

STARTING BLOCK ANALYSIS

Setting up consistency in the block to ensure optimal performance

MAIN GOALS

- Balance
- Consistency
- Overcome Inertia
- Create a greater Max V

BLOCK SET UP

- Arms Straight
- Front Knee Inside the Elbow
- Bend of Back Knee Even with Toe of the Front Foot
- Flat Back and Relaxed Shoulder
- Front Shin should be Parallel to the track



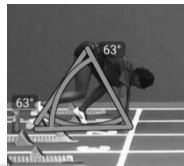
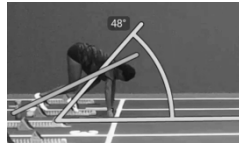
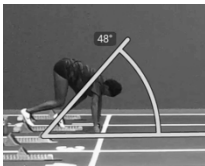
COMING TO THE SET POSITION

- This is where life goes right...or wrong
- Movement of the hips is best coaching cue
- Slow Controlled Backward Movement
- Connection to the pedals
- Balance
- Set up proper angles consistently

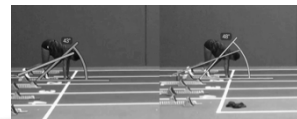
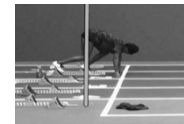
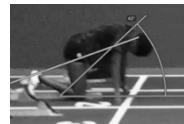


SET POSITION

- Angle of front leg 90 degrees
- Angle of back leg 120 degrees
- Angle of front shin 45 degrees
- Intersection Point




SET POSITION




PUSH FROM THE BLOCKS

- Push Comes from the front pedal
- Watch Front arm movement
- Block lead arm at the shoulder
- Watch for a backwards movement of the foot at ground strike
- Low Heel Recovery WITHOUT dragging the foot
- Hip Flexion and Extension
- Quickness is NOT the answer

BACKWARD MOVEMENT OF GROUND STRIKE





GUIDELINES MOVING DOWN THE TRACK

- 7 step -10m
- Are they still pushing?
- How is the work they are doing now setting up a better max velocity
- Develop a Rhythm, this is linked to General Strength levels

COVERING GROUND



COMMON PROBLEMS

