

SPRINT MECHANICS AND DRILLS

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@COACH_B_SD

WELCOME!!!

GET TO KNOW COACH B!

- ▶ Former Sprinter 100m, 200m 4x1, 4x4
- ▶ B.S. in Kinesiology with an emphasis in Exercise Science
- ▶ Strength and Speed Coach
- ▶ Instagram: @coach_b_sd
- ▶ Favorite food: Burritos





RAFFLING OFF 3 T-SHIRTS!

TOPICS WE WILL
COVER

TOPICS

- ▶ Common Sprint Mechanic flaws
- ▶ Correction drills
- ▶ Easy at Home Drills
- ▶ ONE BIG THING!
- ▶ Q&A

COMMON FLAWS

- ▶ Standing straight up during starts
- ▶ Lack of Triple Extension
- ▶ Forward leans
- ▶ Posture
- ▶ Running Tense



STANDING STRAIGHT UP DURING STARTS

- ▶ Our ideal start comes with:
- ▶ strong first step
- ▶ big arm swing
- ▶ roughly 45 degree angle
- ▶ and eyes down!



WHAT HAPPENS WHEN WE STAND TALL?

- ▶ We lose our horizontal push
- ▶ Our stride length shortens
- ▶ No drive phase

<https://media.giphy.com/media/4blbLdTvpjLWeSDNtH/source.gif>

LACK OF TRIPLE EXTENSION

- ▶ What is triple extension?
- ▶ Extension at the hip knee and ankle joint
- ▶ What creates power in movements like
 - ▶ Jumping, running, olympic weight lifting



WHAT HAPPENS WHEN WE DON'T HAVE TRIPLE EXTENSION?

- ▶ Less power
- ▶ Shorter stride lengths
- ▶ Reaching
- ▶ SLOWER!!!



