Hashim Hall

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Tualatin High School

Specialize in Sprints and Jumps

Co-Owner of a traveling track and field club

Our focus is on the experiences and the training

How did I get started in Track

Three Key Things that Created a Passion for Track in me

- 1. My Experiences
- 2. My Coaches
- 3. My Team Environments

Central Catholic High School

- Winter Training and Meets
- Organized and Fun Practices
- Best Friends were on the Team

Portland State University

- Winter training and Meets
- Fun and Organized practices
- Great Friendships

Sprinting

Not a normal activity, it is a skill developed over time.

Important considerations

- Greater than normal stresses to:
- 1. The muscles and joints
- 2. The nervous system

Muscles and Joints

- Above average range of motion in the hips and shoulders

- Greater than normal stretch in muscles like the hamstrings and anterior deltoids (front of shoulder)

Large amounts of force absorbed on impact to the ground

Can cause issues like:

1. Shin splints
2. Knee pain

Maintaining Excellent Posture

Needed to apply the optimal amount of force to the ground

Sway Back

Lumbar Lordosis

Thoracic Kyphosis

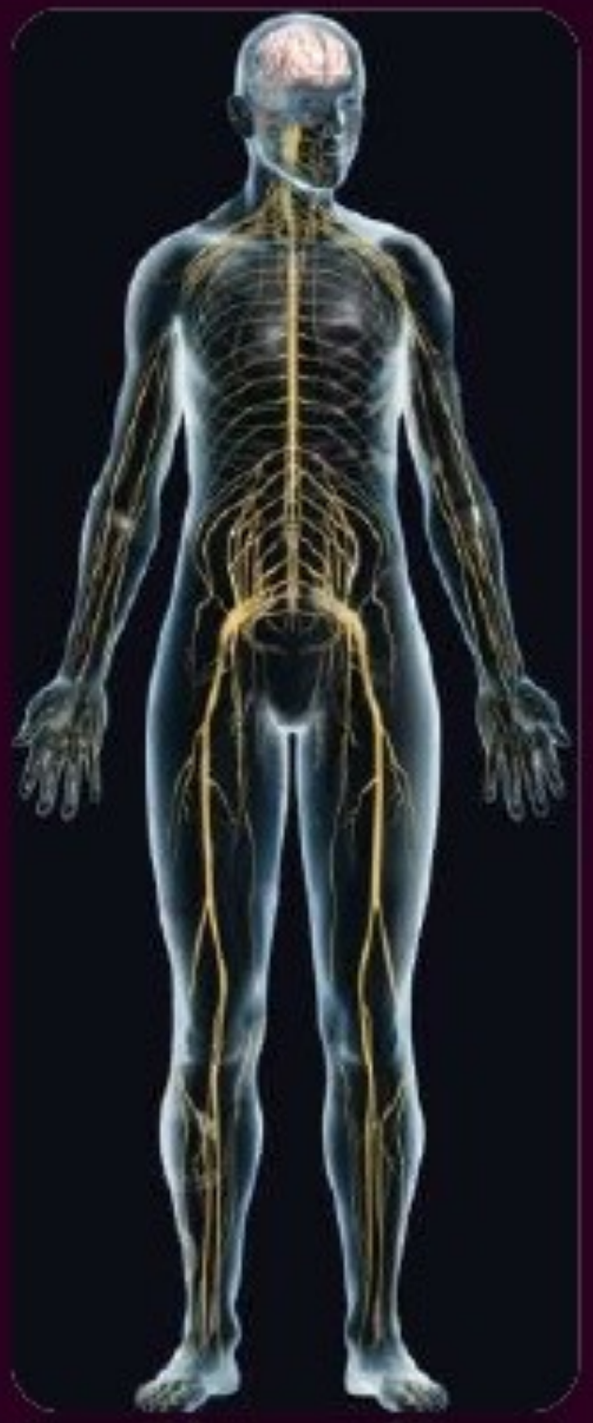
Forward Head

Good Posture

You can NOT expect to reach your potential with poor posture

The nervous System

The Nervous System



- The Nervous System is the master controlling and communicating system of the body.
- The Nervous System CONTROLS and COORDINATES ALL ESSENTIAL FUNCTIONS of the Human Body.

