



TEXASAGGIE TRACK & FIELD



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Athletes I've coached – Thanks Cap!

Houston T&F Community – UH, Rice, Texas Southern



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Intent



“Being joyful and positive was the whole objective of our group.....
To create uplifting music was the objective”.

-Maurice White / Earth Wind and Fire



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Cues, intentions, & idle thoughts:

Seeking aggression and depth in
the 100 meter acceleration pattern:



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We teach everyone the 100meter acceleration pattern, because it is the base reference for all patterns (100h 110h, 400h, 200, 400, 4x100)

Teach one model, with minimal variations. It hard enough to learn 1!



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12th stride (30m)

85%Vmax





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I coach to the problems I see:

- with a body lean, they do not push well, or they do not push deep enough

- IF they get upright, into a sprinting posture, they do not continue accelerating to maximal

The body lean (post) rises during the run.

The later it gets in the run , the less likely they strike through the force line (esp. Vert)



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I do not teach the 100m in phases.

Drive

Transition

Maximum Velocity

Maintenance

Deceleration phase

The athletes already run it that way

But that's not how a 100m looks.....



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The 100m dash is one thing.
It LOOKS singular

Seamless Aggression

Smooth Violence

Big Ranges of Motion (not small, quick)

Coach Tellez never spoke about
transition or maintenance



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Coaching objective:

More aggression (big ROM)

More intensity of effort (push harder)

Duration of high intensity (push longer)

Faster the run the longer the push

Force applied precisely (push in line w post)

Awareness/ Patience



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For coaching, I use “acceleration” and “pushing” interchangeably.

Acceleration = pushing

Impossible? Try to accelerate the entire race (Flo Jo '88). Close is good enough! I say, try.

Possible: push the entire race



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More, more, harder pushing solves all issues:
More aggression (Big ROM)

More intensity of effort (push harder)

Duration of high intensity (push longer)

Force applied precisely (push in line w post)

Awareness/ Patience



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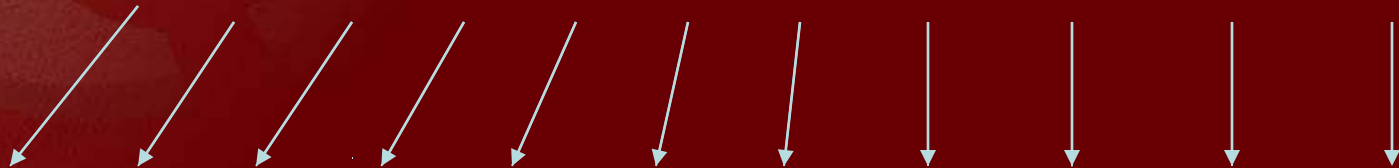


So, how best to install the desired race pattern?
See the 'domino effect'

Visualize before explaining

See the gently ascending lines, rise to vertical

Push in those force lines When vert push down





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With a visual idea, we can cue (over cue):
“It is all acceleration”

“Push 103 meters”

“There is no drive phase -- the entire race is the
drive phase”

There is no downside risk to this, due to
common dysfunction



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Intent: Develop consistency on 4 fronts:

Max Velocity Mechanics (run tall)

Acceleration (pushing the entire race)

Completion runs (blending the two)

Apply to every run (pattern development)



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Study the Masters





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100 Meters

Men



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Angular Velocity versus casting

The knee joint hinges resultantly into support phase
Do not cast the ankle joint

Casting = “reaching”, over-striding and inactive landing



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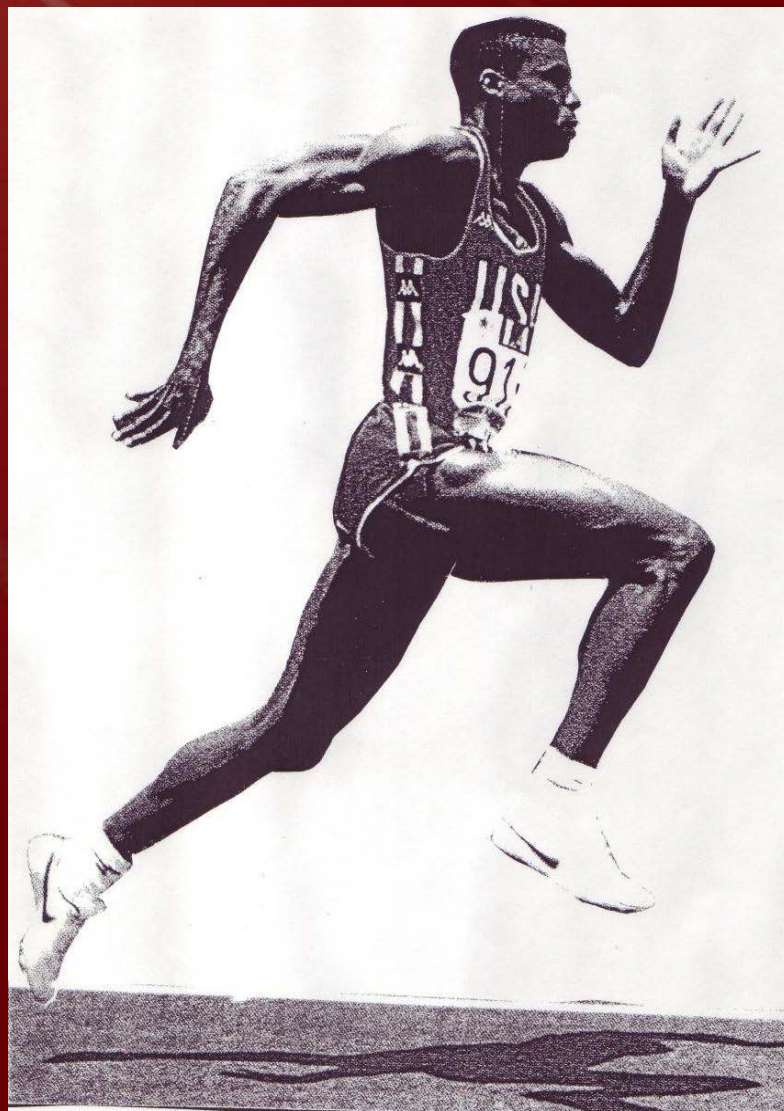
Day 2

