

Asic's Comet Clinic 2015 100 & 200- Simple Solutions

- Race Plans!
 - If you expect to improve you need to have a plan in place
 - Know the strengths and weaknesses in your race/s
 - Work with your coaches to identify and plan
 - The longer the sprint race, the more critical the drive phase
 - Horse Blinders- Execute your plan not your competitors

- **Starts**- 2- rolling – 3- partner w/ blocks- solo blocks
 - Blocks – **Demos**
 - Indoors/ outdoors
 - On the straight or on the curve
 - Block alignment from start line
 - Front pedal
 - Angle
 - Back pedal
 - Angle
 - Ok... I'm in, now what???
 - Resting position
 - Shoulders- Hands – Hips- toes- feet – ankles
 - The Set Command
 - Where do you rise to?
 - Pretense!
 - The Gun
 - Anticipate or react?
 - Order of operations
 - Angle of trajectory- Better High than low
 - Partner drills
 - Set up and analysis
 - Partner starts
 - Standing with blocks
 - Baton - **Demos**
 - what hand
 - how to hold

-100 :Goals?

- How deep to “drive” – is there such a thing as too deep?
 - Acceleration – Horizontal – Strength then Power
 - Max Velocity – Vertical – SPEED – MARCHING!!!
 - Relax-

200: Goals?

- Why most good 100 runners stink at the 200 – No understanding of the race
 - o Drive Deep
 - o Push in the right direction – **3 Dimensional NOW!**
 - Which direction is down?
- Acceleration – Horizontal – Strength then Power
- Max Velocity – Vertical – SPEED – MARCHING!!!
- Relax- or Die