



General: Power Starts and Stops

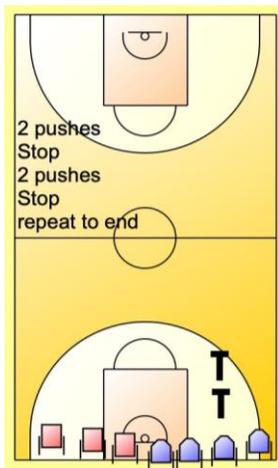


FIGURE 1

OBJECTIVE: To develop power when starting and to stop safely and quickly.

Instructions:

1. Line up on the endline.
2. Take two power pushes and then stop completely for one second.
3. Repeat until reaching the opposite baseline, then return.

Power Pushes: first push from 1pm to 3pm, second push from 12pm-3pm or 4pm; recover hands quickly.

Stops: lean back and grab the wheels with straight arms. **Note:** It is important to lock the elbows and lean back when stopping to avoid elbow strain.

Activity Rules / Games Approach:

- Be sure to stop completely for one second.
- Maximum effort on the two pushes.

Coaches Key Points:

Starting:

- Thumb on top of tire, fingers curled under hand rim, start with hands at 1pm.
- Push explosively from 1pm to 3pm, 2nd push explodes from 12pm to 3pm or 4pm.

Stopping:

- Recover hands straight back up to 1pm to stop.
- Lean shoulders back into and over the backrest.
- Straighten arms and lock the elbows.
- Grip the tire/rim in lockdown position.

Variations/Loading:

- Vary the distance / number of pushes (e.g. from 1 push to 8 pushes).
- Vary the length of the stop time (e.g. from .5 sec to 2 sec.)
- Use feathering stop to stop within 1-2m.

Mental:

- Use cue word reminders of the key points (e.g. 'straight arms' 'explosive push').
- Use effort cue words such as 'push, push', 'power, power'.