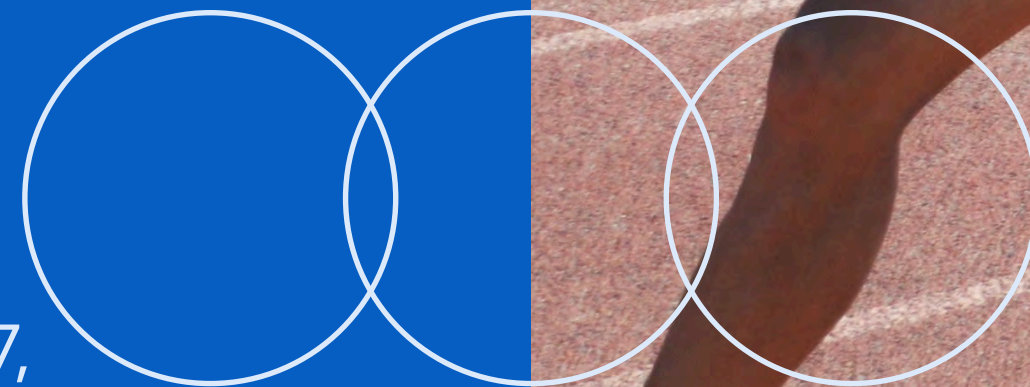


SHORT SPRINTS AND STRONG BONDS:

Managing and Developing Short Sprinters, Relays and Culture

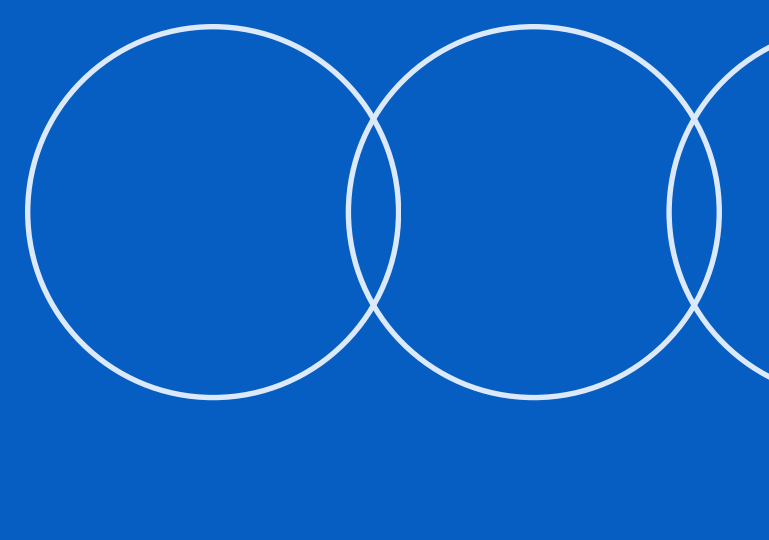


Dan Friese, Head Track Coach, 916-995-1267,
dfriese@wpusd.org

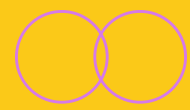


Who am I??

Husband, Father, Professional, Coach, Fan, Phycologist

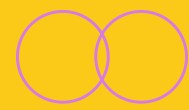


Mentors and Philosophy:



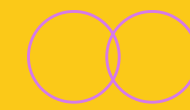
01 - THANK YOU

Rick Brown
George Patterson
Monte White / Jerry Van Lengen
Steve March / Larry Wyatt /
John Fletcher / Dan Gayaldo
Rick Judd / Bill Bunch / Robyn
Nuguen



02 - PILLARS

Z - ero Excuses
E - ffort
B - est Work
R - espect
A - ttitude
S - Spirit



03 - WHY

You are a representation of those that came before you. Conduct yourself in a manner that inspires those you interact with to follow. I love watching young athletes go above and beyond what they believe they are capable of.

Key Topics Overview

Short Sprints

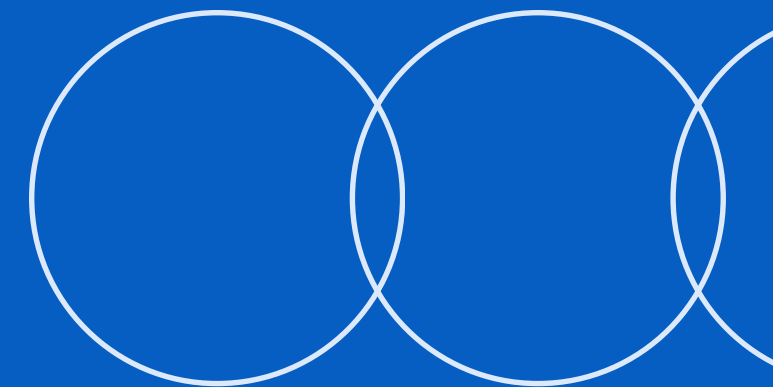
Key factors in identifying and developing 100/200m sprinters

