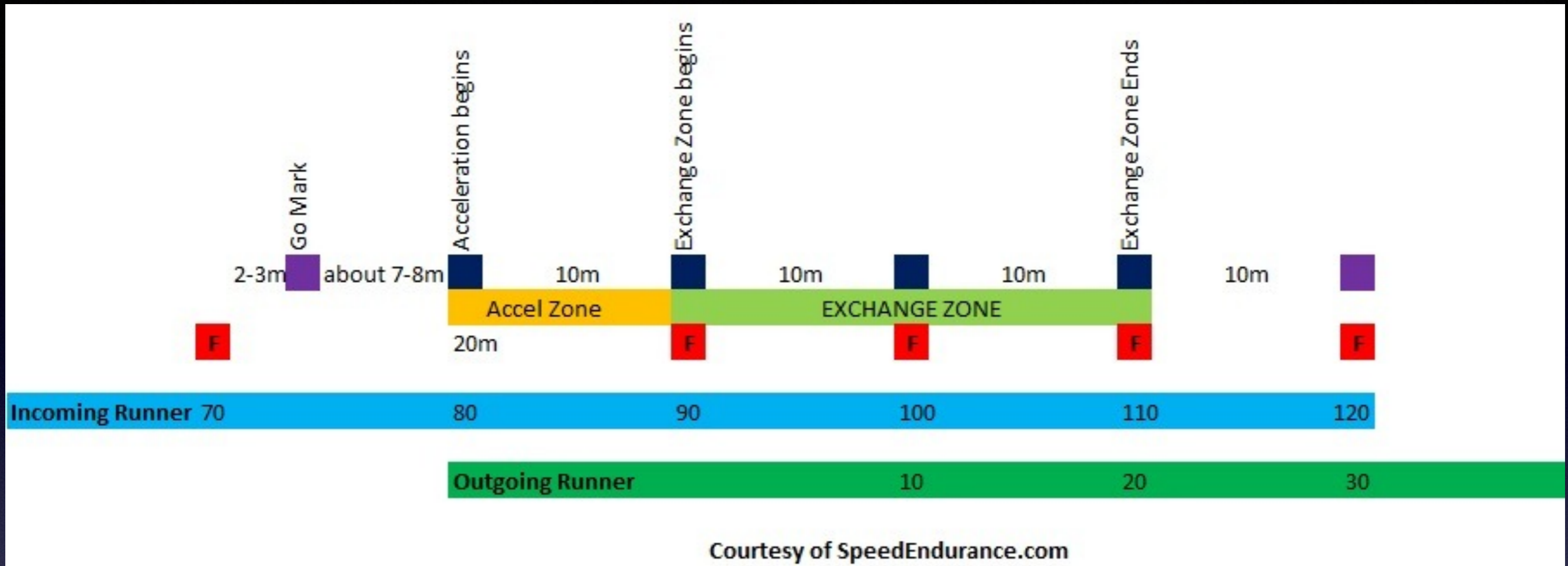




RELAYS: TECHNIQUES AND TACTICS



Exchange Zones

Coaching Matters

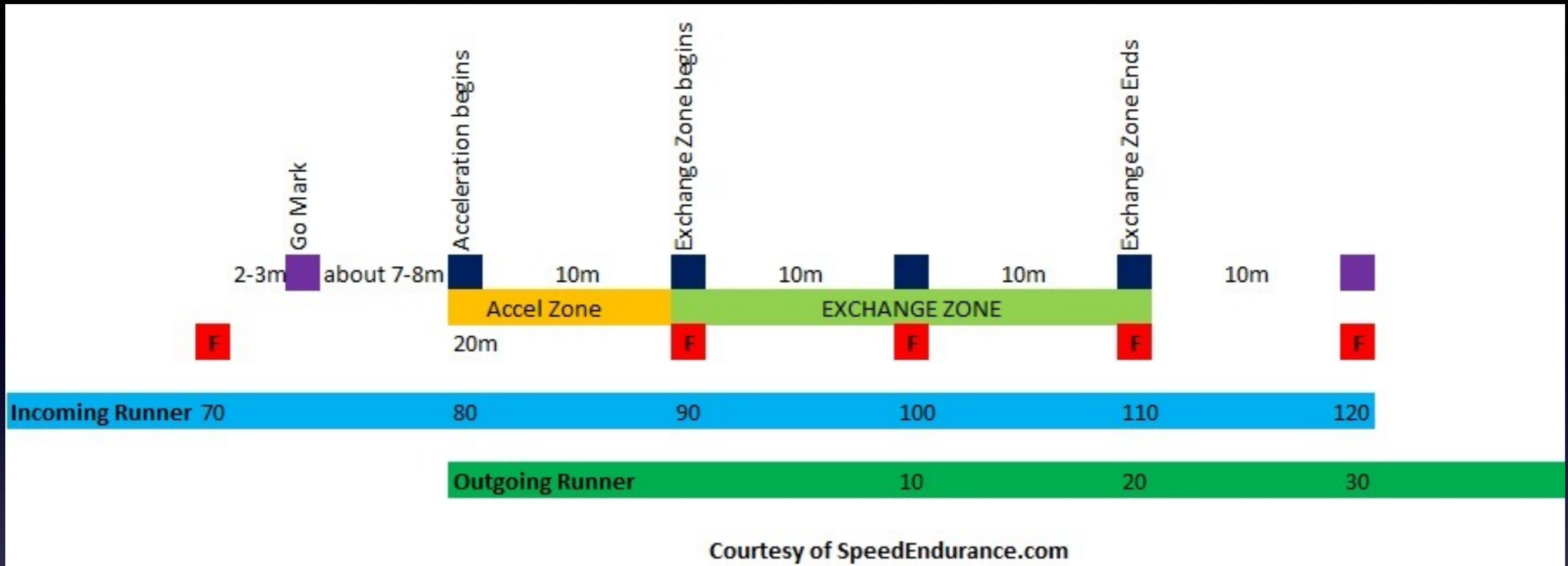
- Teaching Baton Handling and Skills
- Planning optimal tactics and strategies

Relay Markings

- The Start Mark
- The Takeoff Mark

Moving the Stick: Spacing Adjustments

- To increase spacing between the outgoing and incoming runners at handoff, increase distance between start and takeoff marks.
- To decrease spacing between outgoing and incoming runners at handoff, increase distance between start and takeoff marks.



Exchange Zones

Blind Exchange: The Outgoing Runner

- Start Position: Modified for visual contact with incoming runner
- Disciplined Visual Contact: Focus
- The Start: model acceleration mechanics
- Shoulder Alignment
- Received the Baton: Hand height



Blind Exchange

Duties of Outgoing Runner

Blind Exchange: The Incoming Runner

- Approaching the Exchange Zone
- Verbal and Silent Options
- Shoulder Alignment
- Passing the Baton
- Run “through” the Zone not “to” the zone



