

DTE - DC - PHYSICAL EDUCATION

FURTHER READING

SPRINT RULES AND TECHNIQUES

Sprint Race Distances

1. 100 meters – The shortest and most prestigious sprint
2. 200 meters – Requires both speed and endurance, with a curve and a straight section.
3. 400 meters – Considered a long sprint, requiring speed endurance and pacing strategy.

Key Phases of a Sprint Race

1. Start Phase – Sprinters use starting blocks for explosive acceleration.
2. Acceleration Phase – Rapid increase in speed over the first 30-50 meters.
3. Maximum Velocity Phase – Sprinter reaches top speed (usually around 60-80 meters in a 100m race).
4. Deceleration Phase – In longer sprints, fatigue sets in, and runners try to maintain speed.
5. Finish Phase – Sprinters dip their chest forward to cross the finish line efficiently.

Acceleration and Deceleration in Sprints

In sprinting, acceleration and deceleration are key phases that determine an athlete's performance. Sprint races require rapid acceleration and controlled deceleration to maximize speed and efficiency.

1. Acceleration Phase

Acceleration refers to the increase in speed from the start of the race until reaching maximum velocity.

Key Characteristics:

- a) Occurs in the first 30-50 meters of the race.
- b) Requires powerful strides, high knee lift, and strong arm movement.
- c) The body remains in a forward-leaning position to generate force.
- d) The push-off is explosive, driving the sprinter forward with longer, more forceful strides.
- e) Proper use of starting blocks enhances acceleration.

2. Maximum Velocity Phase

After the acceleration phase, the sprinter reaches top speed (max velocity). The body is now upright, and strides are fully extended. Sprinters aim to maintain speed with minimal energy loss.

3. Deceleration Phase

Deceleration refers to the gradual loss of speed as the sprinter fatigues.

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Key Characteristics:

- a) Begins in the last 20-30 meters of a 100m sprint.
- b) Caused by fatigue and loss of stride efficiency.
- c) Sprinters attempt to delay deceleration by maintaining proper form and high stride frequency.

HOW TO TEACH SPRINTING SKILLS

1. Teaching sprinting skills effectively in a PE class requires structured drills, demonstrations, and guided practice.
2. Outline the benefits of learning sprinting such as health benefits and a possible career pathway.
3. Ensure learners adequately warm-up and cool down before and after sprinting activities.
4. Skills can be taught in different formations depending on the available equipment that includes digital devices, number of learners and available space.
5. Learners can be taught in small groups or to individuals.
6. Correct demonstration of skill is very important.
7. Focus on the learning points, this will foster sound fundamental knowledge and mastery of the skill.
8. employ adequate drills to enhance skill acquisition and mastery
9. Uphold safety in order to avoid injuries.
10. Working in groups allows collaboration and communication while assigning tasks to groups brings out creativity and imagination.

DRILLS FOR SPRINT TECHNIQUES

When facilitating sprint skills, you can engage learners to practise in the following ways.

Sprint Skill Drills for Speed and Technique

1. Acceleration Drills

Wall Drive Drill

- Stand at an angle with hands on a wall.
- Drive knees up explosively, alternating legs.
- Focus on forward lean and knee drive.

Falling Starts

- Lean forward until you almost fall.
- Sprint forward explosively upon falling.
- Helps develop forward momentum.

Resisted Sprints (Parachute or Sled Pulls)

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- Attach resistance (sled, band, or parachute).
- Sprint 10–20 meters against resistance.
- Builds explosive power.

2. Sprint Start Drills

Block Start Drill

- Practice explosive starts from starting blocks.
- Focus on powerful first steps and low driving position.

Standing Start Drill

- Sprint from a standing position with a fast reaction.
- Improves reaction time and explosiveness.

Three-Point Start Drill

- Start in a staggered stance, one hand on the ground.
- Sprint 10–30 meters, focusing on power and speed.

3. Acceleration & Stride Drills

A-Skip Drill

- Skip forward with high knee drive and active arm movement.
- Helps improve stride frequency and form.

B-Skip Drill

- Similar to A-skip but extends the leg forward before bringing it down.
- Enhances stride length.

High Knees Drill

- Sprint in place with high knee lifts.
- Improves knee drive and quick leg turnover.

Bounding Drill

- Take long, exaggerated running steps.
- Increases stride length and power.

4. Speed and Coordination Drills

Ladder Drills (Quick Feet, In-Out, High Knees)

- Use an agility ladder to develop foot speed.

Hurdle Drills

- Sprint over mini-hurdles to improve knee lift and coordination.

Fast Feet Drill

- Sprint short distances (10–15m) focusing on rapid leg movement.

5. Deceleration and Finishing Drills

Gradual Deceleration Drill

- Sprint at full speed and gradually slow down over 20 meters.
- Improves control and injury prevention.

Lean Finish Drill

- Sprint at full speed and lean forward at the finish line.
- Helps improve race-end performance.