

KAAF

Korea Association of Athletics Federations Coach Seminar (part 4) - Jincheon January 2012



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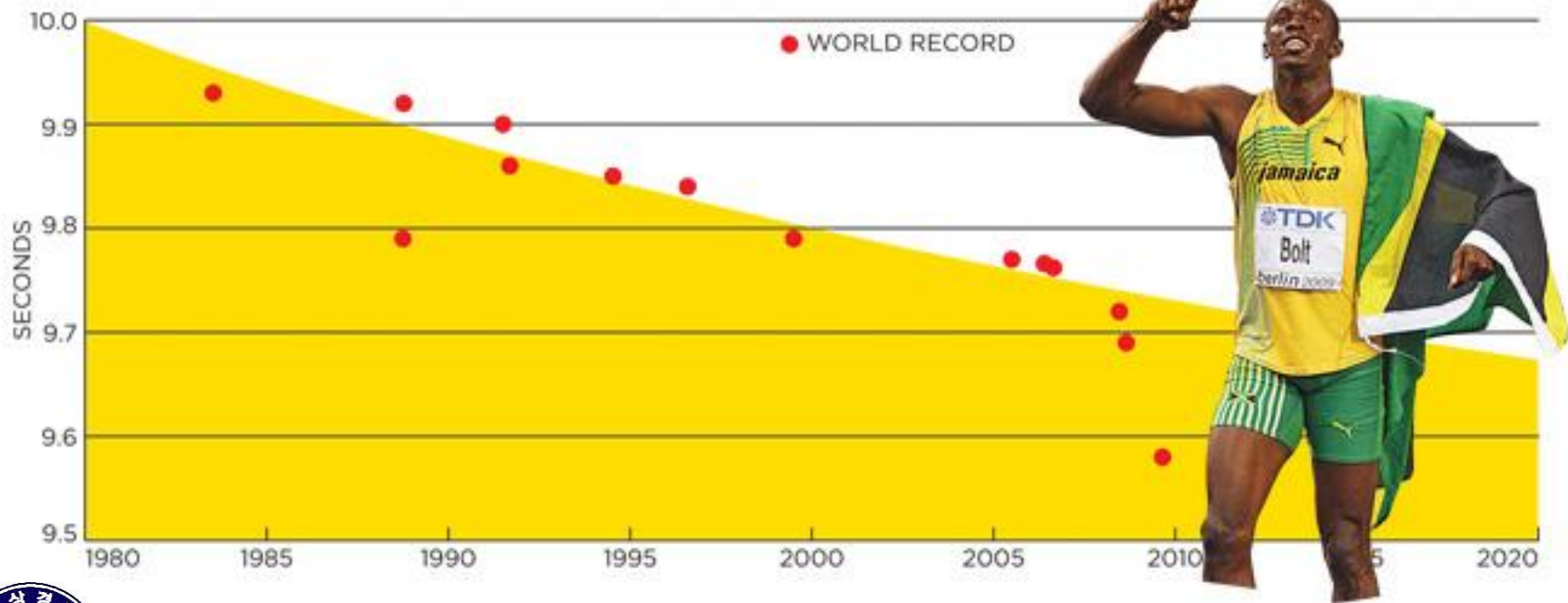


