

The “NATURAL” Sprint Relay Exchange

Push press to an Open Hand

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TECHNIQUES

- A. Evolution
 1. Hand on hip (Jesse Owen)
 2. Up-pass(inverted “V”) with palm down
 3. Down pass with palm up (Brits)
 - a. (Coach) Branch- out
- B. Open Hand (thumb down, fingers out, palm exposed)
 1. Advantages
 - a. Big target, natural fit, better control
 - b. Effective with either a verbal or non-verbal “GO” command
- C. Snatch
(= out-going runner grabs; “Snatches” the baton)
 1. Advantages and disadvantages
 - a. Quick and slick but risky
 - a. Requires more precision and practice.
 - b. Must use a LOUD/SHOUT verbal command
- D. Semi-Blind

(=look the Baton into the hand)
 1. Advantages and Disadvantages
 - a. Quick visual exchange
 - b. Useful for 4x2, 4x4, and SMR Relays

II. TEACHING TIPS

These drills can easily be adapted teaching large groups

A. Drills and Thrills

Goal: teach a more “Natural” hand position;

Develop dexterity and confidence in baton handling skills

1. Wall Touch
 2. Plastic or Paper
 3. Off the wall (Bottle drill)
 4. Press the Flesh
 5. Doing it with Mirrors
- ### B. Duos and Trios
1. Quick Draw and Move It
 2. Drum Roll & Hot Stick
 3. Double Take & Tandems
- ### C. In Lane Line Drill
1. Sit, stand - “Conga”
 2. Fast Forward and Reverse
 3. Change Place and About Face
 4. 1, 2 – Rock and “Moultrie Motion
 5. Light Touches (walk, jog, stride)
 6. Swing

III. IN THE ZONE AND BETWEEN THE LINES

A. Take Off Stance

1. 2pt., 3pt. which is best
2. Posture Power and Balance at Take off
 - a. Position of: feet , body, head, arms
3. Roll, Twist or Jump
4. Lane Orientation
 - a. Inside – down the Middle

B. Read, React, Run games

1. Bowling (react to rolling ball)
2. Zone Tag (acceleration chase)
3. Run by and No sacrifice
4. Dr. Lyle – Solo Style

a. Runner mimics taking the baton while accelerating through the zone alone

IV. FUN ON THE RUN

A. It takes Team Work

1. Continuous Relays
 - a. Medley
 - b. Coed
2. Temple Toots (Coach Ed)
 - a. Controlled 4x100 relays in practice / use whistle or cones
3. Quick Fryes (Coach Curtis)

- a. Relays made up of shorten segments

B. Go Mark and More Marks

1. Step off
 - a. tape, chalk, and ½ tennis ball
2. Other marks / know the rules
 - a. Lean line, target mark, critical zone

C. Strategy and Responsibilities

1. Who to run where and why
 - a. Coach Payton Jordan; Dr. Walker & TA
 - b. Attitude, Competitiveness, Temperament
2. Who has got what?

D. Baton speed and the ‘TOO FACTOR’

1. Practice plan
 - a. Don’t wait video tape
2. Zone speed
 - a. Goal time