Nervous System Adaption

- As an athlete raises intensity with speed or force production there will be a neurological adaption
- This is needed to get faster
- It takes the nervous system longer to recover from the stress

Sprinting is Broken Down into Four Parts (to keep it simple)

- 1. The Drive
- 2. The Acceleration
- 3. The Float
- 4. The Finish

The Drive

The part of the race that usually involves starting blocks

"The main focus of the drive is to push into an upright sprinting posture"

–Latif Thomas

Important aspects of the start

1. Front arm at 90 deg, with the arm finishing near the ear.
2. Back arm reaches as if to grab a baton.
3. Body is leaning forward (still keeping straight line from head to pelvis)
4. Front knee drives up and the shin should end up being parallel to back leg.
5. Back leg pushes off block through an ankle, knee, and hip extension

Training the Drive Phase

- 1. Positioning
- 2. Pushing Action

Drills I Use

- Wall Drill
- Stairs, Hills, Sleds
- 2 pt start cone drill
- 3 pt Start cone drill
- 4 pt Starts (track start)
- Block Starts

Wall Drill

1. Straight line from head to foot
2. Hands on wall like a push up
3. Front knee lifted with the ankle flexed
4. Back leg has the weight shifted to the midfoot

Stairs, Hills, or Sleds

Extension of Wall Drill

2 pt start cone drill

- Set up cones at increasingly longer distances
- Have the athletes get into a standing, staggered start with good arm splits
- The athlete will push forward, landing along side each cone.
- Look for a forward lean, knee lift, foot strike, and aggressive arms.

3 pt start cone drill

- Set up cones at increasingly longer distances
- Have the athletes set their feet as if they were going to come out of blocks, the hand opposite of the front leg will be positioned just in front of the line, the other hand will be back and up.
- Look for parallel shins, shoulder over hand
- The athlete will push forward, landing along side each cone.
- Look for a forward lean, knee lift, foot strike, and aggressive arms.

Track Start

- Set up one cone at an appropriate distance
- Have the athletes set their feet as if they were going to come out of blocks, they will place both hands just before the starting line
- Look for parallel shins, shoulders over hands
- The athlete will push forward landing along side the cone and continuing for the specified distance
- Look for a forward lean, knee lift, foot strike, and aggressive arms.

Block Starts

- Set up one cone at an appropriate distance
- Have the athlete set up their blocks
- Once the athlete is in the blocks call them into a set position
- Look for parallel shins, shoulders over hands
- Once the whistle is blown the athlete will push forward landing along side the cone and continuing for the specified distance
- Look for a forward lean, knee lift, foot strike, and aggressive arms.

