

13. Sprint Start & Drive Phase (Acceleration)

The ability to start and accelerate as quickly as possible is essential for many sports and athletics events. Developing your starts and acceleration technique will help you cover short distances faster and improve your maximum running speed. Athletes should **gradually raise the body in the acceleration phase** while maintaining a **good posture and core position**. Athletes should ensure they **drive their arms backwards** and forwards (**not across the body**) for each challenge.

Stage 1 Red Challenges

13a) Take up a **'Ready Active Position'**: staggered feet, lowered Centre of gravity, forward body lean.

13b) Ready Active Front (**Strongest**) **foot on the line, rear foot about shoulder width behind, ensuring front arm opposite to front foot (left & right)**.

13c) Respond rapidly to a stimulus.

Sprint over 4 cones (40m) **staggered feet, lowered Centre of gravity, forward body lean.**



CHECK READINESS - Front (**Strongest**) **foot on the line, rear foot about shoulder width behind, ensuring front arm opposite to front foot (left & right)**.



Stage 2 Yellow Challenges

13a) From a Ready Active Position **'Pushes off' down and back with feet.**

13b) **Accelerate quickly from a variety of static positions** (standing, laying down, kneeling, etc).

13c) Demonstrate basic (shallow angle) **'Falling Start' with balance and control**

. 'Pushes off' **down and back** with feet.



Accelerate quickly from a variety of static positions
(KNEEL. LIE DOWN, BACKWARDS. SKY DIVER)



'Falling Start' with balance and control

Stage 3 Green Challenges

13a) Use body lean and centre of gravity to assist start and accelerate quickly.

13b) Bring foot through low (stepping over ankle) in 'Drive Phase'.

13c) Demonstrate effective (deep angle) **'Falling Start' technique with no bending at the waist.**

13d) Falling Start: demonstrate active use of arms with exaggerated arm split in initial steps.

 <p>'FALLING START' TECHNIQUE with no bending at the waist and up on toes</p>	<p>Falling Start: STAYING LOW</p> 	<p>active use of OPPOSITE arms with exaggerated arm split in initial steps.</p> 
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Stage 4 Purple Challenges

13a) Demonstrate quick reactions and rapid acceleration from a variety of starting signals.

13b) Demonstrate effective **three point start technique.**

13c) Demonstrate a basic **'On your Mark' position (crouch start)**, with correct hands and feet spacing.

13d) Measure out crouch start settings unsupported.

<p>Rapid acceleration from a variety of starting signals</p> <p>3 POINT</p> 	<ul style="list-style-type: none"> • Place your stronger leg, usually the leg you jump with, in front. • From a kneeling position, place the left (stronger) foot forward so that the edges of your toes are approximately 16 to 20 inches behind the starting line • Extending your right arm out just behind the line, raise your hips up • The right hand should be extended up onto the fingertips with the fingers spread • Assume a relaxed position with most of your body weight on the legs and a small amount of your weight on the extended front arm • The power at the start comes from your legs, not your arm, so do not lean too far forward 	<p>4 POINT correct hands and feet spacing</p> 	<ul style="list-style-type: none"> • Place the left foot behind the line • Place the right foot behind the left • Remove the left foot and place the left knee adjacent to the right ankle • The toe of the left foot should be turned under • Hands should be slightly wider than shoulder • Arms should be straight • The fingers must be behind the line • The fingers should form a bridge, with the thumbs pointing towards one another • When viewed from the side the shoulder should be above the start line • The head and neck should be in line with the spine
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Stage 5 Blue Challenges

- 13a) Demonstrate a crouch start with correct front (90°) and rear (120°-140°) leg angles, heels pressed back.
- 13b) Head is level with the back, eyes look straight down.
- 13c) Hold good posture and balance in the 'Set' position with good arm spacing.
- 13d) Demonstrate active use of arms with a big split of the arms in initial steps.

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Stage 6 Black Challenges

- 13a) Demonstrate hips raised slightly higher than shoulders, with head in a neutral position.
- 13b) Demonstrate balance and control during a sprint start, taking powerful progressive strides.
- 13c) Rear leg moves forward rapidly in the drive phase while the body leans forwards.
- 13d) Drive arms in opposition to legs.

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