

OATCCC
Ohio Association of Track & Cross Country Coaches
2019 Track Clinic

Learn by Doing:
Practical Demonstrations of Acceleration Drills, Sprint Drills and Block Instruction
Dave Pavlansky

Acceleration Mechanics & Drills

Wall March:	Power Line	Belt
	Knee Punch	Face to Face
	Ankle Recovery	Face & Chase
	Foot Plant	Face, Chase, & Race!

1s (thigh pop), 2s, 3s, 5s
5" Count
5" on – 10" off x 4 [2-3 sets @ 2' btwn]
Single Arm

Block Basics

Which foot in front?
Front foot placement
Back foot placement
On the Mark
 Weight Balanced
 Arms Straight
 Head Relaxed
Set
 Not a Race in Itself
 Up *then* Back
 Breath Hold
Blocks
 Forearm to Front Block
 Rear Block Placement
 Dual Foot Pressure
 Check Rear Heel
 "Drag Racing"
 Movement Cue in Mind
 Heel Recovery Checks
 PVC Bridge in Rear
 Foam Block/Dixie Cup in Front

“A” Drills

Standing

Stand & Switch / Stand & Hop

March

Skip

Run

Form Run Cues

Eyes Focused – Slack Jaw

Shoulders Relaxed – Elbows Back

Elbows Back – Hammer Back

Hips Tall

Tummy Tight – Butt Tucked Under

Step Over Opposite Knee

Step Over & Active Down

Sprint Mechanics Drills

Ankling

Fast Leg

1-2-3 Right

1-2-3 Left

1-2 Right 1-2 Left

Command

Straight Leg Shuffle

Straight Leg Bound