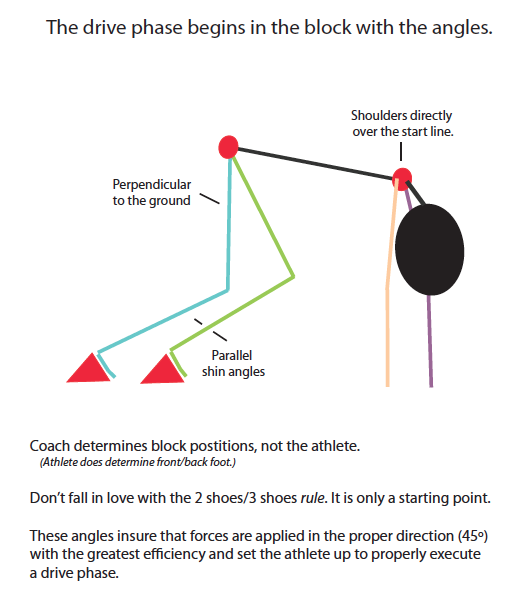
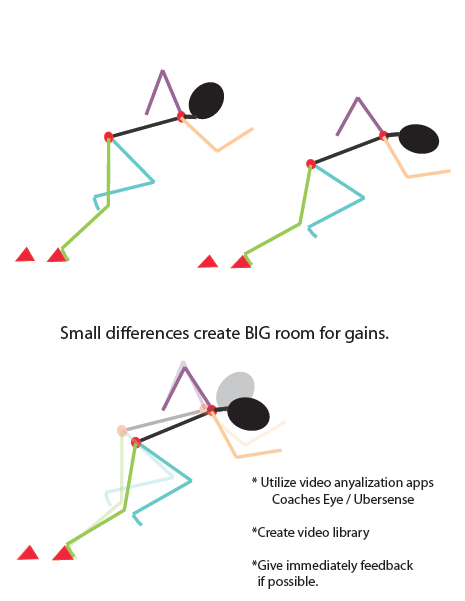
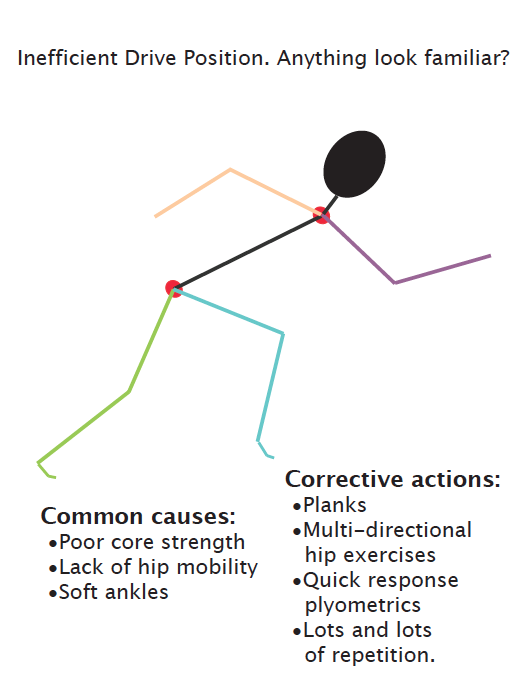
***Keys to maximizing the drive phase.***

***Jay Miles, Aloha HS***





* Drive phase is a violent occurrence.
  + Greater forces are needed to overcome resting inertia.
* Form over distance.
  + A shorter drive phase executed correctly is more valuable than o longer one done in poor position.
  + The goal for an efficient HS sprinter is about 25m drive phase. But only when the proper form is in place.
* Greater ground contact times
  + Each step is a long push to full extension.

Notes:

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