



# TRACK AND FIELD TRAINING PROGRAM

## SESSION 14 // RELAYS (Further Development)



### SESSION COMPONENTS

#### WARM-UP

##### Beanbag Shuttle Relay

**Developing Fitness** (5–10 minutes)

**Dynamic Stretching** (5–10 minutes)

#### SKILL DEVELOPMENT

##### SKILL:

Baton Exchange

##### SKILL COMPONENTS:

Blind Exchange

### ACTIVITY

You will need cones, beanbags, and a stopwatch. Design a square with four corners and a circle in the middle. Place beanbags in the center of the circle. Divide runners into four teams and have them form straight lines at the corners. Athletes must run to the circle to collect beanbags and return to their corner. Runners can take only one bean bag at a time. They cannot start running until their teammate returns to the corner. The relay race ends when all the beanbags have been collected. The objective is for each team to collect as many beanbags as possible.

Lead athletes in fitness exercises. *Please see the Supplementary Session on Aerobic Capacity.*

Have students form a circle around you, and lead them in dynamic stretches. *Please see the Supplementary Session on Stretching.*

*A general guide for children is to start running when the incoming runner reaches a checkpoint that is five to six meters away.*

#### BLIND EXCHANGE

There is no visual contact between runners in a blind exchange. The only time the outgoing runner should look back is to see when the incoming runner reaches the checkpoint. At this point, the outgoing runner should accelerate at full speed as if he or she were running a 100-meter dash. Runners must have confidence that their practice and timing will allow the baton to be exchanged smoothly. Athletes should practice without the baton first, starting their run five to six meters away from the exchange.

#### INCOMING AND OUTGOING RUNNERS

Remind students that it is the responsibility of the incoming runner to place the baton in the outgoing runner's hand. The outgoing runner must trust his or her teammate and not feel blindly for the baton. A lack of trust may result in a dropped baton or a poor handoff outside the exchange zone.

# SESSION 14 // RELAYS (Further Development)

## SESSION COMPONENTS

## ACTIVITY

### SKILL:

#### Baton Exchanges

### SKILL COMPONENTS:

#### Incoming and Outgoing Runners

(10 minutes)

After accelerating, the outgoing runner should extend his or her left hand back. The exact hand position should be whatever is most natural and comfortable while running full speed—remind runners to keep their shoulders facing forward. This technique creates smoother baton exchanges by allowing a straight line for arms and shoulders to match up. It also allows the runners to use the inside of the lane, resulting in a slightly shorter distance.

After making the exchange, the incoming runner should continue to run through the zone and stay in his or her lane. Athletes should practice this in partners and in teams for 10 minutes.

### UNDERHAND

The outgoing runner holds the receiving hand in a bridge position. The hand is held still, slightly behind the hip. The incoming runner uses an up-sweeping motion to place the baton in the hand.

### OVERHAND

The outgoing runner holds the receiving hand back with the palm facing up. The arm is straight and held higher than the hip. The incoming runner uses a down-sweeping motion to place the baton in the hand. This is for a visual exchange.

### SKILL:

#### Exchanges

### SKILL COMPONENTS:

#### Underhand

#### Overhand

#### Push

(10 minutes)

### PUSH

The outgoing runner holds the receiving hand at shoulder height with the thumb down, the palm facing the incoming runner, and the fingers pointing to the inside of the track. The incoming runner holds the baton straight up and down and pushes the baton into the hand.

*Athletes should practice all exchanges in partners and then in small groups.*

## WRAP-UP GAME

(5–7 minutes)

### Relay Practice

You will need cones, a baton, and a stopwatch. Using all of the techniques from this session and Session 8, practice relays in groups. Practice over a smaller area and move up to the full 4x100-meter distance.

## COOL DOWN

**Light Jog** (2–5 minutes)

Lead the group on a light jog.

**Static Stretching** (3–5 minutes)

Have students form a circle around you and lead them in static stretches. *Please see the Supplementary Session on Stretching.*