

AAi Coach Sprints

This AAI Coach E-Coaching manual will focus on sprints, 60m, 100m, 200m, 300m and 400m. Many of these drills and skills can also be applied to the coaching of any running event of any distance.

While complementing Athletics Ireland's coach education pathway, AAI Coach offers new and existing coaches throughout Ireland the opportunity to upskill and learn about specific event areas in the comfort of their homes and clubs.

Sprinting is one of the most popular events to be coached across the country. It is usually one of the first events athletes will try and it makes up the basis for all other events from jumps, throws, hurdling and distance running. It is about getting from point A to point B in as short a time as possible. The fundamental goal in all running events is to maximise average running speed over the course of the race. To achieve this in the sprint events the athlete must focus on reaching and maintaining maximum velocity (speed). An athlete's speed is a product of two factors; stride length, the distance covered with each stride and stride frequency, the number of strides taken in a given time.

Ireland has produced many high-class sprinters over recent decades at Olympic, World and European Level and continues to produce elite level sprinters including Rhasidat Adeleke, Sarah Lavin, Phil Healy, Israel Olatunde, Molly Scott, Mark Smyth, who enjoy success on the international stage.

Training for sprints will not only allow athletes to become competitive sprinters on the track but develop their all-round sporting capabilities that can transfer across to any sport. The following can be used for coaching kids and developmental athletes with the principles applying to all ages and abilities. Appropriately adjustments

should be made accordingly to match the age and expertise of the athlete.

The event rules and guidelines are outlined with video links providing footage of training tips, drills and coaching points. This particular manual includes links to twenty videos which complement the images and text.