Important aspects of the start

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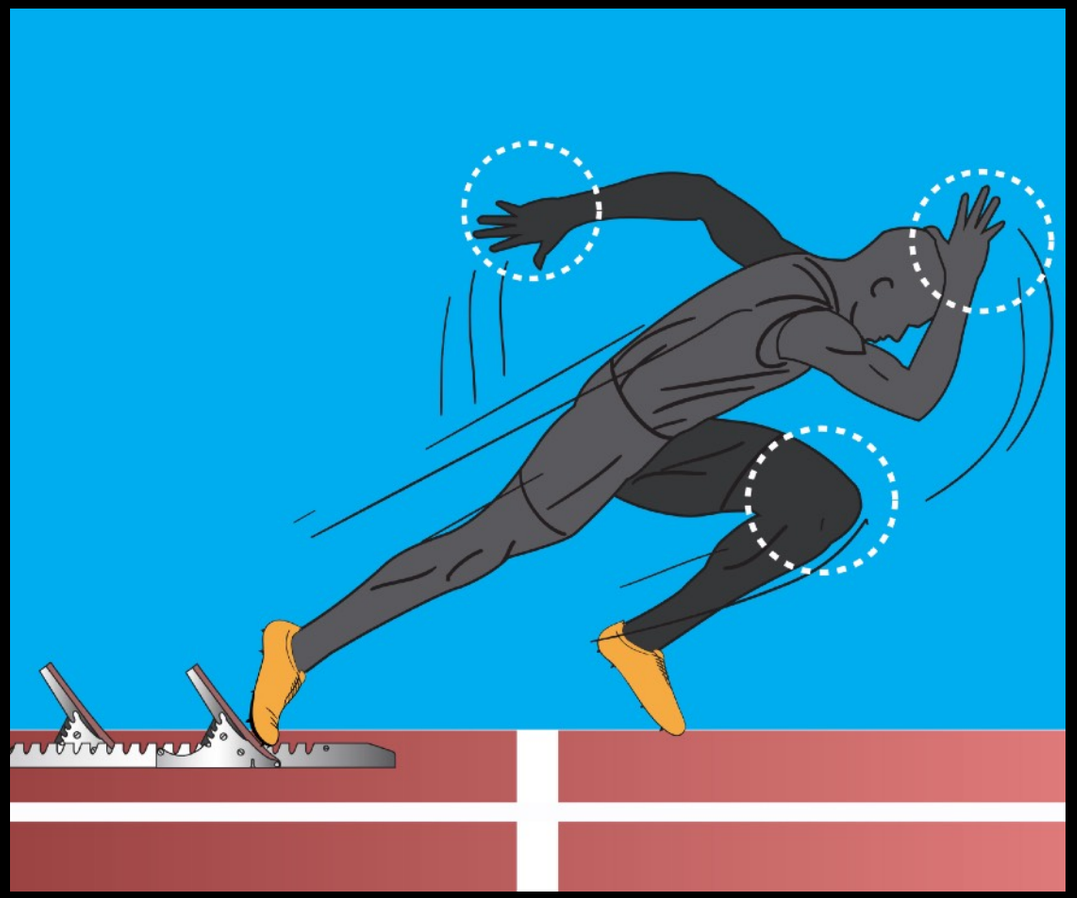
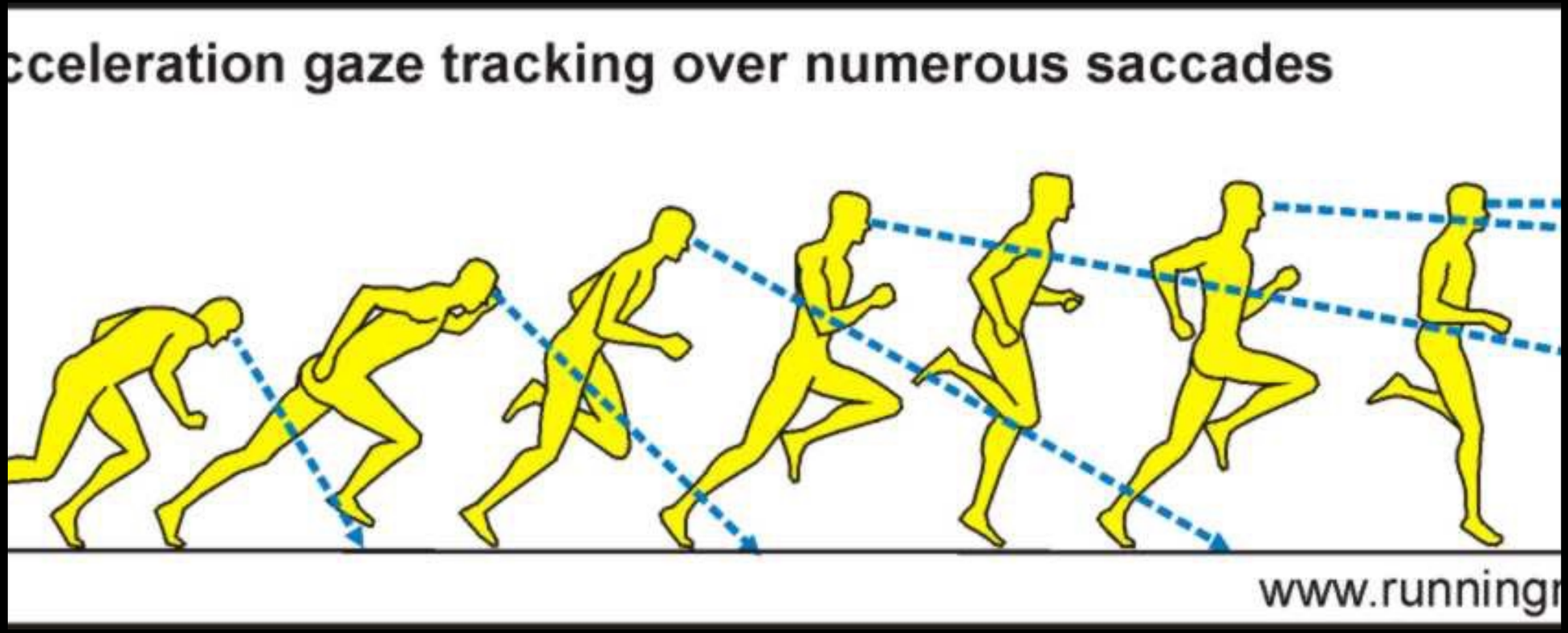
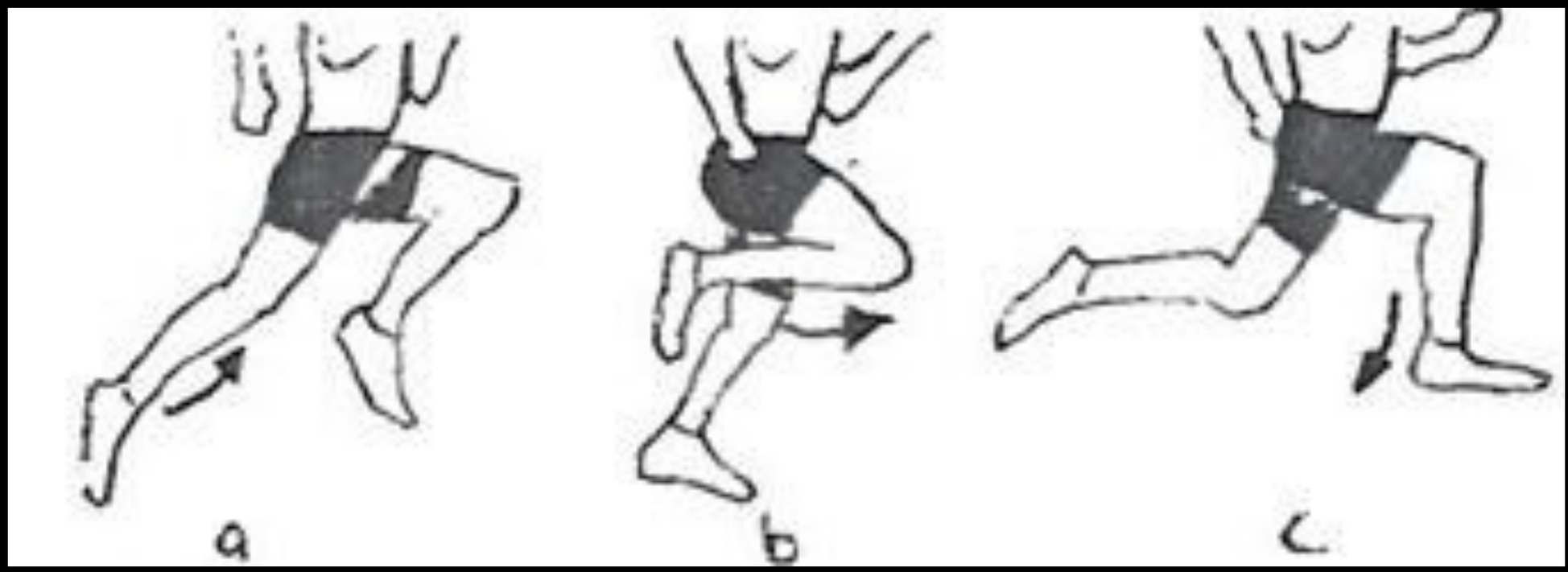