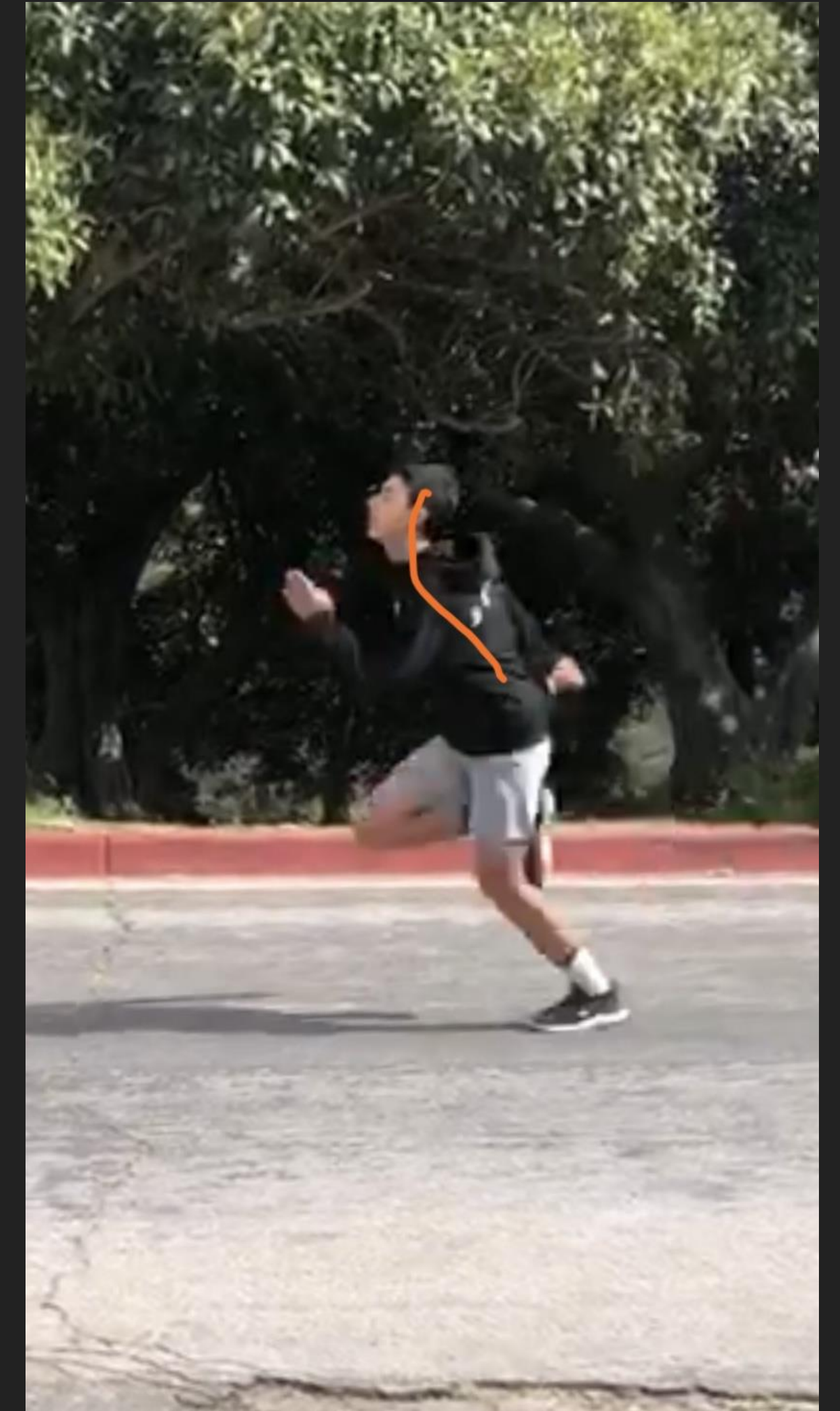
FORWARD LEAN

- ▶ Creates less knee drive
- ▶ Shorter stride length
- ▶ Higher heel recovery



POSTURE

- ▶ Anterior pelvic tilt
 - ▶ Over arching back
 - ▶ Forward lean
- ▶ Rounding the shoulders
- ▶ Extending head



RUNNING TENSE

- ▶ Tense arms and hands
- ▶ Shoulders shrugs
- ▶ Strain in neck and face



NOW HOW DO
WE FIX THAT?!?

COACH B'S:
FAVORITE AT
CORRECTION DRILLS

DRILLS TO IMPROVE STA

- ▶ Kneeling starts
- ▶ Kneeling toss
- ▶ 2 point toss



DRILLS FOR TRIPLE EXTENS

- ▶ Striders / bounding drills
- ▶ Push offs
- ▶ Kneeing toss sprints
- ▶ 2 point toss starts



DRILLS FOR POSTURE

- ▶ PVC pipe



TEXT

DRILLS FOR POSTURE

- ▶ Bungee / band running in place



DRILLS FOR POSTURE

- ▶ Wall drills
 - ▶ Explosive Knee drives
 - ▶ High knees
 - ▶ 1's, 2's, 3's etc.
 - ▶ Calf raise



DRILLS FOR RUNNING TENSE

- ▶ Seated arm swings
- ▶ Bungee / band running in place
- ▶ Technique runs



COACH B'S:
AT HOME STRENGTH AND
POWER DRILLS

GRF DRILLS

- ▶ SL Tuck Jumps
- ▶ Wall Drill 2's
- ▶ A - Series variations
 - ▶ March
 - ▶ Skip
 - ▶ SL skip