We train Maximum Velocity Mechanics

Applies to every run we will do
(developing a pattern)



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This is what
we try to do

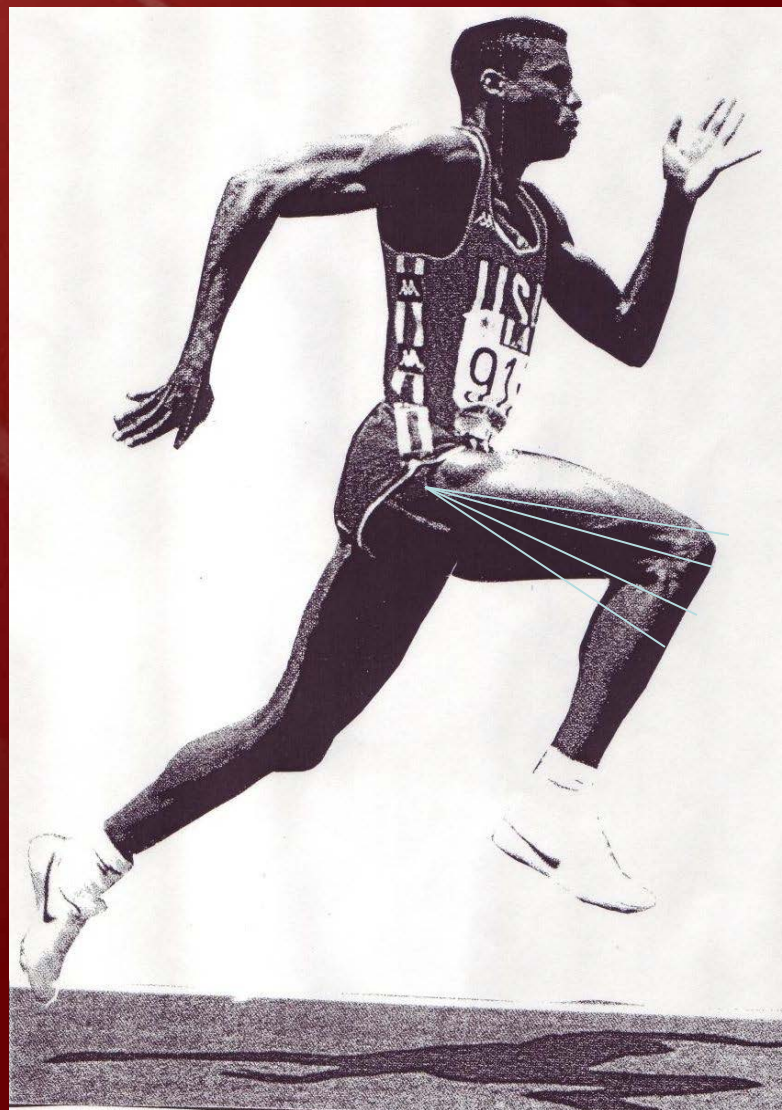
Starts with this

Ends with this

Always comes
back to this



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Position 2

Strike Position

Evaluation (adv
1 frame from toe
off)

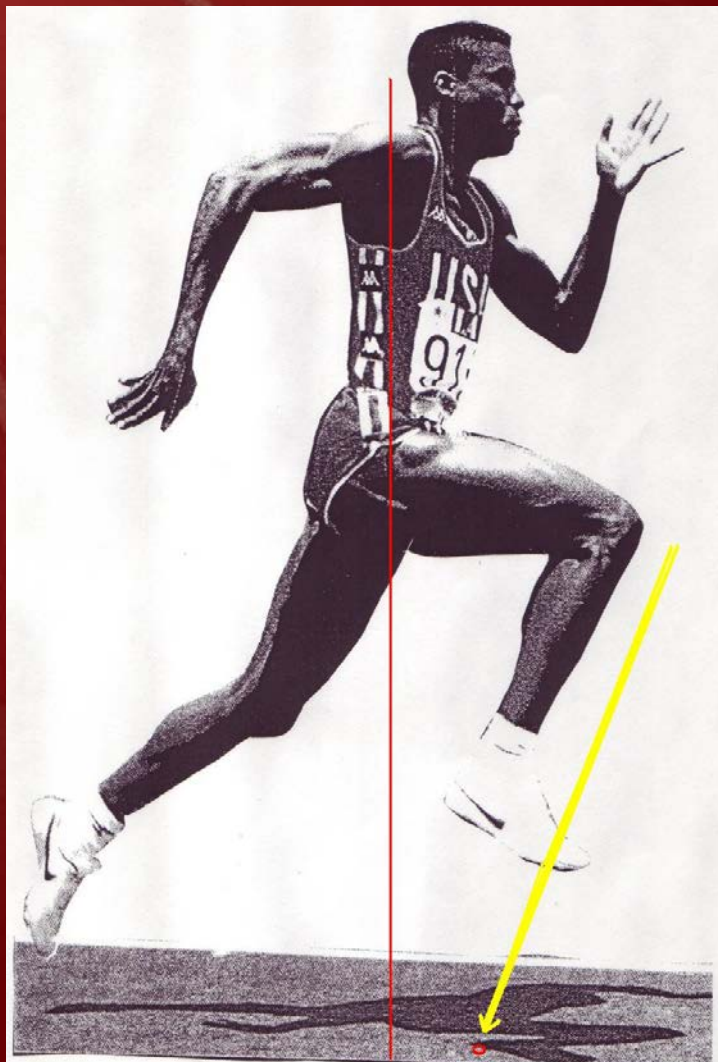
Run tall

Relative to sup
thigh = “top”

Big, ‘open’



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Keep pushing

Push dn thru shin
/ up thru post (v)

March / Stay open

Get feet down*
Step down

Reverse from top

Strike!

