

## Training the Sprinter

Develop the Relationship  
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## Understanding the Sprint Mentality

- Transition their Thinking - Discipline of the Mind
- Sprinters want immediate gratification
- Relationship/connections
- Who are they collectively and individually
- Check out Developing Mental Toughness in sprinters (Saturday 12/6/17 @9:30 am)

## Sprint Drills/Mechanics

- Importance of taking time to Develop correct technique
- High knees, walkout's, lunges, etc....
- Is Hurdle mobility important?
- Should drills be done everyday?
- Does a sprinter really require more?

## Starts

- Blocks
- First 20 m. Drive phase
- Transition phase
- Maintaining Top End Speed

## Rest vs Recovery

- Allow time to recover and time to rest.
- Isn't it the same?
- Why is recovery important?
- Trusting the athlete

