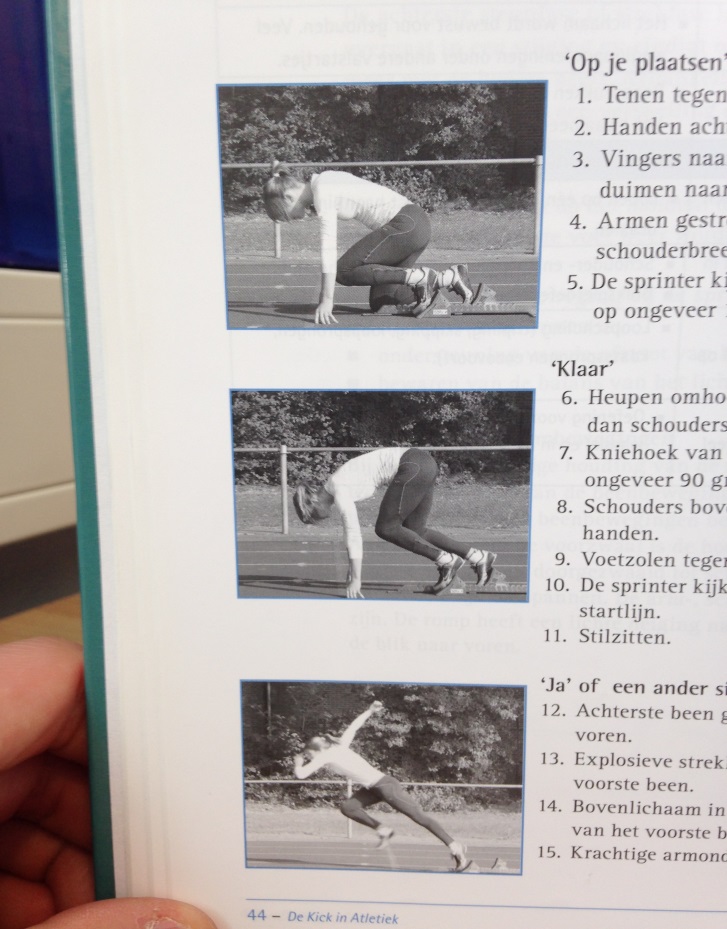
**Observation Form Sprint Start Class 3**

Sprinter: ­­­­­­­­­­­­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Observer:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| **“On your marks”** | **--** | **-** | **+/-** | **+** | **++** |
| 1. Toes against the blocks. |  |  |  |  |  |
| 1. Hands behind the startling line. |  |  |  |  |  |
| 1. Fingers pointing away from each other, thumbs point to each other. |  |  |  |  |  |
| 1. Arms extended and at shoulder width. |  |  |  |  |  |
| 1. Sprinter looks to the track at 1 meter ahead of him. |  |  |  |  |  |

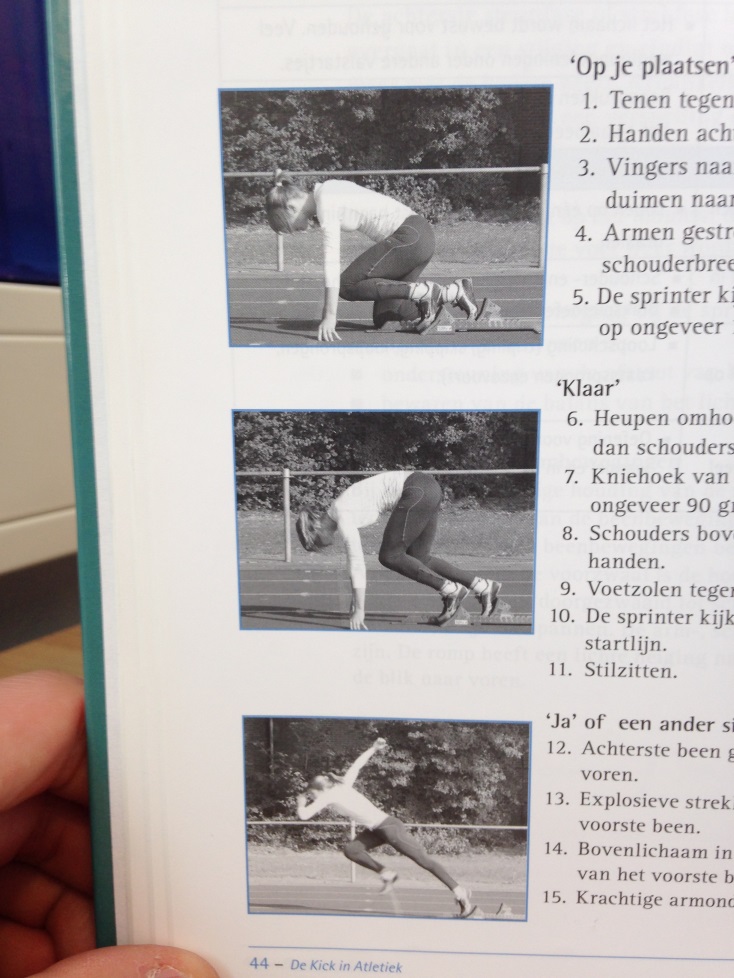


Tips and tops:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| **“Get-set”** | **--** | **-** | **+/-** | **+** | **++** |
| 1. Hips go up, slightly above shoulder level. |  |  |  |  |  |
| 1. The angle in the first knee is about 90 degrees. |  |  |  |  |  |
| 1. Shoulders are passed the hands. |  |  |  |  |  |
| 1. Heels touch the blocks. |  |  |  |  |  |
| 1. Sprinter looks at the starting line. |  |  |  |  |  |
| 1. Sprinter stays still. |  |  |  |  |  |

