

TRACK CLINIC NOTES

EDLES: (Jim Bush, UCLA)

Don't gripe. Do the best with what you've got.

TEAM WARMUPS: Jog first. static exercises next. Wind sprints before workout. Don't do straight leg kicks. Can pull a hamstring. Good ex. bend over & touch the ground flat handed.

Do your weight training after a workout, not before. Tight muscles from weight training can cause muscle pulls.

HURDLING TECHNIQUE: Never lead with the toe. You should lead with the knee.

Drive up before you lean. Keep shoulders and hips square.

You run fast times on the ground. Your arms therefore must be in position to sprint. You can only sprint on the ground.

Do not settle before taking off. Run "tall" Stay high on your toes. The exact moment you take off into the hurdle looks just as you would in long jumping or high jumping.

Don't go for the middle of the hurdle on takeoff. Don't let lead leg rotate in towards middle of the hurdle.

WORKOUTS: Endless 440 relays. (each athlete run 8 X 110)

5 X 70 highs all out.

150 yard dashes.

5 X up a 100 yard hill.

Take the same warmup on warmdown. You should warmdown just like a race horse. If you don't warmdown, you will have tight muscles the next day.

The minute you can't keep your form, you stop the workout. If a workout isn't going right... change it.

Never run down hill holding yourself back. This will cause knee and leg injuries. Let yourself go. There should be a free-wheeling action down hill.

M-W do high hurdles. T-TH do intermediates. 3 flights of hurdles are enough for practice. Do two fast repeats back to back.

COACHING: Don't be in a hurry to comment on form. Observe for weeks before you make a change in an athletes form. The most dangerous coach is the one who would "tall all"

Don't over coach. One cure correction might take care of three other form flaws.

Watch hurdles from all angles. Find out why they are doing something wrong, before you make a form change.

INTERMEDIATES: Teach them to alternate.

1st first 5 hurdles in 13 steps. The rest in 14.

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HURDLES: (Jim Bush, UCLA)

INTERMEDIATES

Don't snap trail leg down on intermediates. The highs are different. You won't make the next hurdle in the correct amount of steps.

Keep your arms close to your body.

If you are too close to the hurdle, RUN WIDE IN YOUR LANE. If your are too far away from your hurdle, RUN CLOSE TO THE LINE ON THE INSIDE.

Don't loose concentration. Concentrate on your hurdles one at a time. Don't pay attention to the competitor along side of you.

Don't hurdle more than two days in a row.

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HIGH HURDLES:

Eliminate all wasted motion.

Attack the hurdle with reckless abandon. Flat footed footprint means you are not attacking. 1st hurdle the most important in the whole race. First step out of the blocks should be long. You must be perfect over the first hurdle.

You must hurdle with a short arm cycle. This helps to keep the knees up.

Practice with hurdles on the lane line.

Hurdlers must run up on toes.

On the lean, bring chest down to the thigh, not thigh to the chest. Get "down" on the hurdle.

Shoulders must be square to the hurdle.

On the "dive", lead with your chin. Lead arm is folded in front of the head. (sleeping position). Think of arm placement as "the fastest draw in the West".

Brush track off with the top of the hurdle to watch for footprints.

The first two steps have to be long. You can't reach on the third step because you have to lean forward to attack the hurdle.

Put a towel down on the far side of the hurdle. Make the hurdler step down on it.

Don't sprint in a race when you get behind, you will loose form and panic. You make up time by being better over the hurdles.

The "Train Drill": Do 10 loops (100 hurdles). Five-step the hurdles. (5 flights). Highs only. A good endurance workout.

Correlation between high jumpers and hurdlers.

TRACK CLINIC NOTES

HIGH JUMP: (THE FLOP) Berney Wagner (OSC)

APPROACH: The run up should be a J not a C. The J approach will give you greater speed. Make your curve on the last 3 steps. The reason for the curve is that it gives you a lay back. It puts your shoulders further away from the bar.

Rock from the heel up to the toe on takeoff. Go straight up.

Take off near a standard, 3 to 5 feet away from the cross bar.

Start your approach 20' to the side of the standard, not directly opposite it.

Approach should have approximately 8 steps.

Should have a high bounding approach. Keep knees high.

Approach is very fast. You also stop forward momentum very fast and convert it to upward momentum. Checking linear motion is what gives you rotation.

Just before takeoff, you drop hips and settle. (Just like a jump ball in basketball). Block forward momentum with the heel. Keep your hips under and forward.

Do not turn on the ground. Do not turn as soon as you takeoff. Go up first.

Keep foot underneath your knees when you turn your back to the bar.

When you leave the ground, lift both arms up. Keep arms close to the body.

Foot plants: Don't turn takeoff foot away from the bar, and don't turn it parallel to the bar. Place it 1/2 to the bar.

Keep your eyes on the point where you are to make your curve, then shift your focus to the bar.

Don't arch your back. Arching the back brings your thighs down into the bar. Keep your back straight.

Visualize yourself over the bar.



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TRIPLE JUMP: (Tallez UCLA)

Track is physiological, psychological, mechanics. Requirements: technique (skills); Strength (weight training); Flexibility (stretching); Speed (anaerobic work up to 330 yards).

Jumpers need quality work. Do bounding and box drills.

FORM: Should have perpendicular alignment. Don't lean forward on jumps. Move arms back and forth without changing body position. Practice hopping in place throwing arms.