The Acceleration

- Once you have pushed into an upright position you CANNOT go back.
- This is the part of the race where you maintain an upright posture.
- At this point your goal is optimal speed



The Lower Body Mechanics

Heel to butt, shin forward, squish the bug (land under hips)

Upper Body Mechanics

Upright posture, arms at 90 deg, hip to chin

Drills I Use for Lower Body Mechanics

- Single leg A march in place with hands on hips
- Alternating A march in place with hands on hips
- Forward A marches with hands on hips
- Forward A runs with hands on hips

Drills I Use for Upper Body Mechanics

- Perfect arm swings at a slow pace
- Perfect arm swings at a fast pace
- Perfect arm swings with Alternating stance

Drills I Use for Combined Mechanics

- Mini hurdle drills:
- 2 steps between
- 3rd step
- 2nd step
- Every step

Workouts for Evaluation

- In and out
- Flying 30's

The Float

Relaxed running while maintaining sprinting form and speed

Workouts I use for evaluation

- 150's
- In and Outs
- Race modeling

Finish

Refocusing on form and force to the ground

Workouts I Use

- Race modeling workouts
- 90’s, 120’s, 150's, 300's

4x100m Relay

Incoming Runner

- Run through exchange zone
- Be loud with your call
- See the hand then give the baton
- Punch the baton into the hand

Outgoing Runner

- Count off pre prepared steps
- Be ready in a sprinting stance inside the beginning of the zone
- When your teammate approaches your prepared mark you need to drive at full speed
- When your partner call for you to take the stick:
- 1. Put your hand back as if you were going to slap them in the face
- 2. Thumb needs to be down
- 3. Hand needs to be flat like its up against a wall
- 4. When you feel the baton squeeze and take

4x400m Relay


TDK
GBR
JAMAICA
TDK
JAM
MOSCOW 2013
5
TDK
GBR

Incoming Runner

- Hold on!
- Maintain your sprinting mechanics and get your teammate the baton
- Be sure to have the baton in your right hand
- Your job is to push the baton into your teammate's left hand

Outgoing Runner

- Be ready to go, you will be facing the inside of the track
- When your teammate approaches you take 3 full speed driving steps
- After the third step rotate your upper body and reach back to grab the baton
- 1. Look at the baton
- 2. Grab it like someone is passing you a cup of juice (talking about hand position)
- 3. Aggressively take the baton and run

Final Thoughts

- Teach
- Drill
- Apply
- Reward
- Revise