

Sprint Relay Exchanges:

Keep the Stick Moving

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AGENDA

- » Relay Philosophy
- » Blind Exchanges: Rules & Responsibilities
- » Open Exchanges: Rules & Responsibilities

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Relay Philosophy

- Breakdown expected performances: perception v reality
 - Overall time= 4 average splits
 - BOYS 3:20.xx= 50s. 1:28.xx= 22's 42.xx=mid 10's
 - GIRLS 4:00= 60's. 1:44.xx= 26's 49.xx= low 12's
- Establish incoming runner & outgoing runner responsibilities (blind vs open exchanges)
- Prepare everyone, alternates are essential
- Thoughtful with orders-put kids in a position for success, but also challenge them
- Marks change as athletes get faster
- “Keep the stick moving” be willing and able to make adjustments & accommodations

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Relay Exchange Philosophy

Practicing Exchanges

- Don't sacrifice workouts or training to work exchanges
 - Incorporate them into what you already do
 - Build ups, recovery days, speed days, tempo days
 - Early vs mid vs late season-focus changes
 - limit the number of exchange reps (especially legs 2 & 3)
- Never perform full speed 4x1/4x2 exchanges on a recovery day
 - There is no such thing as a 70% or 80% 4x1 exchange
- Always “make the exchange” in practice= make it a habit

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When to work exchanges...

Ex: COMPETITIVE PHASE (Week 8 of the season)

MON	TUE	WED	THUR	FRI	SAT	SUN
SPECIAL END. 1	EXTENSIVE TEMPO	ACTIVE REC.	SPEED ENDURANCE	ACTIVE REC.	MEET	ACT. REC.
-4x4's w/ 50m build ups 2x450m@93% 13min (r). 3x200m@ CBP 2 min (r)	-8x30m wicket -4x2 x's (3 reps per) 6x200m@ CBP 2 min (r)	Stationary 4x1, 4x2 -Run through 4x4's -extended hurdle mob.	4x1 x's as accel. work (4x30m) 3x220m@ 95% 8min (r)	Stationary 4x1, 4x2 x's -Run through 4x4 -Form starts		-15min easy jog -15min static stretch routine

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Blind Exchange Rules

- **RULE 1:** Incoming runner's responsibility to make the exchange- they can see it!
- **RULE 2:** Predicated on CONSISTENCY- Skills that need to be developed for both incoming & outgoing runners.
 - Speed
 - Eye Discipline
 - Hand Placement
- **RULE 3:** Trust the mark, trust the team
 - Verbal.....Silent?
- **RULE 4:** Never leave the zone without the stick!

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Speed-Eye Discipline-Hand Placement: Incoming Runner Responsibilities

- **SPEED: Consistent finishing speed:**
 - “Run through the zone” “race the zones”
 - Share the lane, “hold your side”
- **EYE DISCIPLINE: Target the elbow of the outgoing runner**
 - The hand replaces the elbow
- **HAND PLACEMENT: “Punch” the stick straight forward**
 - Wait for the target
 - Follow through by “pushing him down the track”

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Incoming Runner

Baton moves forward, not down
Baton is upright, not pointed down
Punch straight ahead

