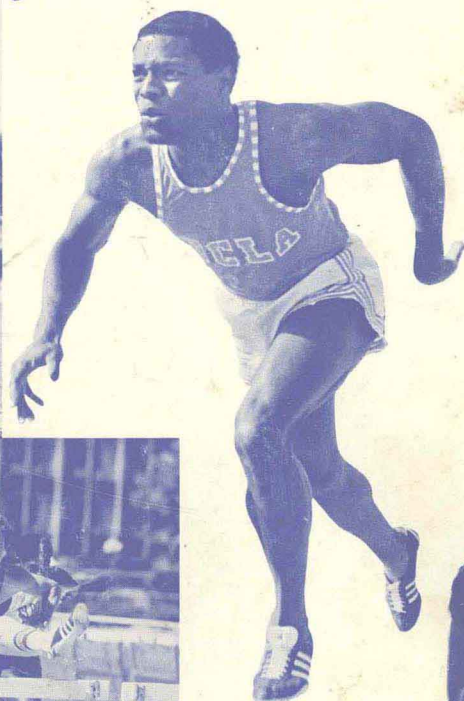
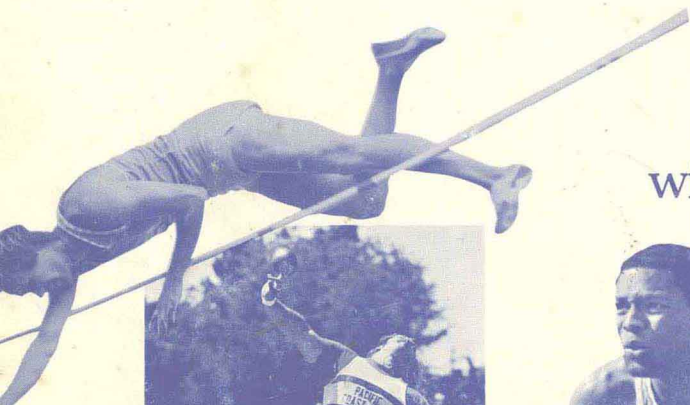


Dynamic Track and Field

Jim Bush
with Don Weiskopf



Track and Field

JIM BUSH

**Head Track and Field Coach
University of California
at Los Angeles**

with Don Weiskopf

Allyn and Bacon, Inc.

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Dynamic Track and Field

Dynamic

Dedication

This book is dedicated to the athletes I have worked with during the past twenty-five years who have helped make me a better coach.

Special tribute is given to the late Ron Copeland, the only athlete in UCLA history to win three gold medals in the same NCAA championships, whose unselfishness, dedication to athletics, and accomplishments on and off the track will always remain in our memory.

Foreword

Jim Bush has established himself in the line-up of track and field coaches as one of the finest of all time. As a coach and leader, he enjoys one of the most successful coaching records in the United States. Winner of four NCAA team championships, five Pacific-8 Conference team titles, and voted "Coach of the Year" twice, his record, indeed, is filled with outstanding achievements.

For a quarter of a century, he has been one of the true masters in the art of instruction and development of individual and team champions. He has developed such brilliant athletes as quarter-milers John Smith and Wayne Collett, hurdler Ron Whitney, and a great combination runner, Steve Haas. His ability to bring athletes up to championship performance is without peer.

Coach Bush's approach to creating a winning program goes well beyond physical conditioning and the development of individual skills. He is a firm advocate of team unity, or attitude, and the familiar "team chant," prior to the contest is adequate evidence that his athletes have their act together and are ready to compete.

The scope of Jim Bush's love for, and dedication to, the sport is limited not only to his own domain, but to the international scene as well. His standards are high and his concerns for track and field and the athletes that take part are genuine. He has a keen knowledge of the sport, and he knows how to handle athletes so that they realize their full potential.

Jim is a popular speaker and clinician and has appeared around the world to share his technical knowledge of track and field. He has conducted clinics and lectured in such nations as New Zealand, England, Germany, Italy, and Africa. In addition, he has coached United States track and field teams on numerous trips abroad.

Being named Coach of the Year in 1971 and 1973 by the United States Track Coaches' Association is ample evidence of the respect held for him by his colleagues. The records of his Dual Meet, Pacific-8 and NCAA Championship teams, and the host of Olympians he has coached certainly gives Coach Bush a wealth of knowledge to share with you in his outstanding Track and Field textbook.

Coach Bush and his collaborator, Don Weiskopf, have created an incomparable text on the techniques, strategy, and organization of track and field, which I believe will rank as an all-time classic.

While our teams oppose each other every spring, I have enjoyed for many years a close friendship with Jim, and it gives me much pleasure to introduce and recommend *Dynamic Track and Field*.

