

# SPRINT RELAYS

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**MF**  
**ATHLETIC**

*Everything Track & Field*

# **PHILOSOPHY OF 4 X 100 COACHING**

- We believe in blind, R-L-R-L, full zone
- Get baton as soon as possible
- Teach 4 to 5 times a week (only 2 full speed-timed)
- Only 100% speed of the week (w/spikes)
- Develop interchangeable parts
- Beat teams by out coaching them

# IN-PLACE DRILLS

## ● TEACH THE TECHNIQUE

- Reach Back
- Reach back on 7 counts of arms
- Reach back on 7 counts of arms and legs
- Add partner and pass baton
- R/L switch passer and receiver



# IN PLACE DRILLS

## ● DIDDY-BOP DRILL

- 4 people R-L-R-L, spacing,  $\frac{1}{2}$  of lane (several groups of 4)
- Slow-medium-fast controlled by Coach
- Switch 4 to 1 and others move up



# MOVEMENT DRILLS

## ● CHASE DRILL



- One yard apart (Coach start)
- Progressively faster
- Switch hands to receive and to pass
- Match up speed or disaster
- Lean forward



# MOVEMENT DRILLS



## TURN AND GO DRILLS

- Runner hits mark - you go
- Incoming runner just jogs
- 1-3-5-7

# MOVEMENT DRILLS

## ● FULL SPEED DRILLS

- Set markers (18-23) of your feet (tennis balls)
- Stand at end of fly zone
- Incoming runner is 50 yards from fly zone  
(10 yard gradual build, full speed clear through exchange)
- 6x60 incoming (anchor 30m beyond exchange zone)
- Time baton at start of exchange zone to end of exchange zone (2.2-2.6)  
(2.7-3.2)
- Points of emphasis: spikes, be excited as a coach, constantly coach and correct, can't do in bad weather, only 100% speed work our sprinters do



# PERSONNEL

## ○ #1 RUNNER

Start  
Run curve  
Pass baton  
No receive

## ○ #3 RUNNER

Receive right  
Run Curve  
Pass out of curve



## ○ #2 RUNNER

Receive left  
Run straightaway  
Pass into curve  
Maybe best athlete

## ○ #4 RUNNER

Only receives left  
Run straight away  
Handle pressure



# 4 x 200M RELAY

- ½ of steps for 4 x 100m (9ish)
- Change hands so always R to L (curves)
- “Get baton as soon as in exchange zone”
- OR fast visual as in 4 x 400m relay



# 4 X 400M RELAY

- Always receive left-pass right
- Turn and go (3 steps)
- Reach back and take (incoming hold high and out)
- Shoulder height/full reach/palms up/inside
- Judge speed of incoming runner (through practice)
- Change to right hand after clearing traffic



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