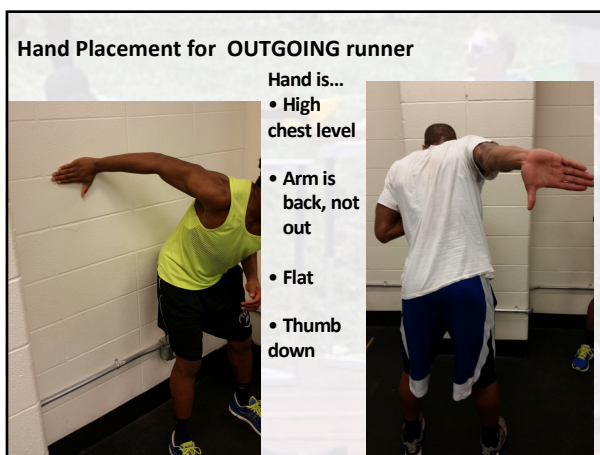


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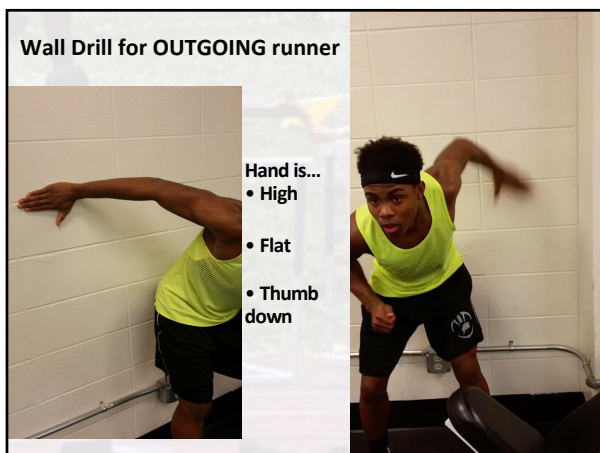
Speed- Eye Discipline- Hand Placement: Outgoing Runner Responsibilities

- **SPEED: Consistent Acceleration**
 - Trust the mark...“race the zones”
 - Consistent stance (3 pt.= allows for natural acceleration/drive)
 - 2 pt=comfortable/stable---low, feet forward, arms separated
 - Share the lane, “hold your side”
- **EYE DISCIPLINE: Be patient and stare down the “go” mark**
 - Don’t be distracted by other lanes or place
 - Go...then turn
- **HAND PLACEMENT: “High & Flat”**
 - High: should be at incoming runners chest
 - Flat: palm to the incoming runner, thumb down
 - Makes for an easy “wrap” of the baton
 - Wall Drill

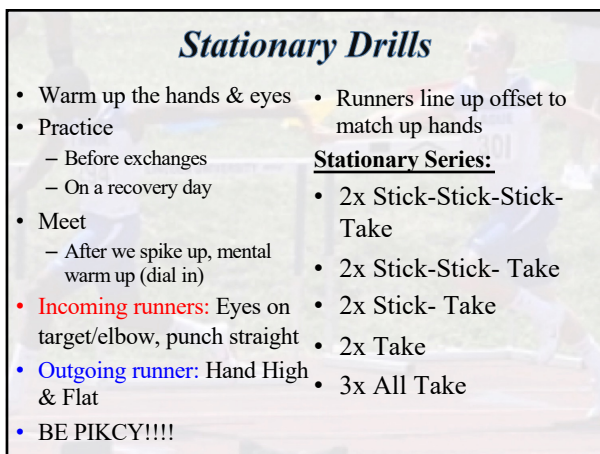
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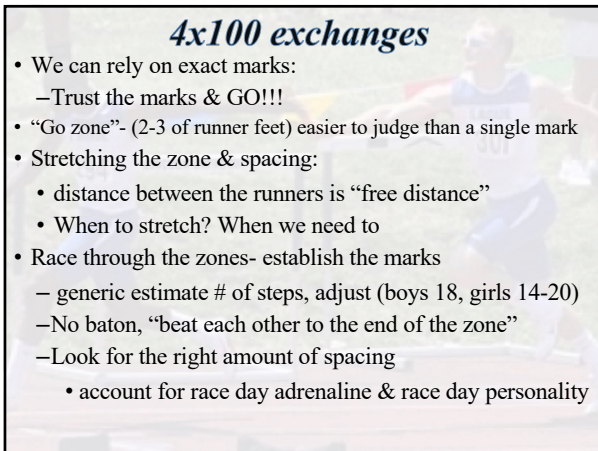
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Troubleshooting for Spacing

- » Before adjusting the mark....
- » Too close
 - Incoming runner coming too fast (starting too close?)
 - Outgoing runner accelerating accurately? (change stance if needed)
 - Did we share the lane?
- » Too far
 - Incoming runner back off?
 - Outgoing runner leave on time?