2

Sprinting Development



MEN'S 100-M RECORDS SINCE 1980



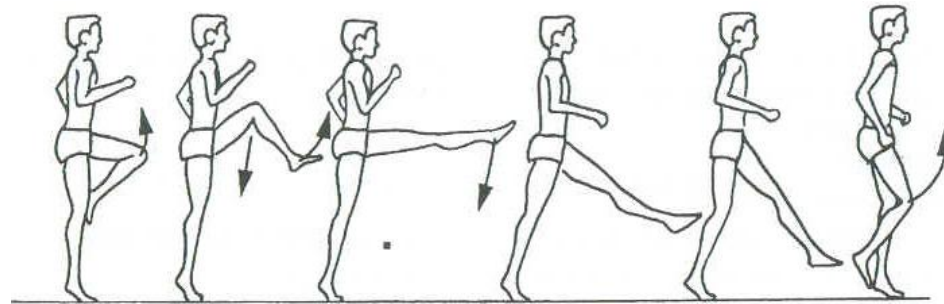


Skill & Co-ordination

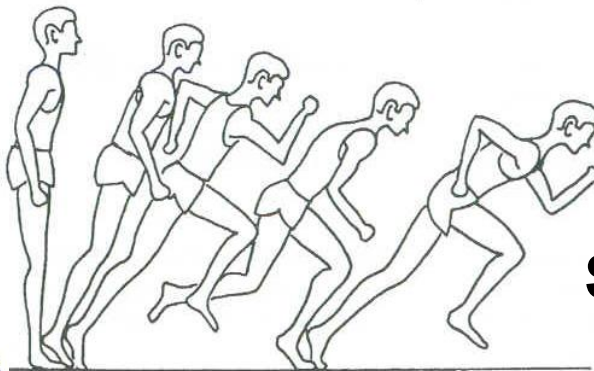
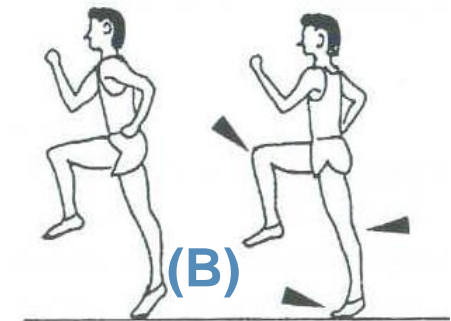
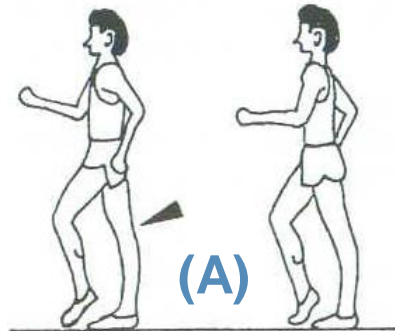
„ABC“ Running

3

Body-upright
„Toe-walking“



„Ankling“ (A)
„Knee-Pick“ or
„Skipping“ (B)



Standing – fall forward = „Fallstart“



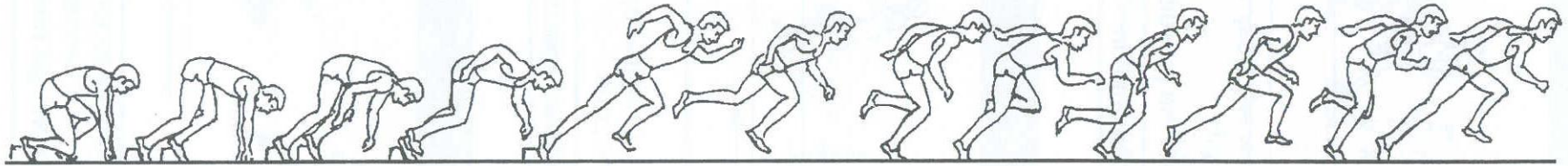


Sprint Start Technique

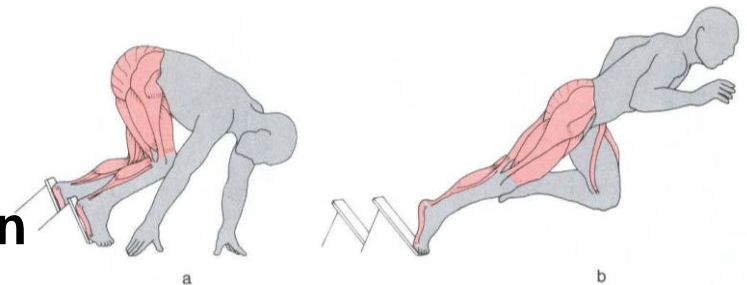
Criteria & Observations

4

Is the Start-Technique something we can improve?



