

# Examining The Block Start

# Purposes of the Start

- Producing Momentum (Horizontal)
- Producing Vertical Velocities and Flight Time
- Producing Posture and Positioning

# Starting Basics

- Using Both Legs
- Displacement of the Center of Mass
- Displacement as a Unit
- Vectors - You Must Push Backward to Move Forward
- The Value of a Vertical Component
- The Value of Flight Time
- Establishment of Posture



# Horizontal and Vertical Components

- The Horizontal Component
- The Vertical Component
  - Flight Time Needs and Trajectories
  - The Stumble Reflex
  - Attaining a Neutral Pelvis

# Resultant Problems from Excessively Low Trajectories

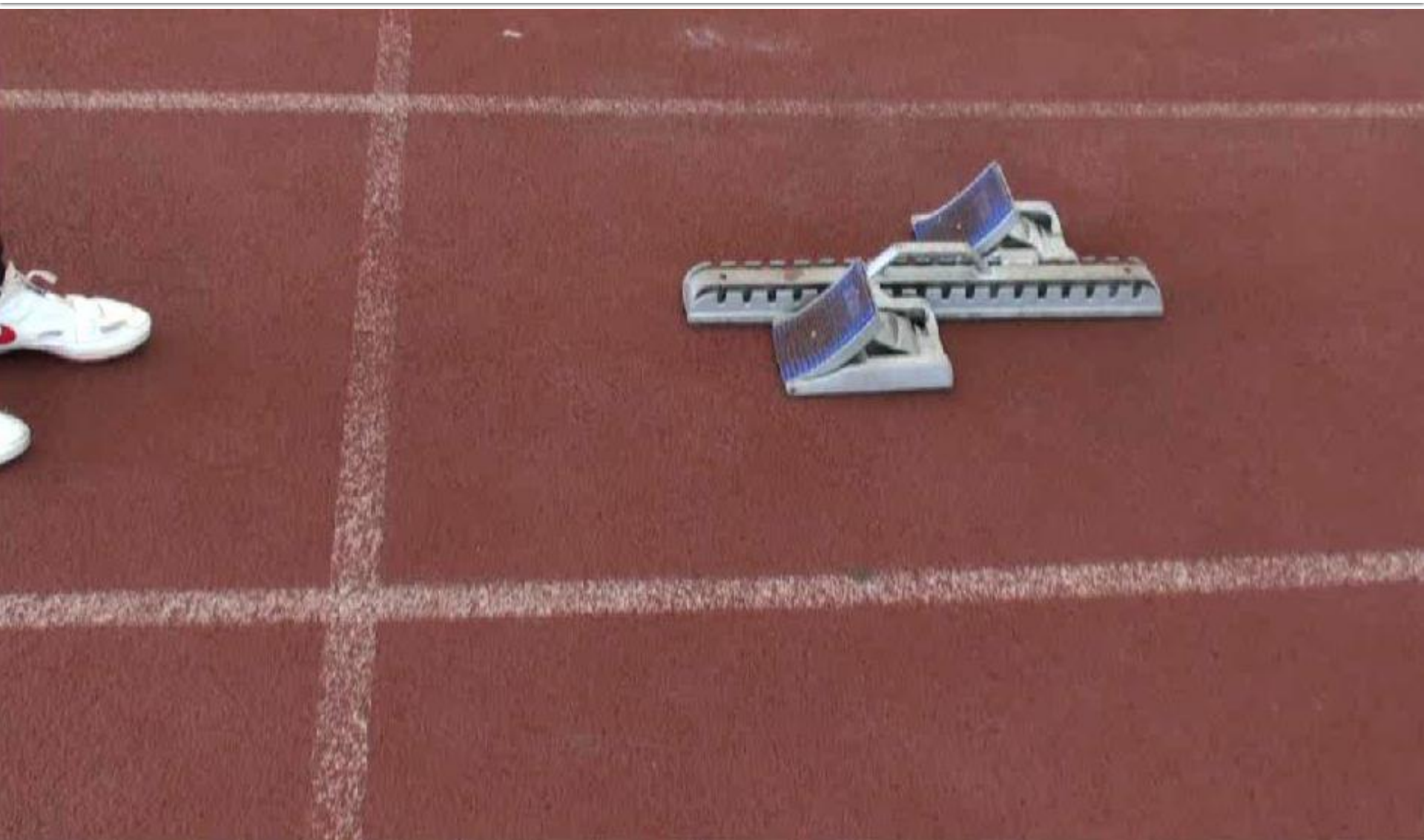
- Popping Up Later
- Sidestepping
- Opening at the Knee
- Excessive Frequency

# Basics of Starting





# Setting the Blocks





# Assuming the “On Your Marks” Position



# Assuming the Set Position



# The Start

- **Hip Extension**
  - **Rear Leg Action**
  - **Front Leg Action**
- **Arm Movements**
- **Head Alignment**
- **Displacement**

# The Start



# The Start





# Considerations for Teaching

- Greater Vertical Component in Developmental Years
- Vertical to Horizontal Progress
- 2 Pt to Hand Down Progression



# Recent Trends in Starting

- Suspended Feet
- The Toe-Drag Start
- Bunched Starting Concepts

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