Hit from front



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XXX

Step out / fwd

Cast foot (hz)

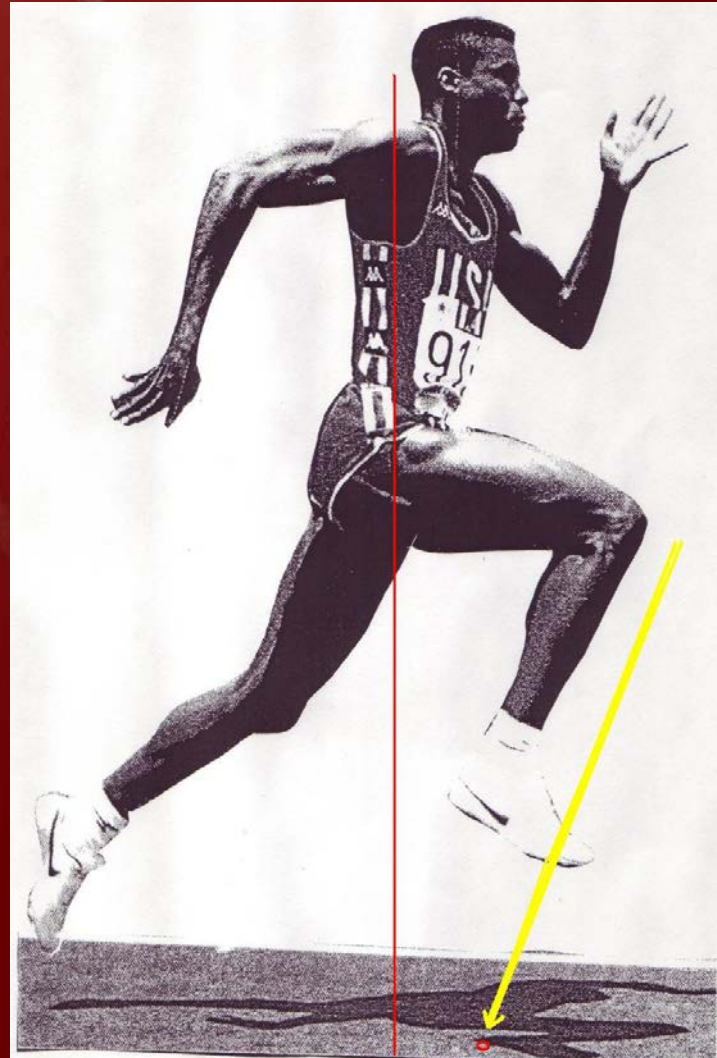
Cast & Grab

B skip

A skip

Stride

Small, choppy





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Keep pushing

Push down thru shin
/ up thru post (v)

March / Stay Open

Get feet down*

Step down

Reverse from top

Strike!

Hit from front



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Coach Tellez: “You’re not running!”

Running is a series of precisely intentional ground strikes

Running is the sworn enemy of landing, or striding



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Day 1

We train Acceleration

Acceleration = Pushing

Apply to every run (developing a pattern)



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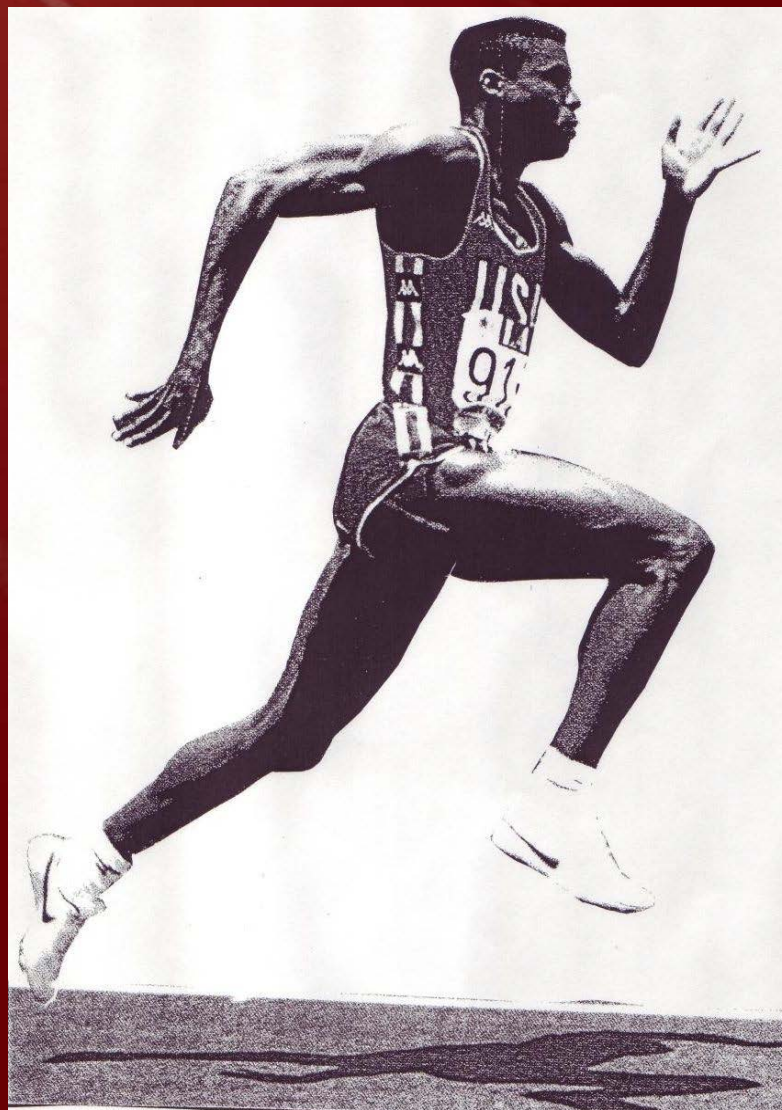
What is the purpose of the “start”?
What is the purpose of acceleration?

XXX Child's definition

To push oneself into a tall sprint posture
(intentionally).