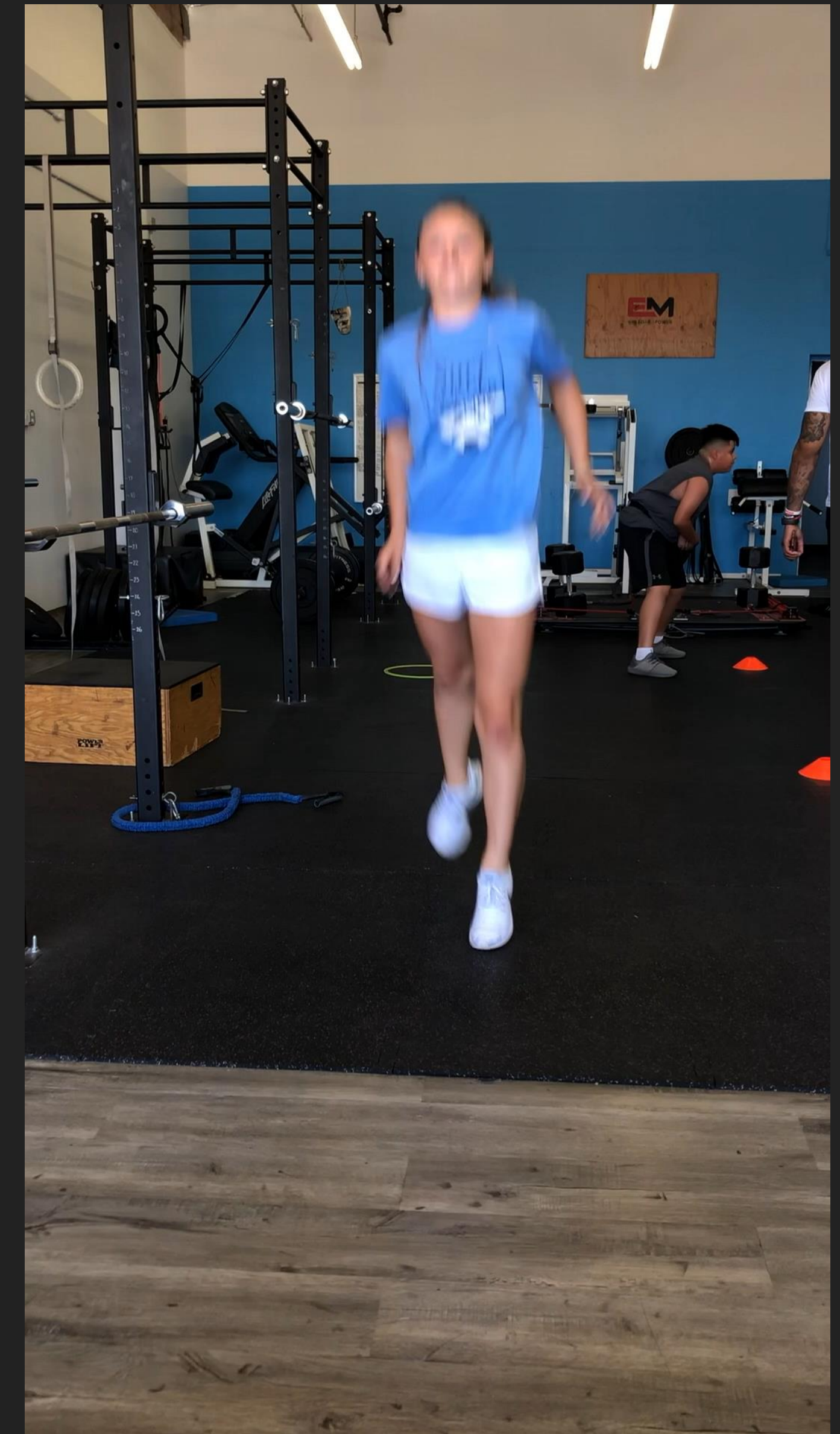
GRF DRILLS

- ▶ A - Series variation
 - ▶ March
 - ▶ Skip
 - ▶ SL skip



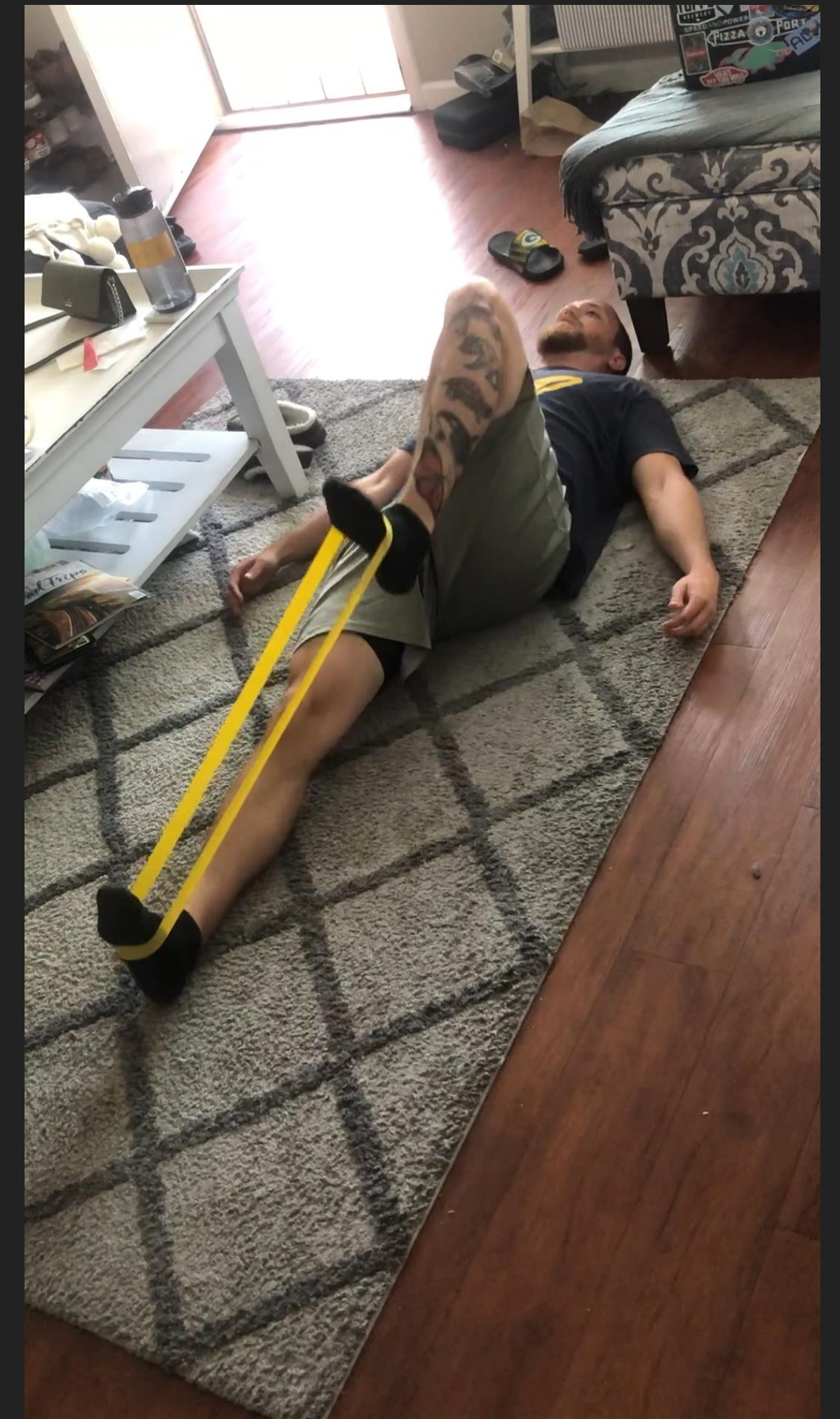
POWER DRILLS

- ▶ Scoop toss
- ▶ Jumps
 - ▶ Vertical jump
 - ▶ Seated jump
 - ▶ SL vertical jumps
 - ▶ Broad jump
 - ▶ Triple broad jumps