Stanford, California

Payton Jordan
Head Track Coach
Stanford University

Preface

Dynamic Track and Field is the ideal reference for coaches, athletes, and fans alike, covering every aspect of the most modern track and field techniques, plus organizational and training methods that will start a team on the road to a championship. In addition to demonstrations by many of the outstanding athletes I have had the pleasure of working with at UCLA, this attractively illustrated training guide will show the form and style of many of the finest men and women athletes in the world. Over 550 photographs, many of them in stop-action sequence series, will illustrate many of the instructional techniques I have used for improving track and field performance.

The text is designed for track and field coaches, men and women, at all levels—schools and clubs, interscholastic, and collegiate, as well as students of the sport who aspire to be the coaches of tomorrow. In addition to the coaches, athletes, and parents, this book will help the many fans who would like to better understand and appreciate the many exciting events which occur at a track meet.

The text will provide a range of choice of skills and methods that each person can choose. I will also cover the actual problems faced by high school and college coaches, and attempt to analyze the common faults which occur in each event, with appropriate corrective measures. Daily practice schedules will cover in detail the various training seasons which prepare an athlete for a championship

event. In compiling the book, Don and I have tried to present a scientific understanding and approach to the most modern techniques, methods, and concepts employed in the field today. While specific rules for each event are not included in the text, a listing of rule and record books appears in the appendix.

Strong emphasis throughout the book will be devoted to both men/boys and women/girls competition. Rather than devote a specific section or chapter for the girls and women, we feel the basic skills and training methods are similar for both sexes. As a result, the sexes will be combined throughout the book, like UCLA's dual meets in which events for both men and women are conducted.

In compiling the text, we have attempted to make *Dynamic Track and Field* the most comprehensive and authoritative ever published. It is hoped that it will serve as "the bible" for track and field coaches, physical educators, and athletes throughout the world.

Part One, "Running Events," covers the UCLA approach to technique, teaching methods, training schedules, and workout drills, pertaining to the sprints, hurdles, middle distances, distance events, and relays. A host of present or former world record holders are featured, including John Smith, Rod Milburn, Ralph Mann, Herb Elliott, Frank Shorter, and the late Steve Prefontaine. Two outstanding women athletes, Francie Larrieu Lutz of the USA and Esther Rot of Israel, dem-

onstrate in sequence action form the techniques which have made them world-class performers.

The "Jumping Events" in Part Two, are some of the most exciting chapters in the book. The pole vault combines the vaulting skills of UCLA's 18-foot vaulter, Mike Tully, and the coaching expertise of Bill Allen, who competed under the great Cornelius Warmerdam at Fresno State. High jumper Dwight Stones demonstrates the flop technique which he has used to break world records, plus key tips for young high jumpers.

Two women, Cindy Gilbert and Joni Huntley, also show their jumping talents. The long jump chapter provides an interesting comparative study on the two styles of jumping, the hitch-kick and hang technique. The exciting triple jump is well illustrated by the master, Viktor Saneyev of the Soviet Union, and two UCLA jumpers of whom I am very proud, James Butts and Willie Banks.

Part Three, "Weight Events," places considerable emphasis on coordinating speed and strength into explosive power. The feature attractions of the shot put chapter are the excellent sequence-series pictures of two of the strongest athletes in sports, shot putter Al Feuerbach, and Brian Oldfield, whose discus-rotation style could be the technique of the future. Two of America's greatest hammer throwers, Harold Connolly and Ed Burke, demonstrate their successful styles of throwing, with Coach Jim Pryde who competed against both, providing the expert commentary.

The "Throwing Events," likewise, focuses the attention on several world-class performers. The discus, the most classic of all throwing events, features John Powell, former world record holder who many believe is "the greatest technician of them all." Bill Schmidt, Bill Skinner, and Kathy Schmidt, three of America's most accomplished javelin

throwers, show their talents in the stop-action sequence pictures which appear in chapter 13.

Indepth and attractively illustrated treatment is given to three programs which in previous comprehensive texts of this kind have grossly been neglected: cross-country, indoor season, and the exciting decathlon event. Al Baeta, one of the nation's super cross-country coaches, has combined his coaching ability with our very knowledgeable coach at UCLA, Hal Harkness. Following the "Indoor Season," a very comprehensive study on the highly popular decathlon event appears in chapter 16; and we wish to thank two decathletes for their contribution, Bob Mathias, who won consecutive gold medals for the United States in 1948 and 1952, and the present world record holder, Bruce Jenner, 1976 gold medalist who has to be the greatest all-around athlete in sports history.

