



Motor Pattern Development for Sprinters

WISTCA Clinic 2019

Matt Gordy

UW-La Crosse: Men's Sprints

- Entering 8th season coaching at UWL
- UWL alumni sprinter
- 2 National Champion 4x1 relays
- 4 additional All-American relays (2nd, 2nd, 3rd, 7th)
- 1 individual National Champion
- 14 individual All-Americans
- 13 additional National Qualifiers
- 3 Division III Top 10 All-Time performances (60m, 100m, 4x100m)
- 66 WIAC conference scorers/champions



Thank you, Wisconsin High School Coaches

- Arcadia (Vasquez, Hoesley)
- Arrowhead (Shelp)
- Brookfield Academy (Send)
- Cameron (Koenecke, Koenecke)
- Dodgeville (Hanson)
- Edgerton (Zartman)
- Elk Mound (Bauer)
- Green Bay Southwest (Adams)
- Gibraltar (Lundquist)
- Hamilton (Brooks)
- Holmen (Jesseski, Holden)
- Kenosha St. Joseph's (Foster)
- Little Chute (De Bruin)
- Marquette (Roberts, Eberle)
- Middleton (Winters)
- Milton (Willison)
- Mukwonago (Lynch)
- Muskego (Kotarak)
- Milton (Willison)
- New Berlin Eisenhower (Broihier)
- Waukesha West (Sitte)
- West De Pere (Rothering)
- West Salem (Koenen)
- Winneconne (Thyssen)
- Wisconsin Dells (Sikorski)
- Wisconsin Heights (Denman)



Why Motor Patterns Matter

- Increase stride length
- Increase stride frequency efficiency
- Learn to apply force to the ground
- Reduce injuries
- All equates to faster times

Sprint Drills

- Ankling
 - Ground contact
- High knee run
 - Open hips, knee drive, hip alignment
- Butt kick
 - Foot pulls under butt, snap lower leg down
- A-march/A-skip
 - Drive up/down, force application
- B-march/B-skip
 - Same mental cues as A, snap around
- R/L/alternating fast leg
 - Combining objectives in isolation
- Dribble bleeds: ankling into high knee runs
 - Helpful for eliminating swinging mechanics or combining isolated objectives



Film Break: Sprint Drills

Plyometrics and Hurdle Mobility

- Broad jumps into sand
- Double leg jumps in sand (up to 20m)
- 10-20m bounds
- 10-15m single leg bounds
- Depth drops
- Depth drop with tuck jump
- Depth drop with a med ball throw
- Rockettes
- One in a box,
- Two in a box,
- Over two, back one
- Laterals
- Over/under



Film Break: Jumps and Mobility

Wicket Drill

- Use 6-inch wicket/mini hurdle
- Mechanical development training tool
- Speed development
- Eliminate backside mechanics
- Knee lift/thigh lift
- Can increase stride length
- Can eliminate over-striding
- Use Vince Anderson's progression chart
 - Search: "[maximum velocity drill progressive spacing](#)"





Film Break: Wicket Drills

TLU

Jim Hoese

Rob Willison

Wicket Drills

John Carroll

Hayden Snow

NCAA



Max Velocity & Overspeed Training

- Accel zone & 30m max velocity (timed gate)
- Relaxation
- Points of emphasis/Cues
 - Toes up, heel up, thigh up, hips tall, step over opposite knee, chin level
 - Push the ground away
 - Foot contact underneath hips
 - Forefoot never points to sky
 - Chin level, zombie face, drop shoulders
- Metaphor: hammer the nail from a high, vertical strike point



Film Break: Max Velocity & Overspeed

Open Discussion:
Questions,
Comments,
Concerns

