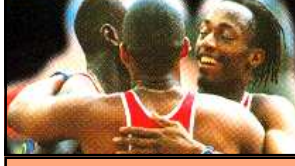
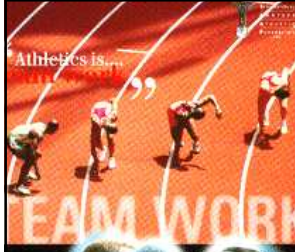
Relays = Teamwork
Working Together
www.nwaswimaths.com



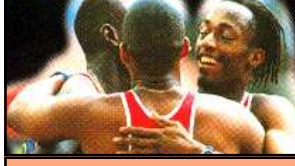
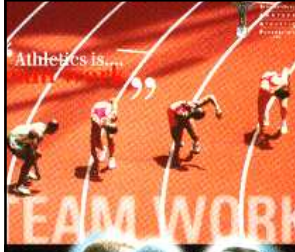
Relays = Teamwork
Working Together
www.nwaswimaths.com



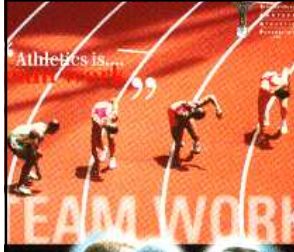
Relays = Teamwork
Working Together
www.nwaswimaths.com



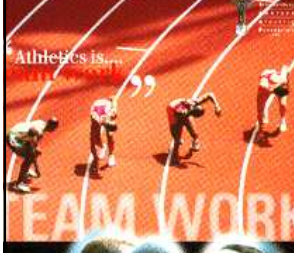
Relays = Teamwork
Working Together
www.nwaswimaths.com



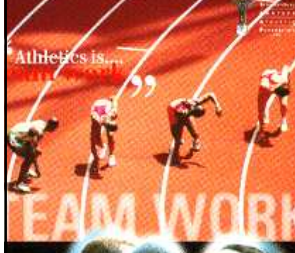
Relays = Teamwork
Working Together
www.nwaswimaths.com



Relays = Teamwork
Working Together
www.nwaswimaths.com



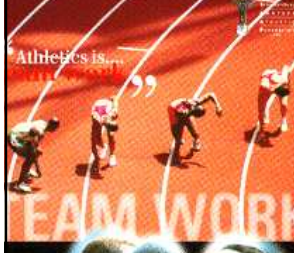
Relays = Teamwork
Working Together
www.nwaswimaths.com



Relays = Teamwork
Working Together
www.nwaswimaths.com



Relays = Teamwork
Working Together
www.nwaswimaths.com



Relays = Teamwork
Working Together
www.nwaswimaths.com