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Troubleshooting for Spacing



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Troubleshooting for Spacing

The fix: incoming needs to "run the zone" don't back off



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Troubleshooting for Spacing
The fix: incoming needs to "run the zone" don't back off

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Troubleshooting for Timing

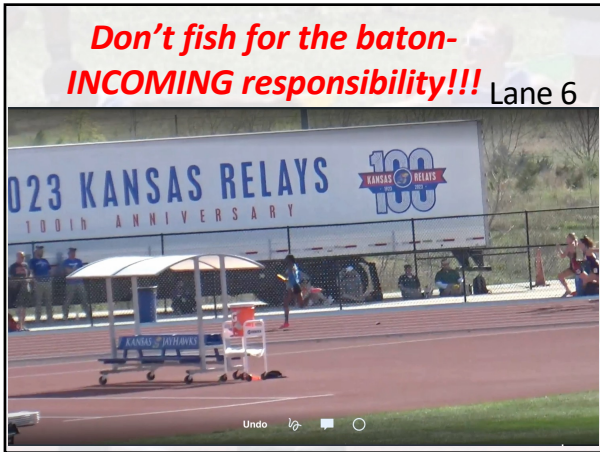
- » We didn't make or have a clean exchange
 - Did we share the lane
 - Proper hand to hand (R to L or L to R)
- » **Incoming:** did we punch too early?
 - Must have a target
- » **Outgoing** poor hand placement
 - Was it high & flat?

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Don't fish for the baton...INCOMING responsibility!!!

Lane 1

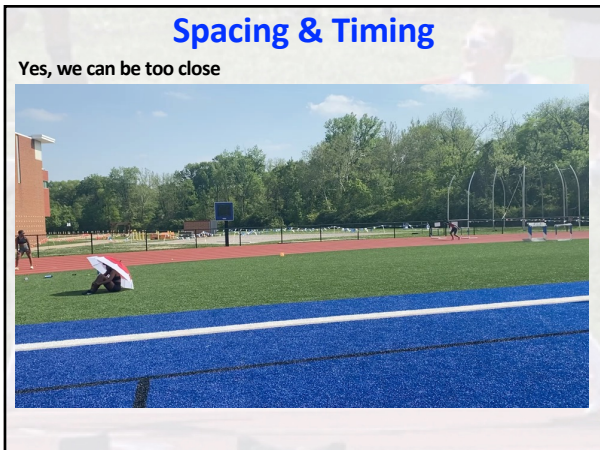
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Manipulating the Zone

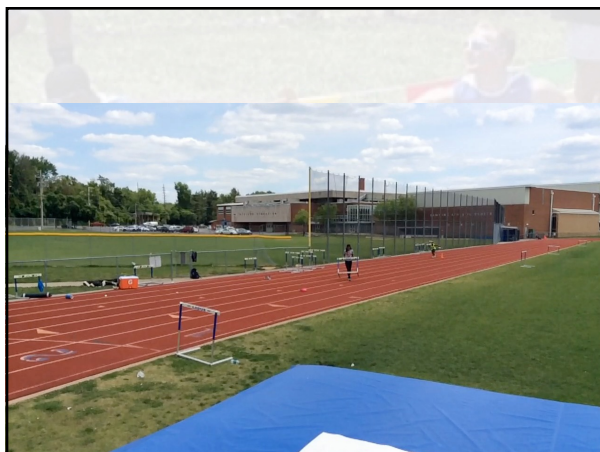
When necessary

- Keeps the stick moving fast through the zone
- Minimizes length of the slower runner's leg
- Faster runner carries the stick longer
- Usually best for legs 2-3
- Step process remains the same, simply changing WHERE the exchange takes place