Plant the whole foot. Land flat footed. You must be able to hear it. If you land on your toes, you can't spring up again.

Do repeated hops with feet together.

Then use one leg, then the other. (Don't leave perpendicular position)

Then Left-Left-Right (this position extends into the side.

Then Right-Right-Left-Left.

Then alternate bounding. (lead with the knee).

Arms are to the side, not down on the sweep back.

Triple jumping is timing and balance.

You learn how to relax by practicing at slower speeds. Watch shoulders. Relax by keeping shoulders down. Keep jaw loose.

Never have two hard workouts in a row.

Watch your athletes for weeks before you make corrections. Get to the root cause of the error. Don't over coach.

You must work with the kids who will score for you.

You must learn to adjust to the problems of your own school.

Take the longest approach run possible. You want velocity.

You must be perpendicular when you leave the board. Don't lean back.

The next to the last stride is the longest. Accelerate off the board.

Start your approach the same way every time. A slight variation in the angle you hold your body can alter your steps.

TRACK CLINIC LECTURE NOTES

SHOBBING (Vernie Wolfe, USC)

Strengthen wrist and fingers of throwing hand. Go to class squeezing a tennis ball. Do hand isometrics. (clasp hands palm to palm and pull).

Do weight training on leg with foot turned to glide position.

Fuerbach position: Start out lower. Hit and go. Shoulders can be open, but keep the shot back. Left shoulder up. Foot turned to the side. Elbow back of shot. Eyes down. Back is arched extremely far back.

SHOTPUT: (Payton Jordan, Stan)

We want to step in the bucket

Push shot into the neck firmly

Rhythm: Step-Step-Pop

Left shoulder has to be higher than the right shoulder

Stay as close to the deck as possible. Land slightly to the left. Don't drop the shot just before the throw.

Look over your arm on the glide. Should have a pre-torqued hip. Foot leg is a soft action. It is not entirely straight.

Thrust up before throw is an error...usually in leg positioning. Throw comes off the point of the shoulder.

On landing, you should be high in the shoulders. Lean way back.

DISCUS: (Payton Jordan, Stan)

Force hips to lead you

Need a good stomach lead

Hips lead, but don't lean

Hips lead, not head.

Keep eyes on a level plain on turn.

Lift 5 days a week. Upper body one day, the lower body the next. Go to 3 times a week in-season. Lift lighter just before a meet. Do overload lifting. Get "snap" at the top.

Lift heavy the day after competition.

Weights are a mind builder. Gives you confidence.

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DISCUS: Leo Long (Los Altos HS)

PROGRAM: Need a junior high school program. The football coach must work with you.

Be an eternal optimist.
The harder you work, the luckier you get.

SELL YOUR PROGRAM. You are just like an insurance salesman. Set goals. Then pay the price to achieve them.

MENTAL IMAGES: Think success. Limits are usually self-imposed.

Must be willing to accept failure temporarily.

Special uniforms for certain achievements. Wt lifting "T" shirts

DISCUS TECHNIQUE:

Velocity of release very important in the smaller HS discus. Try and skip the discus to develop muzzle velocity. (make it bounce on the ground as many times as you can)
Pretend there are bathroom scales under your right foot. Push off of right foot by pretending to register the highest weight on the scale possible.

Hold left (post leg) down as long as possible. Get "tall". Pretend you are squeezing a rubber ball between your legs.

Do drills concentrating on (1) smoothness; (2) wind factor; (3) fun. handicaps, airplanes, etc.

Take advantage of rainy, windy, days. Throw 10 minutes in several directions each.

Slow to fast in the ring.

TRACK CLINIC LECTURE NOTES

POLE VAULT: (Verna Walz, USC)

CONDITIONING:

Build strength through gymnastic work. Do kip on high bar. Parallel bars especially good for building shoulders. Climb the rope. Do five fast repeats every day. Time each repeat. Take off into the rope just like in pole plant. Jump up and grab the rope in basic, initial, pole plant position.

Legs are also very important to the pole vaulter. Should do repeat 440's and 880's to build up leg strength so that they won't tire after hours of competition in championship meets. Hurdles are good for developing uniform stride. Running with the pole also a good drill. Cross country running once in awhile also good for leg strength and wind.

PLANT:

Keep bottom hand rigid. You don't have to push the bottom hand forward. If you collapse the left arm, it puts you up into the pole. Stress driving right knee forward and up.

CROSS BAR CLEARANCE: When turning over crossbar, don't let left leg drift to the right.

PLANT: Be aggressive into the box. Knock the back end out of it. Need speed at takeoff.

Alignment of pole at plant: Straight line of pole in front of you.

As you leave the ground, you need a high center of gravity.

Sprint to the pole plant. You need a live takeoff.

Don't take a long last stride. Don't settle. Come in high. Drive the last step. Pole speed critical at plant.

On plant, stay behind the pole. Resist with bottom hand to keep away from the pole.

"Heavy pole" polevaulters, are inconsistent.

Don't coach to throw the head back.

If you are too tired to drive on the pole plant, you should stop vaulting.

Emphasize good sprinting form:

1. Posture: Stand tall, high knee action, hips forward.
2. Foreleg reach
3. High on toes
4. Good arm action
5. Two point acceleration
6. Relaxation.