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DATE OF SESSION:

Gillette



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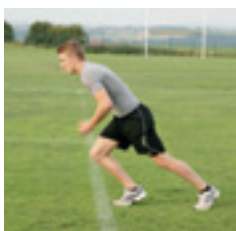
STRAIGHT LINE SPRINT

DIRECTIONS

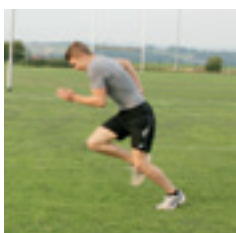
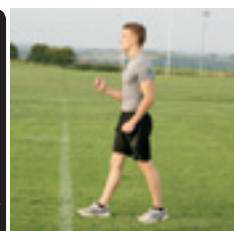
- Standing start with toes of front foot placed on line and leaning forward.
- Initial acceleration driving legs, arms and keeping body weight forwards with good posture.
- Maintain good posture and stride length throughout, staying on balls of feet.
- Forward lean during finish and deceleration after passing finish line.



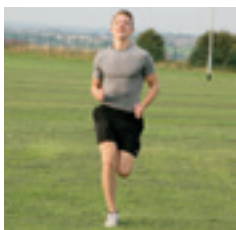
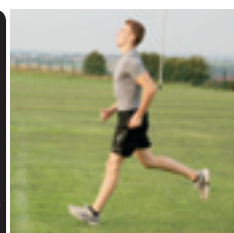
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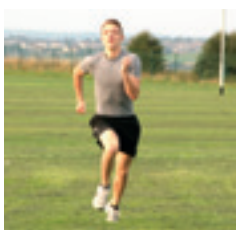
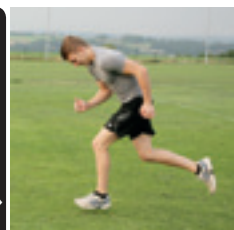
START					
✓	Opposite leg to arm, slight forward lean			Same leg and arm forward with upright body	X
	5	4	3	2	1



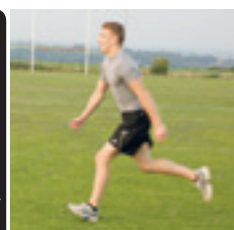
ACCELERATION					
✓	Leaning forward, short powerful strides with drive off ground			Standing tall, long strides with little power and upright body	X
	5	4	3	2	1



TOP SPEED					
✓	Forefoot plant with foot contact under the hip			Flat footed with foot contact well in front of hip	X
	5	4	3	2	1



ARM POSITION/DRIVE					
✓	Hips high and forward, elbows bent at 90 degrees, strong arm drive backwards			Hips low and back, arms straight or moving sideways across the body	X
	5	4	3	2	1



FINISH					
✓	Sprints through the line at top speed			Slows down before the line, loses running form	X
	5	4	3	2	1