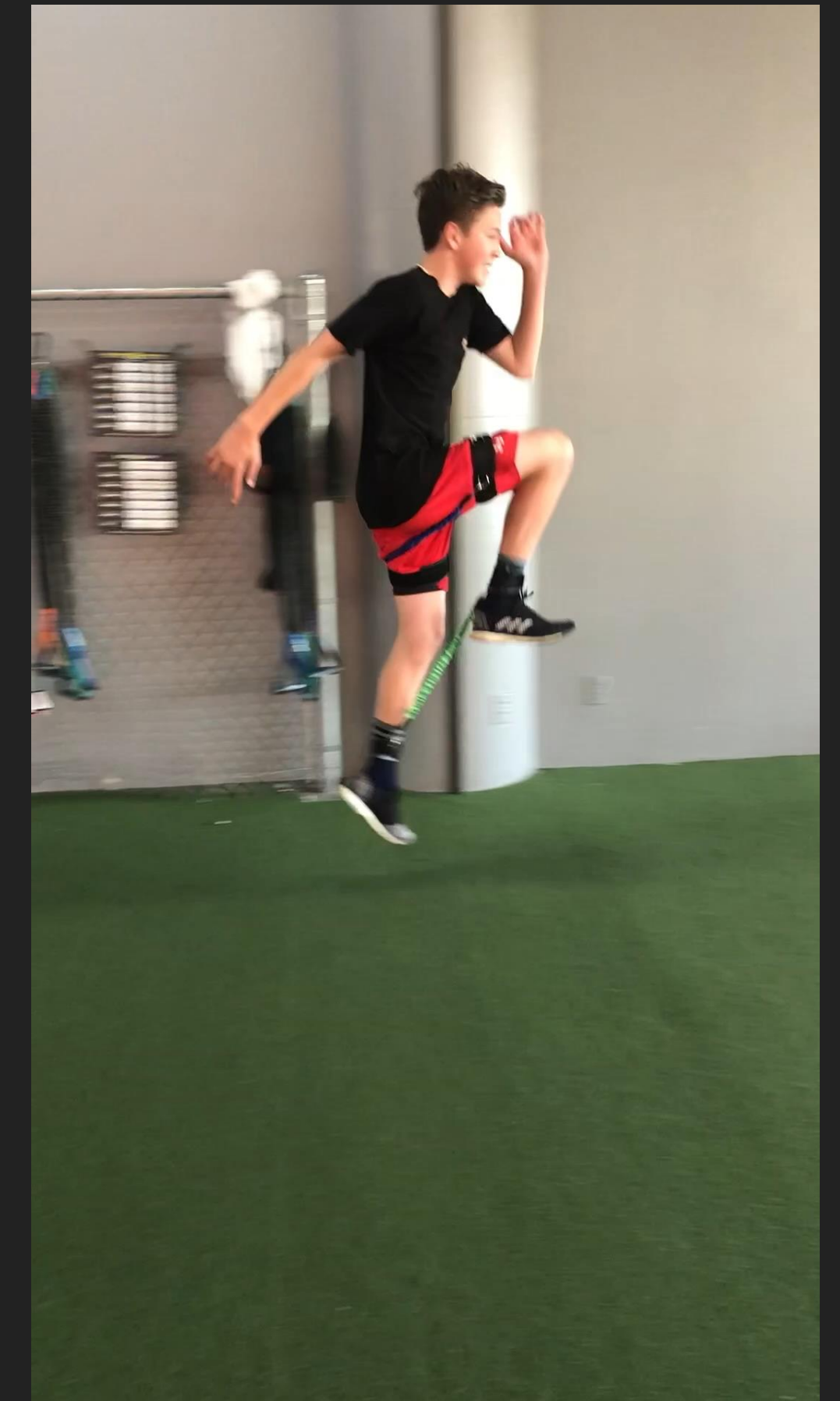
KNEE DRIVE DRILLS

- ▶ Power band wall drills
- ▶ Supine mini band knee drive



DYNAMX TRAINER FROM XCELER8

- ▶ Warm up drills



STRENGTH AND POWER

DYNAMIX TRAINER FROM X

- ▶ Wall drills



COACH B'S:
ONE BIG THING!

TECHNIQUE RUNS

- ▶ Controlled speed (90-95%)
- ▶ Focus on technique
- ▶ Apply what you've been practicing!!
- ▶ Pay attention to each Phase
 - ▶ Drive, acceleration, top end
- ▶ Once you've learn how to run with proper adjustments, crank it up!





ABSOLUTELY
NO PARKING
VEHICLES WILL BE
TOWED AWAY
AT OWNER'S RISK

SERVPRO



THANKS FOR
COMING!

DON'T FORGET:

FOLLOW @COACH_B_SD ON INSTAGRAM

EMAIL COACH B @ BWOLUCKA24@GMAIL.COM

Q&A TIME!