STARTING BLOCKS: HOW TO SET THEM UP IN 3 EASY STEPS

Use the “1-2-3 Rule” When Coaching Young Athletes

The “1-2-3 Rule” is an easy method for young athletes to use to determine the positioning of their starting blocks when setting them up on a straight track.

Step 1:

Place the starting blocks one foot-length behind the start line. (Make sure that the blocks are pointing straight down the track).

Step 2:

Position the front block two foot-lengths behind the start line.

Step 3:

Position the back block three foot-lengths behind the start line. (Adjust this block so that it is raised to an angle that is as high as possible while remaining comfortable).

And then . . .

Make sure that the blocks are stable, locked in and won’t slide, then test them out and adjust as needed.

From coachingyoungathletes.com