

## 4 x 100 and 4 x 400 Drills and Strategies

4x100- THEY ARE TIMING THE BATON!!!

THIS IS AN EVENT WHERE THE COACH CAN FACTOR IN THE RESULTS.

We use nonverbal command so that I (coach) dictate where the baton is passed; not where the runners meet. Only use verbal if outgoing leave too soon (cardinal sin).

Have to keep the baton moving the whole time. If you slow down with the baton in your hand you are costing the team's overall time.

Runners 1-3 run on inside portion of lane with baton in right hand. 2-4 on outside in left hand.

Leadoff- Needs to be a good starter. Put the pressure on other teams by being out front. Or person that can't handle the stick.

2<sup>nd</sup>- Might be best runner, but needs to be best with the stick

3<sup>rd</sup>- Could be weakest leg but again needs to handle the stick

4<sup>th</sup>- Best or 2<sup>nd</sup> best runner or person but needs to be disciplined and compete on the end.

### Rules for Incoming Runner-

Mindset is to pass the outgoing runner. Try and run right by them!!

If you do pass then, stick the baton out and let them grab it.

NEVER EVER EVER EVER slow down until you have passed the baton.

At the designated spot push the baton straight out vertically into the hand.

### Rules for Outgoing Runner-

Walk back 22-26 (women) or 24-28 (men)

Go when incoming steps in the box. Start position is important.

Mindset is to try and run away for the incoming runner.

Accelerate to the designated reach spot in the middle of the zone.

Give high flat hand out to the side directly in front on incoming's face.

Let incoming give you the baton, don't reach around for it.

### 4 x 400 Relays-

Leadoff and Anchor generally best two runners- Get yourself in the race. Everyone runs better out front!

Run with baton in right hand and pass to left (then switch as you turn to run). Make aggressive passes!