- ❖ The start position
- ❖ The drive from the block
- ❖ The first three step of acceleration

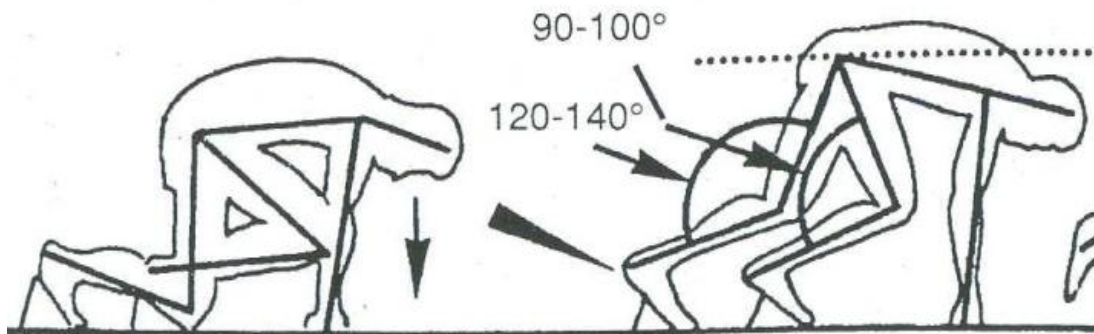
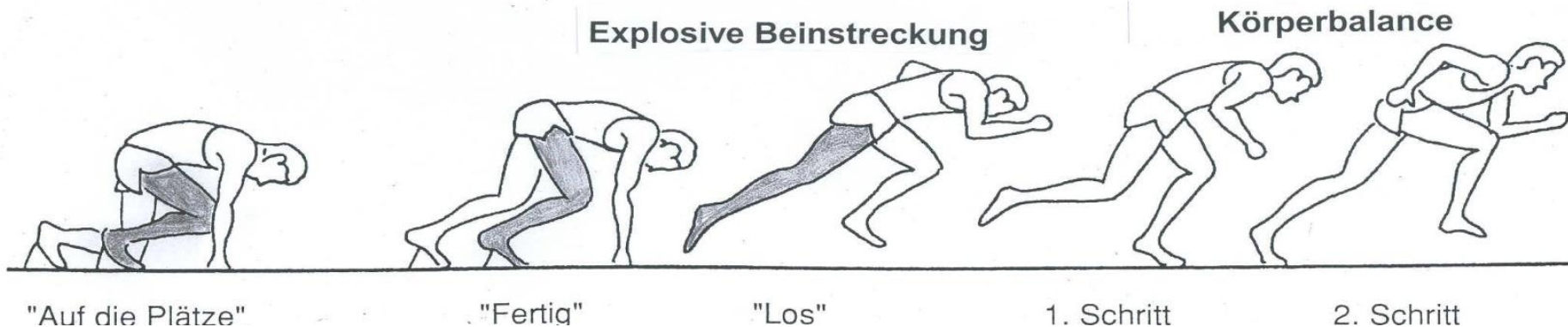