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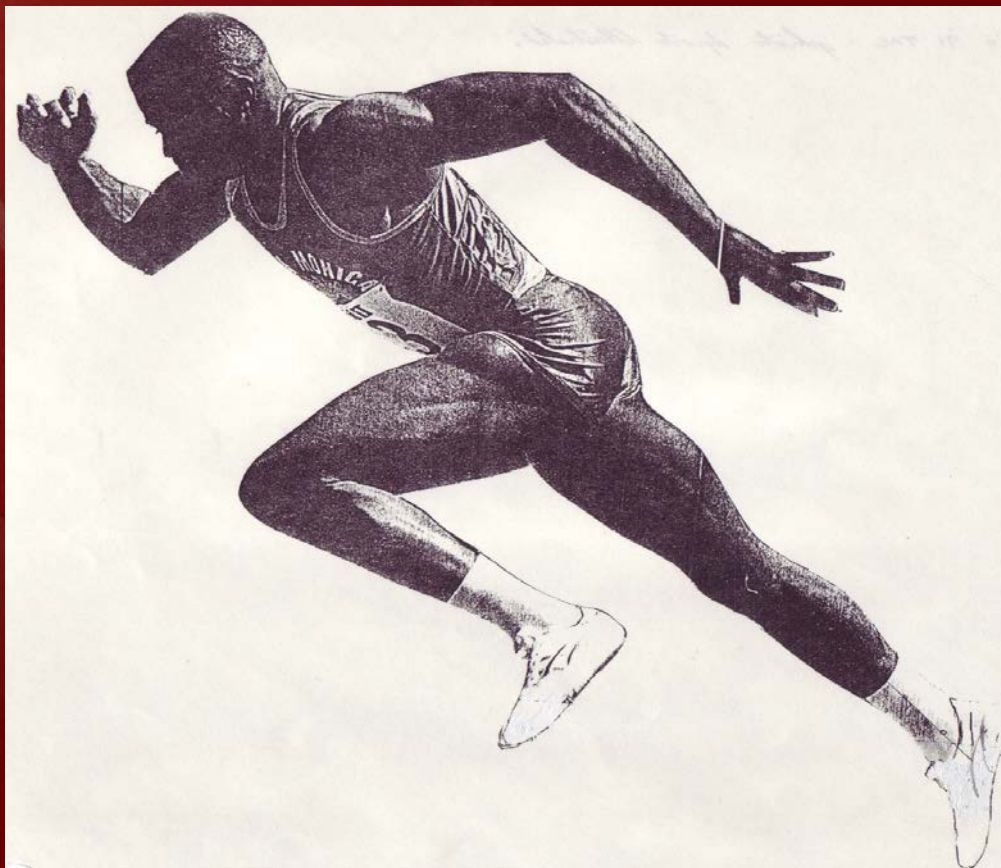
Start here

Objective
Of every run

Context

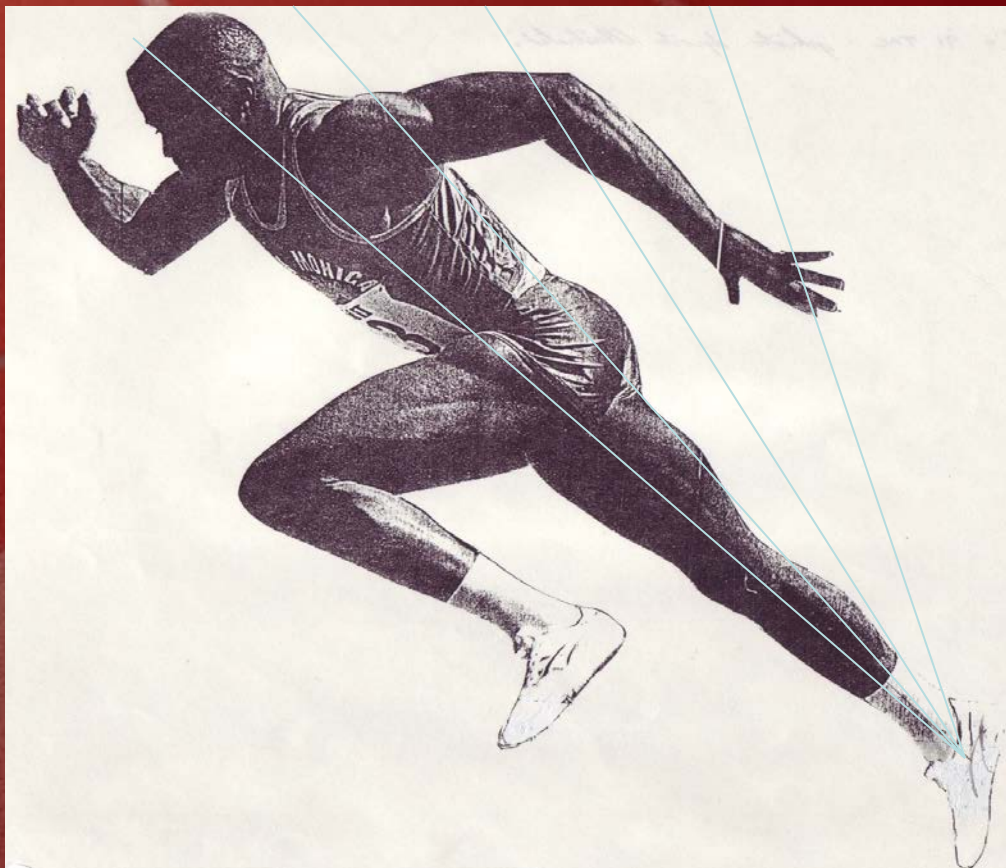


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Position 1

Strike Position

Evaluation (at full ext.)

Rise shoulders into post

Jump from pedals

Stick post w shoulders

Relative to free thigh
= “top”



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Pushing: self-limiting. Take self out of run. Stop push, Vert happens. Finish the run. Let it play out. Ideas to use:

Feel where you are posted (aware, no reason to be lost in space)

Don't work the horizontal (resultant), work through the post

The harder you push, the longer it takes to get vertical (more degrees to 90)

25% intensity 75-90 (4)

50% intensity 65-90 (6-8)

75% intensity 55-90 (8-10)

100% intensity 45-90 (10-12+)

35-90 (14-16+)



Almost vertical is not vertical keep pushing through post

When initially vertical, keep pushing through post/ do not settle in (not max)

