Teaching Progression of The Phases in the 100m

Dennis Shaver
LSU
Drills for 0-30m

- Hop-Hop Start
- Push-up Clap Start
- Blocks
- Stick Drill
- Straight Leg Bound/Acceleration
Hop-Hop Start
Stick Drill

• Posture
  – Line of force from toe through shoulders
  – Balanced hips

• Driving
  – Express large forces overcome inertia in early stride

• Heel Recovery

• Shin Angles

• Foot placement in regards to COM
Stick Drill

- **DYNAMIC**
  - Stride length
  - Ground contact time
  - Shin angle with ground
  - Velocity
  - Stride Frequency
  - Heel recovery

- **CHANGE**
  - Short to long
  - Long to short
  - Small to large
  - Slow to fast
  - Slow to fast
  - Low to high
Stick Drill

Start (0CM/O CM) Line

70 CM/ 70 CM
85 CM/ 1.55 CM
1.00 M/ 2.55 M
1.15 M/ 3.70 M
1.39 M/ 5.00 M
1.45 M/ 6.45 M
1.60 M/ 8.05 M
1.70 M/ 9.75 M
Stick Drill
Stick Drill
Progression of Shin Angle

Direction of Sprint
Step 1
Step 2
Step 3
Step 4
Resisted Accelerations
Drills 30-60m

- Ins and Outs
  - Breathing
  - High Knees
  - Covering Ground
  - Bounce
  - Rhythm Maintenance
  - Relaxation
  - Settings
    - 20m accel > 15m In > 15m Hold > 15m In

- 100m Sled Pulls
- 60 m Flys
Ins and Outs
100m Sled Pulls
The Final Phase 60-100m

- Maintenance of Speed and From
- Speed Endurance Runs of 120-250m