



RELAYS

TECHNICAL MODEL

The Preparation Phase

4x400m Relay – Visual Exchange



The Acceleration Phase

Non-Visual Exchange
Baton goes down centre
of the lane



The Exchange Phase

Push-Pass – in by second
stride



Push Pass - Placement

- Hand Flat against a Wall
- Running arms
- Coach calls RLRL or any combination



Baton Drill – RLRL
Swival – Repeat
Practicing both
hands
Progress to
Jogging then
faster



BATON RUNS
DOWN THE
CENTRE –
SHOULD SEE
TWO ATHLETES
AT EXCHANGES

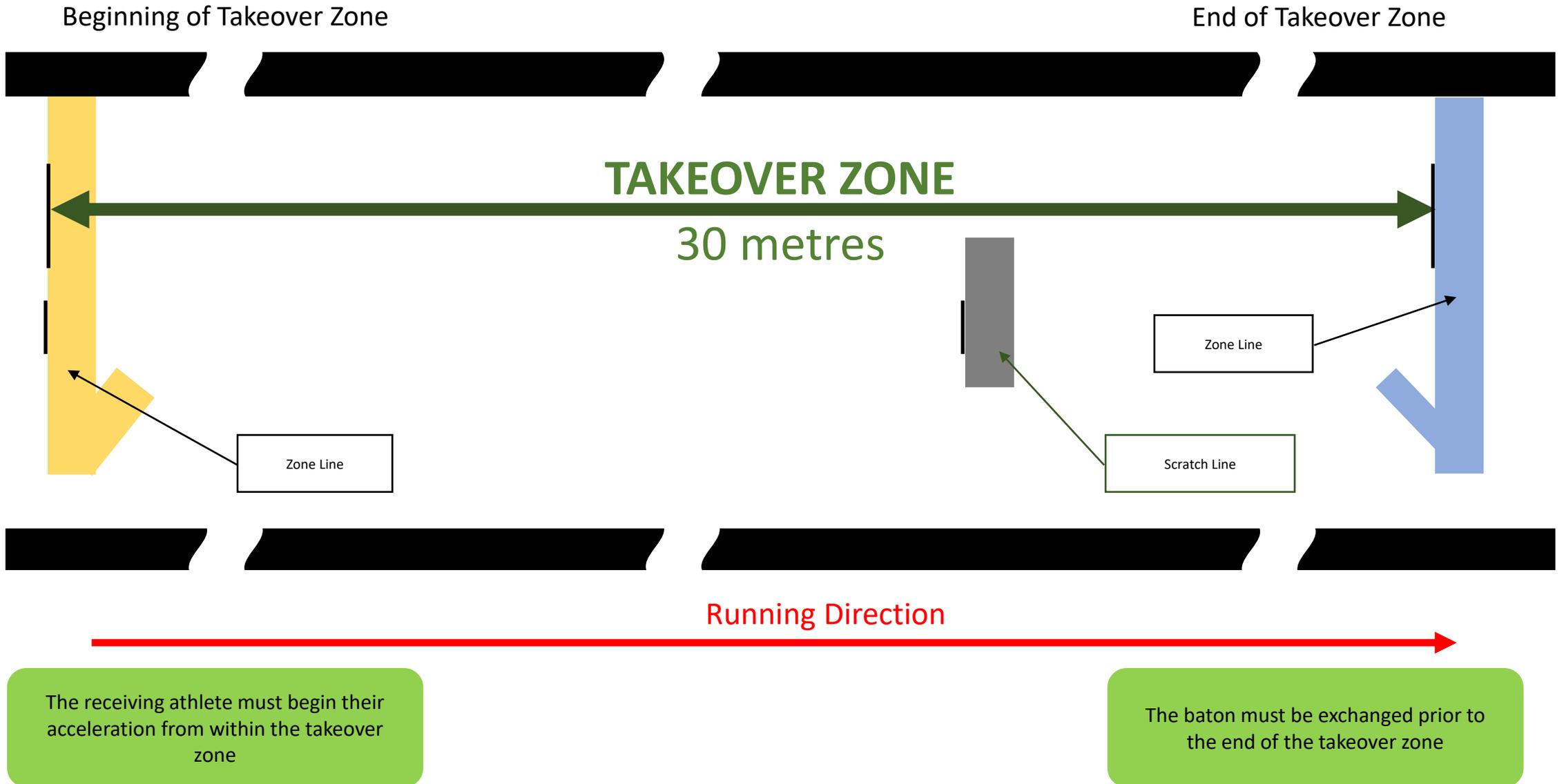


How to Manage?

- Use the straight and have two passes
- R-L-R
- 30m Start-Exchange-30m Run Exchange



Zones



4x100m Selection Considerations



1st Leg – Fast Starter [usually 1st or 2nd fastest] – could also be given to the athlete who has trouble receiving the baton



2nd leg – Longest leg [Short stature athletes on bend + tall on straights]. “Smart” as they need to take and give the baton [two exchanges]



3rd leg – The hero leg...looks faster as the staggers are made up – level headed athlete who needs to be able to receive and pass the baton



4th leg – The athlete who can challenge [run down] and defend a lead

4x400m Relay

- Visual Change
- Receive left turn and place in right protected by the body



Mixed relay –
World Athletics
Order MFM

Selection Considerations 4x400m Relay

DEPENDS ON TEAM –
AUSTRALIAN TEAMS WILL
PUT FASTEST EARLY TO PUT
THE TEAM IN THE RACE

1ST LEG – OFTEN THE
FASTEST

2ND LEG – USUALLY ATHLETE
WITH 800M EXPERIENCE

3RD LEG – THE SLOWEST OF
THE 4XATHLETES

4TH LEG – THE SECOND
FASTEST OR A COMPETITOR
WHO DOESN'T GIVE UP IF
PASSED OR AN ATHLETE
WHO IS A “CHASER”