Stay pushing vertically



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XXX

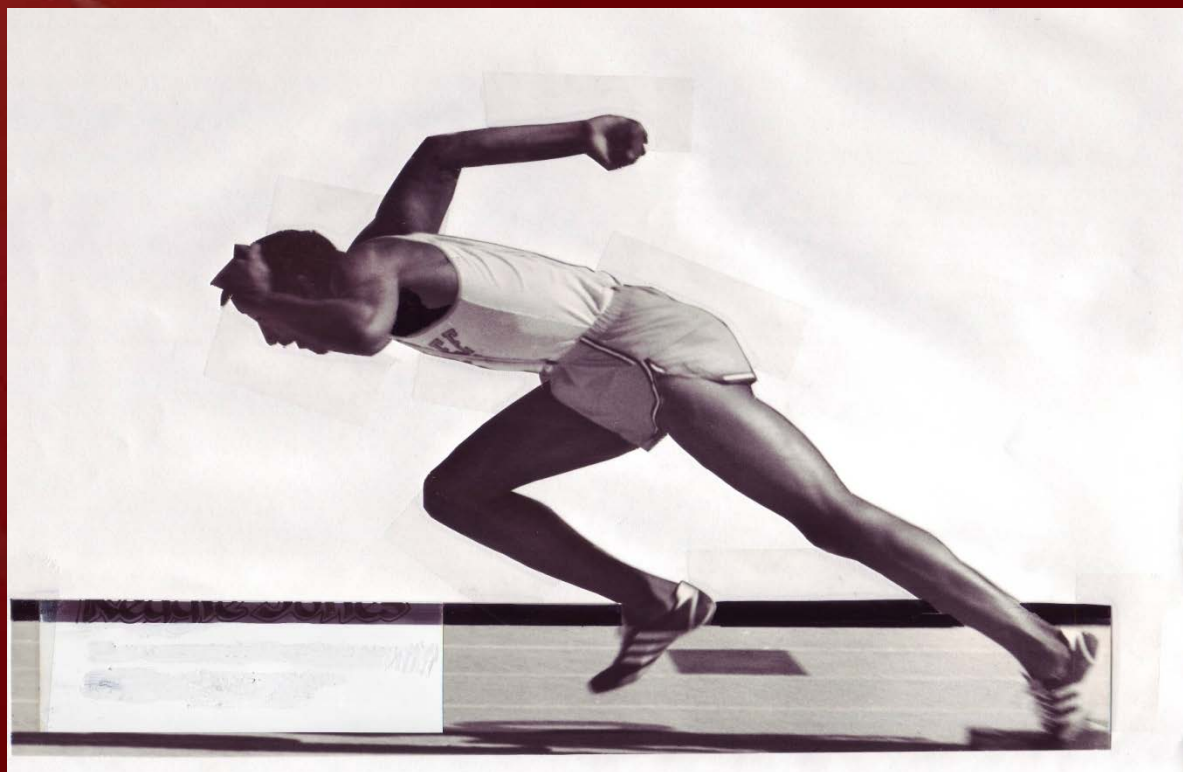
Stay down

Stay low

Slump / sag

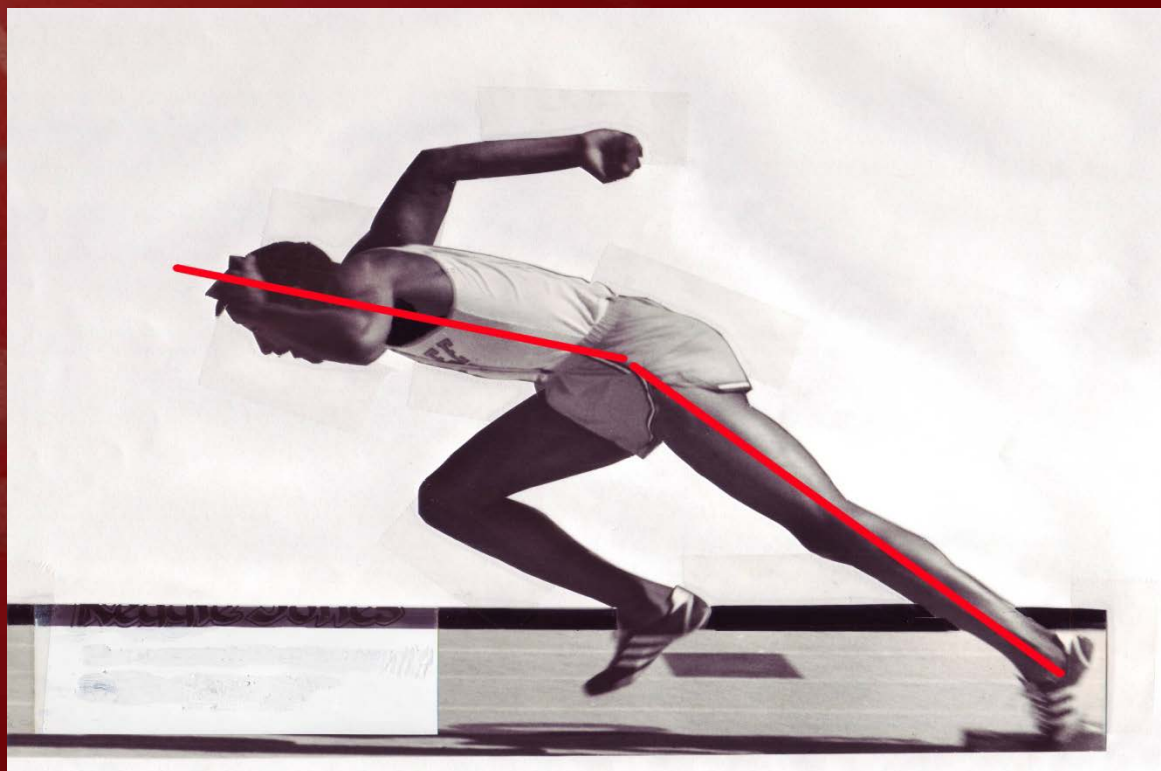
Fall over

“Stumble”



