

“On Your Marks”

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- Back foot **firmly** against the back block (wall);
- Front foot level (approx.) with the back knee;
- Fingers bridged, just behind the line;
- Leave enough space to **explode** through;
- Head: in natural alignment with the body;
- Eyes focused down, just in front of the line.



Consistent Cues are VITAL

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An introduction to block starts

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The Sprint Start



Focus on reaction to the gun .. *When the gun goes, what will be my (first) reaction?*

“Set”

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- Raise hips above shoulders;
- Load yourself into the blocks maintaining **firm back foot contact**;
- Maintain eye focus downwards;
- Focus on reacting to the “gun” with a powerful co-ordinated arm drive.



Consistent Cues are VITAL

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“GUN!”

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- ⇒ **Explode** .. led by a powerful arm drive;
- ⇒ Back foot will react first (do not emphasise as a coaching point, but, note the importance of the back foot being firmly on the back block);
- ⇒ Head down for the first 4-8 strides to help maximise acceleration.

