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Rob Johnson  
Wabash  
College



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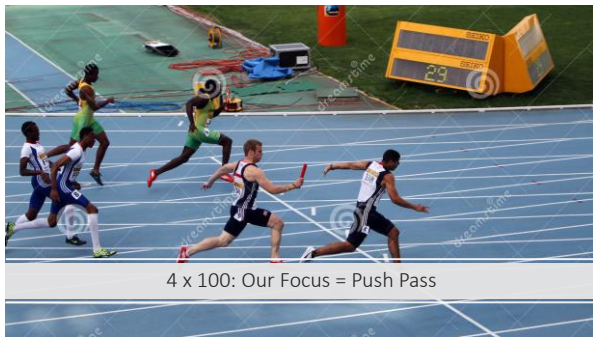
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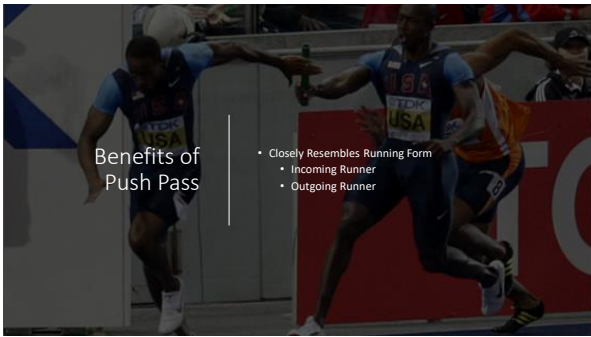
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### Benefits of Push Pass

- Closely Resembles Running Form
- Incoming Runner
- Outgoing Runner

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### Consistent Placement of Receiving Hand

- Arm Extended
- Palm Perpendicular to Ground
- Fingers Wide – Catcher's Mitt
- Bottle Drill – Rob Johnson, Wabash University




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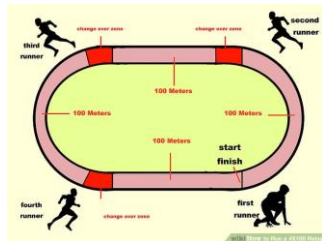
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### The Zones




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Each Zone |

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- Inside
- Outside
- Middle

Lane Positioning

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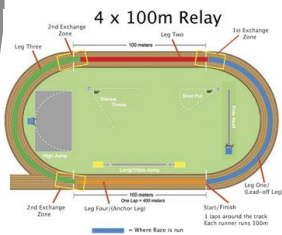
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**Essential Ordering**

- Turn – Straight – Turn – Straight
- Inside – Outside – Inside – Outside
- Right – Left – Right – Left




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Handoff Mechanics

- Safely
  - Early in season
- Maximize Free Distance
- Later in season
  - Speed Endurance
  - Chemistry

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Incoming Runner

- Lane Integrity
- Verbal Command (?)
- Push – *after HAND IS SHOWN*
- Hold the Baton
- Poised for 2<sup>nd</sup> Attempt

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Outgoing Runner

- Stance
- Lane Integrity
- Accelerate 100%
- Punch w/Palm
  - At Command
  - At Pre-determined Mark
  - At Stride Pattern
- Wide Target – Big Fingers – Catcher's Mitt
- Grip & Rip

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# Steps, Sticks, Starts

Pigeon Steps  
Which Lane Line  
One Mark or Two?

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# Placement of the Exchange

Optimal  
Conservative  
Daring

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# Order of Athletes

Front Loading v. Anchor Speed  
Practical Considerations



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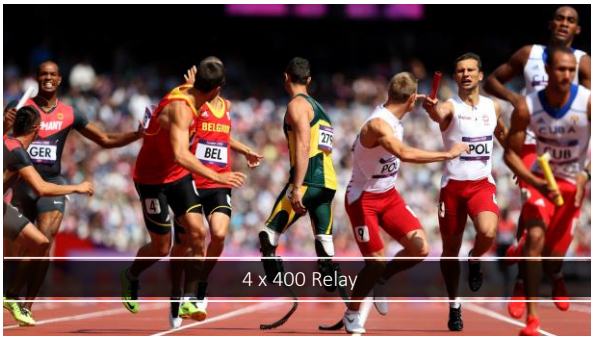
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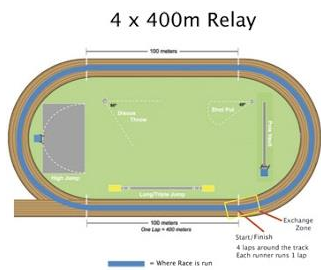
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Three Turn Stagger




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Exchange Mechanics

- Face the Inside
- Be an Athlete
- 1-2-3 Reach
- Grab, Switch, GO!




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### Race to Tangent of the Curve

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- Make a Gap
- Take a Gap
- Close a Gap



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### Practice Racing to Tangent: Cool Down Competition!

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### Order of Athletes

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- If you Have the Luxury
  - #1 Keeps you in the Race
  - #2 Doesn't Put you Out of the Race
  - #3 Makes up anything #2 Didn't Do
  - #4 Ability to Dig Deep & Win



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