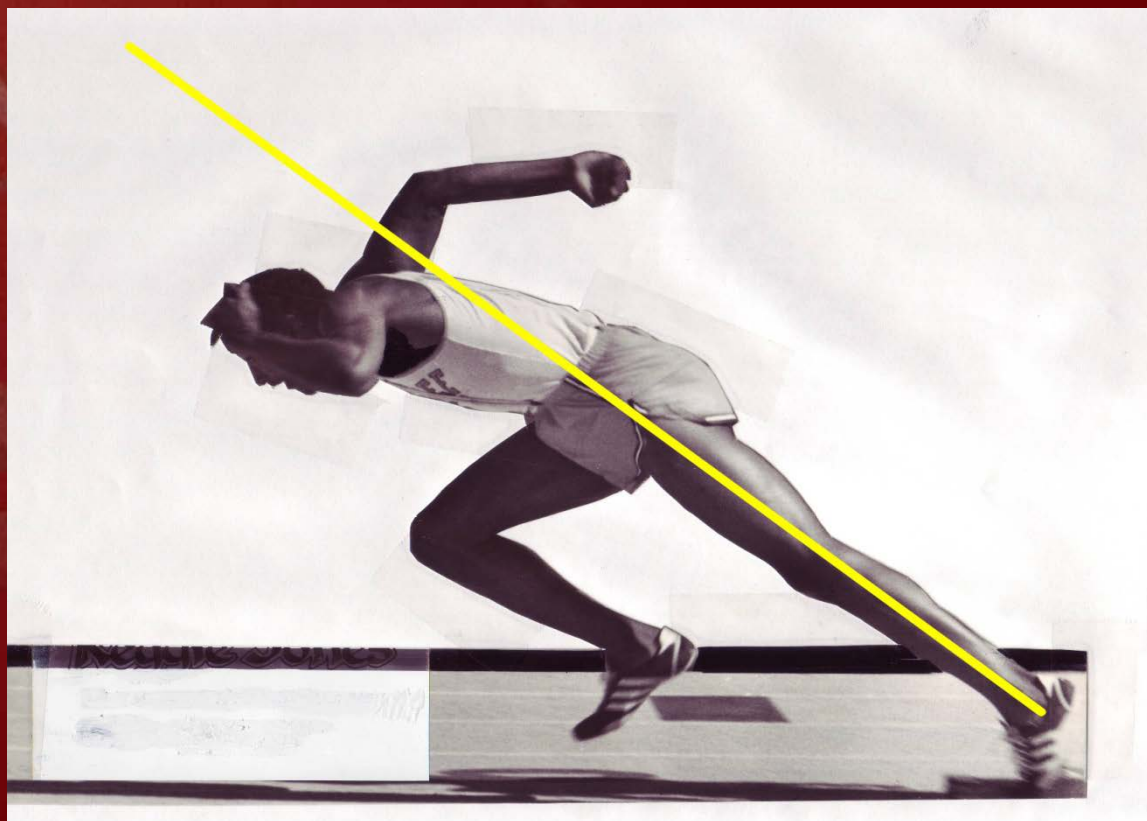


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“I stumbled”

Never take yourself out of the run.
The other 7 people are more than happy to do that for you.



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Acceleration never EVER 'stumbles'





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Acceleration

Basic Movement



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Mark – body proportional pose



Shoulders over
hands

Front shin parallel to
ground (knee to
forearm)

Back knee just fwd of
front toe

This is vital for what
is to come -- set



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Set – body proportional rise to pose. Load and Lock



Front Leg rise to 90 degrees

Close ankle joint
(load pedal)

Displace shoulders
slightly forward (roll
in from top)

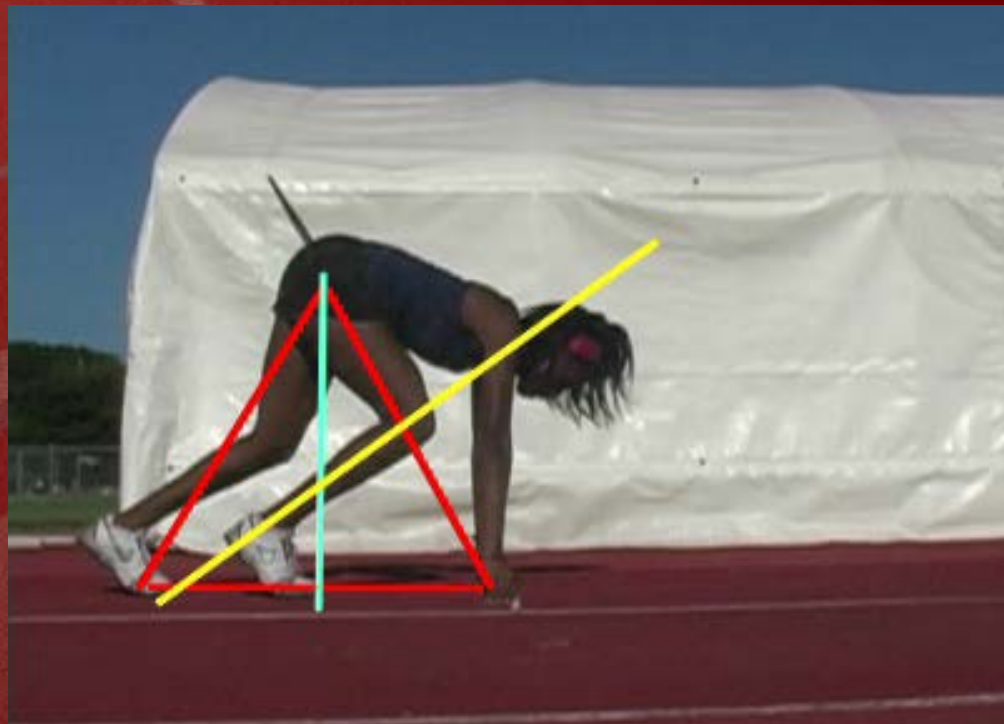
Draw to blank
alertness and lock
(martial arts)



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There is a reason for proportionality:



