

Asics Comet Clinic – 2015
Relays Session for Coaches
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I. Considerations

- A. Emphasis on team aspect
- B. Team make up: steady or changing
- C. Distance to be covered
- D. Athlete Preferences
- E. Competitiveness of the runners
- F. Abilities of the runners
- G. Order

II. Speed of exchange

- A. Acceleration zone (200 and down)
- B. Establishment of marks

III. Placement of Personnel

- A. Relays are won or lost by placement of personnel
- B. Coach's responsibility know strengths and weaknesses of athletes
- C. Factors
 - 1. Cohesiveness of group
 - 2. Curve Runners
 - 3. Best starters
 - 4. Baton handling
 - 5. Ability to race from behind
 - 6. Ability to race from the lead
 - 7. Anchor mentality

IV. Coaching Decisions

- A. Winning a relay is 10 points
- B. Prioritization of your best athletes
- C. Programmatic goals

V. Responsibilities of the Incoming Runner

- A. Identify your teammate (4x400, 4x800, 4x200 Indoors)
- B. Know where in the zone the baton is to be taken

- C. Strong finish
- D. Run on correct side of lane (4x100, 4x200)
- F. Visually complete the pass
- G. Stay in lane after pass

V. Responsibilities of the Outgoing Runner

- A. Identify and set up marks correctly
- B. Do not panic
- C. Do not anticipate
- D. Trust your mark
- E. "Read" the face of the incoming runner (4x400, 4x800)
- F. Get out and clear the zone
- G. Stay in the correct part of the lane

VI. Determining marks

- A. Race distance/pace
- B. Ability of the athletes
- C. Lengthening legs

VII. 4x100

- A. Holding the baton: R-L-R-L
- B. Split the lane
- C. Big Visual marks
- D. Pushing out hard
- E. Timing of Command
- F. Positioning of arm/hand
- G. Passing motion
- H. Distance between runners during pass

VIII. 4x200

- A. Differences between indoors and outdoors
 - 1. Blind vs open (not completely visual)
 - 2. Handling the baton
- B. Fitness of athletes
- C. Similarities to 4x100

IV. 4x400/4x800

- A. Visual exchanges
- B. Establishing marks
- C. Traffic
- D. Clearing the zone
- E. Baton handling / body positioning

Why do we practice exchanges?

- A. Race simulations – traffic
- B. Hundredths of a second matter – precise exchanges
- D. Develop Confidence
- E. Any sprinter on our team can step in a moment's notice