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Set Up

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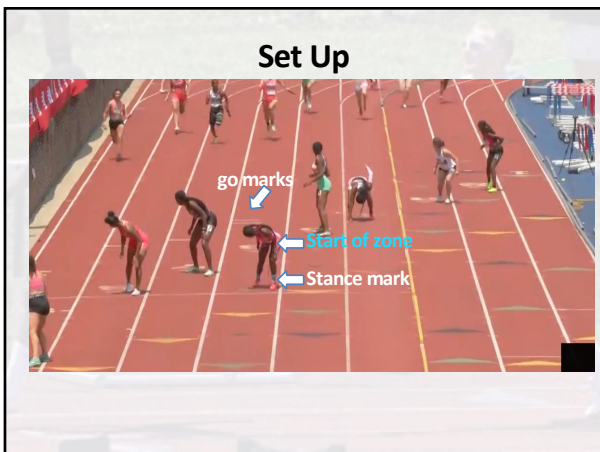
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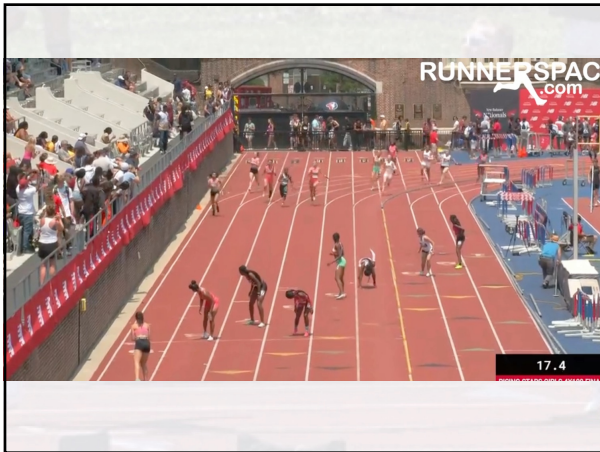
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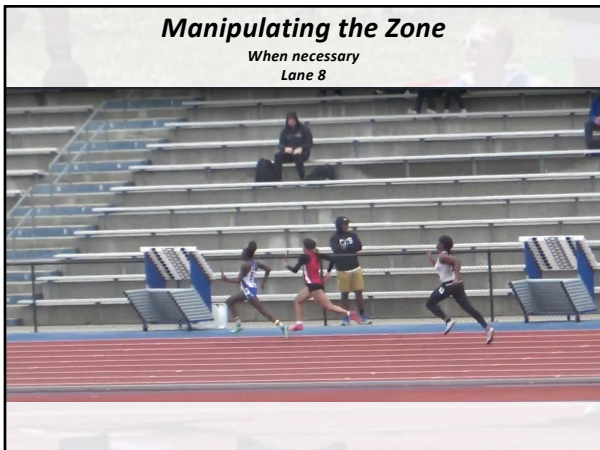
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4x200 Exchanges

- Requires most work and attention
- Less exact than 4x1
- Keep your focus on moving the stick through the zone
- Less concerned with free space-stretching the zone
- Blind exchange preferred
 - keeps the stick moving fastest
 - Acceleration from outgoing runner
 - No wasted movements to turn & grab
 - Incoming runner tendency to slow up
 - Open??? (running an alternate, when needed)
- Same Principles of “sharing the lane” as 4x1

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4x200 Exchanges

- Early season: mix order (experience, race selection)
 - outgoing runner starts 3 big steps into beginning of exchange zone
 - Adjust from there
 - *Use hand-mark: 1/3 through the zone, tennis ball down & hand back if no verbal yet
- Risk vs Reward???

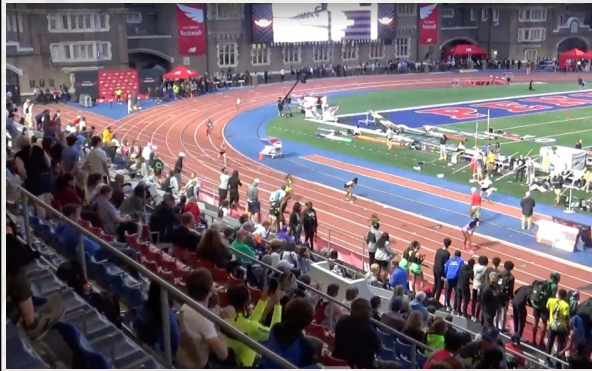
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4x200 Exchanges

- Work 4x2 exchanges as part of workout
 - Tempo days: after build ups
 - Speed Endurance: part of the intervals
 - Set the number of reps
 - Set distance for incoming & outgoing
- Quick note on order...
 - Fastest 200 sprinter first*
 - Break it open, put pressure on other teams due to the stagger
 - 1st & anchor minimize their work, anchor can control their effort through rounds

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Lane 3



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- » Great spacing
- » Incoming runs the zone, punches straight
- » Outgoing: high flat hand, left on time under control



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Closing Thoughts

- Always work stationary exchanges
- Always work in the alternates
- Must be focused at ALL times
- Attention to detail, demand it!
- Always make the exchange!!!
- Don't fly through exchanges on "tech day" or recovery day
- Trust yourself, trust your athletes

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