Inherent Stability

Directional Alignment

Everything is literally
lined up and ready to go

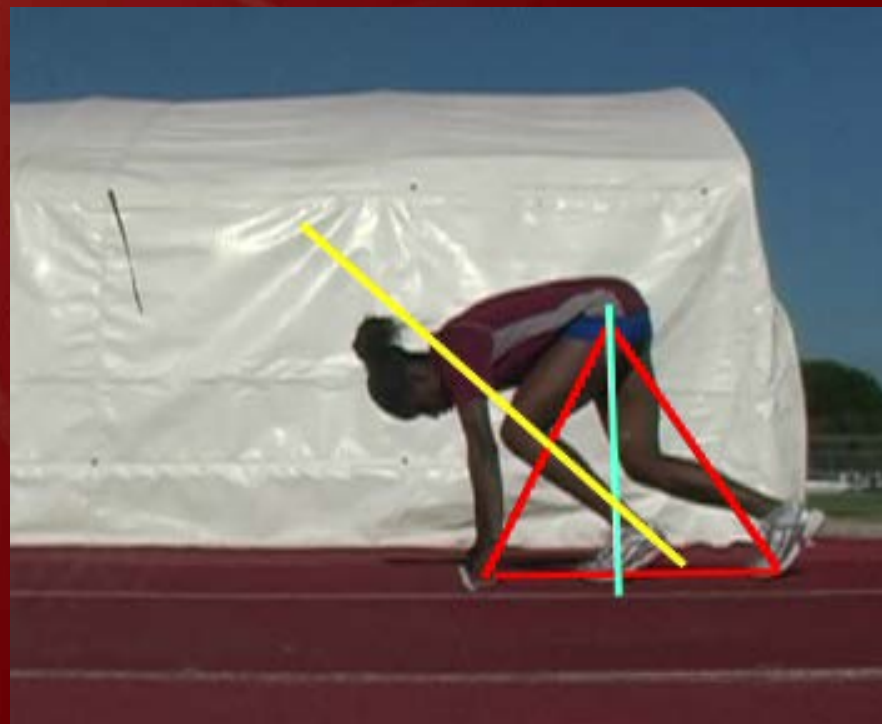


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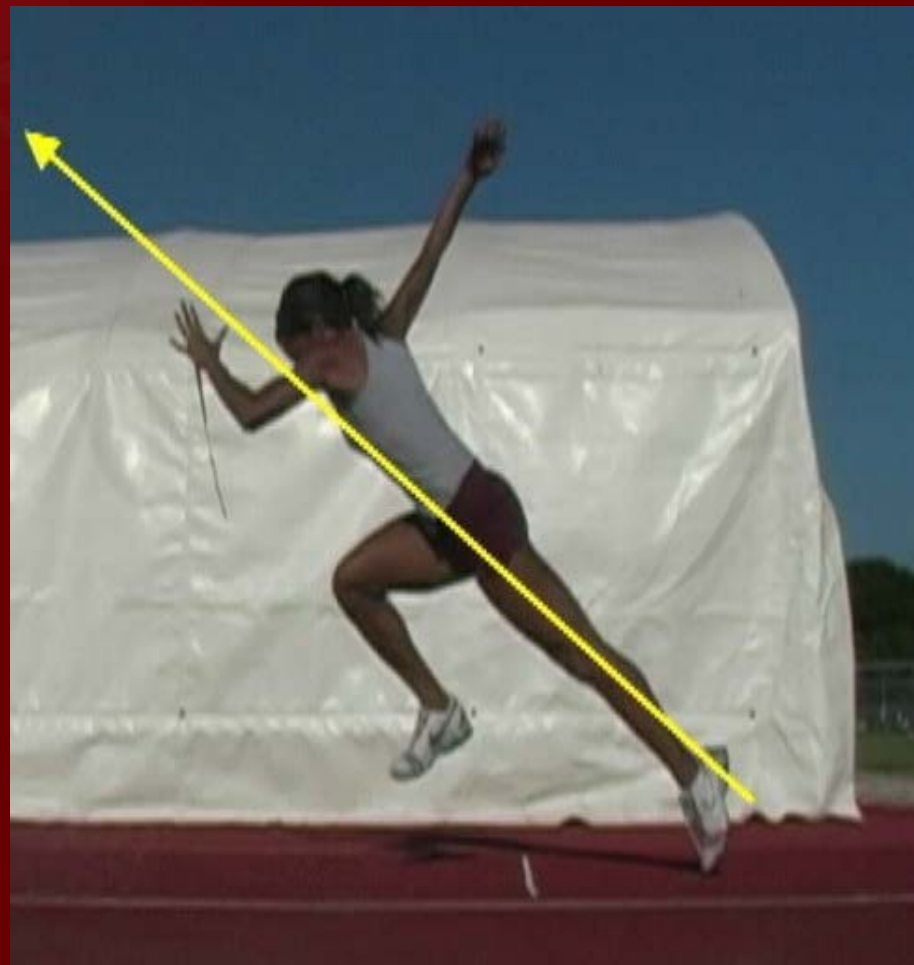
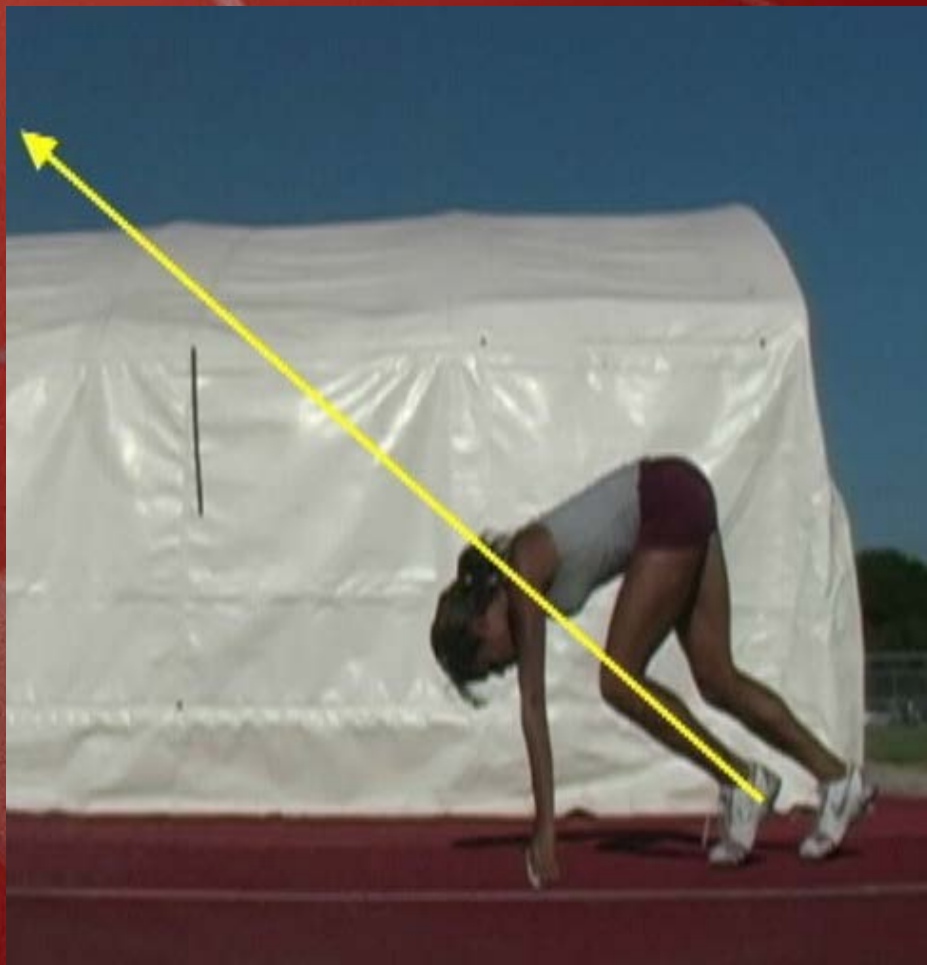


