

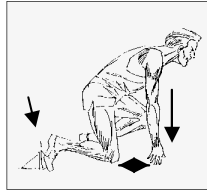
STARTS: a starting point

There is little the coach can do to assist an athlete after the race / game has commenced;
However, there is much you can do to assist and prepare the athlete before the start.

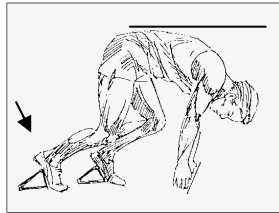
www.nwaswimaths.com

Consistent Cues are VITAL .. repeat over and over again in practice sessions

“On Your Marks” Back foot **firmly** against the back block (wall);
Front foot level (approx.) with the back knee;
(Distance from front foot to line, approx. elbow to fingertips + hand width.)
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.



“Set” Raise hips above shoulders;
Load yourself into the blocks maintaining **firm back foot contact**;
Front knee angle 90° in set position
Maintain eye focus downwards;
Focus on reacting to the “gun” with a powerful co-ordinated arm drive.



“GUN!” 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 6-8 strides to help maximise acceleration.



Practice is when you are allowed to make mistakes .. experiment ...
Rate your starts (5-4-3-2-1)
You and the coach can see, but **only you can feel**.
Trying different things & doing your best = perfect practice

ONLY Plenty of **PERFECT PRACTICE**
Produces **PERFECT PERFORMANCES**

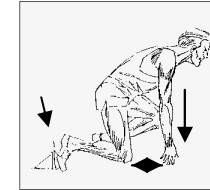
STARTS: a starting point

There is little the coach can do to assist an athlete after the race / game has commenced;
However, there is much you can do to assist and prepare the athlete before the start.

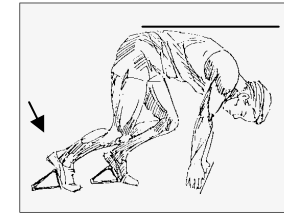
www.nwaswimaths.com

Consistent Cues are VITAL .. repeat over and over again in practice sessions

“On Your Marks” Back foot **firmly** against the back block (wall);
Front foot level (approx.) with the back knee;
(Distance from front foot to line, approx. elbow to fingertips + hand width.)
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.



“Set” Raise hips above shoulders;
Load yourself into the blocks maintaining **firm back foot contact**;
Front knee angle 90° in set position
Maintain eye focus downwards;
Focus on reacting to the “gun” with a powerful co-ordinated arm drive.



“GUN!” 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 6-8 strides to help maximise acceleration.



Practice is when you are allowed to make mistakes .. experiment ...
Rate your starts (5-4-3-2-1)
You and the coach can see, but **only you can feel**.
Trying different things & doing your best = perfect practice

ONLY Plenty of **PERFECT PRACTICE**
Produces **PERFECT PERFORMANCES**