

LESSON - 4**ATHLETICS (SPRINT)**

The following skills will be learnt in this lesson:

- Start- Crouch start.
- Finishing techniques- Run through, lunge and shoulder shrug.

Sprinting events : Sprinting consists of the following events -60 mts indoor, 100 mts, 200 mts, 400 mts, 100 mts Hurdles (women), 110 mts Hurdles (men) and 400 mts Hurdles.

Sprinting events help to increase the speed of the runners. All events including 400 or less than 400 mts are considered sprinting events.

General conditioning exercises :-

General warm up starts by running round the track or in a straight line. Later the student has to perform loosening and stretching exercises for 3-4 minutes. By doing warming up exercises the body will get ready to undergo hard training.

Exercises for the arms :

- Rotation of arms from back to front of the body.
- Alternate arm rotation.
- Swinging both the arms on either side simultaneously.
- Twisting the trunk and alternately swinging both the arms sideways.
- Alternate swinging arms upward.

Exercises for the shoulders :

- Placing the fingers on the shoulders and rotating the arms.

- Lifting the right elbow above the head and stretching the right hand with the left hand and vice versa.
- Stretch the right hand in line with the shoulders to the front of the body and then using the left hand stretch the right hand towards your left side and later vice versa.

Exercises for the turnk

- Rotating the trunk from one side to other and vice versa.
- Bending the body front and back at the trunk level.
- Bending the body to the right and left side at the trunk level.

Exercises for the legs:

- Swing the legs front, back and side
- Stretching the legs both to the front and back and side.

Action of the hands while running :

- Hands should be bent at the elbows at 90° angle.
- The arms should be swung so that the fingers of one hand should be in line with the shoulder and the fingers of the other hand should be in line with the trunk level.
- The arms and legs of the runners should swing back and front alternately in the direction of the run.
- Arms should be relaxed. Fingers can be closed but care should be taken to see that the fist is not held tight.

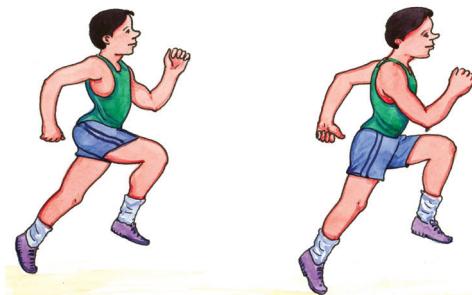


fig. 4.1 Action of the legs

Action of legs while running :

- The legs of the runner should be swinging front and back in the direction of the run.
- The knee should be held straight in the direction of the run.
- While running only the front portion of the feet that should be used. This helps in increasing the speed of the runner, and save time also.

Position of the body :

- While running the upper body of the runner should be bent around 15° to 20° to the front.
- The runner should maintain his body balance.
- The runner should keep his head and neck in line with his trunk.
- The runner should keep his neck and face relaxed while running. The runner should run straight in the track.

Start:

The action a runner performs to push his body from a stationery position to a running position in quick time is called start. This type of start is known as the 'crouch start' and it is compulsory for all the sprinting events.

Position during crouch start :

The runner should kneel down on the ground and keep both his palms on the ground. At this time he should see that his body portion from the trunk to the shoulder is exactly parallel to the ground. At that point of time the body of the runner is making contact with the ground at three places one at the hands, the second at the knees and third at his feet. The runner observe these three points.

The runner then has to place his rear leg at the point where his feet was touching the ground and the other leg at the place where his knees had touched the ground. He then has to place both his arms in line with the shoulders at the point where his hands had touched the ground. This is how a runner should take his starting position.

Starting blocks:

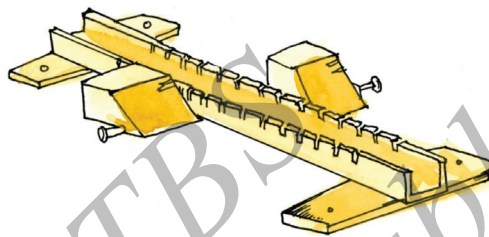


fig. 4.2

- Runners use their own starting blocks during races. It is their individual choice.
- The starting block is pushed at the back so that the runner gets a speedy start.

Crouch start

On your marks position :

- The runner takes the position on the ground using the three point mark and distributes his whole body weight on his hands and knees.
- His hands should be kept in line with the shoulder and the fingers kept in a cup shape, so that both the thumbs are facing inwards.



fig. 4.3 On your mark position

Set

- On the command of set the runner slowly raises his trunk in line with his shoulder and shifts his whole body weight on his arms. At this point of time the shoulders are pushed a bit front in line with the fingers.
- The head of the runner should be downward and looking at the track.

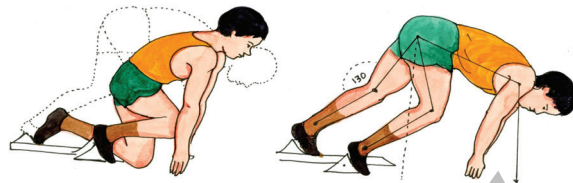


fig. 4.4 Set Position

Go

- In the Set Position as soon as the gun is fired the runner pushes the starting block back and runs forward forcefully.



fig. 4.5 Go Position

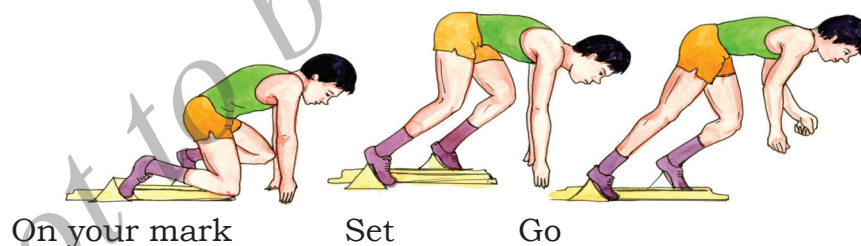


fig. 4.6

Finish:

All races finish at finishing line. The finishing of sprint races is very important. It is essential to cross the finish line ahead of other runners by changing the body position other than running.

There are Three types of 'finish' Techniques.

1 Run Through

2. Lunge

3. Shoulder shrug

Run through Technique:

The sprinter without reducing speed crosses the finish line. He even tries accelerate speed in the last five to ten metres of the distance. It is better to bend forward a little on the last stride of the race. This technique is suitable for beginners.

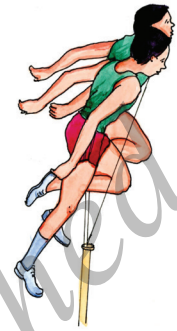


fig. 4.7 Run through

Lunge Technique:

This technique is useful for experienced sprinters. The sprinter when comes close to the finish line swings his arms backward and down, bending the body quickly to cross the finish line. This technique helps the sprinters to cross finish line quickly.



fig. 4.8 Lunge

Shoulder Shrug Technique:

It is very simple and useful to all sprinters. When the sprinter comes very close to the finish line he immediately pushes his shoulder to complete his race.



fig. 4.9 shoulder Shrug

Activity:

Practise above said technique with your friends.

Note: Students should make use of spikes (Shoes), Shorts, and starting blocks for sprinting events.