The „Sprint-Start“

Watch the specific parts

5



**Watch the correct
„set“ position**

Front-leg 90-100 degree

Rear-leg 120-140 degree

Head point down

Heep higher than shoulder



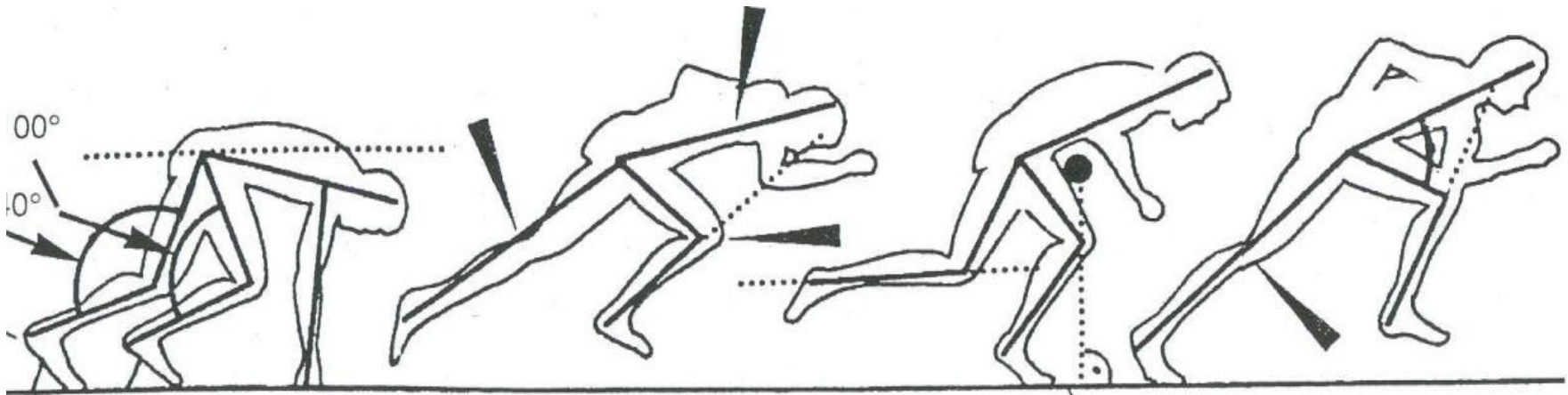


The „Sprint-Start“

Watch the specific parts

6

Extreme body forward leaning after the „go“



Explosive stretch
of the front-leg
after the „go“

Good forward
lean and aim to
place feet behind
the „CG“

Still keep
forward lean
and extend leg.
fully after 1. step



PB: 11,48s – Nongnuch SANRAT

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**very good reaction from
start-block
and
optimal start-off position.
Nice corresponding arm
action**



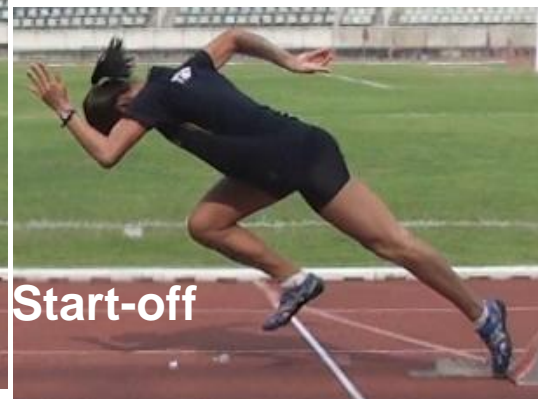
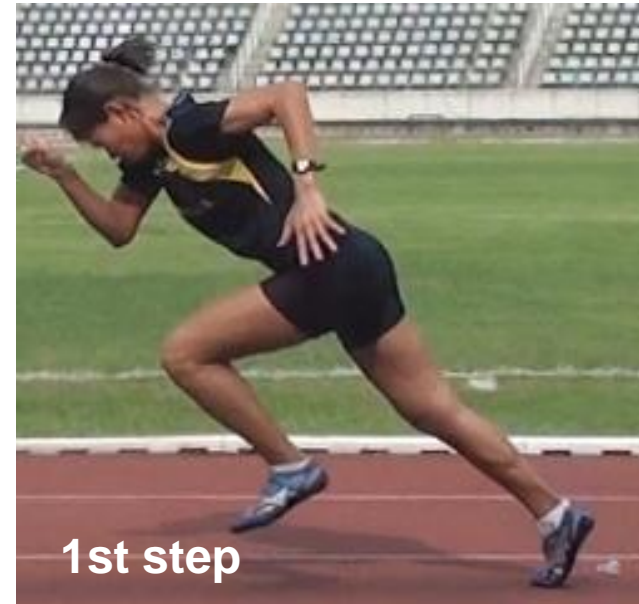
Orientation marks

PB: 11,69s – Tassaporn WANNAKIT

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**START-POSITION and the
first step-acceleration
is good**

**optimal and good
body-lean-position**



Orientation marks