**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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| **“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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