Relays

Techniques / Strategy / Team Identification of the 4x100 & 4x400 Relays

Team Culture

Building the "WE" in and "I" sport



Short Sprints and Strategies



Philosophy, Training, Routines, Workouts, Schedule

New School vs Old School

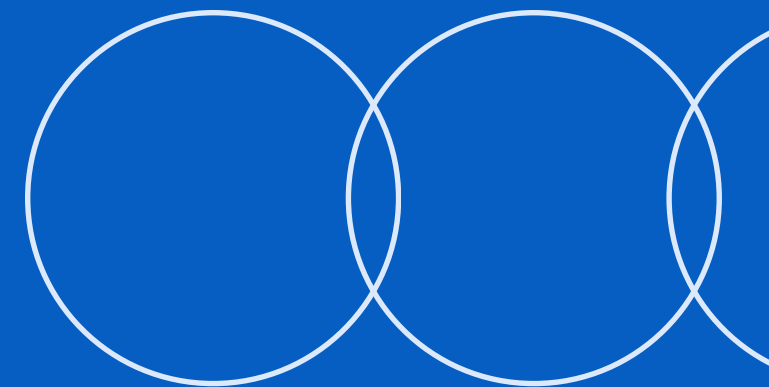
- What's the difference

Daily Routines

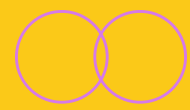
- Team Routines
- Team Warm-Ups
- Breakout Groups

Workout Examples

- Speed Workout
- X Factor Workout
- Lactate Workout
- Weights

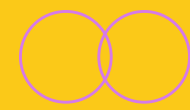


Workout Drills / Examples



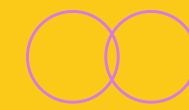
01 - X Factor

Ankling
Primetimes
Plyos
Single Leg Jumps
Wickets
Jumping and
Bouncing



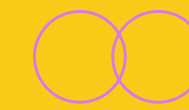
02 - Speed

Flys
Zones
>200m
Max Rest
Speed is King and
Fast is Fast
Compete



03 - Lactate

Limited Rest
Higher Reps
HJ Mat + Run



04 - Weights

Push, Pull, Press
Bulgarian Squats
Lunges
Squat Jumps
RDLs
Box Jumps
Switch Jumps
Calf Raises



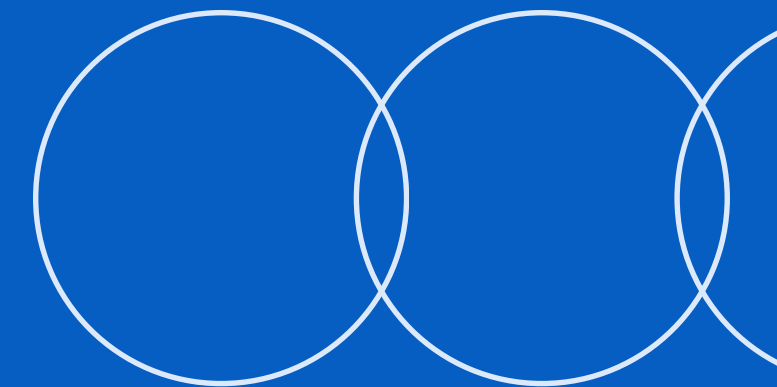
Example of Our Season Workouts

| Week | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | | |
|-----------------------|-----------------------------------------------------|-------------------|-----------|-------------------------|--------|----------|--------|---------------|---------------|
| 1 - Preseason; Feb 2 | S | X | S - W | X | L | | | | |
| 2 - Preseason; Feb 9 | L | X | S - W | X | L | | | | |
| 3 - Preseason; Feb 16 | S | X | M | X | X - W | M | | TBHS Friendly | |
| 4 - Preseason; Feb 23 | S | X | S - W | X | X | M | | | |
| 5 - Outdoor; Mar 2 | S | X | S - W | X | X | M | | Bronco | Ron Ruptier |
| 6 - Outdoor; Mar 9 | S - W | X | PVL | X | X | M | | League | Zebras |
| 7 - Outdoor; Mar 16 | S | PVL | X - W | X | M | M | | League | Capital Inv |
| 8 - Outdoor; Mar 23 | S - W | X | PVL | X | X | M | | League | Falcon Hype |
| 9 - Outdoor; Mar 30 | S - W | X | PVL | X | L | M | | League | Stanford |
| 10 - Break; Apr 6 | Spring Break - Workouts based on coach availability | | | | | M | | Chico | |
| 11 - Outdoor; Apr 13 | S - W | X | PVL | X | S | M | | League | Placer Champs |
| 12 - Outdoor; Apr 20 | S - W | X | PVL | X | L | M | | League | SMOC |
| 13 - Outdoor; Apr 27 | S - W | X | PVL | X | PVL | | | PVL | |
| 14 - Outdoor; May 4 | S | X | S - W | X | S | | | | |
| 15 - Outdoor; May 11 | S - W | X | M | X | M | | | Sections | |
| 16 - Outdoor; May 18 | S | X | X - W | X | M | M | | Masters | |
| 17 - Outdoor; May 25 | S | X | S - W | X | M | M | | State | |
| | | | | | | | | | |
| | S | Speed | | Bronco | | | | Distance ONLY | |
| | X | X-Factor/Tech Day | | Stanford is Invite ONLY | | | | | |
| | L | Lactate Day | | | | | | | |
| | M | Meet Day | | | | | | | |
| | W | Weights | | | | | | | |

