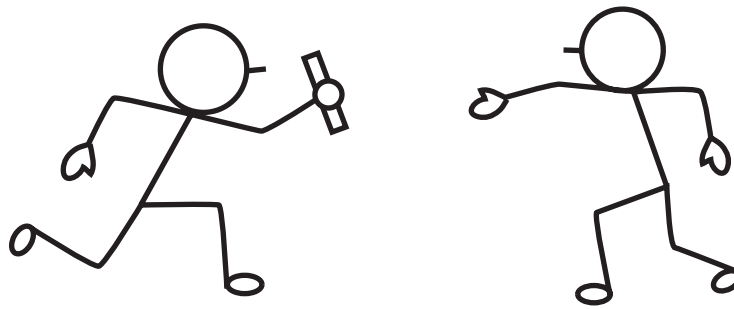


## FACE TO FACE BATON EXCHANGE

## SKILL CARD



- The incoming runner “A” holds the baton in his/her **RIGHT HAND**.
- The baton is held vertically and with an almost straight arm out in front.
- The receiver holds out an almost straight **RIGHT ARM** with the palm of the **RIGHT HAND** facing the incoming runner (*little finger nearest the floor*).
- The pass is made, **RIGHT HAND TO RIGHT HAND** to avoid collisions and enable the receiver to make a speedy getaway.

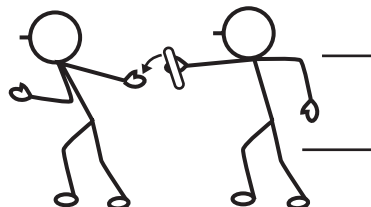
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## RELAY TAKE-OVER (DOWNSWEEP)

## SKILL CARD

**Teaching point.** Stand one behind the other, facing the same way-back person holding the baton in the **right** hand.

- (1) The receiver’s **left** arm is stretched out behind at waist-height or above.
- (2) Palm of the **left** hand is looking at the sky.
- (3) Receiver faces **forward**.
- (4) The passer keeps **looking at the hand** of the receiver.
- (5) The baton is passed with a **downwards** motion into the receivers hand.



N.B. When you are confident with the downsweep and have tried it with the **other hand** as well....Can you pass the baton when both of you are **moving**?

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## RELAY TAKE-OVER (UPSWEEP)

## SKILL CARD

- Stand one behind the other facing the same way, back person holding the baton in the **right** hand.

### Teaching points.

- (1) The receivers **left hand is stretched out behind** about waist height.
- (2) **Palm of the left hand is looking at the incoming runner** and thumb and first finger are pointing down to the ground.
- (3) **Receiver faces forward.**
- (4) The passer keeps **looking at the hand of the receiver.**
- (5) The baton is passed with an **upwards motion** between the receivers thumb and first finger.



**N.B.** When you are confident with the upsweep and have tried it with the **other hand** as well. Can you pass the baton when **both of you are moving**?

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## EFFICIENT RELAY TAKE OVER

## SKILL CARD

With a partner...



Keep in the same lane all the way round the track, jog one behind the other, back one with the baton in hand. On the command (*from the back runner*) the front runner places his hand back to receive the baton.

When the baton has been safely passed the back runner accelerates past the front to resume jogging.

The whole process is repeated.

If you do not have a track, run completely around two cones placed 50m apart.

Points to remember...

- (a) Batons passed from right hand of incoming runner to left hand of receiver or vice versa.
- (b) Correct arm and hand position of receiver following the signal (*i.e. arm stretched straight back with palm of hand facing downwards and thumb towards body-upsweep*) or fingers and thumb. Facing the oncoming runner and palm facing the sky-downsweep.
- (c) No looking back to receive the baton.
- (d) Not too close to each other on passing the baton
- (e) Correct grip

Emphasis is upon the rudiments of baton-changing.

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