

# 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**

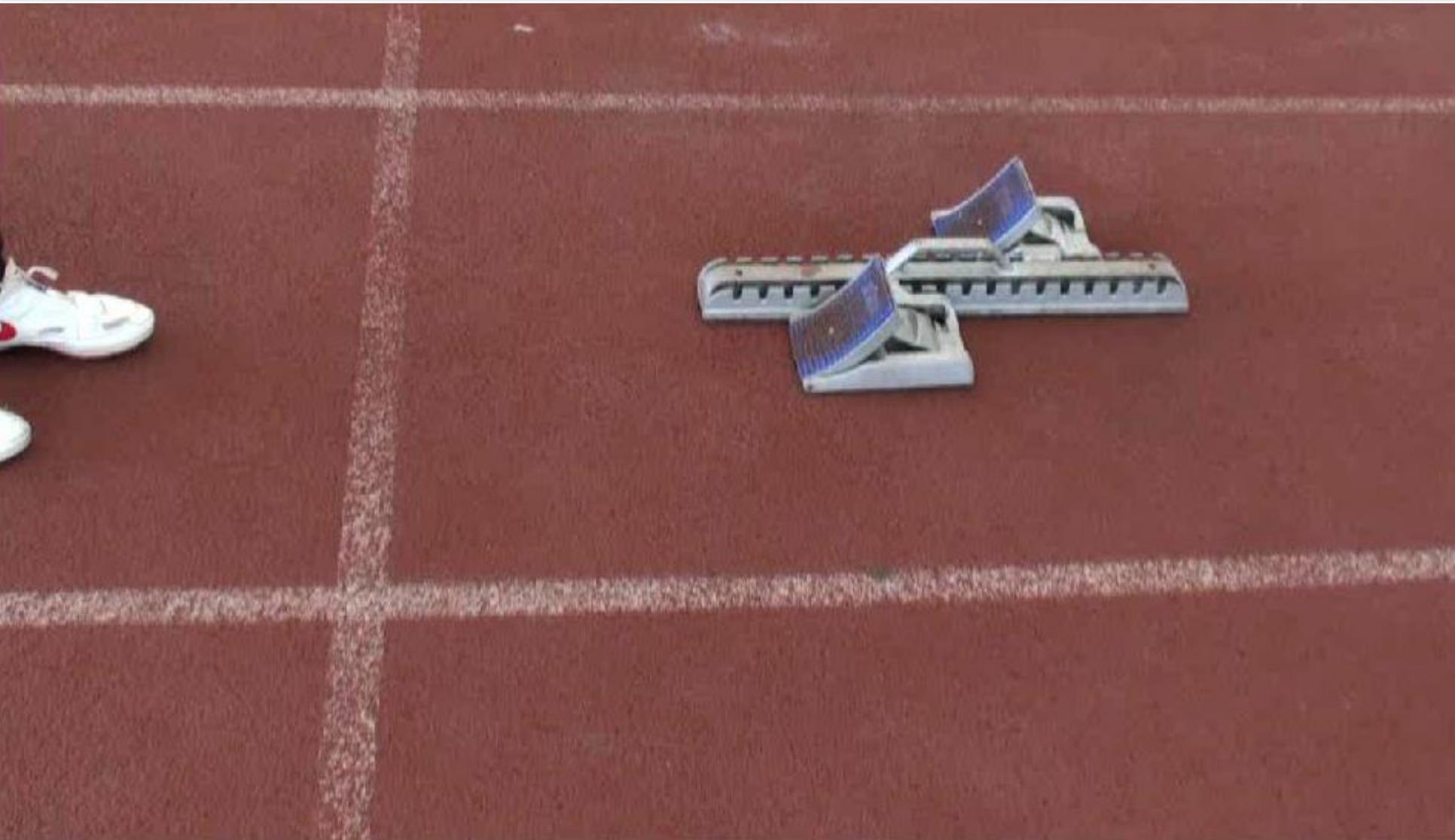
# Resultant Problems from Excessively Low Trajectories

- 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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**S A C**

Schexnayder Athletic Consulting



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**[www.sacspeed.com](http://www.sacspeed.com)**  
**[bschex@sacspeed.com](mailto:bschex@sacspeed.com)**