Part Six, the administrative aspects of the Track and Field program, provides two very comprehensive areas of coaching, "Organization" and "Conditioning and Training." Indeed, the material Don and I have gathered for these chapters shows the results of many years of coaching, as numerous coaches contributed to an exhaustive study. Russ Hodge, Jim Pryde, and Al Baeta, in particular deserve considerable praise for their excellent weight training demonstrations and expertise. In addition to our well-rounded program at UCLA, I would like to recognize the weight training program at American River College which has produced such outstanding athletes as John Powell and Paul Santiago. Strong emphasis has been placed on the weight program on both campuses. Finally, no text of the magnitude and size of this one would be complete without a detailed chapter which focuses on the great importance of "Psychological Motivation." Certainly, we work at this area day and night at

UCLA, and I have provided many of the methods and techniques we use at Westwood, including our popular "Huddle."

I would like to acknowledge and extend my appreciation to the many coaches, high school and collegiate, who made valuable contributions in the writing of this book, and to the numerous athletes, many of them world-class, for their excellent demonstrations of the basic techniques and training activities and their commentary on how they perform their events.

I am particularly indebted to Coach Allen of American River College whom I consider one of the finest field event coaches in America. Bill worked very closely with Don and me in the preparation of the field event chapters. I also appreciate the valuable work done by Coaches Harkness, Baeta and Pryde in the cross-country, conditioning, and hammer throw chapters, respectively. In addition, Hal contributed significantly to the chapters on distance running.

Dynamic Track and Field provides a photographic excellence the likes of which has never appeared in an instructional text on the track and field sport. While Don Weiskopf himself handled a large number of the photographic assignments, I would like to express strong praise to Dave Drennan, one of the outstanding young sports photographers in America who contributes regularly to *Track and Field News*, *World Publications*, and *Sport Magazine*. In addition to the very appealing color pictures on the jacket, Dave took many of the black and white pictures throughout the book, and printed most of the photos. We also appreciate the effort of Tony Duffy of England, an internationally acclaimed photographer, who provided us with spectacular pictures of some of the foreign athletes we did not want to leave out. Acknowledgment should go to American River College for the use of the photo labora-

tory, with printing services by Vic Enos and Howard Sweezey. Some of the photos of athletes of the past were reproduced by courtesy of the Associated Press and United Press International.

While space does not permit me to list all our demonstrators of technique, I would like to mention such fine young men and women as John Powell, Al Feuerbach, Dwight Stones, Bruce Jenner, Francie Larrieu, Esther Rot, Mohinder Gill, Paul Santiago, and Charlie Naramore. During our study of the decathlon, Bob Mathias, an extraordinary athlete and a great American, was most helpful and generous with his time.

Don and I would like to express our warm appreciation to John Griffith, publisher and editor of *Athletic Journal*, not only for the use of his sequence-speed camera but for allowing us to use several super series of hurdlers Hayes Jones, Richmond Flowers, and two long jumpers, Theo Hamilton, and Danny Seay.

Mrs. Annegrete Weiskopf is deserving of a great amount of praise for her many long hours of dedicated service in typing the manuscript and handling a variety of important assignments. She received important assistance from Wendy DeGabriele, student at American River College.

Sincere thanks must go to Wayne Barcomb, Dr. Arthur Miller, and to the entire production staff of Allyn and Bacon, Inc.

And sincere gratitude to Don Weiskopf of Sacramento for his excellent assistance in planning, writing, and editing this publication. Countless hours of his time were spent engaged in research and interviewing the many coaches and athletes whose commentary appear in this book. Don is the author of many books and articles on sports and was responsible for taking many of the photographs in this book, particularly the excellent sequence-series pictures.

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Part One

RUNNING EVENTS



1

The Sprints

The explosive power of sprinters from the blocks and the relaxed, easy grace with which they dash over the track have electrified and given track fans countless thrills for many decades. Jesse Owens, Bob Hayes, Valeriy Borzov, Tommy Smith, Wyomia Tyus, and Renate Stecher are some of the greats who have provided sprinting events with the aura of excitement and suspense. Speed, strength, relaxation, and the proper mental attitude are all essential factors in sprinting success, but if a runner does not possess natural speed, he will never be a champion sprinter.

While I agree that sprinters generally are born and not developed, their speed can be improved through the effective execution of the basic mechanics of running and conditioning. A champion sprinter is the product of long training and practice.

An increase in leg strength is considered the most beneficial means of increasing stride length. We have had sprinters, for example, who could not leg press 200 pounds. After regular training on gaining strength, they were able to leg press 200 pounds with explosion and rapid speed. By improving leg, foot, and ankle strength, muscles will contract more swiftly and leg speed will be nearer maximum. Surely, sprinters like Borzov, Hayes, Tyus, and Stecher would not possess such powerful leg speed if their legs were not half as strong as they are.

The arms play an enormously important role in running. Actually, the arms are as important as the legs since they help determine how long the running stride is. Arm action should be powerful, regular, and quick. For good leg drive they must be driven with maximum power in a steady pumping action. If the runner can maintain good strength in his arms, his stride will stay more relaxed and smoother. Unless the athlete develops the