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The lines are drawn literally





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Inevitable





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Wall Drill 1 - dbl leg post (posing)





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Wall Drill 2 – sgl leg post (posing)





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Wall Drill 3 – jog post (race pattern)





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Wall Drill 4 – set, post & rise shoulder





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Post - slo mo assisted pose





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Set, Post (cue wall drill and assisted pose)





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Patience: The harder the push, the longer it takes come up





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Half start inspiration. Mid-post. Ankle to ankle (heels down)





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Top of the post. Posted at 0





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1





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2





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3





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4





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5





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6





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7





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8





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9





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10





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11





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12

(30m)

85% of V_{max}





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Development curve is relative: deeper into run

Exact steps are unimportant, if one goes 12, push harder
And try to get 14

Relative depth of a sprint (mark vertical posture) is a
is a personal landmark every sprinter is actively training
against.

Reference helps – athlete and coach. Cones, internal
clock



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Acceleration

Intermediate Movement



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Half Start





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Half Start





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Half Start



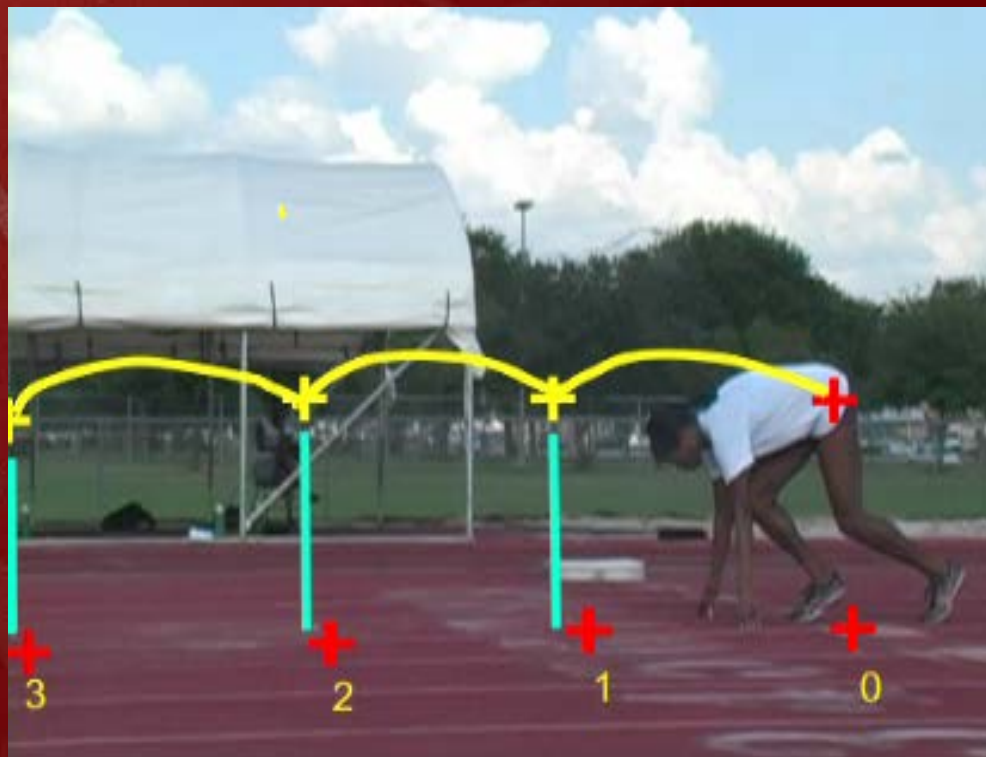


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Tape Drill / Stick Drill

progressive spacing





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INTENT

Seize awareness

- Posing

- Determine focus (often, there is none)

- Re-direct focus (when misdirected)

- Establish vocabulary for cues

Isolate movement

- Cue awareness of one joint or movement

Change context without changing objective

- Half Start>Stick Drill>Blocks>Curve>Resist



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Re-define the objective / message gets stale
Develop many cues for same thing
Change the cue periodically (frog jump, rise shoulders, stay in the pedal, split arms)

Create awareness of a SIMPLE RACE PATTERN
Give feedback relative to PATTERN
Cue PATTERN in sequence, limit cues

Modelling – appeal to the visual
Video
Mark movements of team mate
Stick drill, tape drill, etc



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Maximum Velocity

Basic Movement



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Marching Sequence - Swing through shoulders





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Marching Sequence – In Place March





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Marching Sequence – In Place Run (re-setting the strike target)





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In Place Run (feel vertical / increase tempo / hold form)





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In Place Runs progress from less displacement to more....

Retain mechanics throughout progressions



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Maximum Velocity

Intermediate Movement



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Wicket Drill: high intensity through sustained Maximal intensity





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Utopian summary:

Every run should be patterned – incl tempo runs

Every run should be accelerated and vertical posture achieved – regardless of intensity

ROM motion, initial posts, range of strike recovery vary nly by intensity not by intent of movements

Set up the run with acceleration, and hold with posture



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SEEK Inspiration. She will not come to you. You have to knock on her door



END



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- 12 athletes x 8 accel x 5.5 days x 39 wks = 20,592 accelerations per year!
- If I observe half of those, I am observing 10,000 accelerations per year.
- I have been coaching 26 years
- IMO, not once have I EVER seen an athlete push too hard or push for too long.
- A small percentage does push 100+ meters, which is necessary.



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- Blind study at U. Tenn: 6 x 30m test. Each athlete 6 trials, semi-auto timed from t.d. of first step, with stride 10 measured for depth. (Reaction variable eliminated)
- 10 of 13 athletes' fastest trial coincided with their greatest t.d. distance
- 12 of 13 athletes' slowest trial coincided with their least t.d. distance



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