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TEACHING SHORT-DISTANCE RELAY RUNNING TECHNIQUE

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ABSTRACT

This work covers the process of training in the technique of short-distance relay running, its stages and effective methods used in training. The main elements of relay running — the start, the running stage, the technique of passing and receiving the relay Rod — are analyzed. Students describe ways in which Movement Coordination, speed, agility and teamwork skills are formed.

Keywords: Relay running, short distance, technique, relay stick, start, speed, training methods, teamwork.

INTRODUCTION

Relay running exercises in athletics are instrumental in shaping students ' agility, agility, coordination and teamwork skills. Especially short-distance relay running is a complex but effective type of exercise that requires a higher level of speed, accuracy and correct technique from the athlete. The main essence of relay running is to transfer the relay rod among the team members according to the established rules, in the shortest possible time and cover the distance as quickly as possible. Therefore, in the process of training a short-distance relay, it is important to form not only the speed of running, but also the technique of Rod transmission, the rhythm of starting, running along the distance and the harmony of team movement.

In the first stage of short-distance relay running, the run starts at the bottom start. The runner grabs the next end of the relay with three fingers of his right hand and pulls the thumb and forefinger to the ground near the start line. Running after the start and across the distance is no different from running at 100 and 200 m. The complexity of the relay running technique lies in being able to extend the relay in the delimited zone while traveling at high speed. The relay was received in a 20 m zone with a distance of 10 m at the end of one stage and 10 m at the start of the second stage. Under the new rule, the relay receiver can start the run 10 M before the start of the transmission zone.unning after the start and across the distance.

In the 4x100 m run, there are the following ways to transfer the relay Rod. In the first stage, the starter holds the relay in his right hand and runs close to the inside rack of the track as far as possible. The 2nd runner waiting for him, standing close to the outside line of his lane, receives the relay with his left hand.n the 4x100 m run, there are the following ways to transfer the relay Rod. In the first stage, the starter holds the relay in his right hand and runs close to the inside rack of the track as far as possible. The 2nd runner waiting for him, standing close to the outside line of his lane, receives the relay with his left hand. Running the straight (2nd 100 m) from the right side of the track, he passes the relay stick with his left hand to the right hand of the third runner, while this one runs from the left side of the track. In Stage 4, the runner receives the relay rod with his left hand and runs from the right side of the track.

The 2nd method of transmission-passing the adopted relay from one hand to the other – is inconvenient for a 4 × 100 m relay. In stages 2, 3 and 4, runners use the start Zone (10 m) with

the transmission (20 m) zone to receive the relay at maximum speed and run their stages while standing. To do this, the runner who receives the relay stands close to the low start (Figure 2).n stages 2, 3 and 4, runners use the start Zone (10 m) with the transmission (20 m) zone to receive the relay at maximum speed and run their stages while standing. To do this, the runner who receives the relay stands close to the low start (Figure 2). Placing his right foot near the line indicating the start of the run, he puts his left foot forward, rests with his right hand on the ground, and extends his left hand back and forth. This is how the runner looks at the approaching runner from under his left shoulder in such a position.

In Stage 1, the runner approaches the transmission zone at a maximum speed of. With 7-8 m left before his run to the start zone, in the 2nd stage, the runner seeks to reach as high a speed as possible, starting a fast run from the right side of his lane and reaching the end of the transmission zone 2-3 steps before his partner reaches the relay.n Stage 1, the runner approaches the transmission zone at a maximum speed of. With 7-8 m left before his run to the start zone, in the 2nd stage, the runner seeks to reach as high a speed as possible, starting a fast run from the right side of his lane and reaching the end of the transmission zone 2-3 steps before his partner reaches the relay. The distance between the runners at the time of transmission (1-1.5 M) is equal to the length of the forward arm of the runner passing the relay with the length of the backstretched arm of the runner receiving the relay. This distance can be increased if the runner passing the baton leans forward.

In the sprint relay stages, the runner's speed is a maximum, and no reduction in speed can be allowed in the transmission zones. A good sprint runner can run at the end of a 100 m range in 2 seconds, at a speed of 10 m/second, while arriving at the transmission zone. This means that the starting runner must make full use of a distance of 30 m in order to have as high a speed as possible.

The best thing is that when passing the relay, both runners had the same speed. The arms of both runners, until the moment of relay transmission, act as if they were sprints. But as soon as the runner approaches the relay receiver at the level of relay transmission —a signal that says XOP‖.he best thing is that when passing the relay, both runners had the same speed. The arms of both runners, until the moment of relay transmission, act as if they were sprints. But as soon as the runner approaches the relay receiver at the level of relay transmission —a signal that says XOP‖. Immediately, the relay receiver, without changing the pace of the run, extends its left arm (for Stages 2 and 4) back between the thumb and the other fingers, forming an angle facing the ground. The transmitter, meanwhile, at this moment, quickly advanced his right hand, placing the relay precisely in the palm of the receiver with a movement from the bottom forward and slightly upward. The relay is not so good with the signal that the receiver is a hoe‖, but if it extends its hand backwards where it is marked in the training process on the zone track.he transmitter, meanwhile, at this moment, quickly advanced his right hand, plac.

In order to accurately transmit the relay, it is necessary to determine where the receiver should start the run at the time of training. To do this, at a certain distance from the zone, a mark is placed on the berirak. As soon as the transmitter reaches that mark, the receiver starts running. The distance between the sign and the receiver is determined so that the runner bringing the relay reaches the receiver at the relay location. It is good that during the

transmission, the runners take the same foot step. To do this, a runner to 100 m will have seen a good workout up to sha, which will penetrate the transmission zone all the time from one place, on the same leg. To make sure of this, however, it is necessary to run the zone together 2-3 times with the Switch stage. In the event that the steps are not aligned, the starter in the zone must be adjusted to the leg of the partner.

In some relay sets, the speed ratio of the receiver and Switch is different (e.g. 4x200 m, 4x400 m, 800+400+200+100 m), some modifications have to be made, chambering from running to 200 and 400 m, and determining the speed at which the last 10 M is passed in races, based on this, an appropriate plan must be drawn up.n some relay sets, the speed ratio of the receiver and Switch is different (e.g. 4x200 m, 4x400 m, 800+400+200+100 m), some modifications have to be made, chambering from running to 200 and 400 m, and determining the speed at which the last 10 M is passed in races, based on this, an appropriate plan must be drawn up. Naturally, the slower the runner completes their distance, the less distance from the start of the transmission zone to the control mark.

CONCLUSION

Short-distance relay running develops athletes with speed, accuracy and teamwork skills. When teaching this technique, the main focus is on the following aspects: it is important to train athletes to get the right start, to quickly increase the maximum speed. Each athlete must effectively overcome their segment and increase the overall speed of the team. Relay running is concerned with the team's synchronous performance and accuracy in baton transmission, rather than individual speed. During the training process, through repeated exercises, play-style exercises and technical control, athletes perfectly master the technique. At the same time, regular control and correction will help to significantly improve the team result.

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