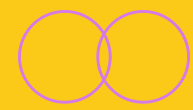


Relays: Strategy and Execution

- Techniques / How Do I know where to start?
- Strategy
- How to pick your teams?
- Competition vs Continuity

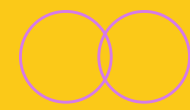


Relay Team Selection Strategies



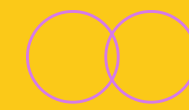
01-Building

Run-Offs for Spots.
Give all of those interested an opportunity. Create a top 9 list. "A" team and "B" team.



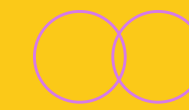
02-Strategy

Leg 1 - Best Starter
Leg 2 - Fastest
Leg 3 - Best Turn
Runner
Leg 4 - DOG!!!



03-Technique

Push Handoff
Start at 17 and then adjust
Can create a step zone.
Manipulate the handoff zones



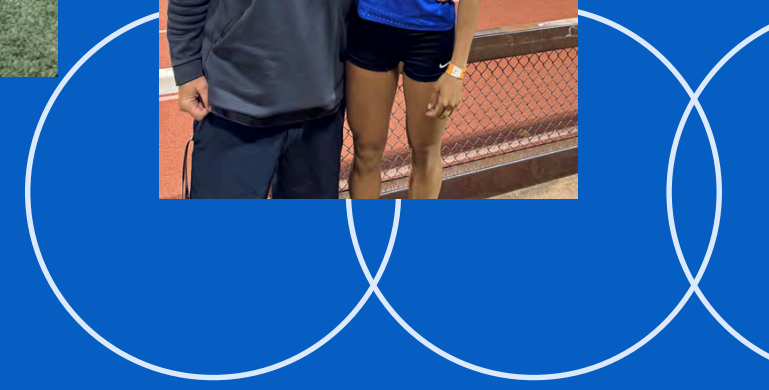
04-Compete

Set up Bi weekly challenges for Relay spots.
Give yourself a deadline for no more relay changes.

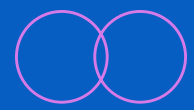


Team Culture

Creating a Winning Environment



Maximizing Athlete Buy-In



01 - You & You

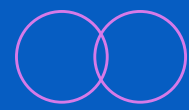
Defining success ensures athletes understand their goals clearly.



02 - Captains

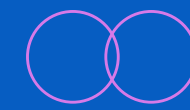
The role of captains fosters teamwork and accountability among athletes.

Captains are nominated by athletes and coaches.



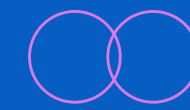
03 - Zebra of the Week

Zebra of the Week recognizes outstanding effort and sportsmanship consistently.



04 - PRS/SRS

Post Meet PRs encourage athletes to celebrate personal best performances.



05 - Celebrate

The Flag Bearer symbolizes pride and leadership in the team culture.

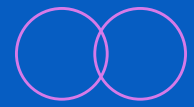
Coach Development Resources

Continue to Learn, Continue to Develop, Always be Willing to Adapt and Try New Things!

- Feed the Cats
- Glazier Drive
- NFHS
- YouTube
- Intsagram
- USATF



What I've Learned



01

There are multiple ways to do things. Each team is different figure out what works best for your team each season.



02

Never be afraid to try new things!
Steal, Borrow, Adapt
Track needs to be fun, create a love for the sport. Because most of the time Track and Field is not the main sport.

03

Emphasize **athlete-centered coaching** for fostering growth and engagement. Remember why you are coaching. Honesty and accountability is everything.



“

“A coach will impact more young people in a year than the average person does in a lifetime.”

– Billy Graham



Any questions for me?

Thank you for attending!
916.995.1267
dfriese@wpusd.org