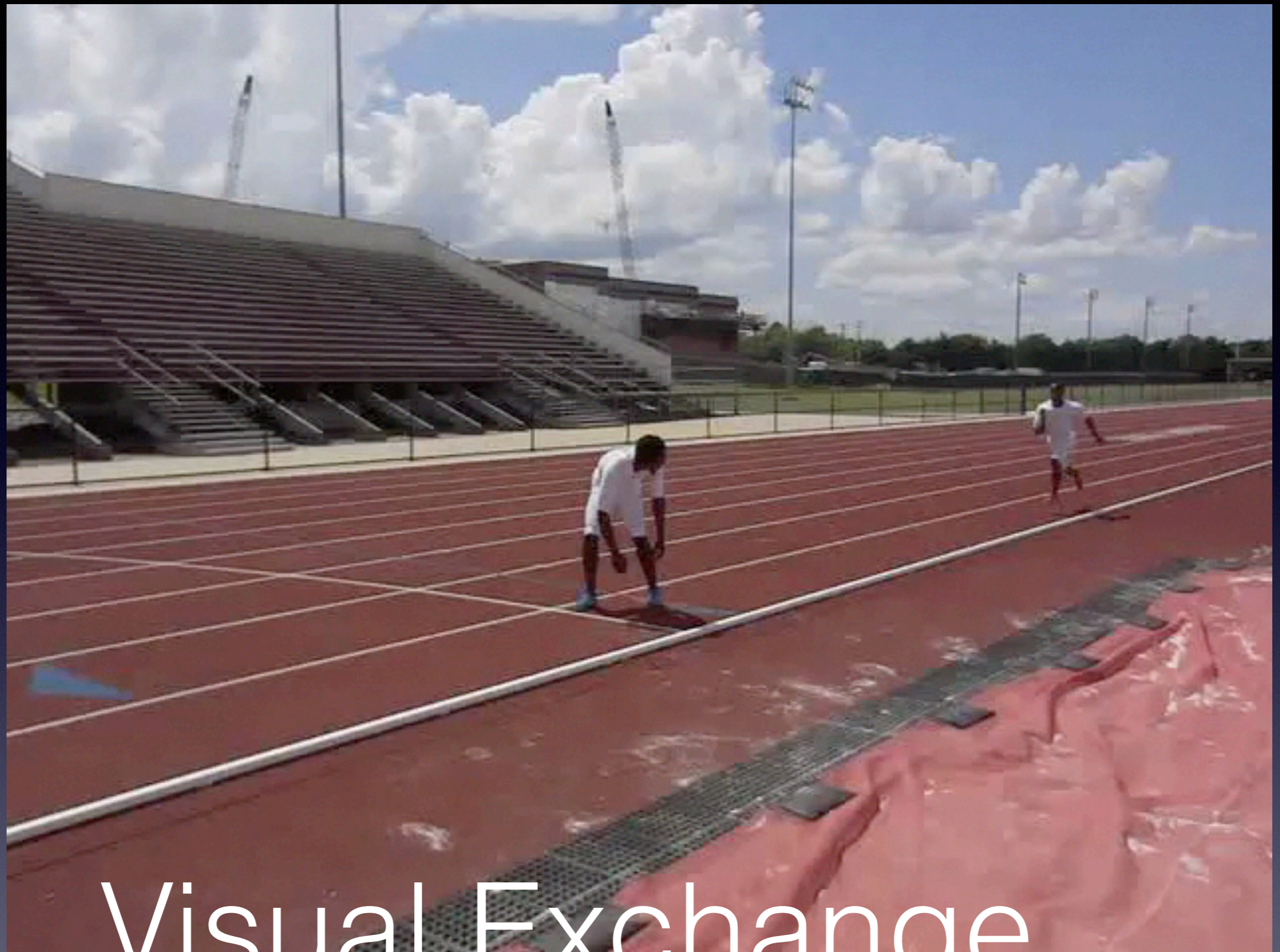


Blind Exchange

Duties of Incoming Runner

The Visual Exchange: The Outgoing Runner

- The Starting Position
- The Start
- The Drive
- Receiving the Baton
- Smooth Transition



Visual Exchange

Duties of Outgoing Runner

The Visual Exchange: The Incoming Runner

- Approaching the Exchange Zone
- Passing the Baton
- Negotiating Traffic
- Visual Discipline
- Focus under Fatigue





Visual Exchange

Duties of the Incoming Runner

Strategies and Tactics: The 4 x 100

- Personnel Configuration
- Baton Handling
- Acceleration Zone
- Adjusting the Takeoff Mark



Baton Handling

- 1ST AND 3RD RUNNERS USE RIGHT HAND
- 2ND AND 4TH RUNNERS USE LEFT HAND

4 X 100 Relay: Personnel Considerations

- ANCHORING ABILITY
- BLOCK STARTING ABILITY
- CURVE RUNNING ABILITY
- BATON HANDLING SKILL
- HANDEDNESS
- COMPETITIVENESS
- TEAM POSITIONING



Strategies and Tactics: The 4 x 400

- Personnel Configuration
- Baton Handling
- Visual Exchanges
- Absence of Acceleration Zone
- Using a Takeoff Mark—Visual



4 X 400 Relay: Personnel Considerations

- ABILITY TO RUN WHILE AHEAD
- ABILITY TO RUN FROM BEHIND
- SENSE OF PACE
- COMPETITIVENESS

Strategies and Tactics: The 4 X 200

- Race Configuration
- Personnel Considerations
- Diverse Coaching Practices
- Baton Handling
- Using the Acceleration Zone: Mid-Zone Philosophy

Teaching Progressions: Planning for Success

- Relay success becomes a culture
- Planning relay handoffs must be an integral part of workout planning
- Short run ins
- Meet Rehearsal
- Making adjustments by evaluating meet conditions and performance
- Sub-maximal exchange work
- Performance indicators

COACHES DO MATTER

I make grown men do what they would never do without me so that they can reach levels of success they never thought possible on their own.

–Tom Landry, HOF Coach when asked to define what being a coach means

THANK YOU FOR BEING HERE