
SPEED is the Key



**One of the
greatest
pleasures
in life ..

is doing
what others
say
you cannot do**

***Plenty
of
Perfect
Practice***

***Produces
Permanent
Perfect
Performance***

Sprint Drills ... a suggested sequence

In all circumstances drill both sides of the body to equality !

The drills have been organised into **categories** related to their specific focus. Select according to your session aims ... the sequence offered is that recommended; personal experience and individual capabilities will determine the precise order.

1. Running Mechanics

1. Ankling
2. "A" March
3. "A" Skip
4. Butt Kick .. Single / Alternating
5. Fast Claw
6. "A" Run
7. Straight Leg Shuffle
8. Straight Leg Bounding
9. Shake Ups
10. "B" March
11. "B" Skip
12. Single Leg "B" Skip
13. "B" Run

3. Acceleration Progression

1. Double "A" Skip
2. Wall March
3. 3-Step Wall Sprint
4. 5-Step / 7-Step Wall Sprint
5. Continuous Wall Sprint (for time)
6. Hip (Towel) Hold
7. Face-to-Face
8. Face & Chase
9. Face, Chase & Race
10. Acceleration Ladder
(Stick Drill)

2. Fast Leg Progression

1. Single Leg: 3-Step Rhythm
2. Alternate Fast Leg
3. Alternate Fast Leg Run
4. Quick Rhythm Ankling
5. Quick Rhythm Butt Kicks
6. SLB - Fast Leg
7. Single Fast Leg: Continuous
8. Command Fast Leg
9. Resisted Fast Leg
10. Run-Run-Bounds

4. Backwards Drills

1. Backwards Skip
2. Backwards Run
3. Backwards Cycle

5. Lateral Movement

1. Wide Outs
2. Speed Skate
3. Fast Foot Karioka
4. High Step Karioka

Patience and Persistence

can

Produce Perfect Performances

A Starting Point

Few athletes achieve elite outcomes ... but, **all** can acquire **skills** and enhance their **self-esteem**

No attempt has been made to outline appropriate warm-up / warm-down programs; coaches and teachers will apply activities they know to be specific to the needs of the individuals / group.

However, the **warm-up** is an excellent opportunity to reinforce (revise) drills.

Assumptions

A group of athletes who have chosen to learn and will accept challenges.
Athletes who are not prepared to apply themselves surrender their place in the group.
Group and individual videos should be activated and extended whenever possible.

Do NOT
accept
casual,
½-hearted
execution;

We learn
errors
as easily as
correct
techniques.

1: Brief video introduction of elite sprinting.

Identify key phases and movements within the sprint stride: Technical Model.

Mission Statement: 100m Sprints ... stride counts (stride number x .01 = potential improvement)

Introduce Drills: "A" Walk / Skip; Fast Claw; Butt Kicks: single, alternating, full.

Video

At every opportunity use the videos to demonstrate Expectations

An eyeeful is better than a mouthful

2: Review of Drills. Importance of recoveries.

Extension: introduce Double "A" Walk / Skip; Fast Leg: single, alternating; Ankling.

Starts: Standing; Falling; 3-Point Starts.

3-4 Accelerations: 15m build-up from Falling Start to 20-30m max. sprint; emphasis on major technique elements.

Review of Drills.

At ALL times stress: *"Toe Up, Heel Up, Knee Up, Step over the opposite Knee"*.

Athletes are **expected** to practice and perfect drills.

Set firm goals!
e.g. dates for Drills Evaluations.

Athletes will rise to the level of expectations.

Set (demand) challenging expectations associated with appropriate rewards!

3: Review of Drills: Starts: Review of Standing, Falling and 3-Point Starts .. x 2.

Introduce: 4-Point Starts (medium) .. no blocks; support for back foot (e.g. skirting board in a gym) .. 4-6 x 25-30m.

Clear and comprehensive outline of procedures / instructions.

Starts on video

Compromise Can Cause Catastrophes

Young athletes want to learn the correct procedures.

3-4 Runs ... Falling Start; 15m build-up to Sprint Technical Model (50m)

Introduce: "A" & "C"; Combinations (Fast Leg – Butt Kick)

4: Review of Drills: including introduction of B-Skip; "A" & "C" Drill.

Combinations (Alt. FL / Butt Kick).

Review of 3 and 4-Point Starts; introduce variations:

e.g. Belly & Go (Reaction); Belly, Roll & Go; Resisted; Push-Up.

Acceleration Ladder (Stick Drill): demonstration (video).

(See: *Stick Drill Session* for ideas)

2 x 20F / 20C / 20F ... Technical Model emphasis.

Tape Measures and Sets of Sticks or tape needed.

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5: Review of Drills: Evaluation .. Certificate

Review and Introduce: B-Skip; Coach Command Drills;

Straight Leg Shuffle; Straight Leg Bounding.

Review of Acceleration Ladder .. timed efforts to 20m.

2 x 20F / 20C / 20F ... Technical Model emphasis.

Introduce: INS and OUTS.

Tape Measures and Sets of Sticks or tape needed.

6: Review of Drills. Extension: A-B-C; SLB - Fast Leg.

Block Starts: 3 x 25-30m; 1 x 30m; 1 x 50m ..

procedures / "gun".

2-3 x INS and OUTS ... the sprint race model.

Blocks

Drills Review.

After Six (6) Sessions

(and probably before)

You will have clear idea of which athletes can and will progress,

and,

You will be a **better judge** of the sequence that should follow and the refinements that should be incorporated.

But ... PROGRESS PATIENTLY

The best coach of every athlete, is the athlete ... show them their performance (video); show them a role model; then, patiently provide positive, corrective, feedback.