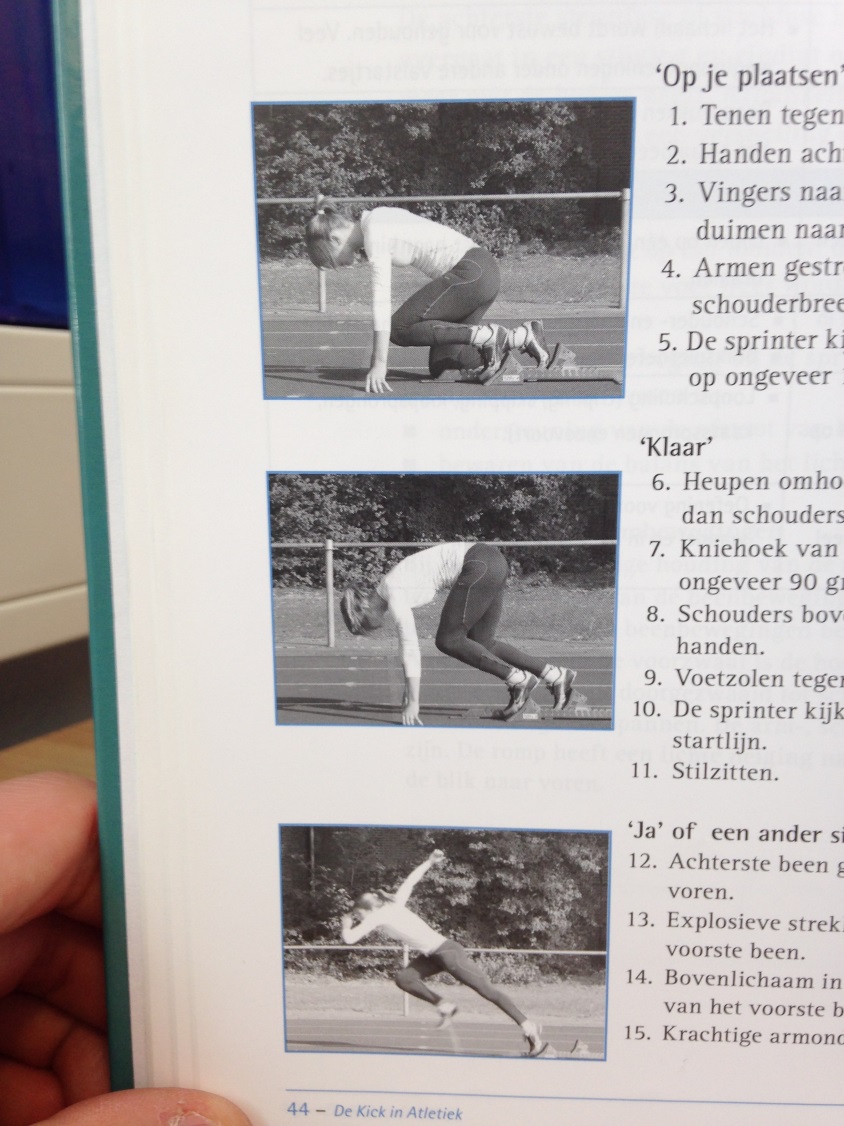


Tips and tops:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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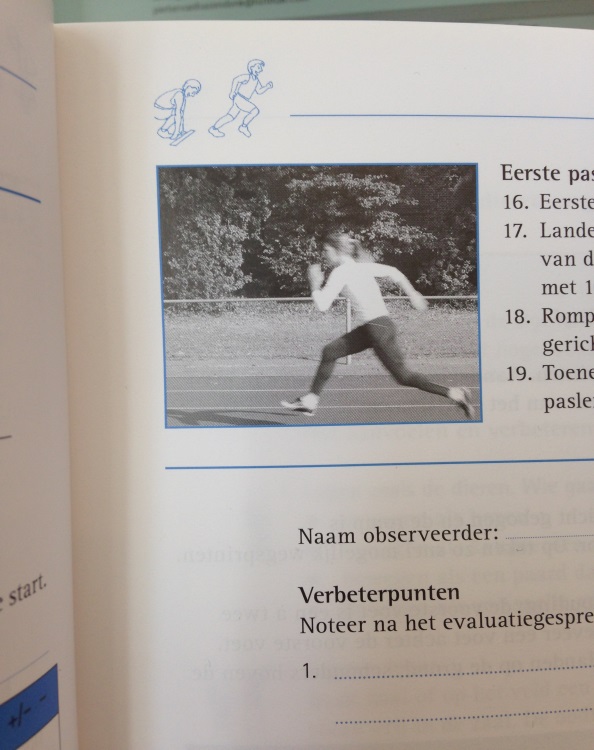
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| **“GO!”** | **--** | **-** | **+/-** | **+** | **++** |
| 1. The leg that’s behind quickly shoots to the front. |  |  |  |  |  |
| 1. Explosive stretch of the first leg. |  |  |  |  |  |
| 1. Torso is extensive of the first leg. |  |  |  |  |  |
| 1. Powerful arm support. |  |  |  |  |  |



Tips and tops:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| **First sprint phase** | **--** | **-** | **+/-** | **+** | **++** |
| 1. First steps are fast and big. |  |  |  |  |  |
| 1. Land and take off on the ball of the foot. |  |  |  |  |  |
| 1. Torso is bended in a forward motion. |  |  |  |  |  |
| 1. Increasing cadence and length of the steps. |  |  |  |  |  |

Tips and tops:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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